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Role of *Ama Ksheera* in *Tamaka Shwasa* - A Literary Review

Drall Yogesh¹, Sahu Subhash², Sharma Priya³, Medha⁴

¹BAMS MD, Roga Nidana Evum Vikriti Vigyan, ²Associate Professor, ^{3,4}PG Scholar, Department of Roga Nidana evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi, India.

ABSTRACT

Tamaka Shwasa (Asthma) is a condition with difficulty breathing or shortness of breath. It is one of the airway inflammatory illnesses that lasts for a long time. According to Ayurveda, *Shwasa roga* predominantly is caused by the *Vata and Kapha* Doshas. *Tamaka Shwasa* is linked to asthma in modern science. Asthma prevalence has shown a consistent increase over the last few decades, and finding its causative factor is key to controlling this increase. In Ayurvedic disease treatment, food is considered both a causative (*Apathya*) and therapeutic factor (*Pathya*). In this context, *Ama Ksheera* unprocessed, raw, and unboiled milk due to its *Kapha* enhancing *Guna* is said to be the causative factor in *Tamaka Shwasa*. To better understand the role of *Ama Ksheera* in *Tamaka Shwasa*, a study of numerous Ayurvedic pieces of literature, ayurvedic books, research journals, periodicals, and reputable internet sources were employed. The purpose of this paper is to describe the role of *Ama Ksheera* in the etiopathogenesis of *Tamak Shwas*, which will aid in a better understanding of the disease and its possible treatment options.

Key words: *Shwasa, Tamaka Shwasa, Bronchial Asthma, Ama, Ksheera*

INTRODUCTION

Ayurveda science of medicine is an ancient form of treatment that teaches us how to live long and healthy lives with its core principles, such as *Sadavrita*, *Ritucharya*, and *Dinacharya*. But due to excessive pollution, overcrowding, poor hygiene, and faulty dietary habits, there is an increase in numerous diseases.

As a result of excessive pollution; overcrowding, poor hygiene, and improper dietary habits, respiratory disorders such as *Tamaka Shwasa* are on the rise.

Address for correspondence:

Dr. Drall Yogesh

BAMS MD, Roga Nidana Evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi, India.

E-mail: yogeshdrall@yahoo.in

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Tamaka Shwasa is known for its episodic and chronic course, which falls under the category of a life-threatening sickness that indirectly affects longevity. As a result of the similarities between symptoms, pathophysiology, onset, causes, and triggering events, it is often compared to bronchial asthma.

Asthma is a chronic non-communicable disease that has considerable public health implications for both children and adults, including high morbidity and mortality in severe cases.

Ayurveda view of *Tamaka Shwasa*

The name "*Tamaka*" comes from the root word "*Tama*," which means "chest oppression."^[1] In *Sanskrit*, one of the meanings of *Tam* is dark.^[2] Similarly, the word *Shwasa* is derived from *Vachaspatyam*. The root of '*Shwas*' is *Dhatu + Ghanj Pratyaya*.^[3] It represents both physiological and pathological aspects of respiration. *Sushruta* has given a detailed explanation of *Swasa Roga* in *Uttara Tantra*.^[4]

According to Ayurvedic literature, any disease is caused by two *Nidanas*, namely *Nija Hetu* (host factors) and

Agantuj Hetu (environmental factors). *Dhuma*, *Ativyayam*, *Raja*, *Guru*, *Sheetla Ahara*, *Anup Mamsa*, *Dadhi*, *Nishpav*, and *Ama Ksheera* are some of the etiopathogenic components of *Tamak Shwas*.

During *Tamaka Shwasa* because of its etiological factors, *Vayu* is vitiated and is not performing its typical physiological functions, which leads to the obstruction with *Kapha* dosha. *Mahashwasa* (Dyspnoea major), *Urdhawashwasa* (Expiratory Dyspnoea), *Chinna Shwasa* (Cheyne-stoke respiration), *Kshudra Shwasa* (Dyspnoea minor), and *Tamaka Shwasa* are the five forms of *Shwasa* (Bronchial Asthma). Although the *Nidanas* of *Tamaka Shwasa* are not discussed separately in Ayurvedic writings, the *Nidana* of *Shwasa Roga*, in general, is a combination of *Vata Prakopa Nidana* and *Kapha Prakopa Nidana*.

