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Study of *Grahani Roga, Atisara Roga, Tamaka Swasa* and their prevention in Ayurveda

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ABSTRACT

Ahara (diet) and *Vihara* (lifestyle) are the key modalities of prevention and management of diseases in Ayurveda. The importance of diet can be understood with the fact that it has been called as *Mahabhaishajya* (the super medicine) in the *Kashyap Samhita*. Ayurveda emphasize much on dietetics and daily regimes than the medicines. Medicine has given the second priority. The main aim of Ayurveda is to maintain the health in a healthy person and to cure the disease. To attain this, Ayurveda mainly concentrates on various rules and regulations. *Grahani* and *atisara*, are the diseases caused due to deficient digestive fire (*Agnimandya*) and product of improper digestion and/or metabolism which is harmful to body called as 'Ama'. *Tamak Swasa* is one of the most severe and troublesome disease in contrast to all other respiratory disease. With all these basic concepts, the study has been undertaken.

Key words: *Grahani, Atisara, Tamaka Swasa, Pathya.*

INTRODUCTION

The main aim of Ayurveda is to maintain the health in a healthy person and to cure the disease. *Grahani* and *Atisara*, are the diseases caused due to deficient digestive fire (*Agnimandya*) and product of improper digestion and/or metabolism which is harmful to body called as *Ama*. *Tamak Swasa* is one of the most severe and troublesome disease in contrast to all other respiratory disease.

The main aim of Ayurveda is to maintain the health in a healthy person and to cure the disease. To attain this, Ayurveda mainly concentrates on various rules

and regulations. The healthy body as well as the disease is nothing but the outcome of *Ahara* and *Vihara*. Ayurveda emphasize much on dietetics and behavioral regimes than the medicines. Medicine has given the second priority. *Pathya* are preventive measures and they have a helping hand in the treatment.

According to *Charka* the food and drinks which are useful for the body channels can termed as '*Pathya*' on the contrary those having a deleterious effect on them should treated as '*Apathya*'. If a person follows the rules of *Pathya* for particular disease, there is very little significance of drug treatment and when a person exposed to *Apathya* then drug treatment has of no value

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OBJECTIVES OF THE STUDY

1. Study of *Grahani Roga, Atisara Roga, Tamaka Swasa* and their prevention in Ayurveda .
2. Elaborate study of prevention of *Grahani Roga, Atisara Roga* and *Tamaka Swasa* in Ayurveda.

MATERIALS AND METHODS

Selection of study materials

For this study, the basic and conceptual materials are collected from the following sources;

- Ayurvedic classics, namely *Laghutrayee*, *Brihattryayee* and other *Samhita Grantha*, along with the available commentaries in hand.
- Ayurvedic literature and texts scientific journals, dissertations, research papers.
- Internet media

Method of Study

- Type of study - conceptual study
- Research design adopted - literary study

REVIEW OF LITERATURE

Grahani Roga

Grahani Roga is one among the *Mahagadas*. *Grahani*, which is site of *Agni* (digestive enzymes), is so called because of its power to restrain (*Grahanat*) (the downward movement) of food. It is located above umbilical region, and is supported and nourished by the strength of *Agni*. Normally, it restrains the downward movement of undigested food and after the digestion, it releases the food through the sides of lumen. In the abnormal condition, when it gets vitiated because of weakness of *Agni* (power of digestion), it releases the food in undigested form only.^[1]

Samprapti of Grahani Roga

<i>Susruta Samhita</i>	Even after recession of diarrhoea, if the person, still with poor digestion, indulges in unwholesome eating, his digestive fire being further vitiated leads to derangement of <i>Grahani</i> . ^[2]
<i>Astanga Hridaya</i>	If <i>Rogi</i> of <i>Atisara</i> do not indulges in <i>Pathya Purvak Chikitsa</i> then he suffers from <i>Grahani Roga</i> and if healthy man indulges in <i>Jatharagni</i> vitiating <i>Ahar-Vihara</i> then he suffer from <i>Grahani Roga</i> . <i>Grahani</i> can occur after <i>Atisara</i>

	<i>Roga</i> or may occur independtly. ^[3]
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Chikitsa Sutra of Grahani

<i>Susruta Samhita</i>	All which stimulates the digestive fire are useful in all ways for the patient of <i>Grahani</i> disorders ⁴ .
<i>Astanga Hridaya</i>	<i>Grahani Roga Chikitsa</i> should be done same as <i>Ajirna Chikitsa</i> . <i>Ama Dosh</i> a present in <i>Grahani Roga</i> should be treated as told in <i>Atisara Chikitsa</i> ⁵ .

