



# A Case Study On Successful Ayurveda Management Of Bronchial Asthma

Authors :- \* Dr. Neetu Sharma ,\*\* Dr. Nidhi soni , \*\*\* Dr. Divya Singh Charan

\* Assistant Professor, Kayachiktsa Department , Dr. Sarvepalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan .

\*\* Assistant Professor, Rog Nidan Evum Vikriti Vigyan , Mangalayatan Ayurvedic Medical College and research center , Aligarh, U.P.

\*\*\*Assistant Professor, Kayachiktsa Department , Dr. Sarvepalli Radhakrishanan Rajasthan Ayurved University, Jodhpur, Rajasthan .

## ABSTRACT

Introduction : Asthma is a non-communicable chronic lung disease characterized by airway inflammation, airway obstruction mainly due to muscle spasm associated with edema and stagnation of mucus. Bronchial asthma can be correlated with *Tamaka shwas* as explained in Ayurveda. Material and methods : In the present case study, a 52 years old female patient having signs and symptoms of *Tamaka Shwas* has been discussed. The treatment was administered in accordance with *Shodhana Chikitsa*, *Shamana Aushadhis* and *Sthanika Chikitsa*. *Nidana Parivarjana* is strictly instructed in order to avoid the stimulation to internal pathology of the disease. Result :The classical management helps in relieving the symptoms as well as lowers the recurrence of the breathing difficulty attacks. The assessment was done by using the gradation scale which was adopted from developing guidelines for clinical research methodology in *Ayurveda*. Conclusion :This *Ayurveda* management helps in achieving the positive output with complete stoppage of use of inhaler over a period of 6 months.

**Keywords:** *Tamakashwas*, *Nitya Virechana*, *Yapya*, Mouth inhaler.

## INTRODUCTION

Bronchial asthma is one of the most common chronic disease worldwide which is characterized by airflow obstruction with inflammation associated with airway hyper-responsiveness that leads to excessive narrowing of airflow along with wheezing, chest tightness and episodic dyspnea. It also has triggering factors like exposure to allergens like grass pollen, allergens derived from domestic pets, fungal spores, viral infections, exercise, food items like shellfish and nuts, increased levels of nitrogen dioxide, Sulphur dioxide in the air, etc.<sup>i</sup> The etiopathogenesis and clinical symptoms of bronchial asthma have many similarities with *Tamakashwas* in Ayurveda. *Tamakashwas* comprises of two words that is 'Tamaka' and 'Shwas'. 'Tamaka' means 'darkness' while 'Shwas' means 'shortness of breath' and hence '*Tamakashwas*' literally means 'burying into darkness due to shortness of breath'.<sup>ii</sup>

According to Ayurveda, this is a *Yapya Vyadhi*. Modern science suggests the use of bronchodilators and inhaled corticosteroids which have side effects like hoarseness of voice, gastric ulceration, osteoporosis etc.<sup>iii</sup> A case of 52 years of female patient having complaints of *Tamakashwas* has been discussed here with classical approach of Ayurveda towards its management. This reduces the frequency of use of inhaler and also restricts the recurrence of breathing difficulty attacks. The results were significant in relieving the complaints of the patient and helps in improving the quality of life.

**Case Description** – A 52 years old female patient came to Kayachikitsa OPD of our institute. She was having complaints of cough mostly dry in nature but occasional with sputum, breathlessness, throat irritation due to blockage of respiratory track by sputum and pain at thoracic region which is persistent in nature as the main complaints. Other associated symptoms were body ache, headache, feeling of giddiness and mild fever along with generalized weakness.

All the signs and symptoms have started insidiously, and they were gradually progressive in nature. She was suffering from these complaints over the period of 2 years. For these complaints, patient was undergoing allopathic treatment where she was diagnosed as bronchial asthma. She was taking cough expectorant with Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) internally along with the regular use of mouth inhaler. She was getting relief in the complaints of breathlessness after the use of mouth inhaler that leads to the increase in the no. of frequency of inhaler used. Initially she was getting mild relief in the above complaints but afterwards she was not satisfied with the relief she was getting.

Patient was non-smoker, not having any history of work near any kind of smoke as well as she does not have positive family history of any respiratory disorders. She was doing only household work. Her symptoms get exaggerated after exposure to the smoke, dust and cold, during winter and cloudy weather and after physical efforts. The symptoms get relieved after taking hot fomentation or steam or hot beverages. There was no awakening during night, but intensity of symptoms was more in the early morning hours. She was having irregular bowel habits with incomplete bowel evacuation while bladder evacuation was good and regular. Patient has opted for Ayurveda treatment and came to our care in search of better and sustained relief.

## 1. History of past illness

Table 1 :

Past medical history	K/C/O - HTN since 5 years Bronchial asthma since 2 years N/H/O-DM
Personal history	No addiction Sleep : Irregular Bowel: Irregular , Constipated Bladder: Regular
Drug History	Anti-hypertensive medicines NSAIDs
Family history	Not Significant

## 2. On Examination

Pulse	74/min
B.P.	140/90mm of Hg
R.R.	18/min

## Dasavidha Pareeksha

Table 1 : Dasavidha Pareeksha

Prakruti	Vata pitta
Vikruthi	Kapha vata
Sara	Mamsa
Samhanana	Madhyama
Pramana	Madhyama
Sathmya	Sarvarasa
Satwa	Madhyama
Ahara sakti	Pravara
Vyayama sakti	Madhyama
Vaya	Madhyama

## Ashta sthnana pareeksha

Table 2 : Ashta Sthana Pareeksha

Nadi	Vata pitta
Mootra	Prabhoota
Mala	Nirama
Jihwa	Nirlipta
Shabda	Madhyama
Sparsha	Anushna sheeta
Drik	Madhyama
Akruthi	Madhyama

**MATERIAL & METHODS :-**Treatment protocol

➤ **Shamana Chikitsa** (for one month) as follows.

