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A REVIEW ARTICLE ON DASHAMOOLADI KWATHA AND ITS MEDICINAL PROPERTIES

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ABSTRACT

According to Ayurveda, most respiratory diseases occur due to the vitiation of *Vata* and *Kapha Doshas*. *Acharyas* mentioned many formulations in *Ayurvedic Samhitas* for respiratory diseases that provide nourishment to lung tissue and pacify vitiated *Vata* and *Kapha Doshas.* They also help to boost the body's natural immunity, which decreases the episodic recurrence of the disease, thereby providing long-term relief to the patient. Herbal medicines are becoming increasingly popular due to their effectiveness and less adverse effects. *Ayurveda* is the best way to effectively & safely manage disease without inducing any drug dependency. *Dashamooladi Kwatha* is an Ayurvedic preparation for *respiratory diseases*, described in *Charaka Samhita*. This formulation contains 19 herbs, *including Dashamoola, Bharangi, Shati, Rasna, Pippalimoola, Pushkaramoola, Karkata shringi, Bhumyaamalki, Guduchi, Shunthi* with properties like analgesia, bronchodilator, anti-inflammatory, expectorant etc. In this review article, the medicinal and pharmacological properties of Dashamooladi Kwatha, mentioned in Charaka Samhita, are being evaluated and discussed.

Keywords: *Dashamooladi Kwatha*, *Shwasa*, Respiratory diseases

INTRODUCTION

Nowadays, the occurrence and recurrence of many chronic airway disorders are increasing worldwide at an alarming rate. The growing prevalence may be due to a rise in pollution, overcrowding, stress, or poor hygiene. Air pollution, in particular, has been linked to exacerbating respiratory issues by irritating the airways and triggering inflammatory responses. Ayurvedic medicines are gaining popularity as a natural and holistic approach to managing chronic conditions.

They emphasise individualised treatment and the use of natural herbs and practices, which generally have minimal side effects compared to conventional pharmaceuticals. They reduce significant burdens in terms of healthcare costs, have better cultural acceptability, and are more compatible with the human body. The use of purification procedures detoxifies the body, thus helping in better absorption of medicine.

Evidence-based medicine (EBM) has become essential in healthcare because it ensures that clinical decisions are made based on the best available current research. Discussing a drug's potential effectiveness through pharmacological data helps healthcare professionals understand how a medication works, its safety , and its efficacy in treating specific conditions. By combining clinical expertise with high-quality research data, EBM improves patient outcomes and reduces unnecessary risks. In various Ayurvedic *Samhitas*, different formulations for respiratory disorders are described. *Dashamooladi Kwatha* is one of the formulations in *Charaka Samhita* indicated in various diseases like *Hikka, Shwasa, Kasa, Hridshoola* and *Parshvashool*.

दशमूलीशटीरास्नापिप्पलीमूल पौष्करैः । श्रृङ्गीतामलकी भार्गीगुडूचीनागराम्बुभिः ॥

यवागूं विधिना सिद्धां कषायं वा पिबेन्नरः । कासहृद्ग्रह पार्श्वतिहिक्काश्वासप्रशान्तये ॥ *(Ch.chi 17/102-103)*

Dashamooladi Kwatha is a combination of 19 herbs, including *Dashamoola, Bharangi, Shati, Rasna, Pippalimoola, Pushkaramoola, Karkatashringi, Bhumyaamalaki, Guduchi, Shunthi.* These medicinal plants have *Deepana Pachana* and *Rasayana*, as well as analgesic, bronchodilator, anti-inflammatory, and expectorant properties.

Aims and objective

To discuss and evaluate the medicinal properties of Dashamooladi Kwatha and its therapeutic effect on Vata-Kaphaja disorders like Tamak Shwasa, Kasa, etc.

Materials and methods

Related material is collected from *Ayurvedic* literature, various research papers, articles, and books on modern medicine.

Review of *Dashmooladi Kwatha*

Dashamooladi kwatha is a coarsely powdered decoction formulation comprising 19 herbal medicines mixed in equal proportions. Each component has medicinal properties like Shwasahara, Shothahara, Deepana, and Pachana. *Kashaya Kalpana* soothes the pharynx (throat) and enhances bioavailability and customisation of doses.

