

COMPONENT OF SHWASKUTHAR RASA AND THEIR MODE OF ACTION IN SHWAS ROGA

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ABSTRACT

Shwasa is Kaphavatatmk, Pittsthansamudhbhav disease, Kapha-Vataghn, Uashnaveerya, Vataanulomak Annpandavyas are effective in Shawas Roga. The study was planned to explore the therapeutic probable of the Shwaskuthara Rasa based on Ayurvedic and synchronous assessment parameters. All the drugs of Shwaskuthar Rasa have Ushana Virya (hot potency) and Vata-Kaphahara properties, which is the main Dosha in Shwas. Shwaskuthar Rasa a reputed preparation of Ayurveda valued for the treatment of Shwas (Asthma). Shwasakuthara Rasa acts on Shwasa Roga due to the action of its ingredients which directly act on Pranavaha Srotas.

KEYWORDS: Dosha, Shwas, Srotas.

INTRODUCTION

Shwasa- is derived from Shws Jeevane Dhatu, it's mean is Jeevan -Vyapar or vayu Vyapar. Shwasa is Kaphavatatmk, Pittsthansamudhbhav disease entity. As per pathology described in Ayurveda, vata reaches siras (head), kantha (throat) and cause obstruction in association with vitiated kapha to ultimately produce chronic rhinitis /sinusitis(pinasa) stridor (kanthghurghurukm), disorientation (prmohtm), severe cough (kasa), inability to sleep on lying down(n nidramlabhteshyanh), the symptoms are relieved in sitting position (aaseenolabhtesaukhyam) and on exposure to hot food, drink and climate (ushanmchaivaabhinandti). The aggravating factors of shwas are dhoom (fumes) sheetsthan (cold place), sheetambusevan (cold water) anah (abdominal distension), jwar (fever), aatisar (diarrhoea).

ingredients are Vatakaphashamaka and mainly Kapha-Nihsaraka with Laghu, Ruksha and Ushna Guna, means mainly acts on Agnimandhya and breaks the Kapha Dosha Pradhan Samprapti. It is contraindicated in pleural effusion, cardiac involvement and Paittik Kasa. Its role is limited as it increases the hotness in many patients which was also observed in this study.

Shwasa Kuthara Rasa acts through all its ingredients. Black pepper is a major constituent, it stimulate mucous membrane of the respiratory system. It helps in mucous drainage and imparts strength to alveolar mucous membrane. Aconitum ferox is antispasmodic in nature, hot and stimulant for mucous membrane. Shunthi and Pippali release the sputum. Realgar absorbs excessive secretion from the alveoli. Purified Borax is antispasmodic and removes Kapha.

Mode of action of Shwaskuthar Rasa

K.G.Modh et al (1986) Shwasakuthara Rasa acts on Shwasa Roga due to the action of its ingredients which directly act on Pranavaha Srotas. Its most of the

Composition of Shwas Kuthar Rasa

S.NO	Ingredients	Latin name/English Name	Part used	Quantity
1.	Shuddha Parada	Mercury	-	1tanka
2.	Shuddha Gandhaka	Sulphur	-	1tanka
3.	Shuddha Vatsnabha	Aconitum Ferox	Rhizome	1tanka
4.	Tankana Bhasma	Borex	-	1tanka
5.	Manahshila	Red Arsenic	-	1tanka

6.	<i>Shunthi</i>	<i>Zingiber officinale</i>	<i>Rhizome</i>	-
7.	<i>Pippali</i>	<i>Piper longum</i>	<i>Fruit</i>	<i>Stanka</i>
8.	<i>Maricha</i>	<i>Piper nigrum</i>	<i>Fruit Root</i>	-

Description of individual drugs

Shuddha Parad

According to Vedas, Parad or Parada is a unique gift from nature. It is one of the pure and auspicious metal. It has not only spiritual and religious significance, but has extensive healing properties also. Ayurvedic medicines are prepared from Parad. Medical science acknowledge the power of Parad for controlling hypertension, asthma and enhance sexual ability. When Parada, which is impure is purified and consecrated by various processes, it become solid and known as Shuddha Parad. The classical text Rasaratna Samuchchaya states that "Siddhae rase Karishyami Nirdraaridrayam agadam jagat". In other words, if Parada is consecrated and converted in to purified form, then all ailments and poverty of the world can be vanished. Parad is a very effective drug. It is one of the important core ingredients in Rasaousadhies. It balances all the three Doshas (vata, pitta and kapha) of the body when processed properly. It exerts soothing effect on our body and hence prevents diseases.

