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**Review Article**

**Efficacy Of Ayurvedic Medicine And Yoga On Childhood Asthma W.S.R. To *Tamaka Shwasa***

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**ABSTRACT-**

Ayurveda is the major systems of indigenous medicines and treatment. In ancient different kinds of *Ayurvedic* medicines were discovered after continuous study like as observations, experiments, trials and conclusions. Bronchial Asthma occurs due to many cause e.g. environmental, racial, and behavior... *Tamaka Shwasa* is disease according to *Ayurvedic* texts that shows close resemblance with bronchial asthma on the basis of clinical manifestations. There is no cure for Asthma as per the Conventional Medical Science. *Ayurvedic* medicines can be a potential and effective alternative for the

treatment against the bronchial asthma. *Ayurvedic* medicines are used for the treatment of disease globally so that people all over the world can keep faith on it on the basis of scientific evidences. The present study was a review on the management of *Tamaka- Shwasa* (bronchial asthma) through *Ayurvedic* approach that includes a combination of *Ayurvedic* drugs in *Shodhana* and *Shamana* chikitsa and lifestyle management. *Ayurvedic* drugs include the respiratory tonics and naturally occurring bronchodilator and immune- modulator. Thus, study concluded that the *Shodhana*, *Shamana*, herbal and herbo-minerals compound drug has got significant anti asthmatic properties.

**Keywords;** *Tamaka shwasa*, Bronchial Asthma, *Shodhana*, *Shamana Chikista*,

## INTRODUCTION

The prevalence of bronchial asthma has increased over time and is increasing rapidly due to increasing environmental pollution produced by vehicles and industries. Worldwide approximately 80% of asthmatics disease report before onset of 6 yr of age. At the age of six to seven year, the prevalence ranges from 4 to 32%<sup>1</sup>. *Ayurvedic* medicines are used for the treatment of disease on the basis of scientific evidences.<sup>2</sup> *Kashyap Samhita* is the first and foremost classic, which gave priority to *balachikitsa*. As it is a *kapha-vata* predominant disorder, its incidence should be witnessed more either during the *balyaavastha*, which is the normal time of *Kapha* dominance. Difficulty in breathing or shortness of breath may be

simply termed as *shwasa*. *Tamaka shwasa* is one of the well-know clinical conditions described in *Ayurveda* that is almost equivalent to asthma. Allergy is said to be one of the major causes of asthma, and when it becomes chronic, diminishes *Vyadhikshamatwa*. Allergies and asthma are two fastest growing health problems amongst the commonest chronic diseases of childhood for which a general practitioner's help is sought. *Ayurvedic* line of management prescribed for asthma can provide an improved key to the management of asthma. Recurrent attacks of asthma when become chronic lead to *Dhatu Kshya* (reduced vitality of the tissues) and hence *Bala Kshaya* (reduced immunity) in the affected child. This is further aggravated by improper nourishment of *dhatu*s owing to hampered

digestive activity. Unless the disease is de-rooted completely and strength is restored, there is no possibility of optimum health<sup>3</sup>. Bronchial asthma is a very chronic disease and in childhood stage it hampered the physical and mental growth of child. In which the child immunity have decreased and it's affect the sleep, child school going and play activity. For this treatment in allopathic medicine  $\beta_2$  androgenic agonist and glucocortico-steroid and orally theophylline are used. They also decreased the immunity of the body<sup>4</sup>. So it gives side effect on the body. So by *Ayurvedic* medicine we use anti-inflammatory, bronchodilator herbal drugs and immune-modulator drugs. We treat this disease and enhance the immunity of the body. Since bronchial asthma is an important cause of morbidity and mortality especially in resource limited areas. Besides this *Pranayam* and *Yoga* has the also specific role in strengthen the pulmonary muscles and winding of bronchial tubes for proper gaseous exchange and which is beneficial to the patient of childhood Asthma. Local *snehana* (external oleation) and *swedana* (sudation) on the chest are adapted first.

Although patient is strong enough to tolerate *shaodhana* procedure *mridu vaman* and *mridu virechana* are adopted. *Dhooma pana*

is recommended in whom *doshas* are not eliminated even after *vamana*. *Shaman Aushidhi* are indicated in case of weak patients.