Prevention of Grahani Roga in Ayurvedic classics

<i>Caraka Samhita</i>	<ul style="list-style-type: none"> Intake of the decoction of <i>Nagara</i>, <i>Ativisa</i> and <i>Musta</i> helps in the metabolic transformation if <i>Ama</i>. Similarly the paste of above taken along with hot water for <i>Pacana</i> of <i>Ama</i>. Intake of the powder of <i>Haritaki</i> or <i>Nagara</i> along with hot water also helps in the <i>Pacana</i> of <i>Ama</i>.^[6] Diets and drinks for <i>Grahani</i> - Soup of <i>Pancakola</i> (<i>Pippali</i>, <i>Pippalimula</i>, <i>Cavya</i>, <i>Citraka</i>, <i>Nagara</i>) or the soup of <i>Mulaka</i> prepared by adding <i>Marica</i> and ghee. Intake of buttermilk, <i>Aranala</i> (a sour drink), <i>Asava Arista</i>.^[7] For the patient suffering from <i>Grahani-Dosa</i>, butter-milk is an excellent drink because it stimulates the power of digestion, it is <i>Grahi</i> (constipative) and light for digestion. It is sweet in <i>Vipaka</i> and therefore, it does not cause aggravation of <i>Pitta</i>. Because of its astringent taste (<i>Kasaya</i>), hot potency, <i>Vikasitva</i> (which relieves the stiffness and causes looseness of joints) and ununctuousness, it is useful for counteracting the aggravated <i>Kapha</i>. Because of the sweet (<i>Madhura</i>) and <i>Amla Rasa</i> and density, it is useful for counteracting the aggravated <i>Vayu</i>. When freshly prepared, it does not cause burning sensation.^[8]
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	<ul style="list-style-type: none"> The patient suffering from <i>Grahani</i> should, in brief, use the following categories of therapies: <i>Snehana, Svedana, Suddhi, Langhana, Dipana, Lavana</i> or recipes containing salt, <i>Ksara</i> or recipes containing alkalies.^[9] Ghee is excellent for stimulating the gastric fire. If the gastric fire is stimulated by the fuel in the form of fats (ghee), then it cannot be suppressed even by too heavy food.^[10]
<i>Susruta Samhita</i>	<ul style="list-style-type: none"> <i>Dipana, Pacana, Sangrahi Dravya</i> should be taken with <i>Sura, Arista, Sneha</i>, warm water and buttermilk.^[11]
<i>Astanga Hridaya</i>	<ul style="list-style-type: none"> Intake of <i>Laghu Ahara</i> along with <i>Panchakola</i>.^[12] To remove <i>Amadosa</i>, intake of <i>Peya</i> mixed with <i>Ativisha</i> and <i>Nagara Churna</i> making it slightly salty as drink.^[13] In <i>Grahani, Roga Takra</i> is <i>Agnivardhak, Grahi, Laghu</i>, so it is <i>Pathya</i> for <i>Grahani Roga</i>.^[14] <i>Amadosha Nasak</i> <i>Nagara, Ativisha, Musta Kwath/Kalka</i> <i>Abaya Kalka</i> with lukewarm water. Intake of <i>Vacadi Gana Churna</i> with <i>Saindhava Lavana</i> along with lukewarm water.^[15]
<i>Bhava Prakasha</i>	<ul style="list-style-type: none"> <i>Yavagu</i> processed with <i>Kapitha, Bilva, Cangeri, Takra</i> and <i>Dadima</i>, cooks the <i>ama</i> and solidifies faeces.^[16] In disease like <i>Grahani Takra</i> is ideal.^[17] <i>Mustaka, Ativisa, Bilva</i> and <i>Kutaja</i> - all powdered nicely and consumed with honey cures <i>Grahani Roga</i> of all kinds.^[18]
<i>Cakradatta</i>	<ul style="list-style-type: none"> Buttermilk is wholesome for those suffering from the disorder of <i>Grahani</i>.^[19] <i>Sunthi, Musta, Ativisa</i> and <i>Guduchi</i> all in equal quantity are decocted in water. It is useful in sluggish digestive fire, chronic <i>Ama</i> and <i>Grahani</i> disorder associated

