



ROLE OF AYURVEDIC DIETICS AND YOGASANA IN TAMAK SHWASA (BRONCHIAL ASTHMA) -A literature review

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Abstract: In Ayurveda Acharaya *Shusrut* mentioned *Shwasa roga* is mainly caused by the *Vata* and *Kapha* doshas. *Shwasa* is broadly classified into five types i.e. *Maha shwasa*, *Urdhawa shwasa*, *Chinna shwasa*, *Kshudra shwasa*, *Tamaka shwasa*. In modern *Tamak shwasa* is co-related to Bronchial Asthma in which the lungs are filled with a fluid called *shleshmaka kapha*, which is responsible for proper respiration, causes obstruction of air way or respiratory tract especially the trachea. The aim to assess the prevalence and characteristics of asthma by the Dietics, *patha –apathyā* and *Yogasana*. Acharya *Charaka* mentions the word *pathya* also as synonym of *chikitsa* (Ch. Chi 1/3). When consumed in appropriate timing and quantity, *Pathya* *Ahara* and *Yogasana* can aid in recovery from disease, either independently or alongside other medications. The *Pathya* and *Apathya* are effective tools in Ayurveda for diagnosis as well as management of diseases.

This paper intends to highlight on Ayurvedic dietics and *Yogasana* for prevalent Tamak *Shwasa* in contemporary time on the basis of Principles of *Swasthavritta*.

Keywords- *Tamak shwasa*, *Pathya*, *Apathya*, *Yogasana*, *Ayurveda*.

INTRODUCTION

According to Ayurveda, in *Shwasa roga* *Vata* and *Kapha* doshas are the main culprits. *Shwasa* comes in five different variations i.e. *Mahashwasa* , *Urdhwashwasa* , *Chinna shwasa* , *Kshudra shwasa*, *Tamaka shwasa* . In India with nearly 30 million and in globally 262 million peoples are detected as asthmatics. *Shwasa* is a term that denotes difficulty in breathing or shortness of breath (Bronchial Asthma). It should be originate by defected the respiratory system. Bronchial Asthma is a lung illness that lasts for a long time. The airways are inflamed Wheezing, dyspnoea , and other symptoms are common. Coughing and chest tightness occur especially at late night or early in the morning. But in Ayurveda Bronchial Asthma is compare with *Tamaka shwasa*.

AIM-

To compile all Ayurveda and modern information about role of Ayurvedic deities *and Yogasana in Tamakashwasa* in a single page.

Objective

1. To review *Bruhatrayi*.
2. To review Modern Aspects.

MATERIAL AND METHODS-

Matter related to *Pathya – Apathya of Tamak shwasa* (Bronchial asthma) were thoroughly reviewed from various classical text of ayurveda, modern literatures, scientific journals, and internet.

REVIEW OF LITERATURE-

A reversible chronic inflammatory airway disease which is characterized by bronchial hyper responsiveness of the airways to various stimuli, leading to widespread bronchoconstriction , airflow limitation and inflammation of the bronchi causing symptoms of cough, wheeze, chest tightness and dyspnea.

SAMPRAPTI-

In Ayurveda *Tamaka shwasa* is 2 types

1. *Pratamaka shwasa*
2. *Santamaka shwasa*

- Patients suffering from *Tamaka Shwasa* when gets afflicted with fever and fainting this condition is called as *Pratamaka shwasa*.
- When patients with *Pratamaka Shwasa* experience a sensation of being engulfed in darkness, the condition is referred to as *Santamaka Shwasa*.
- *Santamaka shwasa* is the severe stage of *Pratamaka shwasa*.

