

ROLE OF AYURVEDA IN THE MANAGEMENT OF TAMAKA SWASA (BRONCHIAL ASTHMA) - A SINGLE CASE STUDY

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ABSTRACT

Asthma is a chronic inflammatory disease which causes the lining of the airways to become swollen and inflamed, which leads to narrowing of airways, and in many cases the production of thick, sticky mucous. These changes cause the airways to become narrow, making it difficult to breathe. The present effort is intended to study the efficacy of such formulations in reducing the sign and symptoms of chronic Bronchial asthma. A case of 52 yr old male patient who presented features of *Tamaka Swasa* (Bronchial asthma) was treated by internal *Ayurvedic* Medicine, showed marked improvement in cardinal feature such as breathlessness, cough, Night awaking etc. and some hematological Parameters, discussed here.

Keywords: *Tamak swasa, Ayurveda, bronchial Asthma*

INTRODUCTION

Asthmatic patients most important and prior complaint is difficulty in breathing. In *Ayurveda* it comes under, 'Swasa Rog'. This difficulty breathing (or obstructed passage of air) is seen to be caused by the abnormal movement of *Vata* in (known as the *Pranavaha Srotas*), either on its own (where *Vata*'s dry and astringent qualities cause the constriction and contraction of the smooth muscles) or in conjunction with an obstruction caused by excess *Kapha* because *kapha* nature is to obstruct the tract rather than remaining liq'uefied and easy to expel, the presence of *Vata* dries out the accumulated mucous causing it to become thick and sticky and, as with most disease, the formation and deposition of *Ama* (in this case in the stomach) exacerbates this heaviness, stickiness and tendency for inflammation to develop. In *Ayurveda* it

is called as Tamaka Shwasa. Tamaka Shwasa is a disorder of *Pranavaha Sroto moola* while other Srotasa are also affected. In this condition *Vaayu* gets vitiated from its place due to obstruction made by *Kapha*. These changes lead to severe episodes of breathlessness^[1]. Bronchial Asthma is a chronic inflammatory condition of the lung airways resulting in episodic airflow obstruction.^[2] The prevalence of Bronchial Asthma has increased continuously since the 1970s, and now affects an estimated 4 to 7% of the people worldwide.^[3] it has multifactor causation. Geographical location, environmental, racial as well as factors related to behaviours and life-styles are associated with the disease. For many people with asthma, symptoms only occur when an acute 'attack' is triggered by inhaling an allergen such as pollen or dust mites or it

can be induced by exercise (especially in cold, dry weather), or in conjunction due to UTI.

CASE PRESENTATION

52 years old male patients from president house, clerk by profession came in OPD of *Ayush* wellness clinic, department of *Ayurveda*, Rashtrapati Bhawan, New Delhi, with central registration no. 110786 on 22.11.2018 with complains of dyspnoea since 2 months, recurrent dry cough since 20 days. He is having history of Asthma on and off since 20-25 yrs during season change and patient was under allopathic treatment. Patient Immunity seems to be very low because he got very easily infected with URTI as any seasonal changes, cold, weather or in winter season. Patient has no family history (Paternal) of disease. On

examine the Inspiration was shallow, and expiration was prolong, chest was found congested, Air entry bilaterally equal, wheezing and crepitating sound was found. X-ray chest shows no any structural abnormality. Patient was having another history of incomplete evacuation, *Aatopa* (feeling of fullness after small meals also)

Treatment Given

Internal –

1. *Kankasava* 20ml BD A/F
2. *Ayurveda* 4gm + *shringabhra rasa* 125mg + *praval pishti* 125mg + *giloy satva* 125mg BD A/f
3. *Shwasa kuthar rasa* 250mg BD A/f
4. *Triphala churna* 5gm at night with warm water

Table 1: Effect of therapy on Subjective Parameters:

Breathlessness	Grade 3	Grade 1
Paroxysm of breathlessness	Grade 2	Grade 1
Cough	Grade 3	Grade 1
Awaking in night	Grade 1	Grade 0
Breath holding time	36 sec	55 sec