Vata Prakopa Nidana like *Rukshanna*, *Shitapana*, *Ati Vyayama*, and other *Nidana Rukshanna* vitiates *Vata* through its *Ruksha* and *Shita Guna*, causing *Sankocha* in the affected *Srotas*, which is similar to bronchospasm.

Kaphaprapokaka when potentiated with *Agnivaishmyakara Nidana* like *Vishamashana*, *Amapradosh*, *Vishtambhi Ahara*, *Nidana like Dadhi*, *Amakshira*, *Jalaja Anup Mamsa* causes *Srotorodhajanya Samprapti*, obstructing *Vata's* path and aggravating it. *Shwasa* is the outcome of this transformation.

Hetu Vyanjaka (Precipitating factor)

Tamaka Shwas is a condition that occurs frequently. As a result, *Vyanjaka Hetu* (precipitating or exacerbating variables) plays a significant part in this condition. These factors can also aggravate the symptoms of an existing disease or precipitate the disease's *Samprapti*.

The awareness of these *Hetus* is beneficial in reducing illness progression.

Different precipitating causes for *Tamaka Shwasa* have been described by *Acharya Charaka*, including *Megha* (cloudy weather), *Pragvata* (east sided wind), *Ambu* (rainy season), and *Kapha* aggravating factors *Shitasthana* (Winter season or Cold atmosphere).

Modern View of Tamaka Shwasa

Tamaka Shwasa has been linked to Asthma in modern science. Asthma is a chronic inflammatory disease of the airway characterized by increased responsiveness of the trachea-bronchial tree to stimuli. The physiological manifestation is a widespread constriction of the airways. Asthma is an episodic condition characterized by acute exacerbations, inter-spreading symptoms, and symptom-free periods.^[6]

The frequency of asthma symptoms is based on the expiratory volume in one second (FEV1), and the peak expiratory flow rate is used to classify asthma.

Indoor allergens (for example, house dust mites in beds, carpets, upholstered furniture, pollution, and pet dander), outdoor allergens (such as pollens and molds), tobacco smoke, and chemical irritants in the workplace, according to the WHO, are some potential asthma triggering factors.^[8]

Amaksheera Gunas

Ama Ksheera is composed of two words, *Ama* and *Ksheera*. The name *Ama* is derived from the root "Am" and the suffix "ninj", which means that the substance that still needs to go through digestion and associated changes is *Ama*.

- As per *Acharya Kaiydeva in Kaiyadeva Nighnatu 4th Adhyay* *Ama* is : *Ama Ksheera* (unboiled milk) contains *Abhishyandi* and *Guru gunas*, which increase *Kapha* and *Ama*.
- As per *Acharya Shodhala in Sodhala Nighantu 9th Adhyay*, *Ama Ksheera* (non-boiled milk) is having *Guru Abhishyandi*.
- In *Madanpal Nighantu 8th Adhyay*. He stated that *Ama Ksheera* (non-boiled milk) is *Guru Abhishyandi*.
- *Acharya Sushruta* also explained the *Guna* of *Ama Ksheera* in *Adhyay 45* of *Sutrasthana* while explaining *Ksheera Varga*.

How does Ama Ksheera cause Tamak Shawasa?

The *Guru* and *Abhishyandi Guna* of *Ama Ksheera* cause *Kapha Dosha* to increase, leading to an aggravation of

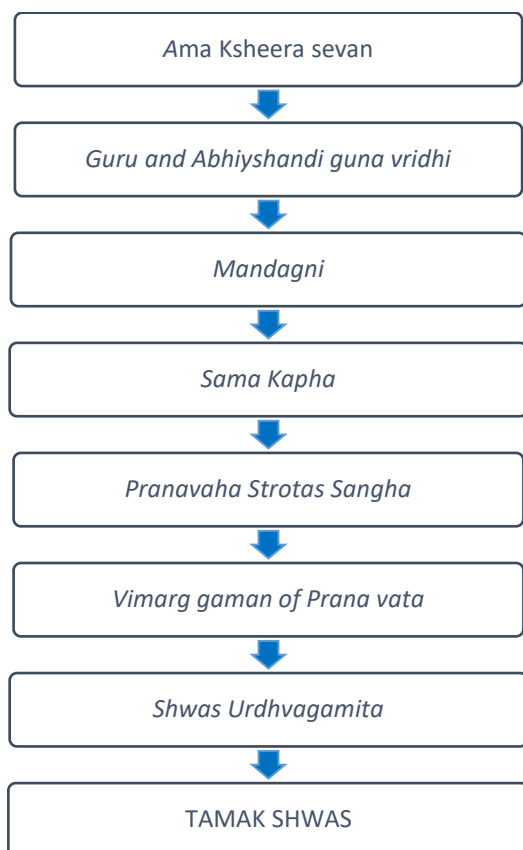
Tamaka Shwasa. When there is an imbalance in *Vata* and *Kapha Dosha*, it affects the respiratory system, leading to *Shwasa roga*.

