

## A CONCEPTUAL STUDY ON ROLE OF *AMRITADI KWATH* IN *TAMAKA SHWASA* (BRONCHIAL ASTHMA)

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### ABSTRACT

**Objective:** *Tamaka Shwasa* is a *Vatakaphaja Vyadhi* originating from *Pitta Sthana* and manifesting through *Pranavaha Srotas*. *Vata* gets obstructed by *Kapha* and travels in *Pratiloma Gati*, thus causing the disease entity called *Tamaka Shwasa*. *Tamaka Shwasa* in *Ayurvedic* classics seems to be identical with the description of Bronchial Asthma in modern medicine. Bronchial Asthma is a major global health problem, which can affect the population irrespective of age, sex, economic status, etc. **Method:** References regarding *Amritadi kwath* are collected from *Cakradatta*, and further details regarding the constituent drugs are collected from textbooks, PubMed Central, published research papers and previous work done. **Result:** As per the data collected, Bronchial Asthma when treated with *Amritadi kwath* will be effective in relieving the symptoms in patients. Due to increasing prevalence, chronic, intermittent and inflammatory nature of the disease and also for better management of *Tamaka Shwasa* patients; it is a need of hour for innovative research regarding this topic. **Conclusion:** *Amritadi kwath* will be effective in improving pulmonary functions in Bronchial Asthma. Here we can conclude that *Ayurvedic* medicines will be a better choice in treating Bronchial Asthma in the near future.

**Keywords:** *Tamaka Shwasa*, Bronchial Asthma, *Amritadi kwath*.

## INTRODUCTION

*Shwasa* is the major disease entity affecting *Pranavaha Srotas*. It is of five types namely *Maha Shwasa*, *Urdhva Shwasa*, *Chinna Shwasa*, *Tamaka Shwasa* and *Kshudra Shwasa*. *Tamaka Shwasa* one among them, is caused by *Vata* moving in reverse order pervades the channels of vital breath, afflicts the neck and head, and stimulates *Kapha* to cause *Pinasa*. This *Vata*, thus obstructed, produces *Tamaka Shwasa*<sup>1</sup>. It is well known for its episodic and chronic course which comes under the life-threatening disease which afflicts the human race. Due to many etiological factors, movement of air through *Pranavaha Srotas* is hampered in this disease resulting in difficulty for breathing.

*Tamaka Shwasa*, in *Ayurveda* is similar to the description of Bronchial Asthma in modern medicine. Bronchial Asthma is one of the major global health problems, of current era. At present, Asthma is reported in 1.2 – 6.3 % adults in most countries. About 300 million people worldwide suffering from Asthma and the number has risen by around 50 % in the last decade. There are only a few studies from India on epidemiology of Asthma. Overall burden of Asthma in India is estimated to be more than 15 million patients. Five percent of children under 11 years have Asthma in India.

The Global Initiative for Asthma has proposed a descriptive definition of Asthma. Asthma is a chronic inflammatory disorder of the airways associated with airway hyper responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night or in the early morning. Irrespective of age and gender it affects all categories of people and cause serious impairment in the quality of life of the patient. Current estimate suggests that Asthma affects 300 million people worldwide and an

additional 100 million people will be diagnosed by 2025<sup>2</sup>.

Drawbacks of current treatment according to modern science for Asthma are limited efficacy, failure to reduce mortality, adverse effects of drugs and issues regarding availability and cost.

Even though *Tamaka Shwasa* is considered as a *Yapya Vyadhi*<sup>3</sup>, it becomes *Sadhya* if it is of recent onset and when the *Rogi Bala* is more. Early diagnosis and treatment are essential to minimize further progression. *Ayurvedic* treatment is a hope for the patients combating with Asthmatic problems.

