A CONCEPTUAL STUDY ON SHATYADICHURNA IN THE MANAGEMENT OF TAMAK SHWASA
(BRONCHIAL ASTHMA)

Nisha M Prajapati 1, 2
P.G.Scholar, Upgraded P.G. Dept. of Kayachikitsa, Govt. Akhandanand Ayurved College, Ahmedabad, India

ABSTRACT

The prevalence of Bronchial Asthma has increased over time and is increasing rapidly due to increasing environmental pollution produced by vehicles and industries. There are numbers of drugs in modern medicine to control the episode of attack symptomatically but still are unable to cure the Asthma and moreover they have many adverse effects. Ayurveda has described Tamak Shwasa which closely resembles with Bronchial Asthma and has described variety of herbal formulations to treat Tamak Shwasa without any adverse effect. The principle of Tamak Shwasa is based on Vata-Kaphahara treatment. Shatyadi Churna mentioned by Acharya Charaka for Shwasa Chikitsa, is adopted for the treatment of Bronchial Asthma.

Key words: Asthma, Bronchial Asthma, Tamak Shwasa, Shwasa, Shatyadi Churna

INTRODUCTION

The Disease emerges from highly complex interaction between factors intrinsic to the patient and environment. In today’s environment there is so much pollution, which cannot be avoided because it is mostly produced by vehicles and industries. This environmental interaction is leading to many respiratory disorders among which one of the major distressing disease is Asthma which has been described in Ayurveda as Shwasa.

According to Ayurveda vitiated Pranavayu combines with deranged Kaphadosha in Strotas causing obstruction. This result gasping, labored breathing and respiratory distress. This condition is called as Shwastroga.

Tamak Shwasa is mentioned as one among five types of Shwasa. Acharyyas stated that, Tamak Shwasa is Sadhya in the initial phase, and becomes Yapya in chronic condition or if not treated in early condition.

Bronchial Asthma mentioned in modern medicine closely resembles with Tamak Shwasa, is a major chronic airway disorder. It is characterized by inflammation of the airways, breathlessness, bronchoconstriction, wheezing, difficulty in expectation and feeling little comfort in erect posture etc.

NEED OF STUDY

- The global prevalence of Asthma is anticipated to be approximately 4.5 percent. There are about 334 million patients with Asthma affecting all age groups, across the world.
- The prevalence of Asthma has increased over time and an additional 100 million people worldwide will be expected to develop Asthma by the year 2025.
- In contemporary medical science, management of Bronchial Asthma is carried out with usage of bronchodilator, leukotriene antagonist, mast cell stabilizers and corticosteroids. Long lasting usage produces adverse effects and also reduces the effectiveness of therapy. So by this, contemporary medical science can only control the episode of attack.
- Ayurveda has described so many herbal formulations to treat Tamak Shwasa effectively without any adverse effect.

AIM

To evaluate the efficacy of Shatyadi Churna in the management of Tamak Shwasa.

DISEASE REVIEW

Etymology

Tamak Shwasa consists of two words viz.Tamak and Shwasa. Tamak means Tamyati Tama – feeling of darkness Shwasa means Inhalation and exhalation of air is Shwasa. (Hema Chandra)

The Word Shwasa is used for both physiological and pathological states. Shwasa word is used to denote respiration and exchange of air in the body, physiologically. While pathologically Shwasa Roga may be defined simply as a disease in which the respiration and the exchange of air is disturbed.

In the Ayurvedic literature, Shwasa is classified into five major types. Out of these five; Maha Shwasa, Urdhva Shwasa and Chhinna Shwasa are described as Asadhya. Fourth type, Kshudra Shwasa is Sadhya which can be corrected even without medication. The remaining type ‘Tamak Shwasa’ is Sadhya initially and Yapya in chronic condition.

Causative factors

The Nidana are mainly of two types.

1. The Bahya Nidana (Extrinsic factors) are Aagantuja Nidana that cause irritation in the body e.g. Raja, Dhuma etc. These are the environmental factors responsible for causation of the disease.

2. The Abhyantara Nidana or Nija Hetus are the intrinsic factors within the body. These are called the host factors. These can be taken also as Pradhana Karana like Doshas. In Tamak Shwasa, Kapha and Vata are the main Doshas.
Etiological factors also have been divided according to Ahara, Vihara and Nidanarthakara Roga.

Ahara

**Vataprakopaka:** Rukana (fat free diet), Visamasana (irregular diet), Sitasana (cold food), Visha Sevana (toxins), Sita Anbhu (cold water), Vistambhi Bhogjan (slowly digested food), etc.²

**Kaphaprakopaka:** Musa (black gram), Nispava (beans), Pinyaka (tila paste), Pistabhojan (paste preparation), Jalajamansa (aquatic fish), Guru Bhogjan (heavy diet), Ama Kshira (unboiled milk), Dadhi (curd), Anupa Pisita, Tila Taila (sesame oil), Abhisaydani Anna, Slesmala Dravya etc.²

Vihara: Raja (Dust), Dhuna (Smoke), Vata (wind), SitaSthana Sevana (to reside in cold place), Vyayama (exercise), Gramyadharma Sevana (ordinate indulgence in sex), Atyaptatparana (malnutrition), Marmaghatra (trauma over vital organ), Sudhiti Atiyoga (excessive purification), etc.²

Nidanarthakara Roga:
- Apatarpapana (under nutrition), Amapradosa (mal digestion), Anaha (distension of abdomen), Dhatukaya (emaciation), Pratisaya (coryza), Chardi (vomiting), Jwara (fever), Atisara (Diarrhoea), Pandu Roga (anaemia), Daurbalya (weakness) etc diseases may cause the Tamak Shwas.²