Ayurvedic Pharmacological and Therapeutic Properties of Parada

Rasa- shadarasa Guna – snigdha, sara, Virya – Ushna

Vipak – Madhura

Effect of Dosha-Tridoshaghn.

Therapeutic Uses

Krimi, Kushta, Akshiroga, Vataroga, Vallipalita Roga, Sarvarog, Papajaroga.

In Bhavprakasha, important properties of parada are described as-

It has a soothing effect upon the human system

Shuddha Gandhaka

Description of Shuddha Gandhaka

Synonyms	<i>Gandhapashana, RasaGandhak, Pamari, Kushthari, Shulvari, Bali</i>
Elemental Property	Symbol-S Boiling Point-444.8°C Melting Point-119°C Specific Gravity-1.9-2.1 Atomic Weight-32.066
Types	1). <i>Aamlasara</i> 2). <i>Khatika(Pinda)</i>
Grhaya Swaroopa	<i>Shukapichha samchchhyo, Navneeta Sama, Marisana, Kathina.</i>
Rasapanchaka	<i>Rasa(taste)- Katu, Tikta, Kashaya. Guna(property)-Sara Veerya(Potency)- Uashna Vipaka-Madhura.</i>
Dose	1-8 Ratti
Pathya	<i>Jangala Mansa, Chhaga Mansa</i>
Apathya	<i>Atyadhik Lavana, Aamla, Shaka, Vidahi, Dvidala</i>
Therapeutic use	<i>Harit Roga, Kushtha, Jawra, Mandagni, Veerya Variddhi</i>

(Snigdha).

- It correct the imbalance of three Doshas (Tridoshaghn).

- It is efficacious in preventing diseases and arrival of premature old age (Rasayana).

- It serves to heighten the medicinal properties of anything with which it is compounded (Yogavahi).

- It is best aphrodisiac (Mahavrishya).

- It is always increases the strength of the eyes (Sadadrishtibala Parada).

- It cures all sorts of diseases especially skin diseases. In Rasendra Sara Sangraha it has been mentioned that Parada increases Budhi (intelligence), Smiriti (memory power), Prabha, kanti (lusture), Bala (strength of the body). These properties of Rasa are only obtained when it is used in processed form.

Action

a Mercury binds with sulfhydryl groups resulting in enzyme inhibition and pathological alteration of cellular membranes

b Elemental mercury and methyl mercury are toxic to the CNS. Metallic mercury vapor is also a pulmonary irritant. Inorganic mercury salts are corrosive to the skin, eyes, and GIT, and nephrotoxic. Inorganic and organic forms may cause contact dermatitis. Absorption and Excretion It is absorbed through the GIT and respiratory.

Manahshila**Description of Manahshila**

Synonyms	<i>Roga Sheela, Naipalika, Manogupta, Kunati, Nagamata.</i>
English name	Realgar or Red arsenic
Elemental Property	Chemical formula-As ₂ S ₂ Specific gravity-3.5
Types	1) <i>Shyama</i> 2) <i>Kanaveera</i> 3) <i>Dvikhanda</i>
Grhaya Swaroopa	<i>Sheelakhanda shoonya, Raktotpala Prbha, Guru(heavy), Deepta.</i>
Rasapanchaka	<i>Rasa(taste)-Katu, Tikta. Guna(property)-Snigdha, Guru, Sara. Veerya-Uashna</i>
Dose	1/24-1/16 Ratti
Tharapeutic Uses	<i>Rasayana, Lekhana, Vishaghn, Shoshahar, Raktvikar, Aagnimandhaya, Kandu, Kasa, Jawra, Shwasa, Krimi, Vajikarana.</i>

Tankana Bhasma**Description of Tankana Bhasma**

Synonyms	<i>Tanka, Ranga, Dravaka, ShwetaKshara, KsharRaja, Lauhashodhana, Suhaga.</i>
Elemental Property	Chemical formula-Na ₂ B ₄ O ₇ .10H ₂ O Chemical name-Sodium pyroborate Relative Density-1.67-1.72.
Types	1) Borax 2) Boric acid 3) Colemanile.
Dose	1-2 Ratti
Anupan	<i>Madhu, Grita</i>
Property	<i>Katurasa, Uashna, Ruksha, Teekshna, Sara, Vatakaphaghn, Haridya, Balya, D eepan, Varnya, Darvi, Kaphanissarak, Kasa, Shwas, Aadhmana.</i>

Anti-inflammatory effects: A number of studies have indicated that boron reduces levels of inflammatory biomarkers.