Kaphapradhana Samprapti

In vitiated *Kapha Dosha*, etiological factors such as *Sheeta, Guru, Dadhi, Ama Ksheera*, and others produce *Mandagni* which generates *Ama* and *Malarupi Kapha*. Then in *Urah Pradesh*, vitiated *Kapha Dosha* obstructs *Vata's (Prana)* natural route, resulting in *Avaranajanya Vata Prakopa* and *Pratiloma Gati* of *Vata*.

In nature, *Ama Ksheera* is *Guru* and *Abhiyshandi*. The *Guru Guna* makes the body heavy and disables *Agni's* abilities, resulting in the formation of *Ama* which obstructs the *Pranavaha Strotas*. While due to *Abhiyshandi guna*, excess *Kleda* in the body results in vitiation of *Kapha Dosha* and obstruction in the *Strotas*. In *Pranavaha strotas*, vitiated *Kapha* and *Vata* cause constriction of the airways, *Stabhata* and *Sankocha* and as a result, *Tamaka Shwas* occurs at times.

Vishista Samprapti Chakra in special reference of Ama Ksheera



DISCUSSION

Bronchial asthma is known as *Tamak Shwasa* in *Sanskrit* as it generally worsens in the evening after dark and causes a sense of fear in the individual suffering from an attack. According to *Ayurveda*, fear is both a symptom and a cause of this disease (clearly, not being able to breathe is terrifying).

Tamaka Shwasa, according to *Ayurveda*, is a condition that affects several body systems and is characterized by a blockage of *Prana* (vital force) that makes it difficult to get air into the lungs. According to *Acharya Charaka*, even though many diseases can kill a person, none are as drastic as asthma and hiccups, which can be fatal in an instant. Since both originate from *Pitta* (in the stomach) and are caused by the simultaneous aggravation of *Kapha* and *Vayu*, they harm the heart region, lungs, and other body tissues.

Tamaka Shwasa is mainly caused by a bad diet, which causes poor digestion and *ama* accumulation in the body. In the *Charak Samhita*, it is explained that dust, smoke, wind, and cold weather can be attributed to etiological factors that are comparable to those recognized today. Consequently, consumption of harmful foods in large or little quantities, thick foods, desserts, some types of meat, uncooked milk (*Ama Ksheera*) and curds, and *Kapha* aggravating foods in general.

CONCLUSION

Asthma, which is referred to as *Swasa* in *Ayurveda's "Pranavaha Srotas Vikara,"* is a common lung illness that produces regular breathing difficulties. It affects people of all ages and typically begins in childhood; however, it can sometimes appear in adults for the first time. *Tamaka Shwasa* is produced by a *Kapha-Pitta Dosha* imbalance, which manifests as wheezing, coughing, fever, and irritation. *Nidan Parivarjan* is the first line of treatment in *Ayurveda*, therefore stopping *Nidana* will help break down *Vyadhi Samprapti* in its early phases. The *Kapha*-pacifying diet, avoiding mucus-forming foods such as *Ama Ksheera* should be followed in the *Kapha* type of *Tamaka Shwasa Roga*. Raw unboiled milk (*Ama Ksheera*), *Lassie*, rice, sour

fruits, ice, beer, cool drinks, egg, meat, fish, and groundnuts are all foods to avoid along with ayurvedic treatment. Although limited information is available on the role of *Ama Ksheera* in *Tamaka Shwasa*. There is a lot of scope for detailed research of the milk causing Asthma.

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