Ingredients of *Dashmoolaadi Kwatha*

Sl.No.	Dravya	Latin name	Properties
1	Bilva	*Aegle marmelos*	***Rasa -*** *Kashaya, Tikta* ***Guna -*** *Laghu, Ruksha* ***Vipaka -*** *Ushna* ***Virya -*** *Katu* **Chemical composition -** Marmelosin, Aegelinin, Volatile oil, Marmin **Part used** - root bark [1]
2	Agnimantha	*Premna mucronate*	***Rasa -*** *Tikta, Katu, Kashaya, Madhura*

			Guna - *Ruksha, Laghu* ***Vipaka -*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** **Part used** - root bark [2]
3	Shyonaka	*Oroxylum indicum*	***Rasa -*** *Madhura, Tikta, Kashaya* ***Guna -*** *Laghu, Ruksha* ***Vipaka -*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Oroxylin A, Baicalein, Chrysin, Tannic acid **Part used** - root bark [3]
4	Patala	*Stereospermum suaveolens*	***Rasa -*** *Tikta, Kashya* ***Guna-*** *Laghu, Ruksha* ***Vipaka -*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** **Part used**- root bark [4]
5	Gambhari	*Gmelina arborea*	***Rasa -*** *Tikta, Kashya, Madhur* ***Guna -*** *Guru* ***Vipaka -*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Benzoic acid, Latex, Buteric & Tatric acid **Part used**- root bark [5]
6	Gokshura	*Tribulus terrestris*	***Rasa-*** *Madhura* ***Guna-*** *Guru, Snigdha* ***Vipaka-*** *Madhur* ***Virya -*** *Sheeta* **Chemical composition-** Harman, Harmine, Tanin, Glycoside **Part used**- Panchanga [6]
7	Brihati	*Solanum indicum*	***Rasa-*** *Katu, Tikta* ***Guna-*** *Laghu, Ruksha, Tishna* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Solanine, Solanidine, Solasonine, Diosgenin **Part used**- *Panchanga* [7]
8	Kantakari	*Solanum surattense*	***Rasa-*** *Tikta, Katu* ***Guna-*** *Laghu, Ruksha, Tikshna* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Diosgenin, Solasonine, Solanocarpin **Part used**- Panchanga [7]
9	Shalaparni	*Desmodium gangeticum*	***Rasa-*** *Madhura, Tikta* ***Guna-*** *Guru, Snigdha* ***Vipaka-*** *Madhura* ***Virya -*** *Ushna* **Chemical composition-** yellow latex **Part used**- *Panchanga* [9]
10	Prishnaparni	*Uraria picta*	***Rasa-*** *Madhura, Tikta* ***Guna-*** *Laghu, Snigdha* ***Vipaka-*** *Madhura*

			Virya - *Ushna* **Part used**- *Panchanga* [10]
11	Bharangi	*Clerodendrum ser-ratum*	***Rasa-*** *Tikta, Katu* ***Guna-*** *Laghu, Ruksha* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Phenolic glycosides, Saponin **Part used**- Leaf [11]
12	Shati	*Heydycium spicatum*	***Rasa-*** *Tikta, Katu, Kashaya* ***Guna-*** *Laghu, Tikshna* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Essential oil, Glycoside **Part used** – Rhizome/tuber [12]
13	Pippalimoola	*Piper longum*	***Rasa-*** *Katu* ***Guna-*** *Laghu, Snigdha, Tikshna* ***Vipaka-*** *Madhur* ***Virya -*** *Anushna sheeta* **Chemical composition-** Alkaloid Piperine, Sesamin, fatty oil **Part used** – Root [13]
14	Pushkaramoola	*Inula racemosa*	***Rasa-*** *Katu, Tikta* ***Guna-*** *Laghu, Tikshna* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Essential oil, Alantolactone, Inulin **Part used** – Rhizome [14]
15	Karkatashringi	*Pistacia integerrima*	***Rasa-*** *Tikta, Kashaya* ***Guna-*** *Laghu, Ruksha* ***Vipaka-*** *Katu* ***Virya -*** *Ushna* **Chemical composition-** Essential oils, Pistacienoic acids A&B, Caprylic acid **Part used**- Gall [15]
16	Bhumyaamalki	*Phyllanthus urinaria*	***Rasa-*** *Tikta*, *Kashaya*, *Madhura* ***Guna-*** *Laghu*, *Ruksha* ***Vipaka-*** *Madhura* ***Virya -*** *sheeta* **Chemical composition-** Alkaloids **Part used** – *Panchanga* [16]
17	Guduchi	*Tinospora cordifolia*	***Rasa-*** *Tikta, Kashaya* ***Guna-*** *Guru*, *Snigdha* ***Vipaka-*** *Madhur* ***Virya -*** *Ushna* **Chemical composition-** Berberine, Giloin **Part used**- Rhizome [17]
18	Shunthi	*Zingiber officinale*	***Rasa-*** *Katu* ***Guna-*** *Laghu, Snigdha* ***Vipaka-*** *Madhura* ***Virya -*** *Ushna* **Chemical composition-** Essential oil, gingerol and shogaol **Part used**– Rhizome [18]
19	Rasna	*Pluchea lanceolata*	***Rasa-*** *Tikta* ***Guna-*** *Guru*

