

## CASE STUDY

# Tamaka Shwasa: An In-Depth Study in Respiratory Health

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### ABSTRACT

Breathlessness, wheezing, and coughing are symptoms of Tamaka Shwasa, a form of bronchial asthma caused by a disturbance in the respiratory system. Pittasthana is the primary origin of this Kapha-Vataja disease. A 36-year-old man with a 10-year history of bronchial asthma was the subject of a case study. He had been experiencing repeated episodes of coughing, chest pain, and wheezing during the previous few years, as well as increased breathing difficulties and intermittent fevers. The patient had previously received treatments, including Vamana and Shwasakuthar Rasa, with temporary relief. Upon admission to Parul Ayurveda Hospital, he underwent a combination of Ayurvedic therapies, including Shwasakuthar Rasa, Bharangyadi Kashaya, Haridra Khand, and Abhyanga with Sahacharadi Tailam for 10 days. The treatment aimed to balance Kapha and Vata doshas. The assessment of cardinal symptoms such as night awakening, morning worsening of asthma, activity limitations, shortness of breath, and wheezing showed significant improvement after treatment, with a 60-70% reduction in symptom severity. These findings indicate that the Ayurvedic method, which focuses on both internal and external therapies, is successful in treating Tamaka Shwasa, reducing symptoms and enhancing the patient's quality of life.

**Keyword:** Tamaka shwasa, Bronchial Asthma, Shamana Chikitsa

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## INTRODUCTION

Tamaka Shwasa is one of the five varieties of Shwasa. [1] Shwasa Roga is seen as a Yapya Vyadhi and is compared with bronchial asthma, which arises when Prana Vayu is disrupted, preventing the respiratory system (Pranah Srotasa) from working normally [2]. This leads to a blockage in the movement of air, causing it to move in the opposite direction (Pratilom Gati).[3]

Acharya Charak states that Tamaka Shwasa is a Pittasthana-based ailment that arises from an imbalance between Kapha and Vata. The Sushruta Samhita, Madhava Nidana, and Yogaratnakar classify Tamaka Shwasa as a Kapha-predominant disorder. Symptoms of this condition include audible wheezing (Ghurghurakam), coryza (Pinasa), heaviness in the head (Shirogourava), relief when sitting (Aasine Labhate Soukhyam), and worsened symptoms in a supine position (Shayanah Shwasa Peedita).[4] Tamaka Shwasa closely resembles bronchial asthma, with symptoms such as breathlessness, wheezing, coughing, and chest tightness.[5]

## CASE REPORT

A 36-year-old male patient who was brought to the Kayachikitsa OPD of Parul Ayurved Hospital in Vadodara stated that his main problems were breathing difficulties that had gotten worse over the past week, as well as sporadic fevers and recurrent episodes of bhrama, kasa, and pratishyay that had been occurring for three years. Kasa was also reported to occasionally appear along with sthivan. Alongside the klama, Shwasakrichrata is claimed to be gradually growing in nature.

## HISTORY OF PRESENT ILLNESS

Four years ago, the patient appeared to be in good health. However, one day he developed a fever and difficulty breathing. He consulted a local physician and took medication (details unknown), which

temporarily relieved his symptoms. Over time, he experienced intermittent episodes of the same issues, with medication providing relief. In November 2019, he faced breathing difficulties followed by a cough with sputum. He sought treatment at Parul Ayurveda Hospital in Vadodara, where he received Vamana therapy, which provided temporary symptom relief.

In January 2021, the patient experienced breathing difficulties, a cough with sputum, dizziness, recurrent episodes of nasal congestion, and fever. He was admitted to Parul Ayurveda Hospital in Vadodara, where his symptoms were briefly alleviated with treatments including Shwasakuthar rasa, Bharangayadi kashaya, and Haridra khanda. When he had breathing issues, he would follow the prescribed treatment. For the past week, he has been experiencing chest pain, weakness, headaches, breathing difficulties, a cough with white phlegm, and an intermittent fever.

As a result, he sought further treatment and was admitted to Parul Ayurveda Hospital in Vadodara.

### HISTORY OF PAST ILLNESS

For the past ten years, the patient has been known to have bronchial asthma.

