

ETIOPATHOGENESIS OF TAMAKA SHWASA: A LITERARY REVIEW

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ABSTRACT

Tamaka Shwasa (Bronchial asthma) is considered as *Pranavaha Srotodusti janya vikara*. Dyspnoea is a predominant symptom in *Tamaka Shwasa*. In its early onset it is easy to treat but in later stages it attains the *yappa* or *asadhya* (incurable) stage. The prevalence rate of Bronchial Asthma is increasing rapidly due to raised environmental pollution by vehicles and industries. This environmental interaction is leading to many respiratory disorders among which one of the major distressing disease is Bronchial asthma, which has been described as *Tamaka Shwasa* in Ayurveda. Dhooma (smoke), dhuli (dust), vata etc. are the main causative factors of *Tamaka Shwasa* according to acharya charaka.

KEYWORDS: *Tamaka Shwasa*, Bronchial Asthma, *Pranavaha Srotasa*, dhooma, dhuli, Environmental pollution.

INTRODUCTION

According to Ayurveda *Shwasa Roga* is of five types. *Tamaka Shwasa* is one of the subtypes of *Shwasa Roga*. *Tamaka Shwasa* is predominant in *kapha & vata dosha* and it arises from the seat of *pitta*.^[1] It is characterised by *swaskrichata, kasa, peenas* etc. with the feeling of entering in darkness by the patient.

Nidana (Etiological factors)

Etiological factors can be categorised as follows:^[2]

- (1) Aharaja Nidana
- (2) Viharaja Nidana
- (3) Nidanarthakara Roga

1) Aharaja Nidana

a) Vata Prakopakaka

Rukshanna (chana, moonga, peas, toast etc.), *visamasana* (Irregular meal), *sitasana* (cold food), *sita ambu* (cold water), *vistambhi bhojana*.

b) Kapha Prakopaka

Nispava Masa (Black gram), *pinyaka* (oil cake), *til tail* (sesamum oil), *pista* (flour preparations), *shaluka* (tubers), *Jalaja & Anupa mansa* (aquatic & marshy meat), *Guru Bhojana* (heavy diet), *Aama Kshira* (unboiled milk), *Dahi* (curd), *Abhisyandi anna* (channel blocking regimens)

2) Viharaja Nidan

Raja (dust) *Dhuma* (smoke), *Vata* (wind), *sheetshtan sevana* (residing in cold place), *vyayama* (excessive indulgence in sex) *Atyapatarpana* (malnutrition),

Marmanghata (trauma over vital organs), *Vamana Virechana atiyoga* (excessive purification)

3. Nidanarthakara Roga

Aamprodosa, Anaha, Atisara, Jwara, Pratishtaya, Urakshata, Dhaturkshaya, Raktapitta, udavarta, Visuchika, Alasa, Pandu, Daurbalya etc disease may cause *Tamaka Shwasa*.

Purvarupa

In Ayurveda samhitas, *Purvarupa* of *Tamaka shwasa* are not described separately, so the *purvarupa* of *shwasa roga* may be considered as the *purvarupa* of *Tamaka Shwasa* which are as follows:^[3]

- *Hridayapeeda*
- *Parshvashula*
- *Anaha*
- *Pranavayu Vilomata*

Rupa

Following symptoms are seen in *Tamaka shwasa*:^[4]

- 1) *Peenasa* (Rhinitis)
- 2) *Greeva Shir Sangraha* (Stiffness of head neck)
- 3) *Ghurghurukam* (wheezing sound)
- 4) *Tivra Vega Shwasa* (tachypnoea)
- 5) *Pratamyati Vega* (Deterioration of consciousness)
- 6) *Kasa* (cough)
- 7) *Pramohama Kasamanashcha* (while coughing becomes unconscious frequently)
- 8) *Shleshmanya Muchyamane bhrisham bhavti dukhitah* (Until the expectoration of provoked kapha patient remains in agony and finds temporary relief).

