

HERBAL DRUGS BENEFICIAL IN WINTER DISEASES

(A BIRD EYES VIEW)

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ABSTRACT

The Climate of India comprises a wide range of weather conditions across a vast geographic scale and varied topography .It possesses a large variety of climates ranging from extremely hot desert regions to high altitude locations with severely cold conditions. With in India it is possible to define six regions with distinct climates. The six climates are normally designated as Hot and Dry, Warm and Humid, Moderate, Cold and Sunny, Cold and Cloudy and Composite. Cold, dry air increases risk of respiratory tract infections and even worsen during the winter. As winter weather rolls in, so do Cold, Sinusitis, Asthma and flu. For many people, Asthma attacks, cold, cough, sinusitis may happen more often in the winter .Many diseases in Ayurveda can be correlated

with modern terminologies like cough-kasa, cold-pratisyaya, Bronchial Asthma-Tamaka swasa, Dyspnoea-swasa, Chronic Rhinitis-Pinasa,Dhusta pratisyaya-Sinusitis. Though the research in respiratory medicine is highly developed , respiratory diseases are still a challenge in front of the health governing bodies. Unlike many diseases, respiratory tract infections are those which were life threatening. Ayurveda can offer a wonderful results in the treatment of respiratory tract infections or diseases over allopathy. Considering the popularity of herbal medicine, our present aim is to focus light on the herbal drugs useful in the respiratory tract infections which may be helpful for the common people in the prevention of respiratory tract infections especially in the winter season.

KEYWORDS: Climate, Winter, Respiratory Diseases, Herbal Medicine, Ayurveda.

INTRODUCTION

Respiratory system is in continuous contact with the external environment since birth. So it is most vulnerable to infections and considered as the prime victim of hyper sensitization in most of the circumstances.^[1] According to Ayurveda, Respiratory system is compared with the Pranavaha srotas, both vata and kapha seems to be predominant in these diseases. Due to environmental pollution, avoidance of dinacharya and ritucharya, some disgusting habit like smoking etc, affect the pranavaha srotas and produce the diseases like Asthma, cold, cough, Chronic rhinitis, sinusitis, dyspnoea which can be correlated with Tamaka Swasa, Pratisyaya, Kasa, Pinasa, Dusta pratisyaya, Swasa . In Ayurvedic classics, Dalhanacharya described Swasa as dysnoea, difficult in taking breath. There are five types of swasa and Tamaka swasa(Bronchial Asthma) is one among them. There is a high prevalence of usage of complementary medicine for respiratory tract infections. As these diseases are considered to be challenging, proper treatment and a specific lifestyle is to be implemented for the better quality of the life. Hence we have come up with this review article about some of the medicinal plants mentioned in Ayurveda for respiratory tract disorders which may be helpful for the common people as well as traditional healers in the prevention of respiratory tract infections.

Common respiratory diseases in winter season

Ayurvedic Terminology

1. Tamaka Swasa
2. Kasa
3. Pratisyaya
4. Swasa
5. Pinasa
6. Dhusta Pratisyaya

Modern Terminology

- Bronchial Asthma
- Cough
- Common Cold/ Running nose
- Dyspnoea
- Chronic Rhinitis
- Sinusitis

Table. 1: List of drugs indicated in winter diseases in various Ayurvedic classics and their Botanical source.

S. No	Drugname	Botanical Source
1.	Brihati	Solanum indicum
2.	Bharangi	Clerodendron indicum
3.	Bibithaka	Terminalia bellerica
4.	Kasamarda	Cassia occidentalis
5.	Kantakari	Clerodendron serratum
6.	Karkatakasrngi	Pistacia intergerrima
7.	Pippali	Piper longum
8.	Puskaramula	Inula racemosa
9.	Tulasi	Ocimum sanctum
10.	Ela	Elettaria cardamomum
11.	Punarnava	Boerhavia diffusa
12.	Vasa	Adathoda vasica
13.	Amalaki	Emblica officinalis
14.	Harithiki	Terminalia chebula
15.	Draksha	Vitis vinefera
16.	Shunti	Zingiber officinalis
17.	Shati	Hedychium spicatum
18.	Arkaparni	Tylophora asthamatica
19.	Datura	Datura metel

Table no. 2: Table showing the various vargas mentioned in Ayurvedic classical texts with reference to herbal drugs useful in winter diseases.