			Vipaka- *Katu* ***Virya -*** *Ushna* **Chemical composition-** B and C sitosterols, Isorhamnetidin **Part used** - Leaf [19]

Pharmacological properties of *Dashmooladi Kwatha*

1	Bilva	Anti-inflammatory, free radical scavenging activity, spasmogenic [20]
2	Agnimantha	Anti-inflammatory [21]
3	Shyonaka	Anti-inflammatory, Anti-stress, antispasmodic, purgative [22]
4	Patala	Anti-inflammatory, anti-viral, anti-cancer, Expectorant [23]
5	Gambhari	Anti-inflammatory, anti-helminthic [24]
6	Gokshura	Anti-inflammatory, spasmolytic, muscle relaxant, diuretic [25]
7	Brihati	Expectorant, Anti-inflammatory carminative [26]
8	Kantakari	Expectorant, laxative, anti-histaminic [27]
9	Shalaparni	Antipyretic, ant catarrhal, anti-inflammatory [28]
10	Prishnaparni	Antiseptic, antipyretic [29]
11	Bharangi	Antihistaminic, antispasmodic, antitussive carminative [30]
12	Shati	Anti-inflammatory, antihistaminic, antiasthmatic, antiallergic, analgesic, hypotensive, and hepatoprotective [31]
13	Pippalimoola	Anti-pyretic, analeptic, CNS stimulant, anti-inflammatory [32]
14	Pushkaramoola	antioxidant, antifungal, Anti-inflammatory, and analgesic [33]
15	Karkatashringi	anti-microbial, antioxidant, analgesic, Anti-inflammatory, and anti-asthmatic [34]
16	Bhumyaamalki	Antioxidant, hepatoprotective, cardioprotective, anti-inflammatory anti-cancerous [35]
17	Guduchi	Anti-inflammatory, Analgesic, Antiarthritic, Antioxidant, Anti-stress, Antineoplastic [36]
18	Shunthi	Anti-inflammatory, Analgesic, Antiatherosclerosis, Antioxidant, Anti-stress, Antineoplastic, Antipyretic [37]
19	Rasna	Anti-inflammatory, Antioxidant, Analgesic, Anti oedema Spasmolytic, Anti-implantation [38]

Critical analysis of the ingredients of *Dashmooladi Kwatha*

1. Bilva

Acharya Charaka identified *Bilva* as *Shothahara, Arshoghna, Asthapanopaga, and Anuvasanopaga*. *Acharya Sushruta* mentioned it in Varunadi Gana, Ambashthadi Gana, and *Brihat Panchamula*. It alleviates vitiated *Vata-Kapha Doshas*. It possesses properties of *Kaphaghna, Grahi, Balya, Deepana* and *Pachana*. Alkaloid aegeline, present in leaves, has anti-asthmatic effect. Marmin shows anti-inflammatory effects experimentally. Aurapten is a potent heart rate inhibitor that can be used in case of heart palpitation.[39]

2. Agnimantha

Agnimantha possesses properties such as Kaphaghna, Shothahara, Deepana, etc. It is *Vata-Kapha Shamaka and is often recommended for a variety of conditions,* including pain, inflammation, digestive issues and respiratory ailments. Tub bath sudation via leaves of *Agnimantha* can reduce inflammation and pain for the treatment of *Arshas*. It treats colic, rheumatism, neuralgia, dyspepsia, dysentery and neural disorders.

