INTRODUCTION

Shwasha is not only a Vyadhi but also enlisted in Lakshana of many other diseases. It manifest as a Lakshana, Vyadhi and Upadrava. In Ayurveda there are three types of medicine. Asuri, Daiwi and Manavi. Rasaushadhi’s comes under Daiwichikista and it has no particular taste, it is easy administrable because of its fineness. It can even be managed by the management of Kricchrasaadyavadyadh. Administering Rasaushadhi’s even in small quantity along with suitable Anupana can achieve desirable effect in the management of diseases. There is a wide spectrum of shwasharadrayas mentioned in Rasashastra. Due to its easy availability Rasa dravyas are widely practiced in treatment of Shwasha.

Samprapti Ghatakas in Shwasha

- **Dosha-** Praan vaayu, Udaan Vyayu, Keldak Kapha
- **Dooshya-** Rasavaha
- **Agni-** Jataragni
- **Srotas-** Praamvaha, Annavaha, Udakvaha
- **Srotodushhti-** Sanga
- **Vyakthavastha-** Mana, Shareera
- **Adhishtana-** Praamvaha
- **Udbhava sthana-** Amashaya
- **Rogamarga-** Abhyantara

Types of Swasha Vikara

a) Mahashwash
b) Udhrva Shwasha
c) Chinna Shwasha
d) Tamak Shwasha
e) Shudra Shwasha

Treatment principle in Shwasha: Maharashwasha, Udhrva Shwasha and Chinna Shwasha are mentioned as Ashaadhya. While the treatment of Tamak shwasha is depends on Vega-Avastha and Avega-Avastha. In Vega-Avastha Vamana, Virechana, Dhumpana is advised and Rasayan chikista is mentioned in Avaga – Avastha.

Importance of Rasaushadhis : The word Rasashastra literally means the “Science of Mercury”. It is a specialized branch of Ayurveda dealing mainly with materials which are known as Rasa Dravyas. The products dealt under this discipline are an important component of Ayurvedic therapeutics. Pharmacopoeia of Ayurveda comprises of drugs derived not only from herbs but also from minerals, metals and animal products. According to the source of origin this mineral and metal products comes under Parthiva or Khanija Dravya. They have the following three characteristic attributes: instant effectiveness, requirement in very small doses and extensive therapeutic utility irrespective of constitutional variation. Almost 38 Rasayogs has been mentioned in Shwasha Chikista of Bhaishajyaratnavali and 19 Rasayogs to treat the Shwash Vyadhi in Rasatantrasara and Sidhprayogasangraha.

Classification of Rasa Dravyas
Maharasa, Uparasa, Sadharana rasa, Dhatu, Upadhatus, Ratnas, Visha & Upavisha.

Individual dravyas having Swasha property among these are enlisted below

<table>
<thead>
<tr>
<th>Category</th>
<th>Rasadravya acts as Swashaghna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maharasa</td>
<td>Abhrak, Vaikranta, Malshik, Shilajithu, Rasak.</td>
</tr>
<tr>
<td>Uparasa</td>
<td>Haratala Rasanjana, Gandha, Manashila.</td>
</tr>
<tr>
<td>Sadharana Rasa</td>
<td>Hingul, Gouripashana, Kapardika.</td>
</tr>
<tr>
<td>Dhatu</td>
<td>Swarn, Tamra, Loha, Vanga, Yashad.</td>
</tr>
<tr>
<td>Upadhatu</td>
<td>Abhrak, Manashilla, Hartal.</td>
</tr>
<tr>
<td>Ratna</td>
<td>Praval, Takshrya, Vajra, Nilam, Mukta, Vaikranta.</td>
</tr>
<tr>
<td>Visha</td>
<td>Vatsanabha.</td>
</tr>
<tr>
<td>Upavisha</td>
<td>Dhatura.</td>
</tr>
<tr>
<td>Sudha Varga</td>
<td>Shukti, Mudharshrunga.</td>
</tr>
</tbody>
</table>

Apart from these single drugs there are many mineral and Herbomineral combination which are usually used in various stages in Shwashachikista.

