



A Drug Review of *Drakshadi Churna in Tamaka Shwasa*

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ABSTRACT

Respiration is one of the feature of life which is carried out by Prana vayu. This sole sign of life is affected in this disease *Tamaka Shwasa*, causing an impediment to the Respiratory function. *Shwasa* word indicates both physiological and pathological state of respiration. *Ayurvedic* texts have mentioned *Tamaka Shwasa* under the various types of *Shwasa roga*. Disease *Tamaka Shwasa* can be correlated with the disease Bronchial Asthma on the basis of its features & *etiopathogenesis* signs and symptoms. *Tamaka Shwasa* is considered as *Yapya (palliable)* because this type of *Shwasa roga* is not only difficult to treat but also has a repetitive nature. Bronchial Asthma calls the attention of Medical world due to significant burden in terms of healthcare costs as well as lost productivity and reduced participation in family life. The Science of Life – *Ayurveda* is the best way to effectively & safely manage the condition without inducing any drug dependency where various *Shodhana* procedures and use of

internal medication not only detoxifies the body but also provides nutrition & increases the functioning capacity of lung tissue & develops natural immunity of the body thus decreasing episodic recurrence of the disease and providing long term relief to the patient.

Key words: *Tamaka Shwasa* , *Drakshadi churna* , *Pranavaha strotas*

INTRODUCTION

Tamaka Shwasa is one of the five types of disease *Shwasa*. The signs, symptoms and *etiopathogenesis* of Bronchial Asthma explained in modern science have a lot of similarities with the disease entity *Tamaka Shwasa*. The main features of Bronchial Asthma are breathlessness, chest tightness, wheezing and cough. Bronchial Asthma is a major global health problem, which affect the population irrespective of age, sex, economic status, etc. It is very common at all ages but predominantly in early life. The prevalence of Bronchial Asthma is increasing alarmingly now a days due to excessive pollution, overcrowding,

occupational conditions, stress and poor hygiene etc. Both Ayurveda and modern medical Science agree regarding the *Nidana* of the disease as host factors (*Nija Hetus-Dosha dushti and Ama*) and Environmental factors (*Agantuj Hetus – Raja, Dhuma, Pragvata*, etc). It can be easily correlated with allergic condition. *Nidana Parivarjan* hence plays a key role in the management strategy in both sciences. The current management of *Tamaka Shwasa* (Bronchial Asthma) by modern medicine is only providing short term symptomatic relief but does not provide any long term relief to the patient. On the other hand prolonged use of these drugs are not safe, as it has many adverse effect with systemic manifestation and as the *chronicity* increases drug dose dependency increases & dilates the lung tissue to such an extent that at last it leads to respiratory failure. In present scenario *Ayurveda* is the best way to effectively & safely manage the condition without inducing any drug dependency where use of various *shodhana* procedures and use of internal medication not only detoxifies the body but also provides nutrition & increases the elasticity of lung tissue & develops natural immunity of the body. Thus decreasing episodic recurrence of the disease and providing long term relief to the patient.

Materials and methodology:

AYURVEDIC ASPECT OF TAMAKA SHWASA

Tamaka Shwasa comprises of two words i.e. *Tamaka* and *Shwasa*. The word '*Tamaka*' is derived from the Dhatu "*Tamglanou*" which means Sadness (Panini). According to

Vachaspatyam the word *Shwasa* is derived from the root word '*Shwas*' Dhatu by applying *Ghanj Pratyaya*. It implies for both *Vayu Vyapara & Roga Bheda*. It represents both physiological and pathological respiration and used for expression of word. The disease is called *Tamaka* as attack of the disease precipitate during night and during the state of attack dyspnoea becomes so severe that patient feels entering into the darkness. Main causative factors responsible for *Tamaka Shwasa* are *Dhuma* (smoke), *Raja* (dust), *Ativyayama* (excessive exercise/work), *Sheeta sthananivasa* (residing in cold areas), *Guru ahara* (heavy diet) and *Sheeta ahara* (cold food/drinks). These factors lead to the vitiation/aggregation of Vata which in turn vitiates/aggregates *Kapha* leading to vitiation of *Rasa* and impeding the function of *Prana vayu*. According to our *Ayurvedic* literature vata is trapped by the *Aavrana* of *kapha* in this disease. *Acharya Charaka* has mentioned that *Tamaka Shwasa* is *kapha-vataja vikar* and site of its origin is *pitta sthana*. In *Sushruta Samhita*, *Madhava Nidana* and *Yogratnakar* it is mentioned that *Tamaka Shwasa* is *Kapha predominant disorder*. When going through the *lakshnas* of *Tamaka Shwasa* in our *Ayurvedic* literature our *Acharayas* has told *Gurghurkam*(audible wheezing), *Pinasa*(coryza), *Shirogaurava* (heaviness in head region), *kricchat bhashitum* (difficulty in speaking) etc. all the *Lakshnas* showing *Kapha predominance*. *Tamaka Shwasa* in general is described as *yapya (palliable)* disease. However in individual with recent origin of disease, person of *pravara bala* or both said to be *sadhya*. *Maharshi Charaka*