S. No	Drug	Varga/GANA in Charaka ^[2]	Varga/Gana in Susruta ^[3]	Varga/Gana in Astanga Hridaya ^[4]	Varga/Gana in Dhanwantari Nighantu ^[5]	Varga in Raja Nighantu ^[6]	Varga in Kaiyyadeva Nighantu ^[7]	Varga in Bhavaprakasha Nighantu ^[8]	Varga in Priya Nighantu ^[9]
1.	Brihati	Hikkanigrahana, kanthya	Brhatyadi, laghupanchamula	Brhatyadi	Guduchyadi	Satahwadi	Oushadi	Karpuradi	Harithakyadi
2.	Bharangi	Purisha sangrahaniya	Pippalyadi	Arkadi, Surasadi	Guduchyadi	Pippalyadi	Oushadi	Harithakyadi	Satapushpadi
3.	Bibithaka	Jwarahara, virechanopaga	Triphala, Mustadi	Mustadi	Guduchyadi	Amradi	Oushadi	Harithakyadi	Harithakyadi
4.	Kasamarda	-	Surasadi	Surasadi	Karaveeradi	Satahwadi	Oushadi	Shaka	Satapushpadi
5.	Kantakari	Kasahara, kanthya	Brhatyadi, laghupanchamula	Brhatyadi, Varunadi	Guduchyadi	Satahwadi	Oushadi	Guduchyadi	Harithakyadi
6.	Karkatakasrangi	Kasahara, Hikkanigrahana	Kakolyadi, Padmakadi	Padmakadi	Guduchyadi	Pippalyadi	Oushadi	Harithakyadi	Harithakyadi
7.	Pippali	Kasahara, kanthya	Pippalyadi	Vastakadi	Satapushpadi	Pippalyadi	Oushadi	Harithakyadi	Pippalyadi
8.	Puskaramula	Swasahara, Hikkanigrahana	Phala	Hidhmanigrahana	Guduchyadi	Pippalyadi	Oushadi	Harithakyadi	Satapushpadi
9.	Tulasi (suras)	Swasahara	Surasadi	Surasadi	Karaveeradi	Karaveeradi	Oushadi	Puspa	Satapushpadi
10.	Ela	Swasahara, Vishagna	Eladi, Pippalyadi	Eladi, Trijataka	Satapushpadi	Pippalyadi	Oushadi	Karpuradi	Harithakyadi
11.	Punarnava	Kasahara, Vayasthapana	Vidarigandadi	Vidaryadi	Guduchyadi	Parpatadi	Oushadi	Guduchyadi	Satapushpadi
12.	Vasa	Tikta Skandha	-	Durvadi	Guduchyadi	Satahwadi	Oushadi	Guduchyadi	Satapushpadi
13.	Amalaki	Kasahara, Jwarahara	Amlakyadi, Triphaladi	Parusakadi	Guduchyadi	Amradi	Oushadi	Harithakyadi	Harithakyadi
14.	Harithiki	Kasahara, Hikkanigrahana	Amlakyadi, Triphaladi	Parusakadi	Guduchyadi	Amradi	Oushadi	Harithakyadi	Harithakyadi

15.	Draksha	Kasahara	Parusakadi	Parusakadi	Amradi	Amradi	Oushadi	Amradi	Satapushpadi
16.	Shunti	Sulaprasamana, Dipaniya	Pippalyadi	Pippalyadi	Satapushpadi	Pippalyadi	Oushadi	Harithakyadi	Pippalyadi
17.	Shati	Swasahara, Hikkanigrahana	-	-	Guduchyadi	Pippalyadi	Oushadi	Karpuradi	Satapushpadi
18.	Arkaparni	-	-	-	-	-	-	-	Pippalyadi
19.	Datura	-	-	-	Karaveeradi	Karaveeradi	Oushadi	Guduchyadi	Satapushpadi

Table no. 3: Table showing the action/karma of drugs indicated in winter diseases mentioned in Ayurvedic classics

