DIET AND LIFE STYLE MODIFICATION IN TAMAKA SHAVASA WITH SPECIAL REFERENCE TO BRONCHIAL ASTHMA

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ABSTRACT

Tamaka shvasa is described as a Yapya disease in our Ayurvedic classics. The aetiology, pathogenesis, clinical features and prognosis of Tamaka Shvasa are same as in bronchial asthma in modern literature. In nutshell the factors responsible for Tamaka Shvasa are dust-fumes (allergy), Vishama Ahara, Kapha-Vata aggravating Ahara-Vihara etc. The objective of present work is to develop a module of diet and life style suitable for the patient of Tamaka Shvasa. The study of different Ayurvedic and modern literature has been done to fulfill the objective of study. On the basis of literature and logics a module of diet and life style has been prepared for asthmatics. In bronchial asthma trapped air in lungs leads to flattening of diaphragm. This produces GI symptom like anorexia, easy satiety, bloating etc, so patient do not take proper diet to fulfill the energy demand. Thus Ahara of the patient should be Laghu, easily digestible with high caloric value, Agnivardhaka and Kapha-Vata alleviating. Patient should avoid the triggering factors like dust, pollen, smoke, cold etc. If the patient follows above modifications in diet and life style throughout life the seasonal attack of bronchial asthma can be prevented and chronic asthmatic can be relieved from further progress.

KEYWORDS: Tamaka Shvasa, Yapya, bronchial asthma.
INTRODUCTION
In the present scenario, people are running in the blind race of development and modernization by neglecting their environment. As a result, present environment has totally disrupted which leads to adverse effects on health. The prevalence of many diseases is increasing gradually and Tamaka Shvasa (bronchial asthma) is also one of them. In India prevalence of bronchial asthma is 6% in majority of surveys. [1]

Shvasa Roga has been classified into five types in Ayurvedic literature. [2] Out of them Mahashvasa, Urdhvashvasa and Chhinnashvasa are incurable and should be abandoned by a physician. [3] Chhudrashvasa is self limiting, [4] thus whatever Ahara, Vihara and Aushadha (diet pattern, lifestyle and treatment) described in Ayurvedic literature for Shvasa Roga are mainly for Tamaka shvasa.

The features of Tamaka Shvasa like wheezing, dyspnoea, orthopnoea, cough, tightness of chest etc. are same as in bronchial asthma, so as the modern point of view, bronchial asthma should be considered here as a synonym of Tamaka Shvasa.

Aims and objectives
Tamaka Shvasa is a Yapya disorder, [5] it means medicines have to be taken by the patient lifelong. If a patient follows proper diet and lifestyle along with therapy, he will be benefited additionally. The objective of present work is to develop a module of diet and lifestyle suitable for the patient of Tamaka Shvasa.

MATERIAL AND METHOD
The study of different Ayurvedic and modern literature has been done to fulfill the objective of study. On the basis of literature and logics a module of diet and lifestyle has been prepared for asthmatics.

Review of Literature
1. Avoiding the etiological factors of any disease is the first principle of management, [6] so a patient of Tamaka Shvasa should avoid all the causative factors as mentioned in Charaka Samhita as follows: [7]

   (A) Diet (Ahara)
   - Intake of insufficient or excessive diet
   - Diet before and after the meal time
Fasting in excess
Intake of Ruksha (ununctuous), Guru (heavy) or Vidahi (causing burning sensation) food
Use of Viruddhahara (mutual contradictory elements)
Habitual intake of Mash (Black gram), curd, un-boiled milk
Intake of meat of aquatic and marshy animals and birds

(B) Life style (Vihara)
- Exposure to dust, smoke and wind
- Residing in cool place and use of cold water
- Exercise, sex and long walk beyond the capacity
- Excessive Shodhana (purification) of the body

2. Old Shali and Shathi rice, Mudga, wheat and barley are wholesome for patient of Shvasa.\(^8\)

3. Milk, especially of camel is beneficial in Shvasa Roga.\(^9\)

4. Kulattha is beneficial in Shvasa Roga.\(^{10}\)

5. Madira is beneficial in Shvasa roga.\(^{11}\)

6. Purgation, sudation, medicated smoking, therapeutic emesis, day time sleeping, old Shathi, Shali, Kulattha, wheat, barley are suitable for patient of Shvasa Roga.\(^{12}\)

7. Yoga Ratnakara has mentioned following wholesome & unwholesome for patient of Tamaka Shvasa.\(^{13}\)

(A) Wholesome
- Old Ghrita, goat's Ghrita, milk, honey, Sura
- Meat of rabbit, peacock, cock & parrot
- Green vegetables like Parvala, brinjal, garlic, Jambir lemon, resin, cardamom etc.

