

AYURVEDA REVIEW ON TAMAKSHWAS VYADHI W.S.R. TO ROLE OF
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Article Received on 17/02/2022

Article Revised on 07/03/2022

Article Accepted on 27/03/2022

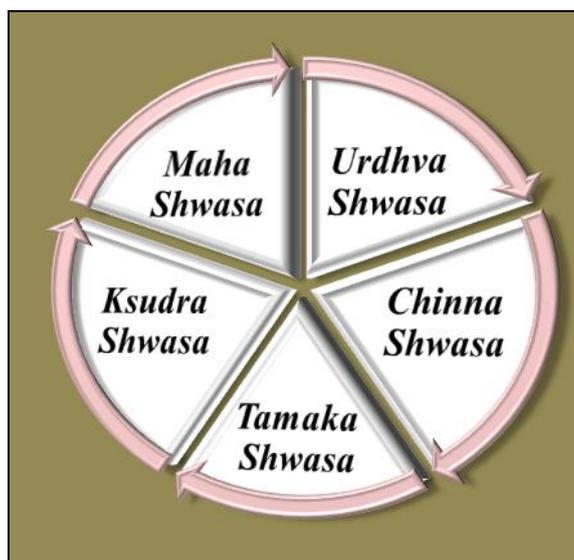
ABSTRACT

Tamakshwasa pathological condition described as Shwasa Roga, the Samprapti of disease involves vitiation of Vata and Kapha Doshas. It is Yasya Vyadhi means incurable but manageable and persisted for longer time during life period. Agantuja Hetus such as; Raja, Dhuma and Pragvata, etc. along with Nija Hetus i.e. Doshadushti and Ama, etc. play important role towards the pathogenesis of disease. Nidana Parivarjanam is one of the most important preventive approaches that play a key role in the management of disease. Nidana Parivarjanam means avoidance of causative factors, for this purpose one should know major causes of Tamaka Shwasa. Considering this present article summarizes etiological factors of Tamaka Shwasa and their role in disease pathogenesis.

KEYWORDS: Tamakashwas, Shwasa Roga, Bronchial Asthama, Samprapti, Etiology.**INTRODUCTION**

Tamaka Shwasa is disease of *Shwasa* which mainly involves *Pranavaha Srotasa*, on the basis of signs & symptoms this disease can be correlated to the bronchial asthma as per the modern science. Host factors and environmental factors play important role towards the allergic precipitation of *Tamaka Shwasa*. The prevalence

of disease increases due to the excessive environmental pollution, poor hygiene, drug abuse, smoking habits, alcoholism, poor dietary habits, in disciplinary life style and stress, etc.^[1-4] *Tamaka Shwasa* is one of the *Shwasa Vyadhi* amongst the five types of *Shwasa Vyadhi* as depicted in **Figure 1**.

Figure 1: *Shwasa Vyadhi* based on their clinical features.

This classification based on clinical features while on the basis of disease prognosis it can be classified as *Sadhya* (curable), *Krichra Sadhya* (pliable) and *Asadhya* (incurable). *Tamaka Shwasa* is *Yaapya Vyadhi* that is considered incurable but manageable, the chronic episode of disease may cause life threatening condition and affects quality of life significantly. Wheezing, breathlessness, tightness of chest and congestion, etc. are major symptoms of disease. The children and elderly people mostly get affected and symptoms are more prevalent in winter and rainy season. The peoples of developing countries with poor hygiene mainly suffer with *Tamaka Shwasa*. Diminish state of immunity and diversified climatic conditions also increases prevalence of diseases. *Prerakahetu Sheeta*, *Pragvata*, *Meghambu*, *Raja* and *Dhuma*, etc. are *Nidana* which can produces pathological changes in body related to the *Tamaka Shwasa*.^[4-7]

Hetu and their Role

- *Sheetasthanai* and *Sheetambusevana*, etc. are causes *Vataprakopaka*
- *Maasha*, *Pinyaka* and *Pistannasevana*, etc. can leads *Kaphaprakopaka*, the vitiation of *Kapha* mainly involves in disease pathogenesis.
- *Abhishyadi*, *Ksheerai* and *Dadhisevana*, etc. are *Amapradoshaja Hetu* which leads production of *Ama* that acts as an internal allergen.
- *Khavaigunyakaraka Raja*; *Adhvasevana*, *Dhuma*, *Kshatakshaya*, *Dwandva* and *Marmaghata*.
- *Nidanarthakararoga*; *Kasa*, *Udavarta* and *Pratishyaya*, etc.
- *Mulasthanadustikaravyadhi* like *Jwara*, *Chardi*, *Atisara*, *Atisaraalasaka* and *Visuchika*, etc. are diseases which can precipitate disease pathogenesis.
- *Shudhiatyoga* and *Atiapatarpana*, etc. are Iatrogenic factors which can also affects disease pathogenesis.

Role of etiological factors in disease symptoms

These etiological factors (*Nidana*) also cause *Hikka*, *Shwas* and *Kasa Vyadhi*. The chronic episode of disease involves hampering of *Gati* of *Vata* (*Pranavayu* and *Udanavayu*) due to the etiological factors, that after *Gati* of *Vata* becomes *Pratiloma* and obstruction of *Kapha*

leads chronic symptoms of disease. Vitiation of *Vata* and *Kapha* mainly triggers disease manifestation, however *Pitta* also get associated but not considered as prime cause of disease.