***Tamaka Shwasa:***

***Nidana:***

*Acharya Caraka* has mentioned common *nidana* for all the five types of *Shwasa*. *Tamaka Shwasa* occurs mainly as a result of *Vata* and *Kapha Prakopa Nidanas*. For convenience, the causative factors can be categorized into: -

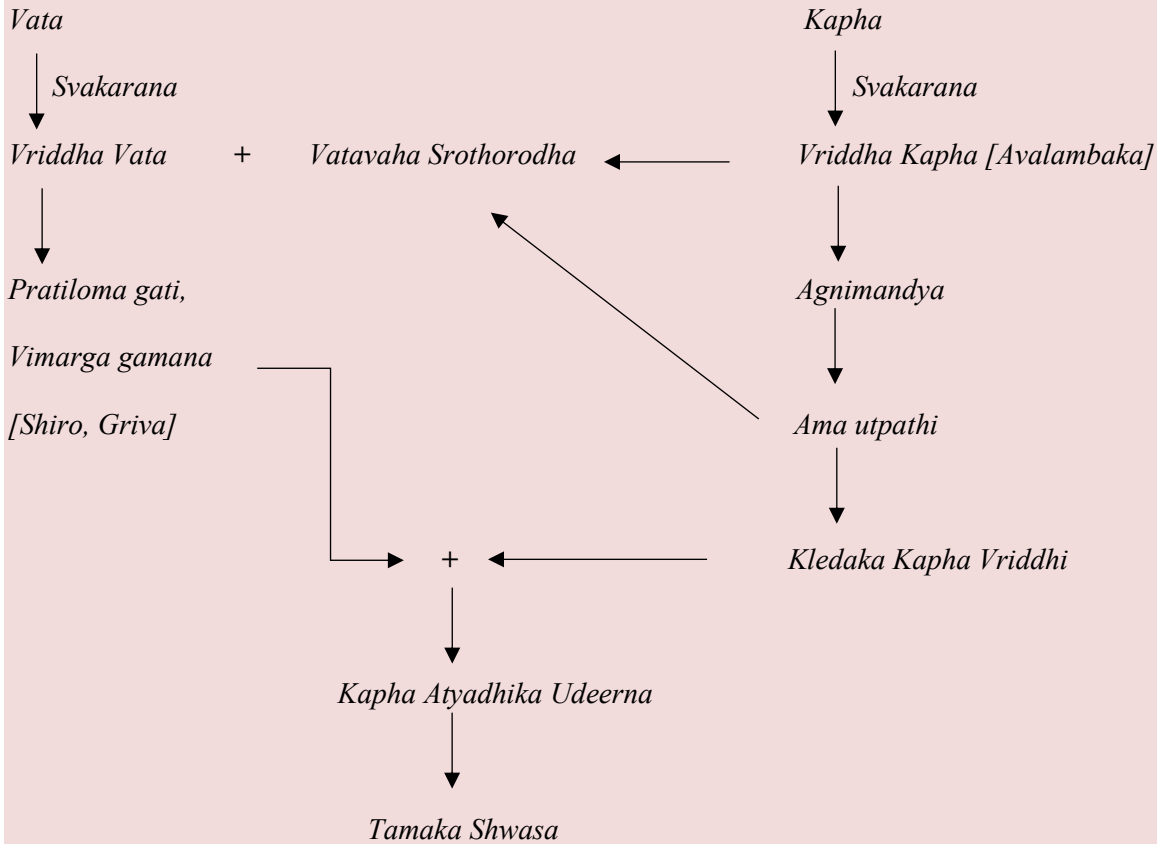
**1. Aharaja Nidana:** *Rukshanna, Vishamanna, Nishpava, Masha, Pinyaka, Tila Taila, Pishta, Shaluka, Vishtambhi- Vishtambhi- Guru bhojan, Jalaja- Anupamamsa, Dadhi, AmaKshira, Shleshmala ahara*

**2. Viharaja Nidana:** *Rajas, Dhuma, Vata, Seeta sthana ambu sevan, Vyayama, Gramyadharm, Adhwa, Ati- Apatarpana, Marmaghata, Suddhyatiyoga, Abhishyandi upachara, Kanta-Ura Pratighata*

