



## *Tamak Shvasa and its management with Brihan Chikitsa*

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### **Abstract:**

*Tamak Vishwas* is most common disease according to Harrison in principal of medicine. There are 4 to 5% of population of United state is suffering from bronchial asthma occur at any age but it is dominant in early age.

It is very clear that physician must use his knowledge to decide different aspect of *chikitsa* such as *Bala*, *Dosha*, *Dushya*, *Kala*, *Agni* etc. for the success in patient's treatment.

It was reviewed in A.S. that the word *brihan* is used as a synonym word for the *tarpan*.

*Charak* has described that out of all *chikitsa* *Brihan* is the best. Because there are less chances of *Apaya*. While there are most chances of *Apaya* by *Karshan* and *chikitsa*. *Charak Pani* is of the view that *Apaya* produced by *brihan* are easily cured. *Charak* and *charak Pani* highlighted effect of *Brihan chikitsa* in *Shvasa*. The description of *charak* and pilot study carried out by encouraged to take up research work on the basis of which

we can say that *Ayurvedic* concept of *brihan Karma* is effective in *tamak shvasa*. For this purpose we selected the disease *tamak shvasa* the *brihan* therapy is recommended to the *durbala* patient of *Tamak shvasa* having dominance of *vayu*. The result of study shows that *nimba ghris* provided significantly better relief in the patient of *Tamak shvasa* in comparison to *deriphyllin* tablet in standard group.

**Keyword:** *Ayurveda*, *Tamak Shvasa*, *Chikitsa*, *Brihan*, *Nimba Patra Svarasa Ghris*.

### **Introduction:**

According to *Ayurveda* there are episode of disease so that life of patient may be critical. *Charak* describe that *tamak shvasa* is a *yapya* type of disease in which patient has to depend upon medicine for the relief. Different concept of treatment for *tamak shvasa* has been highlighted by *charak*. Most of *ayurvedist* has follow the concept mention by *charak*. He has indicated *shodhan* in the form of *Vaman* and *virechan* to the *balvan* patients having dominance *kapha dosha*. While *shamana*

type of *chikitsa* has been indicated to the *Durbala* patient who has dominance of *vayu*. This type of shaman *chikitsa* is also indicated to *Vridhdha* and *Bala* patient. *Charak* incorporated that *tarpan yusha Sneha Mansaras* should be administered.

## AIMS AND OBJECT

- To evaluate the effect of *Brihan chikitsa* in *tamak Shvasa*.
- To evaluate the effect of *Nimba Ghrit* in *tamak Shvasa*.
- To evaluate effect of deriphyllin in Bronchial asthma.
- To compare the effect of *nimba Ghrit* with that of deriphyllin in *tamak Shvasa* that is bronchial asthma.
- To evaluate the effect of *nimba Ghrit dosha vridhdhi lakshana*.

## Material and Methods

1. *Nim swavash Ras*

2. *Ghrit*

### Method

In this clinical study 40 patient suffering from *TAMAK shwas* were selected for the study.

- Patient ful filling the criteria of diagnosis were selected for the study.
- The irrespective of age sex religion marital status and education status randomly.
- There were 20 patient treated with *Nimba Ghrit*.
- There were 20 patient treated with tab. deriphyllin.
- Patient observation duration was 2 days.
- During this period detail history was taken and the patient were kept on placebo drugs that is *shankha Bhasma*.
- For recording the history special

Performa was adopted which was prepared on the *ayurvedic* concept.

- Criteria of diagnosis was mainly based on clinical features of *tamak shwas*
- mentioned in modern medical science.
- Routine examination of leukocyte count differential count and ESR rate were carried out along with estimation of HB%
- Routine sputum examination was done. Also taken in the consideration of
- *Dosha vridhdhi lakshan* of patient.

## Observation:

There are 40 patients where closely studied and diagnosed mainly on the basis of clinical features and physical examination.

The patient where explored to x-ray chest, hematologic, urine, stool and sputum examination etc.

All these patients are divided into two group randomly

1. Experimental group
2. Standard group

All the patient of experimental group where examined and all the clinical parameters related to physical character and haematological parameter where noted down before the start of the treatment.

To evaluate the effect of therapy all these above said parameter where executed after completion of therapy.

These value of all parameter in there respective unit before the treatment where termed as before treatment values.

In the same manner all the values after the treatment where termed as after treatment.

## Result:

The treatment while sustained maximal inspiration, inspiration time, expiration time where not at the baseline before starting treatment.

After the treatment above value were not baseline.

Pitta *vridhhi lakshan kapha vridhhi lakshan rasa dhaatu Dushti lakshan* values suggested that before and after the treat it where at the baseline.

### **Discussion**

- Concept of *ayurvedic* is mainly describe as *Trisutra* Ayurveda which in encompasses there basic components vectors.
- They are *hetu, linga* and *Aushadha*.
- It is undoubted that whole phenomenon of the disease is depend on upon the
- *Dosha* and *dushya*.
- *Dosha* play major important role in the pathology of disease.
- The society of world is looking forward eagerly for effective medicine which can cure the disease permanently so we thought of the to go through *tamak shvasa*.
- Review of the literature is quite evident that *Anil paham, kaphakrit Anil paham, vatkriti kaphahar*.
- *Chikitsa* is in indicated *vasthav* as per of the patient and disease.
- *Charak* has mentioned that *brihan* type of *chikitsa* is one of the best to administer in the patient of *tamak shvasa*.
- Because there are very much lace chances of *Apaya*.
- Taking all these points into consideration patients suffering from *Tamak shvasa*
- where selected and its management was planned by *brihan chikitsa*.
- For that *ghrit* was selected.
- This group was processed as per

method described the in the literature with the help of *nimba Patra svaras*.

- *Nim Patra* was selected because *Kaiyadeva* has described it's use in *Kas* and
- *Shvasa*.
- Pilot study of *nimba ghrit* and the effect in *tamak shvasa* promoted as to undertake planned study to evaluate the effect by certain scientific methods.

### **Conclusion:**

Clinical study of *TAMAK shwas* and its management with *brihan chikitsa* comprises etymology historical glimpses review of the *tamak Shvasa chikitsa*. modern review of bronchial asthma, drug under trial clinical study discussion and summary and conclusion.

The etymology of *tamak Shvasa* and etymology of *brihana*, deals with aspect of *tamak Shvasa* has sub headings of definition, *hetu, samprapti, Purvarup, Rupa* and types of *tamak Shvasa*. it includes *upashaya Anupshaya sadhya* Deals with *chikitsa* of *tamak Shvasa*, regarding modern review of bronchial asthma. This describes the properties of *Nimba Ghrit* and deriphyllin.

*Tamak Shvasa* was categorised under experimental and standard group. Patients were suffering from *tamak Shvasa* depending upon bronchodilator for the relief.

All the patient's were suffering from *Shvasa kashtata. pravaha* and *Rasavaha sroto dusti* was observed I all patients. *Nimba Ghrit* showed over all better effect.

*Nimba Ghrit* increases sustained maximal inspiration and breath holding time. *Nimba Ghrit* increased the weight

and abdomen girth.it reduced ESR *Nimba Ghrit* alleviate *vata vridhi* and *kapha vridhi lakshan*. *Nimba Ghrit* reduces *Rasa dhatu dusti lakshan*. *Ayurvedic* concept of *Bhrihan in tamak Shvasa* can be evaluated on scientific lines. this dissertation may be taken as a sincere efforts in this direction.

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