

## ROLE OF VAMAN AND VIRECHNA IN TAMAKA SHWASA W.S.R. TO BRONCHIAL ASTHAMA

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### ABSTRACT

In Ayurveda Shodhana (purification), Shamana (pacification) and Nidana Parivarjana (avoiding causative factors) are the three fold of fundamental therapeutic management of the diseases. Panchakarma is Ayurveda's prime Shodhana (bio-cleansing) procedures which is basically group of detoxification procedures. These procedures eliminate toxic metabolites from the body and maintain the equilibrium of Doshas and Dhatus in the event of their disturbance. In Ayurveda text Tamaka Shwasa is a disease which is Kapha and Vata Dosha predominant and disease of Pranavaha Srotasa which is originated from Pitta Sthan. Tamaka Shwasa is clinically much resembled with

bronchial asthma. Bronchial Asthma is one of distressing diseases and quite common in all age groups. It is a chronic, inflammatory and episodic in nature. It can be severe, sometimes asthma along with COPD will become the third leading cause of death. In modern medical science treatment of asthma is not safe because having many side effects. Hence it is the call of time to find out safe and effective treatment for bronchial asthma. Here Panchakarma procedures with palliative therapy are quite effective which is based on situation of patient. the bronchial asthma in Ayurveda role of Panchakarma Chikitsa in the management of bronchial asthma.

**KEYWORDS:** Bronchial asthma, Ayurveda, Tamaka Shwasa, Pranavah Srotas, Panchakarma

### INTRODUCTION

The prevalence of respiratory disorders is increasing due to excessive air pollution,

industrialization, urbanization and poor hygiene. Bronchial asthma is one of them. Bronchial asthma is an acute or chronic disorder characterized by widespread and largely reversible reduction in the calibre of bronchi and bronchioles, due in varying degrees to smooth muscle spasm, mucosal oedema and excessive mucus in the lumens of airways.

Asthma is not just a public health problem for developed countries. In developing countries, however, the incidence of the disease varies greatly.

In Ayurveda Bronchial Asthma closely resembles with Tamaka Shwasa, which is included as one of the variety among five types of Shwasa. It is a chronic disease of Pranavaha Srotasa, in which vitiation of Kapha and Vata Dosha mainly and origin in Pitta Sthana.

In modern medical science there is instant reliving treatment by use of different types of steroids, but with the time and chronicity of disease the dose of drug gradually increases and causes many side effects in the body. In Ayurveda there is special type of management, with Shodhana followed by Shamana drugs which have Rasayna effect can improve quality of the life and protect a patient from drug dependency and many adverse effects. So for better treatment patients of bronchial asthma come in shelter of Ayurveda. In Ayurvedic system of medicine, Shodhna therapy gets more importance than Shamana therapy. In Ayurvedic classics according to our Acharya Tamaka Shwasa originated from Aampradosh (food toxin), Vishmashana etc. so the Shodhana should be first line of treatment in patients of Tamaka Shwas who can tolerate the Shodhana procedure. Among Shodhana therapy Acharya suggest Virechana is the best Shodhana procedure. In Virechana there is excreting out the morbid Dosha from the body as well as alimentary canal. Shodhana procedure followed by Shamana Yogas also considered very fruitful to treat a patient of Tamaka Shwasa for promotion and prevention of health.

## MATERIAL AND METHODS

Bronchial asthma is a chronic airway disorder which can affect of all age groups, according to the global initiative for asthma (GINA), asthma is defined as a chronic inflammatory disorder of airway which is associated with airway hyper-responsiveness.<sup>[1]</sup>

It is still stands as a challenge to different medical systems. Many research works have been done on bronchial asthma in modern medical science and other system of medicine but no drug has yet been claimed to cure completely. In Ayurveda bronchial asthma resembles with

Tamak Shwasa and understands by following points: According to Acharya Charaka Hikka and Shwas kill the patient so quickly no any disease can.<sup>[2]</sup> Even of a patient has been suffering with any other diseases, but at the time of death he becomes sufferer of painful Hikka and Shwasa. It is Shwasa not treat properly then it is similar with Ashivisha (anger snack). Tamaka Shwasa it a type of this disease so we can say it is a very dangerous disease.

### **Nidana**

According to Acharya many Nidana described in Ayurvedic text such as inhalation of Raja (dust) and Dhooma (pollutant air), by cold water and at cold places, excessive exercise and walking, ingestion of too dry Anna, increase Aamadosh (toxic substance), Atiaptarpana and Dorbalya (excessive weakness or due to decrease immunity), Marmaghat (injury at vitals area of the body), Visha Sevana (ingestion of unhygienic food), intake of Abhshyandi, Vishthambhi, Vidahi, Shlesmala and Guru Aahara, Jalaja and Aanupa Mans(meat of aquatic animal), Vishamashana and Samashana etc.<sup>[3]</sup>

### **Samprapti**

Due to Nidana Sevana, there is vitiation of Vata along with Kapha, and there is obstruction of Pranavah Srotasa(respiratory system), then being itself obstructed and again aggravated Vata Dosha change her own normal pathway(Pratilom Gamana) and leads to Shwasa. The obstructed Vata in Pranvaha Srotasha attains Pratiloma Gati leading to aggravation of the Kapha, after that the morbid Vata along with Kapha enters in Greeva(neck region) and Shiras (head region) causing stiffness in Greeva and Shiras also result in Pinasa.

