



**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 –apathya* 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 prevalenting *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*, *Urdhawashwasa*, *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) where 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, Sangrahitah bhojana, Dadhi, Rukshya anna sevan, Sheetal jal paan, Atibhojan, Besana, Udada*, etc.

*Apathya Vihar*- Can include things like - *Dhumara pana, Dhuli, Sheeta vayu, Shita grih nivasa, Atimaitihuna, 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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