	<p>with <i>Ama</i>.^[20]</p> <ul style="list-style-type: none"> The paste of the tender fruit of <i>Bilva</i> added with <i>Sunthi</i> powder and jaggery alleviates even severe <i>Grahani</i> disorder of the patient kept on buttermilk diet.^[21] <i>Grahani Chikitsa 4/14</i> - the decoction of <i>Nagara</i> and <i>Ativisa</i> is digestive of <i>Ama</i>.^[22]
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Pathya in Grahani Roga in different Ayurvedic classics

	Goup of diet	Cara ka Samhita	Susruta Samhita	Astanga Hridaya	Bhavaprakash	Hari ta Samhita	Yoga Ratn akara
Ahara	<i>Sukha Dhan ya Varga</i>	<i>Shya maka Dhan ya</i>			<i>Sastika</i>	<i>Sastika Yug and har Rak ta Sali</i>	
	<i>Sami Dhan ya Varga</i>	<i>Kulatha Makustha Masura</i>	<i>Kulatha</i>		<i>Kulatha Adhaki</i>	<i>Kulatha Adhaki Godhum a Mot ha Mud ga</i>	<i>Kulatha Adhaki Godh uma Moth a Mud ga</i>
	<i>Saka Varga</i>	<i>Rajasyav aka Saka Chan geri Gajar</i>	<i>Changeri</i>	<i>Rajasyav aka Saka Chan geri Chac</i>	<i>Rajasyav aka Saka Chan geri Parpa</i>	<i>Jivanti Pinda</i>	<i>Rajasyav aka Saka Chan geri Batu</i>

				hu	taka		wa
					Kasa mard a		Kaka mach i
					Kemu ka		Meth i
					Kaser u		Ladie s Finge r Sigru
Mams a Varga	Kapo ta	Mri ga Titir a	Mrig a Titira	Titira Khara gosha Mayu r Parav ata Mats ya	Cra b		
Kritaa na Varga				Mand a Rice Sattu			
Dugd ha Varga	Goat s Milk			Goats Milk			
Takra Varga	Takra	Takr a	Takra	Takra	Aja Bhe sa		
Nava nita Varga	Nava nita		Nava nita	New Nava nita	Nav anit a		
Taila Varga				Tuvar a Atisa			
Sandh an	Sura Jagal	Sura Bhib	Sura Arist	Sura	Sura Ma		

	Varga /Mad hya Varga	a Arist a Sauvi rak Tush yuda ka	itak a Sura	a		huw a Ma da Sidh u	
	Madh u Varga		Pur ana Ma dhu		Puran a Madh u		
	Phala Varga	Kapit hya Jamu na Dadi ma	Dadi ma Mat ulun ga Tind uka Bilv a	Dadi ma Bilva		Dad ima Ma ngo Ban ana	Dadi ma Matu lunga Kalin ga
	Phusp a varga				Salm ali karka taka	Sal mali kark atak a	bana na
	Khand ha varga		Sata vari			Imli Has ti	

Atisara

It is known that most of the diseases are due to deficient digestive fire ('Agnimandya') and product of improper digestion and/or metabolism which is harmful to body called as 'Ama' which is due to deficient digestive power and/or metabolic power (Agnimandya).^[23] This is also true in case of disease diarrhoea (Atisara). Ayurveda described that diarrhoea (Atisara) occurs because of abnormal and less potent digestive power (Agnidosha) and Ajeerna.

Samprapti of Atisara

<i>Susruta Samhita</i>	Increased body fluid diminishing, causes decrease in <i>Sharira Dhatu</i> (<i>Kapha, Rasa, Pitta, Meda, Rakta, Sweda, Mutra</i>), diminishes <i>Pachak Agni</i> mixes with faeces and propelled by <i>Vayu</i> passes out excessively that is why this severe diseases is known as <i>Atisara</i> . ^[24]
<i>Bhava Prakash</i>	<i>Apa Dhatu</i> (fluid tissue such as <i>Rasa, Lasika, Sarirajala, Mutra</i> etc.) getting increased greatly, decrease the effect of the <i>Agni</i> and mixing with the faeces (thus making it watery) goes out of the body (through the rectum) in large quantity, many times forced out by <i>Vata</i> . This dreadful disease is called as <i>Atisara</i> . ^[25]