In case of *kapha* predominant patients *shodhana*, *dhooma pana* and *pathya* food are recommended<sup>5</sup>. In all the varieties of *shwasa roga* correction of *vata* and *kapha* line of treatment adopted. The medicines the food and drinks designed in such a way that it should not be antagonistic to *kapha* and *vata dosha*. Besides this *ushna* (hot) *anulomaka* (*vata* alleviating factors) and *vata* specifying measures are adopted. We have some important *Ayurvedic* drug and *yoga* which has specific role in control of asthma. So we have discussed here.

## MATERIAL AND METHOD

### *VASA* (*Adhatoda vasica*)

- 1- Its act as mucolytic and wides the bronchial tubes.
- 2- So act as *shleshmhar*, *kasahar*, *shwashar*, and *kanthya*<sup>6</sup>.
- 3- It's also has anti-inflammatory, antioxidant activity,<sup>7</sup> Anti-allergy activity.

**GUDUCHI (Tinospora cordifolia)**

- 1- Immunomodulatory activity of Guduchi Ghana is well established.
- 2- It has Antibacterial activity..
- 3- Due to its *Kaphaghna guna*, it is very effective in *shwasa roga*<sup>8</sup>.

**SHUNTHI (Zingiber officinale)**

- 1- Due to *usna veerya* it has property of *kaphvatashamak*; due to *katu ras* it is *kaphaghana* so useful in *shwasa roga*.
- 2- The drug is anti inflammatory, antioxidant, antimicrobial, expectorant, so useful in *shwasa roga* and other bronchial disease<sup>9</sup>.

**BHARANGI (Clerodendrum serretum)**

- 1- Due to *usna veerya* and *katu rasa*; the drug is *kaphaghna* and *shwashar*.
- 2- Acts as mucolytic, breaks down the mucus so useful in asthma because of its immense benefit in respiratory tract disorders, it is used in many antihisasthmatic drug.
- 3- It has hepatoprotective antioxidant activity<sup>10</sup>.

**NIDIGDHKA (KANTAKARI: Solanum surratense)**

- 1- Due to *usna veerya* the drug is *kaphavatashamak*, *kasahar* property so useful in childhood asthma. .
- 2- It has antiallergic activity and anti-inflammatory, anti-oxidant effect. It also helps in inhibition of fungal growth<sup>11</sup>.

**HARIDRA (Curcuma longa)**

- 1- Due to *usna veerya* drug is *kaphavatashamak* property so useful for asthma.
- 2- *Haridra* also has antibiotic, anti oxidant activity, anti microbial, and immunomodulatory activity<sup>12</sup>.

**PIPPALI (Piper longum)**

- 1- Due to *katu ras* it helps to overcome *kapha* and due to *snigdha* it overcomes *vata dosha*
- 2- It has antioxidant & antibacterial activity.
- 3- *Pippali* works as a good expectorant so useful in asthma & other respiratory diseases<sup>13</sup>

**DHANYAK (Coriandrum sativum)**

- 1- It is *Tridoshhar*, due to *singdha* and *usna guna vataghan*, due to *Kashaya, tikta* and *Madhur pittaghna*, and due

to *Tikta, katu, aur usna guna kaphaghan*.

2- It is antibacterial, antifungal. Antioxidant<sup>14</sup>.

**Pranayam**-After 12 week, there was significant reduction in symptoms improvement in FEV1 and PEF. So for best results, practice in the morning on relatively empty stomach for 8 min<sup>15</sup>.

**Tadasana**-By the *Tadasana* Lung surface area increased so increased air entry in lung so prevent the narrowing of bronchioles. So practices in the morning for 2 min<sup>16</sup>.

**Paschimottanasana**-By the *Paschimottanasana Jatharagni* induced because it is mandagni vikar so help in to treat bronchial Asthma. So for best results practices in the morning for 2 min<sup>17</sup>.

**Bhujangasana**-This induced the *Jatharagni*. And it is *Sarve Rognashak* and it induced *Kundalini Shakti*. It improves oxygen and blood circulation throughout the body. It also opens up your chest and clears the passages to the lungs. The pose is a beginner level *Ashtanga Yoga Asana* minimum for 2min<sup>18</sup>.

**Parvatasana**-It improves the working of your respiratory system and keeps a check on

hormones. This pose is a beginner level *Vinyasa Yoga Asana* minimum for 2 min<sup>19</sup>.

