

## CONCEPTUAL STUDY ON HETU AND SAMPRAPTI OF TAMAKA SVASA

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### ABSTRACT

Ayurveda is the best way to effectively & safely manage the condition without inducing any drug dependency where various Shodhana procedures and use of internal medication. At present, several chronic repeated airway disorders are more and more seen everywhere in the worldwide population. Ayurveda has delineated one in every of such disorder as Tamaka Shwasa. Asthma is responsible for significant social, economical and psychological impact on the family. *Tamak Swasa* is one of the most severe and troublesome disease in contrast to all other respiratory disease.

**KEYWORDS:** Bronchial Asthma, Pathya-Apathya, Tamaka Swasa.

### INTRODUCTION

Charaka has mentioned two-allied stages of Tamaka Shwasa known as two types or further complication of disease proper i.e. Pratamaka and Santamaka. Diseases which subside when kapha decreases and increases greatly when sleeping and associated with fainting and fever is known as pratamaka swasa. and santamaka swasa is manifest due to increase of tamas and gets relieved quickly by cooling regimes. due to obstruction in pranavaha srotas, vata moves in reverse order and pervades the entire pranavaha srotas and stimulates the kapha in the throat and head causing rhinitis. Further in manifest wheezing sound, greater enhancement of respiration in relation to rate and rhythm.

**AIM AND OBJECTS:** To study, in hetu and samprapti of tamak swasa.

**Hetu**

The causative factors of svasa roga in general are also considered as the etiological factors of tamaka svasa, it may develop as an independent illness. Environmental etiological factors include cold, weather, cloudy, dust, smoke, over diet, irregular bad food habits, tamaka svasa is mostly precipitated in the winter and sharad ritu due to cold climate and airborne climate. It is also dependent on causes of food habits like nispava, black gram, oilcake, sesame oil consumption of flour preparations, tubers, constipating and burning substances, heavy food.

**TYPES OF SHWASA ROGA**

1. Maha Shwasa
2. Urdhwa Shwasa
3. Chhinna Shwasa
4. Tamaka Shwasa.
5. Kshudra Shwasa

**SAMPRAPTI**

In Shwasa roga, the basic pathogenesis is initiated by the diets and habits which provoke Kapha. Vitiating Kapha within the Pittasthana (Lower a part of the Amashaya) flow into within the body as Ama. So Ama Dosa can also circulate in the body following certain diseases like Jwara, Agnimandya, Amatisara and Visuchika. On the opposite hand aggravation of the Vata either by the diet and habits or by the general diseases like kshaya, urakshata, pandu or pratisyaya conjointly makes the triggering effect for the Pranavaha sroto vaigunya at the side of vitiating Kapha or Ama. Tamaka swasa originated from the seat of pitta and are caused by the simultaneous aggravation of kapha and vata and dries up the hridya and rasadi dhatus.

**Samprapti Ghatak**

Dosha – vata (vayan, udan, saman), kapha(kledak, avalambak)

Dushya – rasa,

Srotas- prana, anna, udakavah

Adhithana- Urah, Phuphusa

Agni – Mandagni, Vishmagni

Rogmarga- Abhyantara

Mala – Rasa, kapha

**Samanya lakshana**

- 1) Hridsoola (pain in cardiac region)
- 2) Kapha sah murchha (Fainting with cough)
- 3) Svasavrodh (Difficulty in breathing)
- 4) Anidra (Disturbance in sleep)
- 5) Kantha sosa (Dryness in throat)

**CONCLUSION**

Along with Pranavaha Srotas, Udakavaha and Annavaha Srotas are also involved in the pathogenesis of Tamaka Shwasa. One of the exciting factor may be mandagni., lifestyle, etc, are also highly effective in Asthma and are having no or very little complication. If complication could arise then they'll can be treating safely and with success in comparisons to trendy science. Tamak Shwas's side effects of long term uses of modern anti Asthmatic agents can be controlled or prevent with the best use of the Ayurvedic formulation. It will be evaluated by numerous ways that in same malady. All hetu and samprapti which is presenting above symptoms is responsible to develop the tamaka svasa disease.

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