

## AYURVEDIC DIETICS AND YOGASANA IN TAMAK SWASA (BRONCHIAL ASTHMA)

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## ABSTRACT

Acharaya Shusrut mentioned *Swasa roga* is mainly caused by the *Vata* and *Kapha doshas*. *Swasa* is broadly classified into five types i.e. *Maha swasa*, *Urdhawa swasa*, *Chinna swasa*, *Kshudra swasa*, *Tamaka swasa*. In modern *Tamak swasa* 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. Older people are generally as being 65 years old or greater, In this age-group Bronchial asthma is a common disease affecting greater than 10% of the population. The geriatric patient undergoes age-related structural and physiological changes of the lung that strongly influence the features of airway obstruction, which appears more severe and less reversible in response to treatment. The aim to assess the prevalence and characteristics of asthma in seniors by the Dietics: *patha* –*apathya* and *yogasana*. *Acharya Charaka* mentions the word *pathya* also as synonym of *chikitsa* (Ch. Chi 1/3). The *pathya ahar* when taken in right time and quantity etc can help to recover from disease condition either alone or with other medicine. The *Pathya* and *Apathya* are effective tools in *Ayurveda* for diagnosis as well as management of diseases. *Pathya ahar* in *Tamak shwasa* are *Madhu*, *Godhuma*, *puran Sali*, *Mudga*, *Kulattha*, *Yava*, *Patola*, *Haridra*, *Adaraka*, *Lahasuna*, *Pipalli*, *Ushana Jal*, *Aja Dugdha* etc. *Apathya* aggravates the disease, Eg. *Guru ahara*, *Ushna ahara*, *Masha*, *Tail bharjeet ahara*, *Sarshapa patra*, *Matasya*, *Sheet anavarana* & *Adra vayumandala*, *Mristhana*, *Sheet jal*, *Sangrahita bhojana*, *Dadhi*, Suppression of natural urges, Excessive physical exertion, Exposure to Smoke, Dust and fumes, Pollutants and Pollens. For the management of *swasa roga* is *Nadi Shodhan Pranayama* play an important role to calm your mind, opens the chest and improves the supply of oxygen to the lungs, It also improves digestion and It is very useful for bronchial asthma patients. *Yogasana* reducing the probability of asthma restricting you relieving the body of accumulated stress, energizes the nervous system clears all the *Nadis* and improves blood circulation, relieves fatigue, strengthens wrists, arms, back, and spine. It brings the body in a meditative state, rejuvenates you, and also helps reduce anxiety and pressure. A calm and relaxed body and mindset are of essence to tackle asthma. *Tamak swasa* is difficult to manage but if proper diagnosis is made within the time, can be give significant relief and different herbs, along with *pathya sevana* and *yogasana* show highly good impact on health of patients.

**KEYWORDS:** *Tamak swasa*, *Swasa roga pathya*–*apathya*, *Nadi Shodhan Pranayama* and *Yogasana*.

## INTRODUCTION

According to *Ayurveda*, in *Swasa roga* *Vata* and *Kapha doshas* are the main culprits. *Swasa* comes in five different variations i.e. *Mahaswasa* (Dyspnoea major), *Urdhawaswasa* (Expiratory Dyspnoea), *Chinna swasa* (Chyne stroke respiration), *Kshudra swasa* (Dyspnoea minor), *Tamaka swasa* (Expiratory Dyspnoea). In 1916, **Francis Rackemann** recognised that Asthma might be caused by factors other than allergies, and he classified allergic and non-allergic asthma triggers. In India, chronic respiratory disorders affect over 93 million people, with nearly 37 million of them being asthmatics. India accounts for 11.1 percent of the global asthma burden and over 42% of asthma-related deaths, making it the world's asthma capital. *Swasa* is a term that denotes

difficulty in breathing or shortness of breath (Asthma). It could be primary (originating in the respiratory system) or secondary (originating in other body systems), but either way, the respiratory system is impacted. Bronchial Asthma is a lung illness that lasts for a long time. The airways are inflamed Wheezing, dyspnea, and other symptoms are common. Coughing and chest tightness occur especially at late night or early in the morning.

## MATERIAL AND METHODS

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

## DISCUSSION

Recognizing the age of onset is one of the most significant task when working with older asthmatics since it allows us to distinguish between two entities that may even behave differently, referred to as "early" and "late" onset asthma. In comparison to early-onset disease, late-onset disease appears to be more severe and atopic. Is it possible that asthma that develops late in life and lasts into old age is a distinct disease from asthma that develops early and lasts a life time. Asthma that starts in childhood might remain till adulthood, or it can go away in adulthood only to return later.

In the senior population, asthma tends to be undertreated. The care of asthma in the elderly follows global recommendations, despite the fact that most suggestions are based on findings in younger people. As previously noted, clinical trial eligibility has always been based on age, and current asthma medications have never been evaluated in elderly asthmatics. In the management of older asthmatics, comorbidities and polypharmacotherapy should be addressed. The latter has been found to be one of the most powerful predictors of adverse drug reactions in the elderly, as well as the most significant risk factor. As a result, non-respiratory medications used at the same time should be closely watched, as they may interfere with respiratory treatments or worsen the disease. In older patients, for example, -blockers are commonly used.

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

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

**Pathya Vihara:-** Ushna jal avgahan, Ushna vasta dharan, Atapa sevana, Lavana, Swedana, Taila Abhyanga, Pranayama etc.

**Apathya Ahara:-** Guru ahara, Ushna ahara, Masha, Tail bharjeet ahara, Sarshapa patra, Matasya, & Mristhana, Sheet jal, Sangrahita bhojana, Dadhi, Rukshya anna sewan, Sheetal jal paan, Atibhojan, etc.

**Apathya Vihar:-** Can include things like - Dhumara pana, Dhuli, Sheeta vayu, Shita grih nivasa, Atimathuna, Sheetal jal avgahan, Vaman atiyoga, Chakmana, Vega awarodha, Adhyasan etc.

**Yogasana:-** \*Nadi Shodhan Pranayama (Alternate Nostril Breathing Technique) 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. \*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). \*Ardha Matsyendrasana (Sitting Half Spinal Twist) Twist opens the chest and increases oxygen supply to the lungs, reducing the incidence of asthma symptoms. \*Pavanamuktasana (Wind Relieving Position): This pose massages the stomach organs and facilitates digestion and gas release, which is excellent for asthma sufferers. \*Setu Bandhasana (Bridge Pose): By opening up the chest and lungs, the Bridge Pose improves thyroid health. It also helps with digestion and is good for asthma sufferers. \*Bhujangasana (Cobra Position): This pose opens the chest and improves blood circulation, making it suitable for asthmatics. \*Adho Mukha Svanasana (Downward-Facing Dog Pose) Because it soothes the mind and reduces stress, this asana is beneficial for people with asthma and sinusitis. \*Badhakonasana (Butterfly Pose) The Butterfly Pose improves and speeds blood circulation, relieves fatigue, and relieves asthma symptoms. \*Poorvottanasana (Pose of a Corpse) The Upward Plank Pose improves the respiratory system and stimulates the thyroid gland while strengthening the wrists, arms, back, and spine. \*Shavasana (Corpse Pose) Finish your yoga session by lying down for a few minutes in Corpse Pose. This asana rejuvenates you by inducing a contemplative mood in your body.

## CONCLUSION

Tamak swasa is difficult to manage but if proper diagnosis is made within the time, can be give significant relief and different herbs, along with pathya sevana and yogasana show highly good impact on health of patients.

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