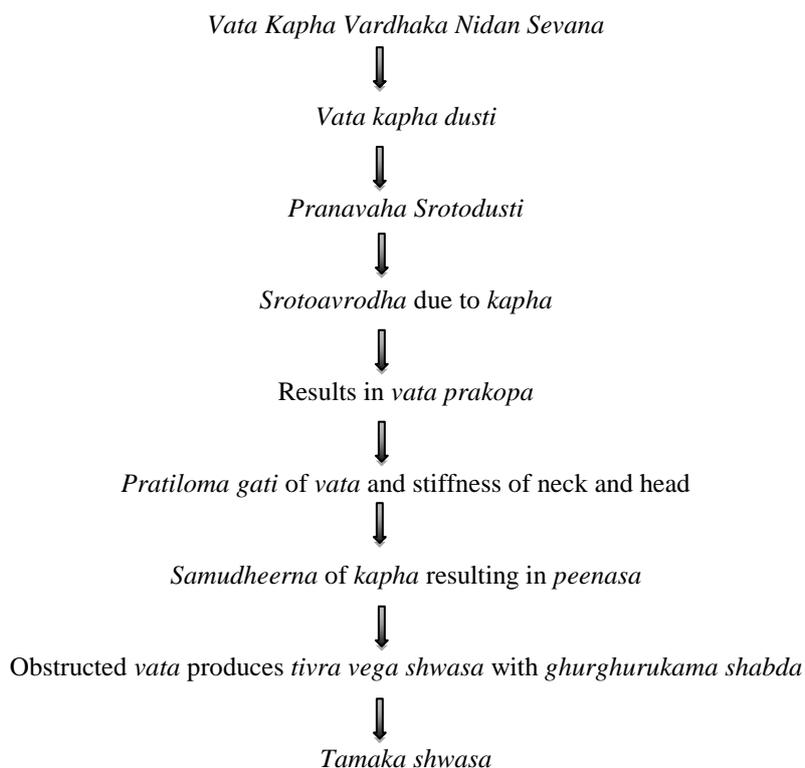
- 9) *Na Nidra labhate shayan shwaspeeditah* (in lying posture dyspnea is aggravated & patient can't sleep).
- 10) *Aseeno labhate Soukhyam* (Feels comfort to breath in sitting position).
- 11) *Saukhayam Ushnam* (Likes hot things).
- 12) *Ucharitaksho* (Eyes appears elevated)
- 13) *Lalata Sweda* (perspiration on the forehead)
- 14) *Vishushkasya* (Dryness of mouth)

Bheda (Types) of Tamaka Shwasa

There are two types of Tamaka Shwasa^[5]

1) **Pratamaka**- When *Tamaka shwasa* is associated with *Jwara* (Fever) and *Murcha* (unconsciousness) it is known as *Pratamaka Shwasa*.

Samprapti Chakra



Samprati Ghataka

Dosha - *Kapha, Vata*

Dushya - *Rasa*

Adhithana - *Pitta Sthan (Amashaya)*

Srotasa- *Pranavaha Srotas*

Srotodusti – *Sanga evum vimarga gaman*

Swabhava - *chirkari*

Sadhyasadhya - *Krichcha sadhya*

Sadhyasadhata (Prognosis)^[7]

Tamaka Shwasa is generally *yapya* i.e. palliable, but it is curable in its early stages.

Pathyapathya(Do's & Don't)

A) Pathya^[8]

Aharaja- *Sali rice kulattha, yava Godhuma, patola shaka, bala mulaka shaka, pakva kapitham, matulungam, Ajadugdham, Ajaghritam, ushnodaka,*

2) **Santamaka**-It is caused by *udavarta* dust ingestion, humidity and suppression of natural urges, aggravates severely in darkness and subsides by cold items. It is said as *Santamaka* because the patient feels as if sinking in darkness.

Samprapti (Pathogenesis)

Due to obstruction in *Pranvaha srotasa* (Respiratory passage), *Prakupita Vata* travels *pratiloma* (opposite direction) in the respiratory channels and causes stiffness in head and neck, it aggravates cough and results in *peenasa* and dyspnoea causing *Tamaka Shwasa*.^[6]

Madya, Jangal mansa, Mansa rasa garlic, honey, draksha nidigdhika.

Viharaja- *Ushna jala, swedana, abhyanga, medicated dhoomapana, virechana, vamana karma, diwasvapna.*

B) Apathya^[9]

Aharaja- *Nispava masha pinyaka, anupa mansa, til taila, guru bhojan, dahi, sheeta ambu*(cold water), *sitasana* (cold food), *matasya* (fish), *kanda, ruksha annapan.*

Viharaja- Exposure to dust, smoke and wind residing in cold place, *vyayama* (exercise), excessive indulgence in sexual activities, *raktamokshan.*

CONCLUSION

Tamaka Shwasa is a *vatakaphaja vyadhi* which originates from the *pitta sthan* & manifests in *pranavaha srotasa* (respiratory channels). This article aims at the literary review of etiopathogenesis of *tamaka shwasa* (Bronchial Asthma).

Nidan Panchaka is very beneficial for complete understanding of a particular disease, so that it can either prevented or managed easily in early stages of diseases. *Nidan Parivarajana* is said as first line of treatment as per ayurveda Hence the main causative factors of *Tamaka Shwasa* such as *Dhuma* (smoke), *Raja* (dust), *sheet bhojana* (cold items) etc should be avoided, so that the disease can be cured easily with less efforts.

Now a days pollution has reached to its extent and this is resulting to various dreadful respiratory disease among which one is *Tamaka Shwasa*. By the proper knowledge of *Nidana* we can see that environmental pollution is one of the major cause of *Tamaka Shwasa*. So while moving out in such a polluted areas we should use proper masks to avoid the entry of certain smoke and dust, as it is quiet well said that prevention is better than cure, which is also prayojan of Ayurveda.

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