Chikitsa Sutra of Atisara

<i>Caraka Samhita</i>	When the diarrhoea is caused by the aggravated <i>Dosas</i> impelled by <i>Vidagdha</i> food, the patient should be given laxative to eliminates these <i>Dosas</i> . It is not desirable to give <i>Sangrahi</i> therapies to such patient in the beginning in <i>Ama</i> stage of <i>Atisara</i> . Administration of <i>Sangrahi</i> therapy obstruct the movement and elimination of the already aggravated <i>Dosas</i> which gives rise to several diseases like <i>Dandaalasaka, Adhmana, Grahani, Arsha, Sotha, Pandu, Pliha Roga, Kustha, Gulma, Udara Roga, Jwara</i> . ^[26]
<i>Susruta Samhita</i>	In all types of diarrhoea, at first, <i>Amadosa Pacana</i> and <i>Langhana</i> should be done followed by the course of <i>Pacana Aushadi</i> or <i>Pacana Ausadhi Siddha Yusa, Yavagu</i> etc. ^[27]
<i>Astanga Hridaya</i>	<i>Atisara Roga</i> is mainly related with disorders of <i>Amasaya</i> . In this diseases first <i>Agnimandya</i> takes places, so in all types of <i>Atisara, Langhana</i> should be done even if in <i>Vataja Atisara</i> . ^[28]

Prevention of Atisara in different Ayurvedic classics

<i>Caraka Samhita</i>	<ul style="list-style-type: none"> ▪ <i>Salaparnyadi Gana</i> of <i>Caraka Samhita</i> is appetiser, digestive, checking, strengthening and relishing and beneficial in diarrhoea.^[29] ▪ Intake of buttermilk, <i>Kanji</i> (sour drink),
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	<p><i>Yavagu, Tarpana, honey, Dipana Dravya, Grahi Dravya, Khada, Yusa</i> is advised.^[30]</p> <ul style="list-style-type: none"> ▪ <i>Sala-parni, Prsni-Parni, Brhati, Kantakari, Bala, Svadamstra, Bilva, Patha, Nagara, Dhanyaka, Sati, Palasa, Hapusa, Vaca, Jiraka, Pippali, Yavani, Pippali-Mula, Citraka, Hasti- Pippali, Vrksamla, Amla Dadima, Hingu, Vida</i> and <i>Saindhava</i> - drugs belonging to this group alleviate <i>Vayu</i> and <i>Kapha</i>. These are <i>Dipana, Pacana, Grahi, Balya, and Rocana</i>.^[31] ▪ In <i>Rakta Atisara</i>, goats milk is very useful. It should be used, when cooled, with honey and sugar for drink, along with food, and for washing anal region.^[32]
<i>Susruta Samhita</i>	<ul style="list-style-type: none"> ▪ To subside <i>Ama</i>, patient should take <i>Haridradi</i> or <i>Vacadi</i> group of drugs in morning.^[33] ▪ Digestive formulation to be used as decoction in <i>Atisara</i> or can be used as gruel <ol style="list-style-type: none"> 1. <i>Indrayava, Ativisa, Hingu, Sauvarcala, Vaca And Haritaki.</i> 2. <i>Devadaru, Vaca, Musta, Sunthi, Ativisa And Haritaki.</i> 3. <i>Haritaki, Dhanyaka, Musta, Balaka And Bilva.</i> 4. <i>Musta, Parpataka, Sunthi, Vaca, Prativisa and Haritaki</i> etc.^[34] ▪ Drugs - <i>Sunthi, Cangeri, Ghee, Bilva, Curd, Trikatu, Jiraka, Chitraka, Dadima, Kustha, bark of Kutaja, fruit pulp of Bilva, Priyangu, Lodhra, Dhataki flower, Manjistha, Janbu, Bhargi, Lajjala, decoction of Musta</i> mixed with honey, rice water, pomegranate juice, in chronic diarrhoea <i>Kutaja</i> mixed with drugs of <i>Ambasthadi</i> and <i>Pippalyadi</i> group with honey.^[35] ▪ Liquid gruel cooked with <i>Prsniparni, Bala, Bilva, Balaka, Utpala, Dhanyaka</i> and <i>Sunthi</i> should be taken.^[36] ▪ Intake of <i>Sali</i> and <i>Swastika</i> rice, <i>Madhuka</i> and fruit pulp of <i>Bilva</i> mixed with sugar