(B) Unwholesome
- Easterly wind
- Milk and Ghrita of sheep
- Fish, tubers, mustard
- Ruksha, Sheet and Guru Ahara

8. In Ashtanga Hridaya different Yushas of Mudga with different vegetables has been mentioned as.\(^{14}\)
- Shrigru, Brinjal, Kasaghna, Vasa, reddish.
- Leaves of *Nimba, Paravala, Vrihati, Matulunga*.
- *Kantakari, Vrihati, Karkatshringi, Bilva, Gokshura*.
- *Guruchi, Chitakra, Kulattha*.
- *Bala, Vrihati, Rasna, Chitaka*.

9. *Peya* prepared by *Chitraka, Ajaji, Karkatshringi, Sauvarchala* salt and *Dashmula*. In the modern medical science bronchial asthma has been divided into two types according to etiological factors, which should be avoided by the patient having allergy to that particular cause.

**A) Extrinsic asthma**

Triggering factors are pollen, mite containing house dust, feathers, fungal spores, fish, egg, milk, yeast, blockers, aspirin, NSAIDS etc.

**B) Intrinsic asthma**

There are general factor like cold air, tobacco, smoking, emotional stress, strenuous exercise etc.

In asthmatics air trapping in lungs increases the residual volume and causes flattening of diaphragm, so there is mechanical disadvantage by being shorten in length produce GIT symptoms like- anorexia, early satiety, bloating etc. Higher energy consumption by the respiratory muscles to fulfill the demand, can lead to hyper-metabolic state and leads to progressive weight loss when output exceeded caloric value. Attempt to augment the caloric intake over base line may be difficult due GIT symptoms as described above and respiratory symptoms like dyspnoea. Thus our purpose of diet pattern in asthmatics should be light food, easily digestive, having maximum possible caloric values.

**DISCUSSION**

On the basis of above literature a module of wholesome and unwholesome diet and life style for the patients of *Tamaka Shvasa* has been prepared. *Laghu, Kapha-Vatashamaka, Ushna* and *Agnivardhaka Ahara-Vihara* are given prime importance. The logic about the selection of these diet and life style is also mentioned here:

**Diet-**

1. **Wholesome**
   - Honey- Best to alleviate *Kapha Dosha*
Milk of camel- Laghu and Kapha-Vatashamaka [19]
Milk of goat- Laghu [20]
Milk of cow - Laghu, easily digestible [21]
In general milk has been told beneficial, may be due to its nutritional values.
Old Ghrita- Tridoshshamaka [22]
Old Shali, Mudga – Laghu, Kaphashamaka [23]
Old Kulattha – Kapha-Vatashamaka [24]
Old Yava- Kaphashamaka [25]
Brinjal- Vatashamaka, Aगेvirdhaka [26]
Jambiri lemon- Kapha-Vatashamaka [27]
Garlic – Vatashamaka,Ushna [28]
For non-vegetarians meat of rabbit, peacock, cock, parrot- Laghu [29]
Varuni, Sura and Madira- Shrotoshodhaka, Deepan, Laghu and Vatanulomaka [30]
Different Yushas, Peya and medicated food- Kapha-Vatashamaka, stimulate the Agni

2. Unwholesome
Unboiled milk- Guru, Abhisyandi, allergic to some persons [31]
Milk & Ghrit of sheep- Kapha-Pittashamaka, adverse effect on heart [32]
Curd - Guru, Abhisyandi, alleviates Agni [33]
Sarshapa- Tridoshavardhaka [34]
Ruksha Ahara- Vatavardhaka, disturbs the Agni [35]
Sheeta Ahara- Kapha- Vatavardhaka [36]
Insufficient diet - Unable to enrich the patient
Excessive diet- Alleviate the Agni.
Diet before and after meal time- Agni is disturbed
Fasting in excess- Dhatushoshaka
Use of mutual contradictory diet- Doshautkleshkaraka (Allergic) [37]
Heavy food like Mash (Black gram)- Kaphavardhaka [38]
Meat of aquatic and marshy animals and birds- Guru, Kaphavardhaka [39]
Fish – Guru, Bahudoshkaraka, Allergic to some person. [40]
Life style

1. Wholesome
   - Use of warm atmosphere - Kapha-Vatashamaka\(^{[41]}\)
   - Day time sleeping - Pushtrakara, Balakara\(^{[42]}\)

2. Unwholesome
   - Exposure to dust, smoke and wind (having pollen etc.)- Triggering factors for extrinsic asthma\(^{[43]}\)
   - Residing in cool place use of cold water, strenuous exercise (including sex, long walk beyond capacity)- Triggering factors for intrinsic asthma\(^{[44]}\)
   - Excessive purification therapy- Vatavardhaka, Dhatukshayakara\(^{[45]}\)
   - Suppression of urge of Udgara – Vatavardhaka\(^{[46]}\)
   - Use of easterly wind and taking food at that time - Guru, Kaphavardhaka.\(^{[47]}\)

A module of the diet and life style for the patient of Tamaka Shvasa is prepared here on the basis of above explanation. The common diet and life style has been considered here that a patient of Tamaka Shvasa is likely to be followed.

