A CONCEPTUAL STUDY ON ROLE OF **AMRITADI KWATH** IN TAMAKA SHWASA (BRONCHIAL ASTHMA)

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ABSTRACT

**Objective:** Tamaka Shwasa is a Vatakaphaja Vyadhi originating from Pitta Sthana and manifesting through Pranavaha Srotas. Vata gets obstructed by Kapha and travels in Pratiloma Gati, thus causing the disease entity called Tamaka Shwasa. Tamaka Shwasa in Ayurvedic classics seems to be identical with the description of Bronchial Asthma in modern medicine. Bronchial Asthma is a major global health problem, which can affect the population irrespective of age, sex, economic status, etc. **Method:** References regarding Amritadi kwath are collected from Cakradatta, and further details regarding the constituent drugs are collected from textbooks, PubMed Central, published research papers and previous work done. **Result:** As per the data collected, Bronchial Asthma when treated with Amritadi kwath will be effective in relieving the symptoms in patients. Due to increasing prevalence, chronic, intermittent and inflammatory nature of the disease and also for better management of Tamaka Shwasa patients; it is a need of hour for innovative research regarding this topic. **Conclusion:** Amritadi kwath will be effective in improving pulmonary functions in Bronchial Asthma. Here we can conclude that Ayurvedic medicines will be a better choice in treating Bronchial Asthma in the near future.

**Keywords:** Tamaka Shwasa, Bronchial Asthma, Amritadi kwath.
INTRODUCTION

Shwasa is the major disease entity affecting Pranavaha Srotas. It is of five types namely Maha Shwasa, Urdhva Shwasa, Chinna Shwasa, Tamaka Shwasa and Kshudra Shwasa. Tamaka Shwasa one among them, is caused by Vata moving in reverse order pervades the channels of vital breath, afflicts the neck and head, and stimulates Kapha to cause Pinasa. This Vata, thus obstructed, produces Tamaka Shwasa¹. It is well known for its episodic and chronic course which comes under the life-threatening disease which afflicts the human race. Due to many etiological factors, movement of air through Pranavaha Srotas is hampered in this disease resulting in difficulty for breathing.

Tamaka Shwasa, in Ayurveda is similar to the description of Bronchial Asthma in modern medicine. Bronchial Asthma is one of the major global health problems, of current era. At present, Asthma is reported in 1.2 – 6.3 % adults in most countries. About 300 million people worldwide suffering from Asthma and the number has risen by around 50 % in the last decade. There are only a few studies from India on epidemiology of Asthma. Overall burden of Asthma in India is estimated to be more than 15 million patients. Five percent of children under 11 years have Asthma in India.

The Global Initiative for Asthma has proposed a descriptive definition of Asthma. Asthma is a chronic inflammatory disorder of the airways associated with airflow hyper responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night or in the early morning. Irrespective of age and gender it affects all categories of people and cause serious impairment in the quality of life of the patient. Current estimate suggests that Asthma affects 300 million people worldwide and an additional 100 million people will be diagnosed by 2025².

Drawbacks of current treatment according to modern science for Asthma are limited efficacy, failure to reduce mortality, adverse effects of drugs and issues regarding availability and cost. Even though Tamaka Shwasa is considered as a Yapya Vyadhi³, it becomes Sadhya if it is of recent onset and when the Rogi Bala is more. Early diagnosis and treatment are essential to minimize further progression. Ayurvedic treatment is a hope for the patients combatting with Asthmatic problems.

Tamaka Shwasa:

Nidana:

Acharya Caraka has mentioned common nidana for all the five types of Shwasa.. Tamaka Shwasa occurs mainly as a result of Vata and Kapha Prakopa Nidanas. For convenience, the causative factors can be categorized into:

1. Aharaja Nidana: Rukshana, Vishamanna, Nishpava, Masha, Pinyaka, Tila Taila, Pishta, Shaluka, Vishtambhi-Vishtambhi- Guru bhojan, Jalaja- Anupa mamsa, Dadhi, AmaKshira, Shleshmala ahara

2. Viharaja Nidana: Rajas, Dhuma, Vata, Seeta sthana ambu sevan, Vyayama, Gramyadharma, Adhwa, Ati-Apatarpana, Marmaghata, Suddhyatiyoga, Abhishyandi upachara, Kanta-Ura Pratighata


Samprapti:5

Vata
\[-\]
Svakarana

Vridhdha Vata + Vatavaha Srothorodha

Pratiloma gati,

Vimarga gamana
[Shiro, Griva]

Kapha
\[-\]
Svakarana

Vridhdha Kapha [Avalambaka]

Agnimandya

Ama utpathi

Kledaka Kapha Vridddhi

Kapha Atyadhika Udeerna

Tamaka Shwasa

**Purvarupa:** The purvarupa of Shwasa Roga is also applicable to Tamaka Shwasa. According to Acharya Caraka the purvarupa are: -
Anaha, Parsvasula, Hritpida, Pranavilomata6.

**Rupa:** The main symptoms are Pinasa, Gharuraksa, Ativa tivra vega Shwasa, Vegayukta Kasa, Pratamyati, Sleshma vimokshante muhurt labhate sukham, Kanthodwansa, Anidra, Asinolabhatesaukhyam, Ushnabhinandan, Lalate sweda, Visushkasya7.

**Ayurvedic Management of Tamaka Shwasa in brief:**
- **Nidanaparivarjana:** Avoidance of causative factors.
- **Samsodhana:** Snigdhasweda, Vamana, Dhumapana, Virechana [Tamake tu Virechana], Nasya.
- **Samshamana:** Shamana yogas and treatment will lessen the upadravas.
In general; medicines, drinks, foods must be Kapha Vatagna, Ushna and Vatantulomana in nature. Ekanthika Chikitsa should not be done [Since Vata and Kapha are opposite in nature.] The administration of ingredients which alleviate Vata but may aggravate Kapha can, if necessary, be used in exceptional circumstances8.

