



## Role of Shatyadi yoga in the management of Tamak shwasa (Bronchial Asthma)

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### Abstract

Tamak Shwasa has been elaborately described in almost all ayurvedic text. Tamak Shwasa is a troublesome major disorder of pranvaha srotas. In modern medicine it is closely resembles with Bronchial Asthma. Bronchial Asthma is a chronic inflammatory disease of airways that is characterised by responsiveness of the tracheo-bronchial tree to a multiplicity of stimuli. It is manifested clinically by paroxysms of dyspnea, cough and wheezing. In today's stressful modern urbanized living, incidence of asthma is considerably increasing. India has an estimated 15-20 million asthmatics. In contemporary modern science, management of Bronchial Asthma is carried out with usage of bronchodilators, leukotriene antagonist, mast cell stabilizers and corticosteroids. Long lasting usage of these drugs produces adverse effects & also reduces the effectiveness of the therapy. So there is need of safe and effective medicine in Ayurveda for the treatment and management of Tamak Shwasa. In Charak Samhita the principle of management of Tamak shwasa is based on Vata-Kaphahara. Shatyadi yoga mentioned by Acharya Charaka for shwasa chikitsa, is adopted for the treatment of Bronchial Asthma.

**Keywords:** Tamak shwasa, Bronchial Asthma, Shati, Pushkarmool, pranvaha srotas.

### Introduction

The prevalence of Bronchial Asthma has increased over time and is increasing rapidly due to increasing environmental pollution produced by vehicles and industries. This environmental pollution is leading to many respiratory disorders among which one of the major distressing diseases is Asthma. Bronchial Asthma has been described in Ayurveda as Shwasa. According to Ayurveda the disease Tamak Shwasa is originated from pittasthan and is caused due to the vitiation of kapha and vata. Vitiated pranvayu combines with deranged kapha dosha in srotas causing obstruction. This result gasping, labored breathing and respiratory distress. This condition is called shwasa roga. Tamak shwasa is mentioned as one among five types of shwasa. Acharyas stated that, Tamak Shwasa is sadhya in the initial phase, and becomes yapyia in chronic condition or if not treated in early condition. The disease Tamak Shwasa is a troublesome major disorder and it is stated in Ayurveda that none other disease kills as

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instantaneously as Hikka & Shwasa (Sastri and Chaturvedi, 2012). According to modern medicine Bronchial Asthma is defined as a chronic inflammatory disease of airways that is characterized by responsiveness of the trachea-bronchial tree to a multiplicity of stimuli. It is manifested physiologically by a widespread narrowing of the air passages, which may be relieved spontaneously or as a result of therapy and clinically by paroxysms of dyspnea, cough and wheezing. Fausi *et al.*, (2008).

### Need of Study

The global prevalence of Asthma is approximately 4.5%. There are about 334 million patients with Asthma affecting all age groups, across the world. India has an estimated 15-20 million asthmatics. In contemporary medical science, management of Bronchial Asthma is carried out with usage of Bronchodilators, leukotriene antagonist, mast cell stabilizers and corticosteroids. Long lasting usage of these drugs produces adverse effects and also reduces the effectiveness of the therapy. On the other hand Ayurveda medicines have no adverse effects and are much better and very effective.



### Disease Review

Tamak shwasa consists of two words viz. Tamak and Shwasa.

Tamak means Tamyati Tama – feeling of darkness. Shwasa means inhalation and exhalation of air.

The word shwasa is used for both physiological and pathological states. In 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):- Raja, Dhuma, Sheetal sthanan nivasa, Deeva swapna, Sheetal jal snana. These are environmental factors responsible for causation of the disease.
2. The Abhyantara Nidana (Intrinsic factors):- These can be taken as pradhana karana like doshas. In Tamak shwasa, kapha and vata are the main doshas (Vijayarakhita and Srikantha datta (2009).

### Symptoms

1. Shwasa kricchta (Dyspnea)
2. Kasa(Cough)
3. Muhurmuhur shwasa vega (Paroxysm of attack)
4. Asinolabhate soukhyam (Relief on sitting position)
5. Kapha nishthivan(Cough expectoration)
6. Peenasa (Rhinitis)
7. Urashoola/parshrvashool (Pain in chest region)
8. Ushna Abhinandati (Patient feels good on taking hot articles)

### Treatment in Ayurveda

According to (Shastri and Chaturvedi, 2012) Charak Chikitsa Sthana the food, drinks and medicines which control both kapha and vata, having ushna virya property and specially vatanulomana should be given to shwasa roga patients. Hence it is better to adopt Vata-kaphahara treatment in shwasa roga.

### Material and Methods

#### Shatyadi Yoga

In Charak Chikitsa Sthana (Shastri and Chaturvedi, 2012), Shatyadi Yoga is mention for the treatment of Shwasa roga. Shatyadi yoga has three drugs viz. Shati (*Hedychium spicatum*), Pushkarmool (*Inula racemosa*) and Madhu (Honey). Shati and Pushkarmool are taken in equal quantities. The powders of the roots of these two are mix together and add 4 parts of Madhu is added in it. All the three drugs mix properly.

**Dose of the Shatyadi yoga** - 5gms twice daily with milk.

#### Mode of action of Shatyadi Yoga

##### 1. Shati (*Hedychium spicatum*)

Rasa – Katu, Tikta, Kashaya  
Guna – Laghu, Tikshna  
Vipaka – Katu  
Virya – Ushna  
Doshkarma – Kaphavatashamaka  
Chemical Composition – Hedychenone  
Karma – Shwasahara, Kasahara  
Source: Shastri P.V. (2003)

##### 2. Pushkarmoola (*Inula racemosa*)

Rasa – Tikta, Katu  
Guna – Laghu, Tikshna  
Virya – Ushna  
Doshkarma–Kaphavatashamaka  
Chemical Composition – Inulin, Alantolactone  
Karma – Shwasahara, kasahara  
Source: Shastri P.V. (2003)

##### 3. Madhu (Honey)

Rasa – Madhur, kashaya  
Guna – Laghu, Vishad, Yogvahi, sushma  
Vipaka – Madhur  
Virya – Sheeta  
Doshkarma – Kaphashamak  
Karma – Deepan, Ropan, Kasahara, Shwasahara, Medhya, Rochana  
Chemical Composition – Dextrose, Levulose, Sucrose, Dextrin, gums, ash, vitamin A, vitamin C  
Source: Shastri P.V. (2003)



## Results and Discussion

The prevalence of Asthma is increasing day by day due to urbanization, industrialization, change in lifestyle, increased air pollution and excessive tobacco usage. As the Tamak Shwasa is Vata and Kapha dominant disease, it should be treated with the Dravyas with opposite Guna and Karma. The ingredients of Shatyadi yoga have Katu, Tiktarasa, Laghu and Tikshna Guna, Ushna Virya, Kaphavatahara, Shwasahara and Kasahara effects. The pharmacodynamics properties of these drugs are quite effective in breaking up pathogenesis of Bronchial Asthma.

## Conclusion

It is concluded that the disease Bronchial Asthma can be correlated with Tamak Shwasa. Therefore Shatyadi Yoga with Katu and Tikta Rasa, Ushna and Tikshana Guna, UshnaVirya along with Vatakaphahara effect has enough potency to disintegrate the etiopathogenesis of Bronchial Asthma.

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