**3. Nidanarthakara Rogas:** *Amapradosha, Anaha, Daurbalya, Atisara, Jwara, Chardi, Pratishyaya, Kshata, Kshaya, Udavarta, Visuchika, Alasaka, Pandu, Visha, Vibandha*

**4. Vyanjaka Hetu:** *Megha, Ambu, SeetaPragvatha, Sleshmala foods and regimens*<sup>4</sup>.

**Samprapti:<sup>5</sup>**



**Purvarupa:** The *purvarupa* of *Shwasa Roga* is also applicable to *Tamaka Shwasa*. According to *Acharya Caraka* the *purvarupa* are: -

*Anaha, Parsvasula, Hritpida, Pranavilomata*<sup>6</sup>.

**Rupa:** The main symptoms are *Pinasa, Ghurghuraka, Ativa tivra vega Shwasa, Vegayukta Kasa, Pratamyati, Sleshma vimokshante muhurt labhate sukham, Kanthodwansa, Anidra, Asinolabhatesaukhyam, Ush-nabhinandan, Lalate sweda, Visushkasya*<sup>7</sup>.

**Ayurvedic Management of Tamaka Shwasa in brief:**

- *Nidanaparivarjana*: Avoidance of causative factors.
- *Samsodhana*: *Snigdhasweda, Vamana, Dhumapana, Virechana [Tamake tu Virechana], Nasya*.

- *Samshamana*: *Shamana yogas* and treatment will lessen the *upadravas*.

In general; medicines, drinks, foods must be *Kapha Vatagna, Ushna* and *Vatanulomana* in nature. *Ekanthika Chikitsa* should not be done [Since *Vata* and *Kapha* are opposite in nature.] The administration of ingredients which alleviate *Vata* but may aggravate *Kapha* can, if necessary, be used in exceptional circumstances<sup>8</sup>.

**Amritadi Kwath:**

The ingredients of *Amritadi Kwath* are *Amrita, Sunti, Bharngi, Kantkari and Tulsi* which is administered along with *Pippali Churna* as *Anupan*. It is effective in *Shwasa* and *Kasa*<sup>9</sup>.

**Rasapanchaka<sup>10</sup> and Pharmacological Action of Drugs in Amritadi Kwath:**

<b>Drug</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>	<b>Doshag-nata</b>	<b>Aushadi Karma</b>	<b>Pharmacological action</b>
<u>Amrita</u>	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhura	Tridosha shamaka	Deepan, Pachan, Anuloman, Vedhanasthapan, Rasayan	antiallergic, antioxidant, anti-inflammatory, immunomodulatory <sup>11</sup>
<u>Sunti</u>	Katu	Laghu, Snigdha	Ushna	Madhura	Kapha-Vata shamaka	Shwasahar, Sothahar, Seetaprasaman, Vedhanasthapan, Deepan, Pachan, Vatanuloman, Soolaprasaman, Amapachan, Srothorodhanivaran	antioxidant, anti-inflammatory, immunomodulatory, <sup>12</sup> anti-histaminic, antitussive, bronchodilator, anti-asthmatic <sup>13</sup>
<u>Bharngi</u>	Tikta, Katu	Laghu Ruksha	Ushna	Katu	Kapha-Vata shamaka	Shwasahar, Kasahar, Sothahar, Deepan, Pachan, Anuloman, Amapachan	antiallergic, antioxidant, anti-inflammatory, anti-histaminic, anti-asthmatic, mast cell stabilization <sup>14</sup>
<u>Kantkari</u>	Tikta, Katu	Laghu Ruksha Teekshna	Ushna	Katu	Kapha-Vata shamaka	Kasahar, Kanthya, Shwasahar, Hikkanigrahan, Deepan, Pachan, Sothahar, Vedhanastapan	anti-asthmatic, anti-inflammatory, anti-histaminic, antiallergic, mast cell stabilization, bronchodilator <sup>15</sup> , expectorant <sup>16</sup>
<u>Tulsi</u>	Tikta, Katu	Laghu Ruksha	Ushna	Katu	Kapha - Vata Shamaka	Shwasahara, Kasahara, Sothahar, Vedhanahar, Seetaprasaman, Deepan, Pachan, Anuloman	antioxidant, anti-inflammatory, immunomodulatory <sup>17</sup> , antiallergic, antitussive, antispasmodic <sup>18</sup>
<u>Anupan: Pippali</u>	Katu	Laghu, Snigdha, Teekshna	Anushna seeta	Madhura	Kapha-Vata Shamaka	Deepan, Vatanuloman, Soolaprasaman, Kasahar, Shwasahar, Hikkanigrahan, Rasayan	antispasmodic, anti-inflammatory, immunostimulatory, cough suppressor <sup>19</sup>