Antimicrobial Action: Various research studies have proved antibacterial and antifungal action of borax and boric acid, specifically against bacterial strains E.coli, P.aeruginosa, S.aureus, S.pyogenes and fungal strains C.albicans, A. niger.

Anticancer effects: Certain studies have indicated that boron possesses anticarcinogenic properties. Boron rich diets and regions where soil and water are rich in boron

present with lower risk of several types of cancer like breast, cervical and lung cancers. HPV-16 and HPV- 18 cause approximately 95% of all cervical cancers and boron interferes in the life cycle of HPV. Serine protease inhibitors reduce the immortalizing and transforming capacity of the HPV E7 oncogene. Boron exists in the human body mostly in the form of boric acid, a serine protease inhibitor.

Toxic effects: Micronutrient elements may be toxic at some dose, duration of exposure time and application method.

Vatsanabh**Vital description of Vatsanabh**

Latin name	<i>Aconitum ferox</i>
Family	<i>Ranunculaceae</i>
English Name	<i>Monk's hood</i>
Synonyms	<i>Vish, Amrit, Bachhanag, Meetha vish, Meetha talia</i>
Useful part	<i>Mool</i>
Group	<i>Charaka Samhita- Sushruta Samhita-</i>

Rasapanchaka	<i>Rasa-Madhura</i>	
		<i>Guna-Ruksha, Teekshna, Laghu, Vyavayi, Vikasi Veerya-Uashna</i> <i>Vipaka-Madhura</i>
	<i>Karma</i>	<i>Vata-Kapha shamak</i>
	Ingredients	Pseudo-Aconitine, Aconitine, Picro-aconine, Banjoyl aconine, Homonepeline
	Therapeutic uses	Bahya karma- <i>Vednasthapna, Shothahar eg -Gridhrsi, Aamvata, Sandhivata, Shihshool.</i> Aabhyantr – <i>-Pakshaghat, Nadidaurbhya, Aagnimandhy, Udarvikar, Ykritpleeha vicar, Hritda</i> <i>Kasa-Shwas, Bahumootra, Shayyamootra, Shukrameha, Nashtartva, Jwar.</i>
		1/8 Ratti

Vatsanabha Medicinal Properties

Shuddha Vatsanabha has the following medicinal properties:-

- || Antipyretic.
- || Diaphoretic (increases sweating)
- || Anodyne.
- || Anti-inflammatory.
- || *Aam Pachak* (Detoxifier)
- || Mucolytic & Diuretic.

Vatsanabha Indications

Purified *Vatsanabha* (*Aconitum ferox*) is therapeutically indicated in the following health conditions:

1. Fever.
2. Chronic fever.
3. Inflammation-induced fever – like rheumatic fever.
4. Loss of appetite (rarely used unless fever, but beneficial during fever or illness for improving appetite).
5. Splenomegaly.
6. Diabetes.
7. Respiratory infections.
8. Indigestion.
9. Poor digestion.
10. Asthma.
11. Cough.
12. Common cold.
13. Irritable bowel syndrome with alternating constipation and diarrhea.
14. Rodent bite (as *Sanjivani Vati*)
15. Scorpion bite (as *Sanjivani Vati*)
16. Snakebite. (as *Sanjivani Vati*)

External application of *Vatsanabha* (*Aconitum ferox*) helps in relieving inflammation and pain in the following diseases:

1. Gout.
2. Rheumatoid arthritis.
3. Lower back pain.
4. Hip pain.

Vatsanabha Benefits & Uses

Vatsanabha (*Aconitum ferox*) is not used independently as a single herb. When used in combination with other herbs or any ayurvedic formulation containing it, it acts as a catalyst. Due to this action, it improves the effectiveness of other natural ingredients. In ayurvedic

formulations, it helps to lower the fever and alleviates symptoms associated with fever.

Vatsanabha Side Effects

If dosage exceeds from the maximum possible dose, then *Vatsanabha* can cause the following side effects:

- || Vertigo.
- || Headache.
- || Dryness in the mouth.
- || Restlessness.

Safety of Vatsanabh in Pregnancy & Breastfeeding

Vatsanabha (*Aconitum ferox*) should not be used during pregnancy and lactation whenever possible. In a few ayurvedic formulations containing purified *Vatsanabha* can be used if urgently required. Check individual formulation for more details.

Vatsanabh Contraindications

Unpurified *Vatsanabha* (*Aconitum ferox*) is contraindicated in all cases. You must not use unpurified *Vatsanabha* in any disease or any formulation. It acts as a poison and can lead to death even in a low dose.