Table 2: Effect of therapy on Objective Parameters

Parameter	Before Treatment	After treatment
AEC count	600	300
ESR	07	02

DISCUSSION

Bronchial asthma received its Sanskrit name (Tamak) because of the fact that it often becomes worse in the evening after dark and because of the feeling of dread that the person suffering an attack often feels. Fear is both a symptom of this condition (obviously, it's incredibly scary not being able to breathe), but is also a cause, according to *Ayurveda*. Fear and anxiety are direct causes for the disturbance of *Vata* and exacerbate its tendency for both contraction and erratic movement and if we look towards modern concept Asthma is a atopic condition in which T helper cell type-2 (Th2) works as quick immune responses. Various allergic conditions such as (e.g, dust moulds, pollens) and non-allergic (e.g., infections, tobacco smoke,

cold air, exercise) triggers produce a cascade of immune-mediated events leading to chronic airway inflammation. Elevated levels of Th2 cells in the airways release specific cytokines, including interleukin (IL)-4, IL-5, IL-9 and IL-13, that promote eosinophil inflammation and immunoglobulin E (IgE) production by mast cells. IgE production, in turn, triggers the release of inflammatory mediators, such as histamine and cysteinyl leukotrienes, that cause bronchospasm (contraction of the smooth muscle in the airways), edema (swelling) and increased mucous secretion (mucous hyper secretion), which lead to the characteristic symptoms of asthma which in terms act as *dooshi visha* (chronic toxicity) condition according to *Ayurveda*. The first line of treatment that is traditionally

recommended for Swas Rog in *Ayurveda* is 'Shodana' or Purification. This treatment, overseen by an experienced physician, undertaken with careful preparation and the correct timing, expels the excess *doshas* from their sites of accumulation (in this case *Kapha* from the stomach and *Vata* from the large intestine). This treats the condition at a deep level and decreases the chance of recurrence like *triphalata* acts as best *tridosha shamak* and helps in detoxification of *doshas* that is why it was given in night on daily basis. *Sitopladi churna* is prescribed in *Ayurveda* to treat respiratory problems ranging from the common cold and cough to pneumonia, bronchitis, and tuberculosis. It boosts digestion, improves appetite, and fights seasonal allergies. It has antioxidant and anti-inflammatory properties and may help with diabetes, anemia, and even migraines. *Sitopladi churna* has also traditionally been used to manage fever associated with flu, congestion, and other respiratory illnesses. *Ayurveda* uses *sitopladi churna* for a range of respiratory disorders from cold, chest congestion, and flu to pneumonia, bronchitis, and tuberculosis. This expectorant helps loosen and expel *kapha* or phlegm. Its antioxidant and anti-inflammatory properties also help rein in respiratory infections.^[4] *Sitopladi churna* has potent antioxidant properties that may help fight the damaging effects of free radicals. Free radicals are made by your body as it produces energy from food. They are also generated via external agents such as cigarette smoke, environmental pollution, toxins, alcohol, processed foods etc. Free radicals can damage your DNA and cells and are implicated in the aging process as well as a wide range of diseases like diabetes, cancer, and heart disease. *Sitopladi churna* may counter this thanks to its antioxidant capacity.^[5] Animal studies also show that *sitopladi churna* and *giloy satva* can fight chronic inflammation, which is again detrimental to your body, by inhibiting the release of inflammatory mediators in the body.^[6,7] This dual action means that *sitopladi churna* can work to boost your general health and well-being. It is used in the treatment of cough; cold excessive burning sensation. It improves immunity. It acts as cardiac tonic. Growing children, adolescents and post-menopausal women need more

calcium. It provides natural calcium and vitamin C for the development and maintenance of healthy bones, teeth and cell membrane. It easily absorbs and compensates the calcium requirement of the body. It relieves the body from the condition of calcium deficiency without any side effect like constipation and acid formation in stomach. It is having *madhura* and *kinchita amla rasa*, *laghu ruksha guna*, *sheeta* (cold) *veerya madhura vipaak*, *tridosha shamak* and works for whole body. In *tamak swasa pitta* condition aggravates in body that is why this helps in relieving the symptoms. Ingredients for *swasa kuthar rasa* are *Piper Nigrum*, *Piper Longum*, *Zingiber Officinale*, and Purified Sulphur Powder. if we look to its absorption Studies reveals that the macro particle size of the drug matches well with the colloidal size and this suggest the possibility that these colloidal particles are get attached to the human intestine and provide a large surface area thereby increasing the absorption of other nutrients and drugs. It's Useful in *Vata-Shleshm doshas* Fever, pneumonia, tonsillitis, difficult breathing, Bronchial Asthma, allergic Bronchitis, cough, phlegm Swine flu, Slow digestion that is why patient got relief from such symptoms. Hence combination of these medicines helps in relieving symptoms.

CONCLUSION

If we prescribe these combination of medicine in larger group than we can see the efficacy of these combinations and can standardize the medications.

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