**Purvarupa (Premonitory symptoms)**
- In Ayurvedic texts, Purvarupa of Tamak Shwasa are not described separately so the Purvarupa of the Shwasa Roga may be considered as the Purvarupa of Tamak Shwasa.
- These Purvarupa are HridayaPeeda, Parsva Shula, Anaha and Prana Vilomata.¹⁰

**Rupa (Symptoms)**
Some of the important symptoms which are very useful in the diagnosis are AtivaTivravegaShwasa, Ghurhrurakam, Kasa, Asinolabhati Saukhya, Muhurmuhr Shwasa, Lalate Swidyata, Meghambu Sheeta Pragvate Vridhi, Uddhavansate Kantha, Krutchhat Shaknoti Bhashitum etc.¹³

**Shatyadi Churna Yoga¹⁵,¹⁷**

<table>
<thead>
<tr>
<th>Name of drug</th>
<th>Botanical name</th>
<th>Part used</th>
<th>Part</th>
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</thead>
<tbody>
<tr>
<td>Shati</td>
<td>Curcuma zedoaria</td>
<td>Moola</td>
<td>1 part</td>
</tr>
<tr>
<td>Chorak</td>
<td>Angelica glauca</td>
<td>Pushpa</td>
<td>1 part</td>
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<tr>
<td>Jeoventi</td>
<td>Leptadenia reticulata</td>
<td>Pancha</td>
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<tr>
<td>Pushkarna</td>
<td>Inula racemosa</td>
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<td>Bija</td>
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<tr>
<td>Pippi</td>
<td>Piper longum</td>
<td>Phala</td>
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<tr>
<td>Agaru</td>
<td>Aqularia agallocha</td>
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<tr>
<td>Nagar</td>
<td>Zinziber officinale</td>
<td>Kanda</td>
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<tr>
<td>Balak</td>
<td>Pavoni aodorata</td>
<td>Moola</td>
<td>1 part</td>
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<tr>
<td>Shkarika</td>
<td>----</td>
<td>13*8=104 part</td>
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**DISCUSSION**

The prevalence of Asthma is increasing day by day due to urbanization, industrialization, air pollution etc. Most of the air pollutants are invisible and they affect the health.¹⁶ As the Tamak Shwasa is Vata and Kapha dominant disease,¹⁶ it should be treated with the Drayvas with opposite Guna and Karma. Most of the ingredients of Shatyadi Churna possess Katu, Tikta, and Kashay Rasas; Laghu and Teekshna Gunas; Ushna Virya; Deepan-Pachana Karma and Vata-Kaphagha effect.

**Mode of action of Shatyadi Churna**

**Doshghnata:** Most of the drugs of Shatyadi Churna Yoga are Vata-Kapha Shamaka.¹⁷

**Effect on Strotas:** The Shatyadi Churna have a positive effect on involved Pranavaha strotas as it is the recommended in the disease of Pranavaha strotas Shwasa.¹⁵

**Samprapti (Pathogenesis)**
- When "PranaVayu" is not performing its normal physiological functions (vitiating) and becomes defiles (Viguna), obstructed by Kapha and moves in opposite direction (Pratiloma Gati) i.e. upward and unable to perform normal functions this condition is known as ShwasasRoga.¹²
- It is rendered to explain that the paroxysmal attacks of dyspnoea is due to the spasm in the bronchi or swelling of the mucous membrane, both factors may be partly responsible to predispose Bronchial Asthma. Hence there is a great paralang of pathogenesis between ancient and modern concepts. Here the vitiated Pranavayu produces bronchospasm and the vitiated Kapha makes to swelling of the mucous membrane and excessive secretion of mucous, which takes place in Pranavaha Strotas.

**TREATMENT IN AYURVEDA**

**Chikitsa Sutra:** The medications, food and drinks which control both Kapha and Vata, having Ushna Virya property and are specially Vatanulomana should be given to Shwasa roga patients.¹³ The predominante Doshas of Tamak Shwasa are Vata-Kapha. The Vata and Kapha are contrary to each other. Each in the management of Tamak Shwasa it customary to note when Vata is obstructed by Kapha, by increasing Vata automatically Kapha will subsides and that allows Vata to move freely in its course. On the other hand, when Kapha is aggravated severely and Kapha is in its Linavastha then the treatment to increase Kapha will automatically correct the vitiated Vata by its antagonistic property. Hence it is better to adopt Vata-Kaphahara treatment¹⁴.

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6. Musta | Cyperus rotundus | Moola | 1 part |
7. Pushkarna | Inula racemosa | Moola | 1 part |
8. Surasa(Talas) | Ocimum sanctum | Patra | 1 part |
9. Tamalaki | Phyllanthus niruri | Panchanga | 1 part |
10. Ela | Elettaria cardamomum | Bija | 1 part |
11. Pippi | Piper longum | Phala | 1 part |
12. Agaru | Aqularia agallocha | Kashtha | 1 part |
13. Nagar | Zinziber officinale | Kanda | 1 part |
14. Balak | Pavoni aodorata | Moola | 1 part |
15. Shkarika | ---- | 13*8=104 part |
This way, Shatyadi Churna will help to breakdown the Samparpti of Tamak Shwasas.

CONCLUSION

It is concluded that the disease Bronchial Asthma can be correlated with Tamak Shwasas. Therefore Shatyadi Churna with Katu and Tikta Rasas, Dipana, Pachana, Ushna, and Teeksha Guna, Ushna Virya along with Vata-Kaphagna effect has enough potency to disintegrate the etiopathogenesis of Tamak Shwasas (Bronchial Asthma).

REFERENCES


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