has mentioned two allied stages of *Tamaka Shwasa* known as two types or further complication of disease proper i.e. *Pratamaka* and *Santamaka*. *Sushruta* and *Vagbhata* have only mentioned the name as *Pratamaka*, which includes clinical manifestation of *Santamaka*. Patients suffering from *Tamaka Shwasa* when gets afflicted with fever and fainting, the condition is called as *PraTamaka Shwasa*. It is suggestive of involvement of Pittadosha in *PraTamaka Shwasa*. It is aggravated by *Udavarta*, dust, indigestion, humidity (*Kleda*), suppression of natural urges, *Tamoguna*, darkness and gets alleviated instantaneously by cooling regimens. When the patients of *PraTamaka Shwasa* feels submerged in darkness, the condition is

called as *SanTamaka Shwasa*. While describing the management *Acharya Charaka* has clearly mentioned the importance of *Nidana parivarjana* along with *Shodhana* and *Shamana chikitsa* as mentioned below.

DRUG REVIEW

द्राक्षावासाभयाकृष्णचूर्णं क्षोद्रेण सर्पीष।

लीढं श्वासं नीहन्याशु कासं च तमकं तथा।
(यो.र.बा.चि.प.४४२)

Content :

- 1) *Draksha*
- 2) *Vasa*
- 3) *Haritaki*
- 4) *Pippali*.

<i>Dravya</i>	<i>Drksha</i>	<i>Vasa</i>	<i>Haritaki</i>	<i>Pippali</i>
<i>Guna</i>	<i>Shingdha guru mrudu</i>	<i>Laghu Ruksha</i>	<i>Laghu ,ruksha</i>	<i>Laghu snigdha tikshana</i>
<i>Rasa</i>	<i>Madhur</i>	<i>Tikta kashaya</i>	<i>Pancha rasatmak</i>	<i>Katu</i>
<i>Virya</i>	<i>Sheeta</i>	<i>Sheet</i>	<i>Ushna</i>	<i>Anushna sheet</i>
<i>Vipaka</i>	<i>Madhur</i>	<i>Katu</i>	<i>Madhur</i>	<i>Madhur</i>
<i>Dosagnata</i>	<i>Pitta shamak</i>	<i>Kapha pitta shamak</i>	<i>Tridosha</i>	<i>Vata kapha shamak</i>

Discussion:

Tamaka Shwasa being a life threatening disease its management plays an important role in acute as well as in chronic stage. According to ayurvedic science the best cure for this disease is *nidana parivarjana* (avoidance of allergic/aggravating factors) of the disease. As there is *urdhva gati* of *vata* in this disease which make the person difficult to breath Along with *vata dosha* there is *anubanda* of *kapha dosha* as well , treatment should be aimed at normalising the

gati of *vata dosha*. So drug which are capable to give *prakrut gati* for *vata dosha* should be used.

In present topic *drakshadi churna* which has its reference in *Yog Ratnakar* is used which have all the properties like (*shingdha Ushna anulomak*) that can helpfull in normalising *vata dosha*. *Draksha* being *shingdha, guru, mrudu* helps in establishing *prakrut gati* of *vata*. *Vasa* being *Ruksha Tikta kasha* will help to break anu band of *kapha dosha*. *Haritaki* being natural

vatanulomak will help in establishing prakrut gati of vata dosha. Pippali being uttama kapha vata shamak will also help in normalising the doshas.

Conclusion

Prevalence of Bronchial Asthma is increasing due to excessive pollution, overcrowding, occupational conditions, stress and poor hygiene etc. These etiological factors acts as aggravating factors in developing acute attacks of asthma mostly in atopic individuals. Therefore, Nidana parivarjana has got a significant role to play in the management of the disease *Tamaka Shwasa*. Also, various principles of Ayurveda and many a formulations can be used according to *Roga & Rogi bala*, during *Vegavastha & Avegavastha* and as per palatability of the patient for free flow of *prana vayu* so that *srothorodha* is removed and free flow of *prana vayu* may occur thereby curing the attack of disease *Tamaka Shwasa*. *Draskhadi churna* will act *helpfull* in both chronic as well as acute stage of disease and also in preventing relapse of acute attacks.

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