Purified Vatsanabha also has some contraindications as follows

- || Children (under 5) – strictly contraindicated.
- || Anger.

People with *Pitta* Body Type

- || Undernourished person.
- || Exhausted people (due to work or after walking, running and physical exercise).
- || After traveling.
- || Pregnant women.
- || Infants and children.
- || Old aged weak people.

However, your doctor can use it in combination with other herbs or prescribe ayurvedic formulation containing purified *Vatsanabha* even in these conditions. *Vatsanabha* without combining with other medicines must not be taken in such conditions.

Ayurveda quotes a wise person can use poison as medicine, but an unwise person can make poison out of medicine. So, using such medicine require an in-depth understanding of every aspect of health and disease.

Antidote of *Vatsnabha*-Cow's Ghee along with *Tankan Bhasma* (calcined borax) is an antidote for *Vatsanabha* toxicity. However, before giving such antidote, the patient also requires stomach wash and therapeutic emesis or purgation.

In addition to the above antidotes, *Arjuna Bark Powder* along with *cow's ghee* or honey should also be given. *Kasturi* (musk) can also help to prevent respiratory and

heart failure.

Almost all *Ayurvedic* formulations that contain purified *Vatsanabha* also contains borax or *Tankan Bhasma*. It helps to prevent *Vatsanabha* toxicity.

Sunthi

Vital Description of Sunthi

Latin name	<i>Zingiber officinale</i>
Family	Zingiberaceae
Synonyms	Shunthi, Nagar, Mahaushadha, Vishavbhaishaj, Shringver.
Useful part	Kanda
	Charaka -Triptighn, Arshoghn, Deepaneeeya, Shoolaprshaman, Trishnanigrahana.
	Sushruta -Pippalayadi, Trikatu
	Bhavprkash -Panchkol, Shadooshan
	Rasa(taste)- Kattu.
	Guna(property)-Laghu, Snigdha(Shunthi), Guru, Ruksha, Teekshna(Aadrka).
	Veerya(potency)-Uashna.
	Vipaka-Madhura.
	Kaphavata shamaka
	Oil of ginger – Zingiberene, Zingiberol
Oleo -resin, gingerin, gingerol, shogaol, Zingerone.	
Aruchi, Chhardi, Aagnimandhay, Kasa, Shwas, Kushtha, Pandu, Sheetprshaman, Shothahar, Vednasthapan, Shwashar, Vrishya.	
Shunthi Choorna-1-2 gm, Aadrka Swarasa-5-10 ml.	

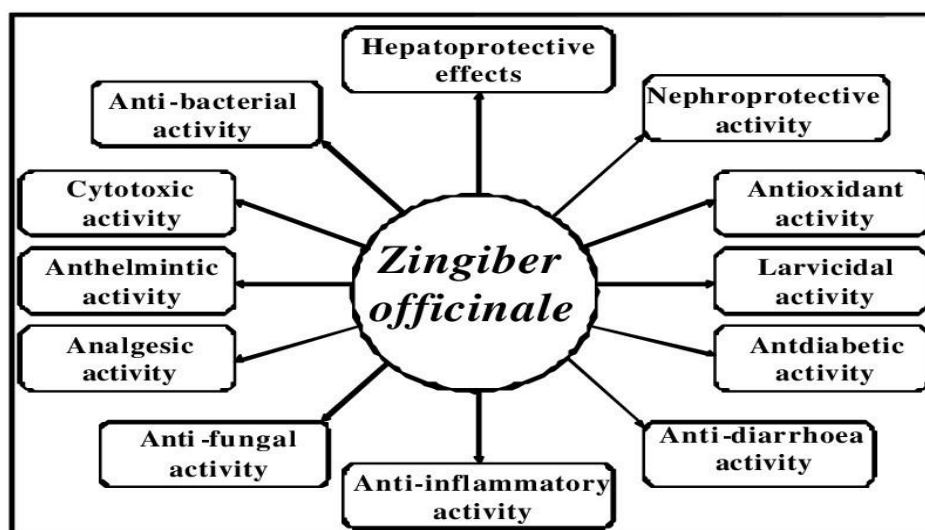


Fig. 1. Pharmacological activities of *Zingiber officinale*.