From a pharmacological perspective, research over the past decades has investigated various bioactive

compounds found in *Premna integrifolia*, such as flavonoids, alkaloids, and phenolic compounds. These components are believed to contribute to their anti-inflammatory, analgesic and antimicrobial properties.

3. Shyonaka

It shows anti-inflammatory, diuretic, astringent, expectorant, anti-arthritic, antipyretic, antifungal and antibacterial activity. Fruit can treat skin disorders and heart disorders and detoxify the blood. It balances *Kapha-Vata Doshas. Shyonaka* supports the digestive system and is often used to treat indigestion, bloating, and constipation. Decoction of its leaves can be used internally to increase appetite. It acts as a purgative, anti-stress, anti-spasmodic, anti-inflammatory, etc. It is used for abdominal tumours and asthma.[40]

4. Patala

According to Ayurvedic pharmacopoeia of India, the root can be used in lipid disorders. Stem bark is efficacious in oedema and urine retention. Its copper red flowered var. (S. suaveolens) is prescribed for breathlessness, vomiting, oedema, high fever and flatus. The white-flowered var. (S.chelenoids) is an appetiser and helps with blood purification. It is helpful for vomiting, oedema, and inflammatory chest disease. It shows anti-cancerous, anti-viral, expectorant, and anti-inflammatory activities.

5. Gambhari

Acharya Charaka included *Gambhari* in *Shothahara, Dahaprashamana* and *Virechanopaga Mahakashaya. Acharya Sushruta* included it in Brhatpanchamula and Sarivadi Gana. It is said to be *Tridosha Shamaka.* Local applications of leaves can relieve fever associated with headache, burning sensation and pain. It is carminative and facilitates the movement of Doshas in the normal direction. The Ayurvedic Pharmacopoeia of India recommends using bark and stem in inflammatory disease and oedema. The fruit can be used in dysuria and haemorrhagic diseases.

6. Gokshura

Studies suggest *Gokshura* to be a rich source of Phyto-constituents and nutrients with potent antioxidants and hypoglycaemic activity. Its fruit is a potent diuretic, demulcent, anti-inflammatory, spasmolytic, muscle relaxant and hypoglycemic. It is used in urolithiasis, crystalluria, urinary discharges and pruritus ani. It also acts as a supporting medicine for respiratory diseases like cough and asthma. [25]

7. Brihati

It is *Kapha-Vata Shamaka.* It helps in the treatment of *Aamdosha*. It treats chronic respiratory diseases, colic pain, cardiac disorders, skin disorders, etc. Various studies show that the external application of its juice extract is helpful in alopecia treatment. The root is carminative, expectorant used for colic surgery, cough and catarrhal affection [26]

8. Kantakari

It treats cough, bronchitis, asthma, skin diseases, hepatomegaly, splenomegaly etc. It acts as a stimulant and expectorant. Fruit is used as an adjuvant to promote conception. Studies show that the crude drug extract causes a transient hypotensive effect, which is partly inhibited by Atropine. The beneficial effect of the drug on bronchial asthma may be attributed to the depletion of histamine from bronchial and lung tissue.[27]

9. Shalaparni

It can scavenge the free radicals generated during ischaemia and ischaemia reperfusion, thereby acting as cardio protective. It acts as an antioxidant, anti-inflammatory, anti-ulcer, anti-diabetic, nootropic, diuretic, astringent and immunomodulator.[41] Gengetine present in roots show significant anti-inflammatory and analgesic activity.[28]

10. Prishnaparni

It shows anti-cancerous and anti-cholinergic properties that help in the management of depression, anxiety and sleeping disorders. It also possesses antiseptic, anti-emetic, aphrodisiac and anti-inflammatory properties. Pharmacological properties of flavonoids include CNS activity, cardiotonic, hepatoprotective and antiulcer. [42] Its roots are prescribed for cough, chills and fever. Leaves can be used as an antiseptic for genito-urinary infection. The Ayurvedic pharmacopoeia of India recommends its efficacy in bronchi-

tis, dyspnoea, insanity, psychosis and diseases due to vitiated blood. [29]