	<p>and honey is beneficial.^[37]</p> <ul style="list-style-type: none"> ▪ Soup of <i>Tila</i> or <i>Mudga</i> is beneficial in <i>Atisara</i>.^[38] ▪ Intake of Boiled <i>Badara</i> fruit should be taken mixed with jaggery and oil is useful in <i>Atisara</i>.^[39] ▪ Intake of <i>Kulmasa</i> with curd is beneficial in <i>Atisara</i>.^[40] ▪ Soup of <i>Masa</i>, <i>Yava</i> and <i>Kola</i> rocessed with ghee and oil and cooked with curd and pomegranate should be given to eat to patient of <i>Atisara</i>.^[41]
<i>Astanga Hridaya</i>	<ul style="list-style-type: none"> ▪ <i>Kwath</i> of <i>Vaca</i>, <i>Ativisa</i> or <i>Kwath</i> of <i>Musta</i>, <i>Parpataka</i> or <i>Kwath</i> of <i>Netra Bala</i> and <i>Sunthi</i> is beneficial in <i>Atisara</i>.^[42] ▪ Intake of <i>Vaca</i>, <i>Bilva</i>, <i>Dhanya</i>, <i>Vrikamla</i>, <i>Dadima</i>, <i>Palasa Beeja</i>, <i>Jeera</i>, <i>Ajwain</i>, <i>Vidlavana</i>, <i>Saindhava Lavana</i>, <i>Laghu Panchamula</i>, <i>Panchakola</i>, <i>Patha</i> - as they are <i>Grahi</i>, <i>Dipana</i>, <i>Pachana</i>.^[43] ▪ Intake of <i>Bilva</i> or intake of <i>Pippali Churna</i> wirh <i>Madhu</i> or intake of <i>Chitrakmula Churna</i> mixed with <i>Takra</i> – these <i>Yoga</i> destroy <i>Atisara</i>.^[44] ▪ Intake of <i>Swaras</i> of - <i>Sotha</i>, <i>Patha</i>, <i>Ajwain</i>, <i>Jivanti</i>, <i>Bakuchi</i> is beneficial.^[45] ▪ Intake of <i>Sariva</i>, <i>Mulethi</i>, <i>Lodhra</i> mixed with milk is beneficial in <i>Rakta Atisara</i>.^[46]
<i>Bhava Prakash</i>	<ul style="list-style-type: none"> ▪ Decoction of <i>Pathya</i>, <i>Daru</i>, <i>Vaca</i>, <i>Musta</i>, <i>Nagara</i>, and <i>Ativisa</i> should be consumed for cure of <i>Amaatisara</i>.^[47] ▪ <i>Bilva</i> (<i>Majja</i>) added with <i>Guda</i> (jaggerry) and consumed cures bleeding diarrhoea.^[48]
<i>Cakradatta</i>	<ul style="list-style-type: none"> ▪ In condition of <i>Ama</i>, first of all, one should abstain from food and take digestive remedy. Thereafter, at the end of fasting, light and thin liquid diet should be taken.^[49] ▪ (In condition of <i>Ama</i>) there is no medicine for the strong patient except only <i>Langhana</i> which pacifies the excited

	<p><i>Dosic</i> accumulation and also effects digestion.^[50]</p> <ul style="list-style-type: none"> ▪ In diarrhoea liquid gruel processed with drugs and parched paddy flour, rice-scum strained through cloth and lentil soup are wholesome.^[51] ▪ While using gruel one should not take vegetables as on being combined with vegetables, meat and fruits, it becomes acidic and is digested with difficulty.^[52] ▪ One should fill up the umbilicus with the juice of fresh ginger surrounding it firmly with the paste of <i>Amalaka</i>. It checks diarrhoea even severe like the current of river.^[53] ▪ <i>Kutaja</i> (bark and fruit) and <i>Musta</i> should be decocted with water and be administered after adding sugar and honey there to. It controls diarrhoea quickly.^[54] ▪ The paste of tender leaves of <i>Babbula</i> is given to alleviate diarrhoea.^[55] ▪ One should take <i>Bilva</i> with jaggery. It checks bloody diarrhoea, allays <i>Ama</i>, pain and constipation and destroys abdominal disease.^[56] ▪ One taking <i>Satavari</i> paste with milk and keeping on milk diet overcomes blood diarrhoea or so by taking ghee processed with it.^[57] ▪ Unwholesome iteams in diarrhoea - sprinkling bath, anointing, dipping bath, food consisting of heavy and unctuous iteams, over eating, exertion and fire heat (fomentation) should be avoided in diarrhoea.^[58]
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Pathya of Atisara Roga in different Ayurvedic classics

