

MEASURES OF AYURVEDIC TREATMENT IN TAMAKA SWASA (Bronchial Asthma)



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Tamaka Swasa is a multifactor disease i.e. it is caused by multiple etiological factors such as allergy, infection, smoking, compromised immunity, as sequence to other illnesses etc. Depending on different etiological factors, different mechanisms are involved in causing symptoms e.g. dyspnoea, coughing, paroxysmal nocturnal dyspnoea, pedal oedema G.I.disturbances, chest deformities etc.

Therefore according to detected etiological factors, mechanisms and present symptoms we should plan the management. Few of them can be considered as follow:

1. Bronchodilators

This is foremost treatment in bronchial asthma. In ayurveda we have number of single and many compound herbal and herbo-mineral drugs. Vasaka, Somlata, Bharangi are the few names of herbs having this type of property. VASAKA is an important bronchodilator and expectorant medicine. Very important **Bromhexine** is derived from this plant. SOMLATA, an other important drug us used for this purpose. **Ephedrine** is extracted from this herb. Along with them Talish patra, Tankan, Yavakshar, Narsar are also used as effective expectorants. In addition to these single drugs, certain classical and patent preparations like Vasavaleha, Vasa-vyaghri haritaki, Somasav, Talishadi churna, Amasthavaleha, Lavangadi vati are also being used frequently.

2. Anti-allergics

When there is history of allergy involvement causing asthma symptoms, we should use drugs like Haridra, Guduchi, Manahshila, Sankhiya as single drug or in compound preparation such as Haridra khand, Chitrak haritaki, Satva giloy, Swas kuthar rasa, Samir pannag rasa, Malla sindur etc. Special care should be taken while using some of them as they are of toxic nature.

3 Immuno-modulators

Many patients have compromised immunity. Therefore they get recurrent infections leading to aggravation of asthma symptoms. In ayurveda, we have miraculous herbs like Tulsi, Guduchi, Shirish, Ashwagandha, Amalaki, Manjistha, Chitraka, Haridra, Madhuyashti showing proved immunomodulating effect. Their use definitely helps curing asthma. Many patent ayurvedic preparations e.g. immunocin extramune, infee, immunity are available in market containing above drugs.

4. Gastro-intestinal upsets

Ailments related to digestion e.g. hyperacidity, constipation, non ulcer dyspepsia, flatulence etc. have some times provoking effect and sometimes causative role too. In ayurveda "Pitta sthan saamudbhava" concept is specially quoted in this regard. In practice we often observe that patients having constipation and gas trouble

shows more symptoms of asthma. For this purpose we can give antacids or pitta-shamak drugs e.g. Avipattikar churna, Sutshekhar rasa, Satva giloy, Praval bhasma, Amalaki, Madhuyashti, etc. Hingwashtak churna, Hingwadi churna, Hingwadi vati, Shatpushpadi churna like preparations can be given for anti-flatulent, carminative purpose. And certain preparations having laxative effect like Trifala churna, Panchashakar churna, Shatsakar churna, Ichhabhedhi rasaare highly effective in constipation.

5. Pulmonary oedema

Patients suffering from Heart failures, C.O.P.D., Chronic renal disease, develops pulmonary oedema. It adds problems to patints of Tamaka swasa leading to exertional dyspnoea, and paroxysmal nocturnal dyspnoea. For them we have many safe ayurvedic diuretic drugs. e.g. Punarnava , Gokshura, Kutaki etc. They can be given as churna, kwatha, mandoor, guggulu, asava-arishtha. These helps expelling excess water from body without causing any electrolyte imbalance.

Beside these we can use some other medicines depending upon underlying pathology to provide extra benefits to the patients.

Shwaskas chintamani rasa, Shringa bhasma, Abhraka bhasma, Chyavanprashavaleha etc. are very precious and famous preparations, that provide strength to the lung tissue along with anti-inflammatory action thereby promoting fast recovery from pathologies.

Similar to anti-cholinergics or anti-secretary drugs we have some drugs and preparations that reduces body secretions thereby pulmonary mucous production also. Dhatura is one among them and available in the form of Kanakasava , Sutshekhar rasa etc.

In patients of Tamaka swasa medicinal treatment is of great importance but use of PANCHAKARMA procedures is unforgettable . Snehana karma (internal and external) provides good relief by means of lubrication. Whereas Swedana karma is well known method of relieving asthma symptoms with it's smooth muscle relaxation and mucolytic as well as expectorant property. Vamana karma has it's highest importance because in this karma we expel the noxious contents of stomach (c.f. pitta) ,which is causing origin and aggravation of asthma symptoms.

Similar to modern medicine avoidance of aggravating and causative factors is described in ayurveda by "Nidan Parivarjanam". Therefore no any edibles, climate, or activities should be adopted by patients that may harm himself. Even some medicines such as Sarpagandha and other that may cause respiratory depression or broncho-constriction should also not be used.