S. No	Drug	Indication In Dhanwantari Nighantu ^[5]	Indication In Raja Nighantu ^[6]	Indication In Kaiyyadeva Nighantu ^[7]	Indication In Bhavaprakasha Nighantu ^[8]	Indication In Priya Nighantu ^[9]
1.	Brihati	Swasa	Kasa, Swasa	Swasa ,Kasa	-	Kasa, Swasa
2.	Bharangi	Kasa, Swasa	Kasa, Swasa	Swasa ,Kasa	Kasa,Swasa	Kasa, Swasa, Pinasa
3.	Bibithaka	Kasa	-	Kasa	Kasa	Kasa
4.	Kasamarda	-	Kasa	Swasa ,Kasa	Kasa	Kasa, Swasa
5.	Kantakari	Kasa, Swasa	Kasa, Swasa	Swasa ,Kasa	Kasa,Swasa	Kasa, Swasa
6.	Karkatakasrangi	Kasa, Swasa	Kasa, Swasa	Swasa ,Kasa	Kasa,Swasa	Kasa, Swasa
7.	Pippali	-	Kasa, Swasa	Swasa ,Kasa	Kasa,Swasa	-
8.	Puskaramula	Kasa, Swasa	Kasa, Swasa	Swasa ,Kasa	Swasa	Kasa, Swasa
9.	Tulasi	-	Kasa	Swasa ,Kasa	-	Kasa, Swasa
10.	Ela	Kasa, Swasa	-	Swasa ,Kasa	Kasa,Swasa	-
11.	Punarnava	Kasa	Kasa,Swasa	-	Swasa	-
12.	Vasa	Kasa	Kasa,Swasa	Kasa,Swasa	Kasa,Swasa	Kasa
13.	Amalaki	-	-	-	-	-
14.	Harithiki	-	-	Swasa,Kasa	Kasa,Swasa	-
15.	Draksha	Swasa	Kasa,Swasa	Swasa	Swasa	Kasa
16.	Shunti	Swasa	Swasa	Swasa ,Kasa	Swasa ,Kasa	-
17.	Shati	Kasa	Kasa,Swasa	-	Kasa,Swasa	Kasa, Swasa
18.	Arkaparni	-	-	-	-	Swasa
19.	Datura	-	-	-	-	Swasa

Table. 4: Table Showing Pharmacological activities of the herbal drugs useful in winter diseases.

S. No	Drugname	Pharmacological Activity
1.	Brihati	Antioxidant activity ^[10]
2.	Bharangi	Bronchodilator, Anti allergic activity ^[11]
3.	Bibithaka	Anti-Spasmodic , Bronchodilatory. ^[12]
4.	Kasamarda	Antioxidant, Anti-inflammatory ^[13]
5.	Kantakari	Antihistaminic activity, Anti-inflammation activity ^[14]
6.	Karkatakasrngi	Antihistaminic activity ^[15]
7.	Pippali	Immunomodulatory, Antiasthamatic ^[16]
8.	Puskaramula	Anti-histamine activity, Anti eosinophilic ^[17]
9.	Tulasi	Anti-inflammatory, anti-Asthmatic, immunomodulatory ^[18]
10.	Ela	Anti-inflammatory, Antioxidant ^[19]
11.	Punarnava	Anti-asthmatic, immunomodulatory ^[20]
12.	Vasa	Antispasmodic, Expectorant, anti-tissue, bronchodilator ^[21]
13.	Amalaki	Immunostimulatory ^[22]
14.	Harithiki	Immunostimulatory, Antioxidant activity ^[23]
15.	Draksha	Antioxidant activity ^[24]
16.	Shunti	anti-inflammatory, Anti tussive, immunomodulatory ^[25]
17.	Shati	use in breathlessness, cough, chest heaviness, loss of appetite, dysopnea ^[26]
18.	Arkaparni	Anti allergic, Anti asthamatic ^[27]
19.	Datura	Anti-asthmatic, Bronchodilator ^[28]

CONCLUSION

Respiratory diseases are one of the serious condition which increases day by day due to changing dietary habits, climate, pollution and lifestyle. This review shows various medicinal drugs have wholesome references in Ayurvedic with reference to their action on complaints of respiratory system and their various advantageous over allopathic medicines. Ayurvedic drugs are also acts by multiple pathways and shown full protection in respiratory disorders. So there is a urgent need to study different herbal medicinal drugs and design clinically relevant randomized clinical trials for herbal preparations in the treatment of respiratory tract infections.

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