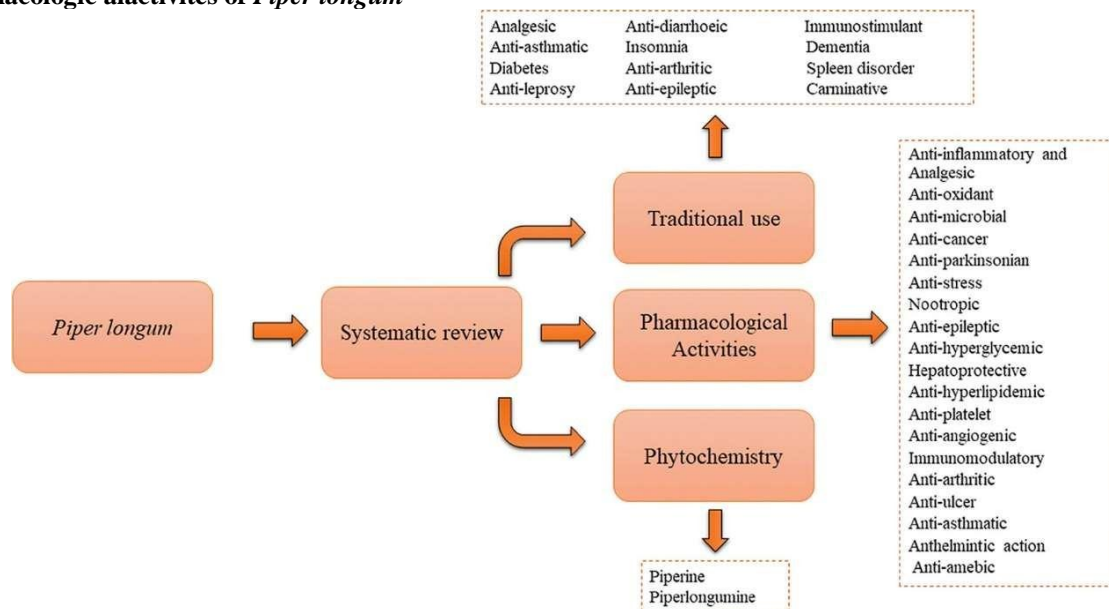
PIPPALI

Vital description of Pippali

Latin name	<i>Piper longum</i>
Family	Piperaceae
English name	Long Pepper
Synonyms	Pippli, Magadhi, Kana, Chapla, Teekshna tandula, Ushana, Upakulya, Shaundi, Kola, Pipal
Useful part	Fruit and Root

Group	Charaka- Kasahar, Hikkaniarahan, Shirovirechan, Vaman, Triptighn, De- epaneeya, Shoolaprshaman Sushruta- Pipplyadi, Uardhv Bhagahar, Shirovirachan.
Rasapanchaka	Rasa(taste)-Katu Guna(Property)- Laghu, Snigdha, Teekshna. Veerya(potency)-Anuashna. Vipaka-Madhura
Doshakrma	Kapha-Vata shamak, Vatakapha vardhaka and pittashamaka(Aardravstha)
Constituents	Volatile oil, Piperine, Piplartine, Sesamine, Piplasterol,

Pharmacologic alactivities of *Piper longum*



Maricha

Table no. 26: Vital description of Maricha.

Latin name	<i>Piper nigrum</i>
Family	<i>Piperaceae</i>
English name	Black Pepper
Synonyms	Maricha, Vellaja, Krishn, Uashn, Suvarita, Kali Mircha, Gol Mircha
Useful part	Fruit
Group	Charaka- Deepaneeya, Shoolprshamana, Krimighna, Shirovirechana. Sushruta- Pippalyadi, Triuashna
Rasapanchaka	Rasa(taste)-Katu Guna(property)-Laghu, Teekshna Veerya(Potency)- Uashna Vipaka-Katu
Doshakrma	Vatakapha Shamaka
Constituents	Piperine, Piprettine, Piperdine, Chavicine,
Tharapeutic uses	Shitra, Kilasa, Ykritvikar, Haritdaurblya, Krimi Roga, Mootrakrichha, Jwar, Vatavikara, Kapha- Nissaraka, Prtishayaya, Kasa, Shwasa.
Dose	½-1 gm.

CONCLUSION

Shwas is a vatakatmaka-pittosthansmudbav vyadhi of pranvah srotas, mainly Ushna veerya and Vatakapha nashak and nissaraka drvyas are effective in Shwas Roga, ingredients of Shwaskuthar Rasa have Ushana Virya (hot potency) and Vata-Kaphahara properties, which is the main Dosha in Shwas. Its most of the ingredients are Vatakaphashamaka and mainly Kapha-Nihsaraka with Laghu, Ruksha and Ushna Guna, means mainly acts on Agnimandhya and breaks the Kapha

Dosha Pradhan Samprapti.

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