

**A BIRD EYE VIEW ON SHWASA: A CASE REPORT****\*Dr. Tanvi Singh**

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**ABSTRACT**

Ayurveda is the significant frameworks of native meds and treatment. In ancient different sorts of Ayurvedic medications were found after persistent examination like as perceptions, tests, preliminaries what's more, decisions. Bronchial Asthma happens due to many cause for example natural, racial, and social. Tamaka Shwasa is an infection as indicated by Ayurvedic messages that shows close likeness with bronchial asthma based on clinical appearances. There is no solution for Asthma according to the Conventional Medical Science. Ayurvedic meds can be a potential and viable option for the treatment against the bronchial asthma. Ayurvedic medications are utilized for the treatment of infections all around the world so that individuals everywhere on the world can keep confidence on it based on logical confirmations. The present study was an audit on the administration of Tamaka-Shwasa (bronchial asthma) through Ayurvedic approach that incorporates a mix of Ayurvedic sedates in shodhana and shaman chikitsa and way of life the board. Ayurvedic drugs incorporate the respiratory tonics and normally happening bronchodilator and resistant modulator. Consequently, study inferred that the Shodhana, Shaman, home grown and herbo-minerals compound medication has huge enemy of asthmatic properties.

**KEYWORDS:** Tamaka-Shwasa, Shwasa, Ayurved, Shodhan, Shodhan.**INTRODUCTION**

Tamaka Shwasa is one of the five kinds of infection Shwasa. The signs, indications and etiopathogenesis of Bronchial Asthma clarified in present day science have a great deal of similitudes with the infection substance Tamaka Shwasa. The fundamental highlights of Bronchial Asthma are windedness, chest snugness, wheezing and hack. Bronchial Asthma is a significant worldwide medical issue, which can influence the populace regardless of old enough, sex, financial status, and so forth It is extremely regular at all ages however prevalently in early life. The pervasiveness of Bronchial Asthma is expanding alarmingly now a days because of extreme contamination, packing, word related conditions, stress and helpless cleanliness and so on Both Ayurveda and present day clinical Science concur with respect to the Nidana of the sickness as host factors (Nija Hetus-Dosha dushti and Ama) and Environmental elements (Agantuj Hetus – Raja, Dhuma, Pragvata, and so forth) It tends to be effortlessly connected with unfavorably susceptible condition. Nidana Parivarjan subsequently assumes a vital job in the administration system in the two sciences. The current administration of Tamaka Shwasa (Bronchial Asthma) by present day medication is just giving short term indicative alleviation yet doesn't give any drawn out help to the patient. Then again drawn out utilization of these medications are

undependable, as it has numerous unfriendly impact with fundamental sign and as the chronicity builds drug portion reliance increments and dialates the lung tissue so much that finally it prompts respiratory disappointment. In present situation Ayurveda is the most ideal approach to successfully and securely deal with the condition without initiating any medication reliance where utilization of different shodhana techniques and utilization of inward drug detoxifies the body as well as gives nourishment and expands the flexibility of lung tissue and creates regular resistance of the body. In this way diminishing verbose repeat of the sickness and giving long term help to the patient.

**CASE REPORT**

A long term female accompanied the main grumbling of Swasakrucchata from most recent 5 years on standard treatment (Bronchodilator puffs). Other related objections are Shirashoola, restlessness, summed up shortcoming from recent months. History of present ailment - understanding was evidently certainly before 5 years, issue began continuously when patient saw the dust sensitivity. At first taking some home cures what's more, lush mellow alleviation yet with time condition was getting declined. Treatment History - She was taking medication from the rustic specialist for over 1 year however, couldn't discover better outcome in the

condition. Nearby doctor began with some steroid and antihistamine drug as patient told. At that point she began to take treatment from the common clinic close to her town, where she was put on short acting bronchodilator puffs by then patient is taking medication along with proposed puffs relying upon seriousness of condition. There is no set of experiences of Diabetes, Hypertension. Individual History - by occupation tolerant is housewife, taking tea 3-4 times each day, and taking veggie lover diet. No such dependence was taken note. Family Ancestry - quiet mother is likewise experiencing same condition and taking Short acting Bronchodilator puffs.

On Examination - Respiratory framework - On Auscultation wheezing was noticed reciprocally (perceptible wheezing), with B.P 140/80 mm of hg. No stomach delicacy, No organomegaly, CVS-nothing strange identified. Ashtasthana-gata Pariksha: Nadi (beat) = 80/min, Mala (stool) = Normal, Mutra (pee) = Normal, Jeeva (tounge) = Alipta Agni = Kshudhamandya, Shabda (discourse) = kricchatbhashitum, Druka (eyes) = prakruta, Akrti = Sthula, Bala = Madhyama. After the legitimate assessment tolerant was encouraged to go through Shodhana treatment, which is trailed by Shamana chikitsa for a very long time. The methodology were disclosed and encouraged to accept Aahara as Advised throughout Shodhana.

Treatment: Shodhana chikitsa followed by Shamana chikitsa for a very long time Complete duaration: Virechana karma + 3 months for Shaman chikitsa (The aftereffect of treatment was surveyed prior to beginning virechana karma and after Shamana chikitsa for example post multi month).