The symptom of disease varies depending upon predominance of etiological factors; *Strotovaigunyakar* factors, *Vataprakopaka Nidana* and *Kaphaprakopaka Nidan*, etc. Environmental factors such as exposure to dust, fumes, pollen, smoke and exposure to cold place, etc. act as *Strotovaigunyakar Nidana* especially *Pranavaha Strota*. This leads symptoms of *Hikka* and *Shwas*, etc.

Excessive sexual intercourse, excessive walking and physical activity, consumption of dry food and *Vishamashana*, etc. are *Vata provoking* factors which cause severe chronic episode of asthma.

Production of *Ama*, constipation, dryness, *Apatarpana*, injury to vital points, rapid seasonal variation, diarrhea, fever, *Kshaya*, *Raktapitta*, *Udavarta*, *Visuchika* and *Alasaka* can result symptoms of *Hikka* and *Shwasa*.

Consumption of *Nishpava*, *Masha*, *Pinyaka*, *Tila taila*, *Shaluka*, *Vishtambhi anna*, *Guru anna*, aquatic and marshy animals, raw milk and curd, etc. can leads symptoms of congestion and coughing, etc.

Role of etiological factors in Samprapti

When *Prana Vayu* obstructed by *Kapha* and moves upward then normal functioning of *Shwasa kriya* get affected under the influence of *Kapha* vitiating factors. *Nidanasevana* causes vitiation of *Vata* and when this enters in the *Pranavaha Strotas* then it provokes *Urastha Kapha*. This *Kapha* obstructs path of *Pranavaha Strotas* and general symptoms of *Tamaka Shwasa* such as *Hikka* and *Shwasa* observed.

According to *Vagbhat* vitiated *Kapha* causes obstruction and vitiation of *Vata dosha*, this possesses *Ruksha*, *Laghu* and *Shuska* characteristics and produces *Kathinnyata*, *Sankocha* and *Rukstha* in *Pranvahasrotas*, derangement of *Udakavaha srotas* & *Annavaaha srotas* also observed.^[5-8]

MODERN VIEW

Causes

- ✓ **Allergies:** Pollen, dust mites, animal fur and feathers, etc.
- ✓ **Smoke:** Fumes and pollution.
- ✓ **Medicines:** Anti-inflammatory and painkillers (ibuprofen and aspirin).
- ✓ **Psychological factors:** Emotions, stress, anxiety and grief

The major pathological events are as follow:

✚ Airway blockage

The bands of muscle around airways become tighten due to the etiological factors which further cause difficulty to pass air through the airways.

✚ Inflammation

Some allergic factors cause inflamed; red and swollen bronchial tubes of lungs, this leads symptoms of coughing and breathlessness.

✚ Airway irritability

Sensitivity of airways increases susceptibility towards allergen which causes narrowing of airways that further leads irritation of respiratory passage when come in contact with allergens.

Chronic airway inflammation in asthma can cause airway damage, smooth muscle hypertrophy and epithelial hyperplasia. The immunohistopathologic features of asthma involve infiltration and inflammation through Neutrophils, Eosinophils, Lymphocytes, Mast cell activation and epithelial cell injury.^[9,10]

Pathya

Godhuma, Mudga, Kulattha, Yava, Patola, Garlic, Ginger, Turmeric, Black pepper, Luke warm water, Honey, Pranayama, meditation and Yoga.

Apathya

Intake of cold and heavy food stuffs, *Masha*, fried items, fish, sweets, stored food items, curd, chilled water, excessive exertion, suppression of natural urges, exposure to cold atmosphere, contact with fumes, smoke and stress, etc.

CONCLUSION

Tamak shwasa is disease of respiratory system which not only affects physical health but also hampers mental health and deteriorates quality of life. The disease can be correlated with Bronchial Asthma on the basis of sign and symptoms. The vitiation of *Vata* and *Kapha* vitiation by the etiological factors mainly triggers disease pathogenesis. The *Vata* vitiating factors manifested *Vatapradhana Samprapti* and *Kapha* vitiating factors leads *Kaphapradhana Samprapti* along with *Strotovaigunyakar* factors. Pathologically disease involves *Pranvaha*, *Udakavaha* and *Annavaha Strotas* disturbances. *Sheetasthana*, *Sheetambu* and *Adhvasevana*, etc. are *Vataprakopaka* factors which affects *Vata* thus leads *Vatapradhana Samprapti* of *Tamak shwasa*. *Anupamamsa*, *Dadhi*, *Mash*, *Pinyaka*, *Guru Bhojana* and *Ksheera*, etc. are *Kaphaprakopaka* factors which causes *Kaphapradhana Samprapti* of disease. *Vishamashana*, *Abhishyandi*, *Amaksheera* and *Guru Bhojana*, etc. are *Amapradoshaja* factors which produces *Ama* as internal toxin that can affects pathological progression of disease. Consideration of Ayurveda concept of *Pathya & Apathya*, avoidance of causative factors (*Nidana Parivarjanam*) and uses of natural medicines, etc. can help to prevent and treat disease.

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