**Amritadi Kwath:**
The ingredients of Amritadi Kwath are Amrita, Sunti, Bharngi, Kantkari and Tulsi which is administered along with Pippali Churna as Anupan. It is effective in Shwasa and Kasa9.
### Rasapanchaka[^1] and Pharmacological Action of Drugs in Amritadi Kwath:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshagna-ta</th>
<th>Aushadi Karma</th>
<th>Pharmacological action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bharngi</strong></td>
<td>Tikta, Katu</td>
<td>Laghu Ruksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Vata shamaka</td>
<td>Shwasahar, Kasahar, Sothahar, Deepan, Pachan, Anuloman, Amapachan</td>
<td>antiallergic, antioxidant, anti-inflammatory, anti-histaminic, anti-asthmatic, mast cell stabilization[^14]</td>
</tr>
<tr>
<td><strong>Kantkari</strong></td>
<td>Tikta, Katu</td>
<td>Laghu Ruksha, Teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Vata shamaka</td>
<td>Kasahar, Kanthya, Shwasahar, Hikkanigrahan, Deepan, Pachan, Sothahar, Vedhanastapan</td>
<td>anti-asthmatic, anti-inflammatory, anti-histaminic, antiallergic, mast cell stabilization, bronchodilator[^15], expectorant[^16]</td>
</tr>
<tr>
<td><strong>Tulsi</strong></td>
<td>Tikta, Katu</td>
<td>Laghu Ruksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Vata Shamaka</td>
<td>Shwasahara, Kasahara, Sothahara, Vedhanahara, Seetaprasaman, Deepan, Pachan, Anuloman</td>
<td>antioxidant, anti-inflammatory, immunomodulatory[^17], antiallergic, antitussive, antispasmodic[^18]</td>
</tr>
<tr>
<td><strong>Anupan:</strong></td>
<td>Katu</td>
<td>Laghu, Snigdha, Teekshna</td>
<td>Anushna seeta</td>
<td>Madhura</td>
<td>Kapha-Vata Shamaka</td>
<td>Deepan, Vatanuloman, Soolaprasaman, Kasahar, Shwasahar, Hikkanigrahan, Rasayan</td>
<td>antispasmodic, anti-inflammatory, immunostimulatory, cough suppressor[^19]</td>
</tr>
<tr>
<td><strong>Pippali</strong></td>
<td>Katu</td>
<td>Laghu, Snigdha, Teekshna</td>
<td>Anushna seeta</td>
<td>Madhura</td>
<td>Kapha-Vata Shamaka</td>
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</tr>
</tbody>
</table>
DISCUSSION

On analysing the above facts, it can be said that **Amritadi Kwath** will be an excellent choice in treating Bronchial Asthma. **Tikta rasa** of the drugs has **Kaphashama** and **Kledahara** properties. Most of the drugs have **Katu rasa**, **Ushna virya** and **Katu vipaka** which helps in reducing excess **Kapha** and **Kleda** and moreover providing **Srothosodhana**. The accumulated secretions in the respiratory pathway thus can be cleared and **Srothosudhi** can be attained easily. **Ushna virya** also helps in bronchodialation which causes the enhancement of air circulation in the respiratory pathways. It also strengthens the **Agni** which is inevitable for the normal functioning of the body.

The contents of the **Amritadi Kwath** are mainly **Vata Kaphahara**, thus pacifying the predominant **doshas** in **Tamaka Shwasa**. Since **Ama** contributes a major role in **Samprapti** these drugs having **Deepan, Pachan** and **Vatanuloman** properties will be very effective. **Srothahar** drugs will clear the passages and makes the breathing effortless. Almost all the drugs are having **Shwasahar** and **Kasahar** properties.

Pharmacological actions of drugs in **Amritadi Kwath** which are significant in treatment of **Tamaka Shwasa** are:

- Antispasmodic activity which helps in reducing the bronchospasm.
- Expectorants which helps in removing excessive secretions in the airways.
- Antioxidant action helps in minimizing the tissue damage.
- Anti-inflammatory action which may reduce mucosal inflammation.
- Anti-asthmatic action which prevents asthma attacks.
- Bronchodilator action which relaxes the muscles in lungs and widens the airways.
- Antitussive action that prevents or relieves cough.
- Antihistaminic and Antiallergic action that relieves symptoms of allergy.
- Immunomodulatory action that regulates or normalises the immune system.
- Mast cell stabilisation which means blocking the mast cell degranulation, stabilising the cell and thereby preventing the release of histamine and related mediators which causes allergy.

So, it is clear that **Amritadi Kwath** will have great efficacy if administered in **Tamaka Shwasa**.

CONCLUSION

Basically, **Tamaka Shwasa** is **VataKaphha** nature which has **Agnimandya** and **Ama** as the contributing factors to the **Samprapti**. Here the drugs of **Amritadi Kwath** are **VataKaphha**, **Deepan, Pachan** and **Vatanuloman** which will be helpful in **Samprapti vighatana** of **Tamaka Shwasa**. The pharmacological actions of drugs of **Amritadi Kwath** like anti-asthmatic, anti-inflammatory, anti-histaminic, antiallergic, mast cell stabilization, bronchodilator, expectorant actions etc., shows the efficacy of the drug. So, **Amritadi Kwath** meets all the qualities needed for a **Shwasahar yoga**. Thus, we can conclude that **Amritadi Kwath** will be effective in improving the Pulmonary functions in Bronchial Asthma. It is crystal clear that, **Ayurvedic management** can provide better alternative to Allopathic drugs in treating **Tamaka Shwasa** (Bronchial Asthma).

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