



ISSN 2456-3110

Vol 7 · Issue 10

November 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Vamana Karma in Tamaka Shwasa - A Case Study

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ABSTRACT

Tamaka Shwasa is a very common disease in India. The prevalence of the disease is increasing day by day due to genetic susceptibility, Pollution, environmental factor, stressful life, abnormal Food style that all exposes the humans to suffer from *Tamaka Shwasa*. *Ayurveda* the science of life describes the management of lifestyle diseases. In the form of proper dietary, its behavioral management i.e., daily regimen and seasonal regimen, seasonal detoxification and rejuvenation therapies In *Ayurveda Shodhana* (Purification) *Shamana* (Pacification) and *Nidana Parivarjana* (avoiding causative factors) are the three folds of fundamental therapeutic management of the disease. *Panchakarma* is *Ayurveda's* prime *Shodhana* procedures which is basically group of detoxification procedures. In *Ayurveda* text *Tamaka Shwasa* is a disease which is *Kapha Vata Dosha* predominant and disease of *Pranavaha Strotasa*. *Tamaka Shwasa* is clinically much resembled with bronchial asthma. Here *Panchakarma* procedure is quite effective which is based on situation of patient. In present case study *Panchakarma* procedure i.e., *Vasantik Vamana* was given to the patient for management of *Tamaka Shwasa*.

Key words: *Panchakarma, Vasantik Vamana, Nidana Parivarjana, Shodhana, Shamana.*

INTRODUCTION

Tamaka Shwasa is one of the five types of disease. It is mainly disease of *Pranavaha Strotasa*.^[1] The main features of (Bronchial Asthma) *Tamaka Shwasa* are recurrent episodes of breathless, chest tightness, wheezing and cough. The prevalence of respiratory disorders like *Tamaka Shwasa* (B.A) is now a days increasing alarmingly due to excessive pollution, overcrowding, occupational conditions, stress, poor hygiene etc.

Acharya Charaka has mentioned that *Tamaka Shwasa* is *Kapha-Vataja Vikara* and site of its origin is *Pitta*

Sthana. '*Kaphavatamkaveto Pitta Sthana Samudbhava*.^[2] In general *Tamaka Shwasa* is described as *Yapya* disease. However, in individual with recent origin of disease person of *Pravara Bala* or both said to be *Sadhya*.^[3] *Acharya Charaka* has clearly mentioned the importance of *Nidana Parivarjana* and also the following principles for the management of *Shwasa Roga*. The medicine and dietic regimen which controls the *Kapha* and *Vata* due to their *Ushna Guna* and are *Vatanulomaka* in action must be utilized in the treatment of *Shwasa Roga*.^[4] *Bruhana* is considered the best option compared to *Shamana* and *Karshana* when treating *Tamaka Shwasa* patient.^[5] The current management of *Tamaka Shwasa* by modern medications is only providing short term symptomatic relief but does not provide any long-term relief to the patient. On the other hand, prolonged use of these drugs are not safe as it has many adverse effects with systemic manifestation and as the chronicity increases. Drug dose dependency increases and dilates the lung tissue such as an extent that at last it leads to respiratory failure. *Vamana* is the first *Karma* explained by *Acharyas* among the *Pancha Shodhana*. The reason for this may be consideration of the chronological order of *Dosha*. As *Kapha Dosha* resides in the upper

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Submission Date: 12/09/2022 Accepted Date: 22/10/2022

Access this article online

Quick Response Code



Website: www.jaims.in

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part of the body, it should be eliminated first through the nearest route.^[6] The definition of *Vamana* is the process by which the vitiated *Doshas* are expelled through the *Urdhwa Bhaga*.^[7] To be more precise the *Apakva Pitta* and *Kapha Doshas* which get expelled out.^[8]

CASE STUDY

Basic information of the patient

Age - 30 years

Sex - Male

Religion - Hindu

Vedana Vishesh (chief complaints)

- *Shwasa Kashtata*
- *Chankramanottara and Aarohanottar Shwasa*
- *Ura Kaphaprachiti*
- Recurrent Cold, Running nose
- *Nasanaha*

Vartaman Vyadhi Vrutta (h/o present illness)

A 30 years old patient was consulted out patient department, Department of Panchakarma OPD R.A. Podar Ayurvedic Hospital, Worli. since 1 year.

Purva Vyadhi Vrutta (h/o Past illness) Since last 1 year

Patient suffering from *Tamaka Shwasa* (B.A)

Chikitsa Vrutant (treatment h/o)

Patient is on Rotacort 400mg BD.

Kulaj Vrutta (Family h/o) - Nil

Vaiyaktika Vrutta (Personal h/o)

Aaharaja - Daily *Dadhi Sevan*, *Paryushit* and *Abhishandi Aahar Sevan*.

Viharaja - *Ratrojagarana*, *Diwaswapa*, Job in AC.

Addiction - Tea.

O/E - Vitals were normal.

CVS - S1S2 normal

R/S - (occasional wheezing) clear.

P/A – normal

Liver – NPNT

Spleen - NPNT

Asthta Vidha Pariksha

- *Nadi* - 82/min
- *Mala* - *Prakruta*
- *Mutra* - *Prakruta*
- *Jivha* - *Eshat Sama*
- *Shabda* - *Skapha Swara*
- *Sparsha* - *Snigdha*
- *Druka* - *Prakruta*
- *Aakruti* - *Madhyam*

Treatment Protocol

Aacharya has described *Vasant Rutu* is *Swabhavik Kapha Prakopak Kala* hence *Kaphaja Vikara* are most common during this time. Hence *Vamana Karma* is advised during this time. As the *Prakruti* of the patient is *Kapha Pradhan Pitta*, *Vyadhi Utpatti Kala* is *Vasant Rutu* so *Vamana Karma* is selected as the line of treatment.