	Goup of diet	Cara ka Sam hita	Susr uta Sam hita	Asta nga Hrid aya	Bhava praka sh	Hari ta Sam hita	Yog a Ratn akar a
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Ah ar a	Sukha Dhany a Varga				Yava		
	Saka Varga	Saka Varg a Brih ati Jivan ti Sars apa Kusu mbh a	Saka Varg a Patol a Kus man dha Lotu s	Brih ati Bitte r Gaur d Kara nja Mul a	Chang eri Karka taka Patola Karkot aki Gajar Kemu ka		Cha nger i
	Mams a Varga	Lava	Lava Titira		Rabbit	Sasa k Crab	
	Kritaa na Varga	Man da Vilep i	Patol a Yusa Nim bi Yusa	Vilep i Laja	Mand a Kanji Rice Sattu	God hum a Kanji Kula tha Yusa Mas ura Yusa	
	Dugdha Varga	Aja	Mahi sa Aja	Ustr a Mah isa Aja	Ustra		Aja
	Takra Varga		Mahi sa		Mahis a	Mah isa	
	Dadhi Varga	Gav ya	Gavy a	Gav ya	Gavya Aja	Gav ya	

			Aja			Aja	
	Navan ita Varga	Gav ya				Gavya New Navan ita	
	Ghrita Varga		Gavy a Ustr a Hasti ni Pura na Ghrit a			Gavya Aja Ustra	Gav ya
	Mutra Varga		Go Mutr a Asva			Go Mutra Go Mut ra	
	Taila Varga		Eran da			Tila Sarsa pa Erand a	
	Sandhan Varga /Madh ya Varga	Sauv irak Tush odak Pura na Mad a				Dhany aamla Sidhu	Sidhu Mad hvik a
	Ikshu Varga					Navan ita Ikshu	
	Phala Varga	Dadi ma Mat ulun	Dadi ma Mat ulun	Dadi ma Mat ulun		Mat ulun ga	Dadi ma Jam bir

		ga	ga	ga			
		Karc hura	Bilva				
		Brinj ala	Abha ya				
			Amal ki				
	Phusp a Varga						Ban ana Man go
	Khand ha Varga				Varah i Khand a		

Tamaka Swasa

Tamak Swasa is one of the most severe and troublesome disease in contrast to all other respiratory disease. *Acharya Caraka* emphasized the condition that *Swasa* is the alarming disease which terminates the patient suddenly.^[59] *Tamaka Swasa* is one among the 5 different *Swasa* described elaborately in classics of Ayurveda. *Tamaka* means darkness in front of the eyes during the attack of *Swasa Roga* is called *Tamaka Swasa*.

Samprapti of Swasa Roga

<i>Caraka Samhita</i>	If <i>Vata</i> , predominantly associated with <i>Kapha</i> , obstructs the channels of circulation, and circulates all over the body, then being itself obstructed (in the circulatory course), this aggravated <i>Vayu</i> causes <i>Svasa</i> . ^[60]
<i>Susruta Samhita</i>	<i>Swasa Roga</i> is defined as a condition where vitiated <i>Vayu</i> associated with <i>Kapha</i> obstruct the passes of <i>Prana Vayu</i> leading to the excitement of <i>Vayu</i> to produce upward movement causing breathlessness. ^[61]
<i>Astanga Hridaya</i>	The <i>Vayu Marga</i> is <i>Avarodha</i> by <i>Kapha Dosa</i> . So when <i>Vayu</i> spread, it thus gets <i>Dushita</i> and causes vitiation of <i>Pranavaha</i> , <i>Udakavaha</i> and <i>Annavaha Srota</i> and resides in <i>Hridaya</i> and produces <i>Swasa Roga</i> which originates from <i>Amasaya</i> . ^[62]