1. *Sitopaladi Churna* – 2gm  
*Tankan Bhasm* - 250mg  
*Pippali Churna* - 1gm

Thrice a day, *Anupana* :- Honey

2. *Swaskuthar Ras* – 125 mg, thrice a day , *Anupana* :- lukewarm water
3. Til Oil with *Saindhav Lavana* for *Abhyanga*
4. *Vasaavleha* – 5gm, twice daily

➤ **Nidana parivarjana**- Patient was advised to avoid Guru, Viruddha ahara, Madhura rasa, Amla rasa, Dahi, cold exposure, Fish meat, Tila & Gud (jaggery), Excessive milk products etc.

**Subjective Criteria of Assessment****1 . Shwasakashtata (breathlessness)**

s.n.	Symptoms	Grading
1.	Not difficulty in breathing	0
2.	Short of breath when hurrying or walking up a slight hill	1
3.	Walks slower than contemporaries on level ground because of breathlessness or have to stop for breath when walking at own pace	2
4.	Stops for breath after walking about 100 meters or after a few minutes on level ground	3
5.	Too breathless to leave the house or breathless when dressing or undressing	4

**2. Frequency of Shwasa Vega**

s.n.	Symptoms	Grading
1.	No attack during one month	0
2.	Frequency of attack once in a month	1
3.	Frequency of attack once in two weeks	2
4.	Frequency of attack twice in a week	3
5.	Frequency of attack once or more than once in a day	4

### 3. Ghurghurakam (wheezing)

s.n.	Symptoms	Grading
1.	No wheezing	0
2.	Wheezing during attack	1
3.	Very often wheezing	2
4.	Always wheezing found	3

### 3. Kasa (cough)

s.n.	Symptoms	Grading
1.	No Kasa	0
2.	Kasavega sometimes but not troublesome	1
3.	Troublesome Kasa, but does not disturbing the sleep	2
4.	Very troublesome Kasa, does not even allowing to sleep at night	3

## Results

### Overall effect of therapy on Subjective Parameters:

S.n.	Parameter	Before treatment	After treatment
1.	<i>Shwaskashtata</i>	2	0
2.	Frequency of <i>Shwasa Vega</i>	3	1
3.	<i>Ghurghurakam</i> (wheezing)	3	1
4.	<i>Kasa</i> (cough)	3	0

## OBSERVATION

As Tamaka swasa is an episodic disease and acute dyspnoea attack may disturb the patient at any time duration and interval. We found the patient is having remarkable improvement in all symptoms like *Shwaskashtata* (breathlessness), Frequency of *Shwasa Vega* (episodes of breathlessness), *Ghurghurakam* (wheezing) and *Kasa* (cough). Lesser the chronicity greater the relief and improvement in chronic condition was observed.

Sitopaladi churna have anti-tussive activity which is assign to its ability to affect the central nervous system and suppress a cough (Kasa). All the herbs used in this medicine have Vatakapha shamak property.

Vanshalochana is Madhura, Kashaya in Rasa and has Ruksha, Laghu, Tikshana guna. It is Kapha Nissaraka and Swashara. Dalchini is Ushna in Virya because of which it is Kaphavata shamak and Pittavardhaka. It is Kaphahara and Yakshmanasak. Ela by its Guna and Rasa decreases the vitiated Kapha. As per Bhavprakash it should be used in Kaphaja Kasa and Swasa<sup>iv</sup>.

According to the *Samanya – Vishesa* principle, *Pippali* with the opposite *Gunas* like *Katu Rasa*, *Laghu*, and *Tikshna Guna*, causes alleviation of *Kapha Dosha*, with opposite properties like *Madhura*, *Guru*, *Manda*, and so on, of *Kapha Dosha*. *Pippali* with *Tikshna Guna* causes *Bhedana* of *Kapha*, which is stuck to the *Srotasa* by *Picchila* and *Sandra Guna*<sup>v</sup>.

Vasa have vasicine and vasicinone, the bitter alkaloids has bronco-dilatory effect. Vasavleh indicated in respiratory diseases, acts on the disease by *Vata-Kaphaghna* property. *Sukshma* and *Tikshna Guna* of *Vasa* (*Adhatoda vasica*), *Pippali* (*Piper longum*), *Madhu* (honey) help in *Kaphanihsarana* and remove *Upalepa* of *Kapha* in *Kantha* (throat) and *Ura* (chest)<sup>vi</sup>.

All the drugs of Shwasakuthar Rasa have Ushna Veerya and Vata-Kaphahara properties. Vata and Kapha are the main Doshas which are involved in Tamaka Shwasa Samprapti and this formulation is having Kapha-Vatashamaka Karma due to its Katu Rasa, Tikshna-Vyavayi-Vikasi Guna, Katu Vipaka and Ushna Veerya<sup>vii</sup>.

## CONCLUSION

The diagnosis of the disease was done on the basis of symptoms patient was complaining which reflect the Lakshanas as stated by Acharya Charaka. The treatment was administered in order to break the pathogenesis of the disease or moreover to stop it. This withdraws her habit of using inhaler without exacerbating the symptoms. Rather this helps her in treating the symptoms with more generosity. The frequency of breathing difficulty attacks was also reduced. So, this can be concluded that wise use of Ayurvedic preparations helps in increasing the duration between two attacks as well as helps to stop the attacks. This helps her to continue her routine activities. This also her to decrease the recurrence of attacks, improves her immunity along with the clearance of the symptoms. Thus, the classical approach of Ayurveda towards the treatment of Tamakashwas gave satisfactory results as well as increases the belief in the Ayurveda.

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