11. Bharangi

Roots are used as antihistaminic, anti-spasmodic and anti-tussive. Studies show that the decoction of roots can be used in catarrhal bronchitis. The leaves are used for fevers and their local application in Cephalgia and Ophthalmia. The Ayurvedic pharmacopoeia of India indicated the use of dried roots in cough, bronchitis, dyspnoea, chest disease and sinusitis. It also shows hypotensive and spasmolytic activity. The antihistaminic effect was also observed pharmacologically.[30]

12. ***Shati***

Studies show that its rhizomes are stomachic carminative, stimulant and tonic. They are used in the treatment of dyspepsia, asthma and bronchitis. Some scientific evidence suggested using *Shati* to treat, control, and manage infectious diseases, diarrhoea, etc. Extracts of the rhizome, containing benzene and hexane extracts, showed anti-inflammatory and blood pressure-lowering activity. It is not only an analgesic but also a potent H1 blocker. Results have confirmed that *Shati* has memory restorative activity, which highlighted its use for the treatment of dementia during Alzheimer's disease. It is hepato-protective, antioxidant, and anti-cancerous, and it shows ulcer protective activity.[43]

13. Pippalimoola

It is used in the respiratory tract for diseases like cough, asthma, and bronchitis. It is also helpful in insomnia, epilepsy, and bile duct obstruction. It can be used as an appetiser, carminative and general tonic. If applied locally to muscular pain and inflammation, it is very effective. Piperine is an antipyretic, hypotensive CNS stimulant that enhances the bioavailability of hexobarbital, phenytoin, propranolol, and theophylline. Various experiments show its effect against antigen induced bronchospasm and inhibition of glucaronidation activity in intestine. [32]

14. Pushkaramoola

Pushkaramoola is a potent medicine for respiratory diseases as it smoothens the irritated bronchial tree. It is said to be a rejuvenating herb for the lungs. It is helpful in the treatment of many conditions, including inflammation, anorexia, cough, hiccough, cardiac and bronchial asthma, bronchitis and anaemia. Various studies reveal the presence of Alantolactone and inulin in its root, which showed antibacterial and anti-inflammatory activities.[44] It is used to treat cardiovascular diseases, inflammation, and abdominal pain. Studies show it also possesses an anti-nociceptive effect.[33]

15. Karkatashringi

Its galls have been utilised for the treatment of cough, asthma, dysentery, and liver disorders. The plant has many biological activities, including anti-microbial, antioxidant, anti-inflammatory, analgesic, cytotoxicity and phytotoxicity because of their chemical constituents like pistacienoic acids A&B and caprylic acid. The antibacterial and antifungal activity of its stem was also determined experimentally. It is a good source of antioxidants due to its phenolic constituents.[34]

16. Bhumyamalaki

Phytochemical investigations reveal that the plant is a rich source of lignans, tannins, flavonoids, phenolics, terpenoids, etc. It has anticancerous, hepatoprotective, antidiabetic, antimicrobial, and cardioprotective effects. It can treat junkies, diabetes, malaria, and liver diseases. Its decoction is used for the treatment of kidney stones. Isolated flavonoids showed antioxidant, anti-inflammatory, anticancer, and anti-*H. Pylori* activities experimentally. [35]

17. Guduchi

*Guduchi i*s considered as *Rasayana* in *Ayurvedic Samhitas*. It is *Tridosha Shamaka*. Chemical constituents like tinosporaside and sesquiterpenoid glycoside have antioxidant properties. Many studies showed that Berberine present in *Guduchi* showed its anti-inflammatory properties via drying up, through attenuation of the formation of chemical mediators of inflammation, like histamine and 5 HT, during the initial phase of inflammation. It has many other medicinal properties such as anti-diabetic, antiarthritic, antioxidant, anti-stress, antimalarial, hepatoprotective, antiallergic and immunomodulatory activities. [45]