Some of commonly used and the important formulations:

1) Swashakuthar Rasa
   - Ingredients: Shuddha Parad (Mercury), Shuddha Gandhak, Manahshila, Sindura, Shunthi, Shuddha Vatsanabha, Krushan Marish and Pim-pali.
   - Properties: Varna- Krushan, Rasa-Katu, Gun-Laghu, Rooksha, Veerya-Ushna, Vipaka-Katu
   - Indications: All type of Shwasha, Kasa, Heeka, Swarbheda
   - Actions: Kaphaghna, Vaatalghna, Deepana, Pachana and specially used in Tamak Shwasha.
   - Dose: 500 mg, 1 tablet one time in a day.
   - Anupana: Ringani Kwatha, Nagyeli Patra.

2) Swashachintamani Rasa
Properties: Varna – Krushna, Rasa – Katu, Guna – Laghu, Veerya – Ushna
Vipaka – Katu

Indication: Tamak shwasha

Dose: ½ Gunja (60 mg) (1 to 2 tablets two times in a day).

Anupana: Warm water

3) Shwasthantak Rasa

Ingredients: Shuddha Paarad (Mercury), Shuddha Gandhak, Tamara Bhasma Saindhav and Pimplai.

Properties: Verna-Krushna, Guna-Laghu, Rasa-Katu, Vipak-Katu, Veerya-Ushna

Action: Kaphaghna, Kasaghna.

Dose: 125mg (1 to 2 tablets two times in a day).

Anupana: Honey

4) Sammerpanaag Rasa

Ingredients: Shuddha Paarad (Mercury), Shuddha Gandhak, Shudha Somal, Shudhan Hartal, Shudha Manahshila

Properties: Verna-Krushna, Guna-Ushna, Tikshna, Rasa-Katu, Vipak-Katu, Veerya-Ushna

Action: Vaat Kaphaghna

Preparation: Pills made in size of 1/2 Gunja (Approx 60mg).

Indication: Tamak Shwasha, Jeerna Kaphaja Vikara.

Dose: 60 mg 1 tablet one time in a day.

Anupana: Tankan (125-250 mg) mix with Sammerpanaag Rasa
By evaluating the above formulations it is clear that Gandhaka (Sulphar) and Pimpali have been used extensively in majority of Rasa formulations in Shwasha Chikitasa.

Properties of Gandhaka (Sulphar) and Pimppali:

1. Gandhaka (Sulphar)

Properties: Rasa-Madhura, Tikta Guna-Mridu, Veerya-Ushna, Vipaka-Katu

2. Pippali (Piper longum)

Properties: Rasa – Katu, Guna – Tikshna, Laghu, Snigdha, Veerya – Anushinashit Vipak-Madhura

Indications: Deepana, Pachana, Shulaprasamana, Jwarghna and Rasayana etc.

Action: Vaatkaph shaamak

Dose: 0.5-1.5 gm

DISCUSSION AND CONCLUSION

According to Bhaishajya Ratnavali almost 27 Rasa Yogas have been mentioned in Shwashachikista among which 85% of Yogas contain Paarad, Gandhak and Pimpali as main ingredient. In Rasatantrasara and Sidharpayogasangraha 19 Rasa Yogas has been mentioned in Shwasha Chikitasa in which Gandhak and Pimpali can been also seen in majority of Yogas. This indicates that Gandhak and Pimpali are the major components in Shwashahara formulation. Most of the drugs show properties like Deepana, Pachana, Ushna and Tikshna due to these properties it enhanced the Jatharagni as well as Dhatyagni which leads to cures the Agnimandhya, decrease the production of vitiatied Kapha and acts as Rasayana. Their therapeutic action is based on Bhavanadravya. Dose of drugs, Anupana and Pathya-Apathya should be kept in mind while administering the Rasa to avoid complications. Rasaushadi’s can be administered in different conditions of Shwasha with different Anupanas to increase the bioavailability and to prevent adverse effect.

REFERENCES


**CORRESPONDING AUTHOR**

Dr. Rajesh T. Wankhade
Associate Professor, Department of Dravyaguna, S.M.B.T. Ayurved College & Hospital, Dhamangoan, Nashik, Maharashtra, India
EMail:rajesh_wankhade1975@rediffmail.com

Source of support: Nil
Conflict of interest: None Declared