Intervention

Purva Karma - *Deepan* and *Pachana*

Bahya

Sthanik Shehana - *Urobhagi* with *Tila Taila* + *Saindhav Bashpa Sweda*

Abhyantar

Aampachaka Vati

Aarogya Vardhini Vati

Sitopladi Churna + *Mahalaxmi Vilas Ras*

Haritaki Churna

Nirama Lakshanas observed, till 7 days. (*Kshudha Vruddhi*).

Abhyantar Vardhaman Matra Snehapana with *Panchatiktaghruta* till *Samyak Snigdha Lakshanas* observed.

1st day – test dose 30 ml *Panchatikita Ghruta* given to patient at 7:30am.

2nd day – 60 ml

3rd day – 90 ml
 4th day – 120 ml
 5th day – 150 ml
 6th day – 180 ml

During *Sneha Jiryaman* and *Sneha Jirna Lakshanas* observed and with the help of it next day dose planned. daily assessment for symptoms of oleation was done. Proper evacuation of flatus and stools (*Valanulomana*) enhanced digestive function (*Deeptagni*), oily stool (*Snigdha Varchas*) unformed stools (*Asamhat Varchas*), suppleness of skin (*Mrudvangta*), oily skin (*Snigdhangta*), revulsion for *Sneha* (*Snehodvega*), exhausted (*Glani*), enthusiasm (*Vimlendriyata*) these are symptoms of proper oleation.^[9] On sixth day patient had following *Samyaka Snigdha Lakshanas*.

- *Adhastata Sneha Darshana*
- *Varcha Snigdhatava*

Vishram Din - Bahya Snehana and *Peti Swedana* was done. In the night patient was given *Kaphavardhaka Aahara* i.e., curd rice.

Pradhana Karma

Vamana was carried out on 1/04/2022 with *Madanaphala + Yashtimadhu + Saindhav+ Pippali + madhu*.

Aakantha Panartha - cow milk (1.5 lit.)

Vamanopaga - Yashtimadhu Phanta

Vamankarma observation

- *Vaigiki* - 15 Vega
- *Maniki* - 7.5 lit.
- *Laingiki - Dehalaghvata*

Paschat Karma

Dhoompana was given. *Samsarjan Karma* was advised for 5 days (*Madhyam Shuddhi*)

DISCUSSION

Tamaka Shwasa is defined as “*Vischeshat Durdine Tamy Shwasa sa Tamako Mataha*” means the attacks of *Shwasa* with *Tama Pravesha* which occurs especially during *Durdine*.^[10] *Tamaka Shwasa* is predominantly *Vatakaphaj Vyadhi* originating from *Aamashaya*^[11] and

manifested through *Pranavaha Strotas*. *Vata* gets obstruction into *Pratiloma Gati* and causes *Shwasakastata*. At earlier stage the curable, but in chronic condition it becomes *Yapya*.^[12]

Probable mode of action of Vamana

Vamana Dravyas are having the properties *Vyavayi* and *Vikasi* by virtue of *Veerya* (potency) they get quickly circulate into the large and small capillaries of the body. It pervades all over the body. By virtue of its *Ushna* and *Tikshna* properties, the accumulated *Doshas* get liquified and break up into small pieces at cellular level. *Doshas* started melting in the body due to *Ushna Guna*, we can observe the perspiration on patient's forehead or sometimes whole body. Because of its *Vikasi Guna*, it detaches the *Malas* from *Dhatus*. Owing to the presence of *Sukshma Guna* and *Anupravana* properties the *Malas* and *Doshas* float because body has got *Samyaka Snigdhatava* and passthrough smallest capillaries and ultimately *Malarupi Kapha* reaches to stomach. *Vamana Karma* is radical therapy to treat the pathology by eliminating disease causative factor *Kapha* from its main site of accumulation. *Vamana* cleanses the different types of toxic materials from the body. On the follow up of on 5th day all the symptoms subsided completely (*Upshay*). The patient was followed up to 1.5 month after the *Vamana* therapy and no recurrence of any symptoms was observed. After this procedure patient got rid from inhaler. After *Vamana Karma* patient is advised to follow life style management (daily regimens and dietary rules and regimens regulations) to prevent the recurrence of disease.

Table 1: Showing the effect before and after treatment on cardinal symptoms.

SN	Signs and symptoms	BT (before treatment)	AT (after treatment)	Result in %
1.	Night awakening	3	1	50
2.	Morning worsening of asthma symptoms	2	0	60

3.	Limitation of activity	2	1	70
4.	Shortness of breath	2	0	60
5.	Wheezing	3	1	70
6.	Use of bronchodilator	1	0	80

Fig. 1: Vaman Karma



Fig. 2: Dhoompana



CONCLUSION

Vamana therapy has substantial role in treating Tamaka Shwasa not only symptomatically but also to cure the disease from root. Panchakarma procedures are meant for purification of the body which are helpful for management of certain chronic and life style disorders and they are an important and integral part of Ayurvedic line of treatment. More and more

research work had to be carried out to explore the scientific basis of Panchakarma therapy and create a better understanding of its usefulness in lifestyle disorders. Shodhana Chikitsa facilitates the expulsion of vitiated Doshas from the body, there by cures the disease from root, thus Shodhana Chikitsa can prevent the recurrence in future.

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How to cite this article: Seema D. Bahatkar, Pallavi Bhagwat Rathod. Vamana Karma in Tamaka Shwasa - A Case Study. J Ayurveda Integr Med Sci 2022;10:215-219.

Source of Support: Nil, **Conflict of Interest:** None declared.