### **Rupa (clinical Symptoms)**

Peenas (Running nose, sneezing), Greevashirh Samgrah (stiffness of the head and neck region), Kapha Nishteeva (expectoration), Tivravega Shwasa (Rapid breathing with dyspnoea), Pratamyati Vegem (Deterioration of consciousness), Anidra(disturbs sleep due to breathlessness), Gurghurak (wheezing), Kasa(Cough), Pramoham Kasamanashcha(Frequent deterioration of consciousness during coughing), Kanthodhwamsa(Soreness of the throat), Shleshmana Muchyamanen Bhram Bhavti Dukhitah(Severe breathlessness if sputum is not expectorated out), Vimokshante Sukham(Slight relief in breathlessness on splitting out the sputum), Sayanah Shwasa Peeditaha(discomfort worsens on lying), Aseeno Labhate Soukhyam (Feels comfort to breath in sitting position), Vishushkasya(Dryness of mouth), Lalat Sweda (Sweating on the forehead), Ucharitaksho (Oedema around the eyes), Meghambusheetapragvata Viverdhate or Visheshat Durdine (worsens the attack due to

cloudy, cold, and in wind of spring), Sokaym Ushanm(like hot things), Vmathu (vomiting).

### Management

In today's world Ayurvedic principle of treatment modality is good for bronchial asthma(Tamaka Shwasa). According to Ayurvedic classic the first step towards treatment is Nidan Parivarjana i.e. avoiding the causes which are at the root of the disease. As Vata and Kapha are key elements involved, which Ahara and Vihara causing Vata and Kapha vitiation should be, avoid and a good life style is necessary for better quality of life.

Bronchial asthma is a chronic & relapsing in nature according to weather and other factors like air pollution, false eating habit and also there is also an involvement of Vata, Kapha Dosha, Rasa Dhatu, and Pitta Sthan, hence repeated Shodhana with Shamana is required for treatment. So the treatment should be Kapha Vataghana & Vatanulomaka.

According to Acharya Charaka in Tamaka Shwasa, Shamana and Shodhana both are use. It is depends upon patients condition, if patient is Durbala(weak) in texture then Shamana and in Balya(strong) patients Shodhana therapy use.<sup>[4]</sup>

### DICUSSION

Bronchial asthma is a common chronic inflammatory disease of the airways characterized by variable and recurring symptoms, reversible airflow obstruction and bronchospasm. As already mentioned that Tamaka Shwasa resemble to bronchial asthma due to clinical sign and symptoms. And in Tamaka Shwasa there are involvement of Pranvaha, Annavaha and Udakavaha Srotas. Due to involvement of Pranavaha Srotas Tivravega Shwas, Pratamyati Vegen, Gurghurak(wheezing) etc symptoms found and Trishna, Vishushkasya are related to Udakavaha Srotas and Aruchi related to Annavaha Srotas.

In chronic stage of bronchial asthma there is airway obstruction and recurrence of the disease so Shodhana is more important treatment modality in Ayurveda which deals mainly with elimination of the aggravated Dosha from the nearest root of the body.

According to Acharya Charaka after Snehana and Swedana Vamaka drugs are indicated Panchakarma is Ayurveda's primary purification and detoxification treatment which eliminate toxins from the body and balance the vitiated Dosha.

**Probable mode of action of Vamana**

In the pathogenesis of Shwasa, Vata predominantly associated with Kapha and that Kapha obstructs the channels of all over the body that leads to aggravation of Vata and cause Shwasa. Vitiating and stagnant Kapha should be expelled out from the system by Vamana. When the channels of circulation are made clear then Vata moves (in channels) at ease without any obstruction and the patient get relief after removal of Kapha.

Probable mode of action of Virechana- According to Ayurvedic classics in Tamaka Shwasa, foremost Dosha are kapha and Vata and place of origin is Pitta Sthana (Amashaya) so Virechana is relatively effective because the Virechana is chief treatment for vitiated Pitta (virechanam pitta haranam) and it is also hypothetical to be derived treatment for Kapha both and also responsible for Anulomna of Vata. Probable mode of action of Shamana Durgs.

Vasa Avalehla- In Vasa Avleha, Vasa (Adhotoda Vasaca) is an important bronchodilator and expectorant in nature due to bromhaxine.

**Haridra Khanda**

Haridra (Curcuma Longa) has antiallergic property and immuomodulators. Chitraka Hritaki Chitraka has Dipana, Pachna property and Haritaki(Terminelia Chebula) is best Talishadi Churna Talishadi Churna is very useful in acute exacerbation of asthma. In chronic asthma it reduces the frequency and severity of asthmatic attack.

**Dsahmool Kwath**

The disease has vitiation of Vata and Kapha Dosha and its origin is from Pitta Sthana, so use of Dashmool is very beneficial in such situation in the form of decoction.

**Haridra Churna**

In this preparation many ingredients with Haridra with black pepper, old jiggery, rasna, pepper etc. in the doses of 5gm daily, it is also useful in fatal type of asthma.

**Swas kuthar Rasa**

In this formulation all ingredients are very helpful in Vata and Kapha disorders.

**CONCLUSION**

Bronchial asthma (Tamaka Shwasa) is a chronic & some time life threatening in nature so it is strenuous to manage, but by proper diagnosis and Ayurvedic treatment which is the safest

and natural way to get rid of bronchial asthma which do not have side effects and longevity of the patients. In spite of this it is economical, easily available, effective and quick responding. So Ayurvedic modality of treatment can be best option of its management.

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