#### Technique

- Virechana Karma: Deepana Pachana was finished with Chitrakadi vati 500mg two times per day before for 5 days. Snehapana was finished with Vasa ghrita in aarohana karma till samyak snehana lakshanas. During vishrama kala abhyana was finished with sahachara taila. For virechana yoga trivruta avleha is utilized in 50 gm of amount. Madhyama shuddhi was accomplished. It is trailed by Samsarjana karma.
- Shaman chikitsa: After Shodhana chikitsa shaman chikitsa was allowed for a very long time.
  1. Kanakasav 10ml with equivalent amount of water, twice in a day after food,
  2. Haridra Churna 6gms with warm water, previously food, twice in a day,
  3. Swaskuthar tablets 250mg, 2 tablets after the food, twice in a day,
  4. Shankh vati 250mg, 2 tab after the food, twice in a day,
  5. Pushkarmuladi Kwath,40ml,empty stomach, once in a day,

6. Sthanik abhyanga with sahchar tail for 15 moment in pratilom gati and nadi sweda dashmool kwath on chest region for 5 min, wasadvised for 1 month. Follow up was taken after 3 months.

#### Wholesome & Unwholesome Diet

##### Wholesome Diet

Annavarga: Mudaga, Yava, Kullatha, Purana Shashtik, Rakta shalidhanya, Wheat.

Shakavarga: Paraval, Jivanti, Chaulai

Phalavarga: Bimbiphala, Jamberiphala, Nimbu, Draksha, Amalaki, Amlavetas, Bilva, Amlarasa, Pakvakushmanda.

Dugdhvarga: Ajadugdha, Ghrita, Puranghrita.

Mamsavarga: Jangala maans rasa, maans of tittar, lava, deer, shooka, rabbit.

Peya: Ushna jal, madhu, arishta, go mutra, sauviraka.

Vihara: Diwaswapna, Pranayama, Ushnajala Snana, Avagha-swedana, Abhyanga, cured dhoompana.

##### Unwholesome Diet

Annavarga: Rukshanna, Guru and vishtambhi Aahara, nishpava, masha, kaphavata vardhak aahara.

Phalavarga: kela, Apakvakushmanda.

Dugdhavarga: Dadhi, Unboiled milk.

Maansavarga: Matsya, Anuo maans.

Peya: Sheetjal, Dushita jal

Shakavarga: Kadwa Shaka, Surasava

Vihara: Exposure to cold, dust, contamination, atibharkarshan, vyayama, abundance extravagance in sexual exercises, pressure and concealment of normal desires.

#### DISCUSSION

Asthma is an all around reported illness in Ayurveda which is similar with present day infection bronchial asthma on the boundaries of danger factors, etiopathology, clinical appearances also, treatment standards. Ayurveda makes progress toward boosting host protection system by utilizing Panchkarma, way of life alterations including Yoga and Rasayan medications. Vamana condensed the thick sticky bronchial emission and help in expectoration (Removal of Sama Kapha Dosh); while Virechana help to eliminate exasperating factors (Sama Dosh and allergens, toxins). Vamana and Virechana are awesome successful administration for the Tamaka-shwasa Vyadhi and remember the signs and manifestations of Tamaka-shwasa. The impacts of these spices and Hebo-minerals drugs are to melt the thick bronchial discharge and help in hack expectoration. They are Vatta, Pitta and Kapha assuaging properties and are utilized in Kasa and Tamaka-Shwasa. The entirety complete properties of natural and herbo-minerals are TiktaKatu Rasa, light and infiltrating properties, Ushnaviryra (hot intensity) and decline Vata and Kapha Dosh. The Gunas of the medication are Laghu, Tikshna which are opposing to the Gunas of while that of vata is sheetaguna (cold in character). All the medications have the quality to standardize or smother the vitiated vatadosa by ushnaviryra (hot intensity). Agni mandya (reduced absorption power) is revised by pippali. Srotas

vitiated are pranavahasrotas, which are remedied all the medications as they, Reduce Expiratory dyspnea and decline hack. Srotodusti (The system of sign of infections) is sanna (impediment), which soothed Kapha Dosha, in this way normalizing Kapha Dosha. The virya (intensity) of this medication is ushna (hot), by the ushna (hot) properties of the medication and Shwasahara properties. They help in lessening aggravation of the bronchioles.

These drugs additionally valuable in intermittent rhinitis, persistent hack and diminishing the hack and easing chest torment. The advantages of these spices what's more, Herbo-minerals drugs are profoundly adulated in Ayurvedic old style and Rasashatra books for conditions like windedness, hack and cold, which act by making the emission dainty and helps in expectoration, diminish the aggravation of the respiratory framework, signs and indications of Tamaka-Swasa. Every single natural medication and herbomineral compound are having mitigating and immunemodulator properties. These properties of medications help in aggravation in bronchial lumen, increment strength of respiratory framework. Spice and Herbo-minerals compound appeases Dushita Vata, Pitta and Kapha Dosha and a control asthmatic issue also, improves resistance. Sound way of life, breathing activity like Yoga, pranayama, and contemplation is assume significant job to decrease side effects and improve the lung work.

## CONCLUSION

The preliminaries reasoned that Shodhana, Shamana, home grown and herbo-minerals items are significant in the treatment of asthma. Shod-hana treatment is powerful in grown-up patient however no more proof with respect to if there should arise an occurrence of grown-up has been demonstrate, so further exploration is required. Medications dosages are adapted to grown-up as indicated by weight, age and seriousness of infection. Natural and Herbo-minerals items stay mainstream for asthma. An update of the current proof is depicted.