18. Shunthi

Acharya Sushruta mentioned that *Shunthi* balances the vitiated *Vata* and *Kapha Dosha*. *Acharya Charaka* mentioned *Shunthi* in *Shoola prashamana mahakashaya*. Bioactive components like tannins, anthocyanins and pungent phenolic extracts called sesquiterpenes, gingerols, and shogaols are found in *Shunthi*. Research have shown that shagonals have antitussive activity. It helps manage allergies and asthma by offsetting the inflammation-initiating factor PAP (platelet-activating factor). *It* possesses antioxidant, antiarthritic, and neuroprotective properties. It contains bioactive compounds like gingerol and shogaol, which inhibit pro-inflammatory mediators

19. Rasna

Acharya Charaka identified *Rasna* as a key herb for alleviating *Vata Dosha* due to its *Ushna Virya* and *Guru Guna*. It is a valuable drug in treating Amavata/arthritis, as it eliminates Ama toxins from the body and pacifies *Vata dosha.* It possesses analgesic, anti-inflammatory and anti-microbial properties. It is considered helpful for gout, cough and cold, fever, abdominal pain, colic pain, asthma or other respiratory disorders, ascites, etc. Various chemical compounds, like ethyl acetate, ethanol, methanol, n-butanol, taraxasterol, and taraxasterol acetate, have been studied for anti-inflammatory and antiarthritic activities.

DISCUSSION

Dashamooladi kwatha is noted for its effectiveness in Kasa, Hridgraha, Parshvagraha, Hikka and Shwasa, which are all mostly associated with the respiratory system attributed to the vitiation of Vata and Kapha Dosha. Most ingredients in Dashamooladi Kwatha are Katu, Tikta Kashaya Rasa, Laghu, Ushna, Teekshna Guna, Ushna Virya and Katu Vipaka. They possess Vatanulomana and vatakaphahara properties. Rasa Dhatu is the chief Dushya in respiratory diseases produced by Rasa Dhatvagnimandhya and Jatharagnimandhya. Deepana, Pachana, Rochana, and Rasayana properties of Dashamooladi Kwatha correct Agni that produce proper Rasa Dhatu.

Dashmoola is Tridosha Shamaka and has Shoolaghna, Pachana, and Shwasa-Kasahara properties. Most of its contents are Ushna Virya and Katu in Vipaka. It is a potent anti-inflammatory, antioxidant, and analgesic polyherbal combination. It is helpful in the treatment of diseases like arthritis, asthma, headache, puerperal problems, gout, muscle spasm, lower back aches, etc.

Rasna helps to relax stiff muscles and reduces spasms. Shunthi aids in Amapachana (elimination of free radicals), which decreases oxidative stress in the body. Since oxidative stress is linked to cartilage damage, chronic inflammation, and accelerated ageing, its reduction benefits various disorders. Guduchi is recognised as Rasayana, which promotes strength, immunity, and healing and contributes to longevity. Pushkaramoola is a rejuvenating herb for the lungs.

Herbs like Bharangi and Kantakari serves as antihistaminic, Bilva as free radical scavenger, Patala, Brihati, Kantakari as expectorant; Bharangi as antihistaminic; Shyonaka, Gokshura, Bharangi as antispasmodic; Rasna, Shunti, Gokshura as analgesic; Karkatashringi, Pushkaramoola, Shati as antiasthmatic and almost all herbs as anti-inflammatory.

CONCLUSION

Dashamooladi Kwatha is Kapha-Vatashamaka, Ushna Virya, Vatanulomaka, and Shwasa-Kasahar in nature and possesses anti-inflammatory, antihistaminic, antioxidant, expectorant and bronchodilator properties. *Kaphaghna, Kaphanisaraka* and *Srothoshodhana Guna* help remove blockage in the body's channels, thus allowing free flow of Prana Vayu, i.e. Vatanulomana, will be achieved. *Shothahara* karma helps to neutralise the *Shotha* produced by *Ama. Balya guna* prevents the vitiation of Vat Dosha, which may occur due to continued use of *kapha Nissāraka Aushadh.*

The ingredients in *Dashamooladi Kwatha* aim to help balance the *Vata* and *Kapha* doshas, which are often involved in respiratory issues. They also nourish lung tissue, thereby increasing its functioning capacity. Given the rising interest in herbal medicine and Ayurveda, further research could also pave the way for integrating these practices more fully into

conventional treatment plans, especially for chronic respiratory conditions.

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