The *Purvarupa* of *Tamaka shwasa* like

- I. *Anaha*
- II. *Parswashula*
- III. *Hridaya pidana*
- IV. *Shula*

- V. *Vakta dwesa*
- VI. *Arati*
- VII. *Mukhabairasya*
- VIII. *Sankhabheda*

DISCUSSION:-

The following symptoms are seen in Bronchial Asthma(*Tamaka shwasa*) like-fever, Barrel shaped chest, Rhonchi and wheezing sound present on Auscultation (*Kapotabat kujana*),*Murcha*,*Tama Darsana*,*kasa*,*Asino lavata soukyam*,*muhurmuhu shwasa*,*Lalate sweda* etc.

In Ayurvedic system of medicine, various herbal, herbominerals and minerals are using popularly and very effectively in treatment of Asthma. The *Rasa ausadhi* is used in *Shwasa* with different disease.

Pathya Ahara:-*Madhu*, *Godhuma* , *puran Sali*, *Mudga* , *Kulattha* , *Yava*, *Patola*, *Haridra*, *Adaraka*, *Lahsun*, *Pipalli*, *Ushana Jal*, *Aja Dugdha* *jangala mamsa rasa* etc.

Pathya Vihara:- *Ushna jal pana*, *Ushna vastra dharan*, *Atapa sevana*, *Lavana*, *Swedana*, *Taila Abhyanga*, *Pranayama*,*Asana* etc.

Apathya Ahara:-*Guru ahara*, *Mashya* , *Tail bharjeet ahara*, *Sarshapa patra*, *Matasya*, *Sheetala jal*, *Sangrahita bhojana*, *Dadhi*, *Rukshya anna sevan*, *Sheetal jal paan*, *Atibhojan*,*Besana*,*Udada*, etc.

Apathya Vihar- Can include things like - *Dhumara pana*, *Dhuli*, *Sheetu vayu*, *Shita grih nivasa*, *Atimaithuna*, *Sheetal jal avgahan*, *Vaman atiyoga*, *Chakramana*, *Vega dharana*, *Adhyasan*,*Bhara bahana* etc.

***Yogasana*:-**

1.*Nadi Shodhan Pranayama*(*Anulom vilom*)- Begin with this pranayama to calm your mind and release accumulated stress in your body. This breathing technique can aid in the treatment of a wide range of respiratory and circulatory problems.

2.*Kapal Bhati* - This breathing technique helps to relax the mind while also replenishing the nervous system. It also improves blood circulation and clears all nadis (energy channels) (energy channels).

3.*Bhastrika Pranayam*- Cleanse the airways of the body and provide the stamina to the lungs.

4.*Ustrasana*- This pose help to strengthen muscles and maintain breathing.

5.*Ardha Matsyendrasana* - Twist opens the chest and increases oxygen supply to the lungs, reducing the incidence of asthma symptoms.

6.*Pavanamuktasana*- This pose massages the stomach organs and facilitates digestion and gas release, which is excellent for asthma sufferers.

7.*Setu Bandhasana*- By opening up the chest and lungs, the Bridge Pose improves thyroid health. It also helps with digestion and is good for asthma sufferers.

8.*Bhujangasana* -This pose opens the chest and improves blood circulation, making it suitable for asthmatics.

9.*Adho Mukha Shavasana*- Because it soothes the mind and reduces stress, this asana is beneficial for people with asthma and sinusitis.

10. *Badhakonasana* (Butterfly Pose) enhances blood circulation, alleviates fatigue, and helps relieve symptoms of asthma..

11.*Poorvottanasana*- The Upward Plank Pose improves the respiratory system and stimulates the thyroid gland while strengthening the wrists, arms, back, and spine.

12.*Shavasana*- Finish your yoga session by lying down for a few minutes in Corpse Pose. .

13.Many type of *Mudras* and *Bandhas* are helpful in *Shwasa* diseases like *Linga mudra*, *Sinha mudra*, *Jalandhara Bandha*, *Maha Bandha* etc.

CONCLUSION

Tamak Shwasa is challenging to manage; however, with timely and accurate diagnosis, significant relief can be achieved. The use of appropriate herbs, combined with Pathya Sevana and Yogasana, has a highly positive impact on patient health

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