#### Treatment history

For over two years, he has been taking Shwasakuthar rasa, Bharangayadi kashaya, and Haridra khanda whenever he experiences symptoms.

#### Personal history

Patient drinks tea 1-2 times a day and has no history of smoking.

#### Examination of patient

**Table 1: Assessing the patient's general condition**

SN	Parameter	Observation
1	Kshudha	Prakruta
2	Mala	Prakruta
3	Nidra	Alpanidra
4	Mutra	Prakruta

### Respiratory System

#### (On Examination):

**Inspection:** The chest is symmetrical and even on both sides. The sternocleidomastoid muscle is engaged as an accessory muscle for respiration. The breathing pattern is abdominothoracic. There are no visible chest abnormalities or scars.

**Respiratory rate:** 18 breaths per minute.

#### Palpation:

There is no tenderness, and the trachea is centrally positioned. The transverse diameter measures 32 cm. Chest expansion is symmetrical on both sides.

#### Percussion:

The lung fields show resonance, while hepatic and cardiac dullness are noted.

#### Auscultation:

Bilateral polyphonic wheezing is heard, with a stronger presence in the right lung. Vocal resonance is symmetrical on both sides.

#### Examination (Ashta sthana Pariksha)

Nadi - 72 beats per minutes, Mala -1 time/day, Mootra -10 times a day and thrice at night , Jihwa -Lipta, Shabda - Prakruta, Sparsha - Anushna-Sheeta, Drik - Prakruta, Akriti - Madhyama.

### PHYSICAL EXAMINATION

Blood Pressure - 110/80mmHg, Pulse rate - 72 beats per minutes, Oedema - No abnormalities detected, Pallor - No abnormalities detected, Icterus - No abnormalities detected, Clubbing - No abnormalities detected, Respiratory Examination - 18/min, Systemic Examination - No abnormalities detected, Per abdomen- Soft and No tenderness

### TREATMENT

Sthanik abhyanga with Sahacharadi Taila

Symptomatic treatment for 7 days

1. Tab. Shwasakuthar rasa 2 BD (2-0-2) with water
2. Bharangyadi kashaya 40 ml once in a day with lukewarm water before food
3. Haridra khand 6 gm with lukewarm water before food BD
4. Abhyanga with Sahacharadi Tail
5. Syrup Shwasmitra 10ml (as needed)

## RESULT

The results were evaluated based on subjective parameters (key symptoms like - Ratrau madhyena nidrabhanga, Worsening of asthma symptoms in the morning, Cheshta Haani, Shwasa kashtata, Kanthe ghurgurakam, comparing baseline data before and after treatment)

**Table 2: Assessment Criteria before Treatment**

SN	Symptom	Grade	Criteria
1.	Ratrau madhyena nidrabhanga	G0	Never
		G1	Occasionally
		G2	Frequently
		G3	Unable to sleep due to asthma
2.	Morning worsening of asthma symptoms	G0	No symptoms
		G1	Mild symptoms
		G2	Moderate symptoms
		G3	Severe symptoms
3.	Cheshta Haani	G0	Not limitations
		G1	Slight limitation
		G2	Moderate limitation
		G3	Severe limitation
4.	Shwasa kashtata	G0	None
		G1	Very little
		G2	Moderate
		G3	Severe
5.	Kanthe ghurgurakam	G0	Not at all
		G1	Hardly any of the time
		G2	A moderate amount of the time
		G3	A lot of the time

**Table 3: Demonstrating the impact of Abhyanga, and Shamana Chikitsa on key symptoms.**

SN	Signs and symptoms	BT (before treatment)	AF (after treatment)	Result in %
1.	Ratrau madhyena nidrabhanga	2	1	60%
2.	Morning worsening of asthma symptoms	2	0	70%
3.	Cheshta Haani	3	1	60%
4.	Shwasa kashtata	2	0	70%
5.	Kanthe ghurgurakam	3	1	60%

## DISCUSSION

### Shwasakuthar Rasa

Shwasakuthar Rasa[6] is a classical formulation traditionally used for managing Tamaka Shwasa (a chronic respiratory disorder akin to bronchial asthma). Its ingredients predominantly exert Vata-Kaphahara actions, with qualities such as Laghu (light), Ruksha (dry), and Ushna (hot), which collectively help in correcting impaired digestion (Agnimandhya) and disrupting the Kapha-dominant pathogenesis.