**Shavasana**-*Shavasana* relaxes your entire body and mind and takes away any built-up anxiety refreshes you. The pose helps you to be calm and composed .which is essential to tackle asthma. *Shavasana* is a beginner level *Ashtanga Yoga Asana*. Stay in the pose for a couple of minutes till feel completely relaxed<sup>20</sup>.

## DISCUSSION-

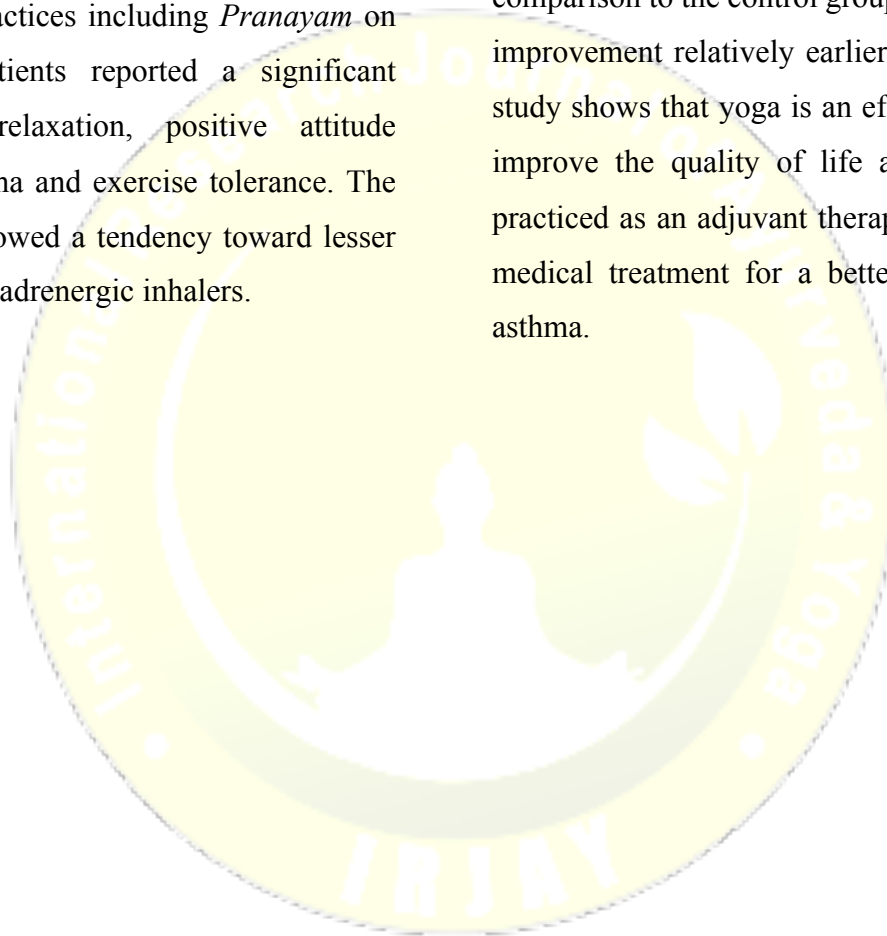
Bronchial asthma, which has been increasing in incidence worldwide, is a morbid disease that can also be fatal. The important precipitating factors of asthma include occupational factors, viral infections, drugs, cold air, family history, stress, etc. It is a multifactor disease, clinically; it produces symptoms and signs like dyspnea (expiratory difficulty), cough, and wheezing. Pathologically, there is mucosal inflammation mediators, bronchial constriction, air trapping, latter on remodeling of airways. Presently, it in a single patient. It is better to try to improve lung functions by exercises and to correct the pathology.

Regular practice of yoga is good to achieve complete health. It provides relaxation of

mind energizes the body and improve the quality of life of the asthmatic patients. Effectiveness of relaxation therapy has been studied in a group of asthmatics; they found mental relaxation to be more effective than muscular relaxation in the improvement of pulmonary function and subjective measures. The yogic practices including *Pranayam* on asthmatic patients reported a significant degree of relaxation, positive attitude towards asthma and exercise tolerance. The study also showed a tendency toward lesser usage of beta-adrenergic inhalers.

## CONCLUSION;

The current study shows that the Yogic intervention improved the status of quality of life. All the sub domains of quality of life including total scores significantly increased in both groups but the yoga group in comparison to the control group achieved the improvement relatively earlier. Overall, this study shows that yoga is an effective tool to improve the quality of life and it can be practiced as an adjuvant therapy to standard medical treatment for a better outcome of asthma.





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