## DISCUSSION

On analysing the above facts, it can be said that *Amritadi Kwath* will be an excellent choice in treating Bronchial Asthma. *Tikta rasa*<sup>20</sup> of the drugs has *Kaphashamana* and *Kledahara* properties. Most of the drugs have *Katu rasa*<sup>21</sup>, *Ushna virya* and *Katu vipaka* which helps in reducing excess *Kapha* and *Kleda* and moreover providing *Srothosodhana*. The accumulated secretions in the respiratory pathway thus can be cleared and *Srothosudhi* can be attained easily. *Ushna virya* also helps in bronchodilation which causes the enhancement of air circulation in the respiratory pathways. It also strengthens the *Agni* which is inevitable for the normal functioning of the body.

The contents of the *Amritadi Kwath* are mainly *Vata Kaphahara*, thus pacifying the predominant *doshas* in *Tamaka Shwasa*. Since *Ama* contributes a major role in *Samprapti* these drugs having *Deepan*, *Pachan* and *Vatanuloman* properties will be very effective. *Sothahar* drugs will clear the passages and makes the breathing effortless. Almost all the drugs are having *Shwasahar* and *Kasahar* properties.

Pharmacological actions of drugs in *Amritadi Kwath* which are significant in treatment of *Tamaka Shwasa* are: -

- Antispasmodic activity which helps in reducing the bronchospasm.<sup>22</sup>
- Expectorants which helps in removing excessive secretions in the airways.<sup>23</sup>
- Antioxidant action helps in minimizing the tissue damage.<sup>24</sup>
- Anti-inflammatory action which may reduce mucosal inflammation.<sup>25</sup>
- Anti-asthmatic action which prevents asthma attacks.<sup>26</sup>
- Bronchodilator action which relaxes the muscles in lungs and widens the airways.<sup>27</sup>
- Antitussive action that prevents or relieves cough.<sup>28</sup>
- Antihistaminic and Antiallergic action that relieves symptoms of allergy.<sup>29</sup>
- Immunomodulatory action that regulates or normalises the immune system.<sup>30</sup>
- Mast cell stabilisation which means blocking the mast cell degranulation, stabilising the cell and

thereby preventing the release of histamine and related mediators which causes allergy.<sup>31</sup> So, it is clear that *Amritadi Kwath* will have great efficacy if administered in *Tamaka Shwasa*.

## CONCLUSION

Basically, *Tamaka Shwasa* is *VataKaphatmaka* in nature which has *Agnimandya* and *Ama* as the contributing factors to the *Samprapti*. Here the drugs of *Amritadi Kwath* are *VataKaphagna*, *Deepan*, *Pachan* and *Vatanuloman* which will be helpful in *Samprapti vighatana* of *Tamaka Shwasa*. The pharmacological actions of drugs of *Amritadi Kwath* like anti-asthmatic, anti-inflammatory, anti-histaminic, antiallergic, mast cell stabilization, bronchodilator, expectorant actions etc., shows the efficacy of the drug. So, *Amritadi Kwath* meets all the qualities needed for a *Shwasahar yoga*. Thus, we can conclude that *Amritadi Kwath* will be effective in improving the Pulmonary functions in Bronchial Asthma. It is crystal clear that, *Ayurvedic* management can provide better alternative to Allopathic drugs in treating *Tamaka Shwasa* (Bronchial Asthma).

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