Diet and life style for the patient of Tamaka Shvasa

<table>
<thead>
<tr>
<th>Type of Diet/Life Style</th>
<th>Wholesome( Should be used)</th>
<th>Unwholesome( Should not be used)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals</td>
<td>Old wheat, rice, barley, etc</td>
<td>New cereals</td>
</tr>
<tr>
<td>Pulses/Beans</td>
<td>Green gram, lentils, moth bean, horse gram</td>
<td>Arahara, black gram, bengal gram, soya bean</td>
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<tr>
<td>Vegetables/Roots/tubers</td>
<td>Parvala, brinjal, garlic, Jamir lemon, bottle guard, round guard, bitter guard, pumpkin, spinach, fenugreek, carrot, cauliflower, cabbage, ginger</td>
<td>Potato, colocasia, lady’s finger, tomato, mustard, peas, lotus, jack fruit, radish,</td>
</tr>
<tr>
<td>Fruits</td>
<td>Apple, sapodilla, date palm, coconut</td>
<td>Mango, banana, guava, jamun, pine apple, orange, sweet lime</td>
</tr>
<tr>
<td>Condiment and Spices</td>
<td>Cardamom, asafetida, cumin, carom, fenugreek, Shunthi, clove, black pepper, Tejapatra, Dalcheeni, Pippili</td>
<td>Red chili, green chili etc.</td>
</tr>
<tr>
<td>Fats</td>
<td>Ghee of cow, camel and goat, sesame oil</td>
<td>Ghee of sheep, deep fried food</td>
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<tr>
<td>Dry fruits &amp; nuts</td>
<td>Resins, fig. Indian date</td>
<td>Cashew, Almond, Pistachio, peanuts, wall nut</td>
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<tr>
<td>Sweeteners</td>
<td>Honey, Jiggery</td>
<td>Cane sugar</td>
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<tr>
<td>Milk &amp; Products</td>
<td>Milk of cow, camel and goat</td>
<td>Raw milk, curd, Milk of sheep</td>
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<td>Nonveg.</td>
<td>Rabbit, peacock, cock &amp; parrot</td>
<td>aquatic and marshy animals and birds,</td>
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<td>Quality of food</td>
<td>fish</td>
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<tr>
<td><em>Laghu, Kapha-Vatashamaka, Ushna</em></td>
<td><em>Guru, sheeta, Kapha-Vatavardhaka &amp; Ruksha</em></td>
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<tr>
<td>and <em>Agnivardhaka</em></td>
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<td>Timings of meal</td>
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<td>At regular interval</td>
<td>Irregular diet</td>
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<td>Rules regarding diet</td>
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<tr>
<td>1. Take a light food</td>
<td>1. Excessive food</td>
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<tr>
<td>2. Give proper gap to digest the</td>
<td>2. Diet before and after the meal time</td>
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<tr>
<td>previous diet</td>
<td>3. Fasting in excess</td>
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<td>3. Overeating</td>
<td>4. Stale food</td>
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<td>4. Take a fresh and warm food</td>
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<td>Drinks</td>
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<tr>
<td>Warm milk, vegetable soups, <em>Manda</em></td>
<td>cold water, cold drinks, juices</td>
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<td>and <em>Peyas</em></td>
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<tr>
<td>Life Style</td>
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<tr>
<td>Use of warm water for bath</td>
<td>Exposure to dust, smoke and wind</td>
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<tr>
<td>Day time sleeping</td>
<td>Residing in cool place</td>
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<tr>
<td>Residing in warm rooms</td>
<td>Exesive exercise, sex, work etc</td>
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<td></td>
<td>Use of cold water for bath &amp; easterly wind</td>
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**CONCLUSION**

From the different *Ayurvedic* literature, modern medical literature and logically it can be concluded that-

- All the triggering or etiological factors should be avoided by the patient of *Tamaka Shvasa*.
- *Laghu, Kapha-Vatashamaka, Ushna* and *Agnivardhaka* diet should be used.
- *Guru & Ruksha* diet should not be taken.
- Diet having maximum nutritive value should be taken.
- The principle having these points has been mentioned in *Bhava Prakasha* as: “The medicine, diet and life style for the patient of Shvasa should be *Kapha-Vatashamaka, Ushna and Vatanulomaka*”. [48]

**REFERENCES**


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44. Davidson’s Principles and Practice of Medicine, Edited by Christopher et al, Churchill living stone, U.K., page no.329,18th Ed., 1999