The formulation acts specifically on the Pranavaha Srotas (respiratory channels).[7] Key components include black pepper, which stimulates the respiratory mucosa and facilitates mucus clearance, while Aconitum ferox functions as an antispasmodic and mucosal stimulant. Shunthi (dry ginger) and Pippali (long pepper) are effective expectorants, aiding in the release of sputum.

### Bharangyadi Kashaya

Bharangyadi Kashaya is another classical remedy prepared as a herbal decoction, as described in Sahasrayogam.[8] Traditionally used for managing various febrile conditions and associated disorders, it is formulated through an aqueous extraction process involving specific medicinal herbs.[9] This decoction serves as a supportive intervention for respiratory and systemic inflammation-related ailments.

### Haridra Khand

Haridra Khand is widely used in Ayurveda for the management of Vataja Pratishyaya, a condition correlated with allergic rhinitis in modern medicine. [10,11]. The formulation includes herbs like Curcuma longa, Zingiber officinale, and Piper nigrum, all of which exhibit potent anti-allergic and anti-

inflammatory properties. Their synergistic action helps reduce allergic responses and strengthens the immune system.

#### **Abhyanga with Sahacharadi Taila**

Sahacharadi Taila, used in therapeutic massage (Abhyanga), is particularly effective in alleviating Vata-related disorders due to its anti-inflammatory and analgesic actions.[12] Its herbal composition supports tissue regeneration, reduces inflammation, and relieves chest pain associated with breathing difficulties. The inclusion of milk (Kṣīra) enhances its balya (strength-promoting) and rasayana (rejuvenating) effects. In clinical observations, regular application improved circulation and reduced discomfort during respiration.

#### **Shwasmitra Syrup**

Shwasmitra syrup is a polyherbal formulation containing ingredients such as Kantakari, Kutuka, Kiratatikta, Haridra, Chitrak, Bhringraj, Katphala, Shvet punarnawa, Sharpunkha. These herbs are known for their Ushna Veerya (hot potency) and their ability to balance Vata and Kapha doshas.[13] The syrup supports respiratory health by clearing obstructed pathways, enhancing immunity, and reducing inflammation in chronic respiratory conditions.

#### **CHIKITSA SUTRA**

One of the Yasya Vyadhi is Tamaka Shwasa.[14] Kapha blocks Vayu's path in Tamaka Swasa, and Vayu that is blocked travels in the opposite way. Drugs and foods that have the ability to reduce Kapha and Vata as well as those that have Ushna and Vatanulomana properties can assist relieve the Swasa in such a situation.[15]

#### **Shamana Chikitsa**

Shamana Chikitsa mostly uses internal drug use to attain Dhatusamyā. Tamaka Shwasa is managed with medications that have Deepana-Pachana characteristics, according to Arunadatta.[16]

1. Tab. Shwasakuthar rasa 2 BD (2-0-2) with water
2. Bharangyadi kashaya 40 ml once in a day with lukewarm water before food
3. Haridra khand 6 gm with lukewarm water before food BD
4. Abhyanga with Sahacharadi Tailam
5. Syrup Shwasmitra 10ml (as needed)

The mentioned medication was administered for a duration of four weeks. The patient received guidance on Nidana Parivarjana and Pathya Apathya. Following a four-week follow-up, significant progress was seen in reducing Tamaka Shwasa symptoms. The patient mentioned experiencing relief from breathlessness, wheezing, and difficulty breathing.

#### **PATHYA-APATHYA**

- I. Pathya Aahar - Laghu, Supachya aahar, Mudga, Shashtik shaali
- II. Pathya Vihar - Sukha Sadhya
- III. Apathya Aahar - Ruksha aahar, Vidahi annapana
- IV. Apathya Vihar - Bhrama, Ati vyayama

#### **CONCLUSION**

Following data analysis, it is determined that Tab. Shwasakuthar rasa, Bharangyadi kashaya, Haridra khand, Abhyanga with Sahacharadi Tailam, and Syrup Shwasmitra are effective treatments for Tamaka Shwasa, with significant improvements seen in the condition's main symptoms.

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