Chikitsa Sutra of Swasa Roga

The ingredients which cause alleviation of *Vayu* and *Kapha Dosh*, which are *Ushna* (hot) in potency and which are *Vātanulomana* (cause downward movement of *Vāyu*) are useful as medicines, drinks and food preparations for the patients suffering from *Swāsa*.^[63]

Prevention of Tamaka Swasa in different Ayurvedic classics

<i>Caraka Samhita</i>	<ul style="list-style-type: none"> ▪ <i>Śwāshara Mahākasāy</i> -They are <i>Śaṭī</i>, <i>Puskarmūla</i>, <i>Amlavetas</i>, <i>Choṭī</i> <i>Elacī</i>, <i>Hingu</i>, <i>Tulsi</i>, <i>Agaru</i>, <i>Bhūmyāmlaki</i>, <i>Jivanti</i>, <i>Caṇḍa</i> ⁶⁴. ▪ Soups for <i>Tamaka Swasa</i> - <ol style="list-style-type: none"> 1. <i>Rasna</i>, <i>Bala</i>, <i>Salaparni</i>, <i>Prisniparni</i>, <i>Brhati</i>, <i>Kantakari</i>, <i>Gokshura</i>, <i>Mudga</i> and <i>Citraka</i> should be boiled by adding water and the decoction should be prepared. 2. The soup of the leaves of <i>Kasamarda</i> or dry radish cures <i>Swasa</i>. 3. Similarly soup of <i>Vartaka</i> prepared along with curd, <i>Sunthi</i>, <i>Pippali</i>, <i>Marica</i> and ghee is useful.^[65] ▪ Diets and <i>Yavagu</i> for <i>Swasa Roga</i> <ol style="list-style-type: none"> 1. The patient of <i>Swasa</i> should take food prepared of old <i>Sali</i>, old <i>Swastika</i>, old wheat (<i>Godhuma</i>) or old barley (<i>Yava</i>) 2. The <i>yavagu</i> prepared by boiling with <i>Hingu</i>, <i>Saurvacala</i>, <i>Ajaji</i>, <i>Vida</i>, <i>Pauskara</i>, <i>Citraka</i> and <i>Karkatakasringi</i> is useful. 3. Intake of <i>Yavagu</i> prepared with decoction of <i>Dasamoola</i>, <i>Sati</i>, <i>Rasna</i>, <i>Pippalimula</i>, <i>Pauskara Mula</i> <i>Sringi Tamalaki</i>, <i>Bhargi</i>, <i>Guduchi</i> and <i>Nagara</i> is useful.^[66] ▪ Foods and drinks of the patient suffering from <i>Swasa</i> should be added with <i>Puskara</i>, <i>Sati</i>, <i>Sunthi</i>, <i>Pippali</i>, <i>Marica</i>, <i>Matulunga</i> and <i>Amlavetasa</i>
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	<p>along with <i>ghee</i>, <i>Vida</i> and <i>Hingu</i>.^[67]</p> <ul style="list-style-type: none"> ▪ Drinks for <i>Swasa Roga</i> - <ol style="list-style-type: none"> 1. If the patient is suffering from <i>Swasa</i> is thirsty then he should be given to drink the decoction of either <i>Dasamoola</i> or <i>Devadaru</i>.^[68] 2. <i>Saurvacala</i>, <i>Nagara</i> and <i>Bhargi</i> should be added with double the quantity of sugar. Intake of this potion along with warm water cures <i>Swasa</i>.^[69] 3. Intake of juice of the flower of <i>Sirisa</i> or <i>Saptaparna</i> along with <i>Pippali</i> and honey is useful for patient suffering from <i>Swasa</i>.^[70] 		<p>with <i>Guggulu</i> mixed with <i>ghee</i>.^[78]</p> <ul style="list-style-type: none"> ▪ <i>Yusa</i> made of <i>Guduchi</i>, <i>Chitrakmula</i> and <i>Kulathi</i> is used in <i>Swasa Roga</i>.^[79] ▪ <i>Peya</i> made of <i>Chitrakmula</i>, <i>Ajaji</i>, <i>Sringi</i> and <i>Saurvacala Lavana</i> is used in <i>Swasa Roga</i>.^[80]
<i>Susruta Samhita</i>	<ul style="list-style-type: none"> ▪ Old <i>ghee</i> (of ten years) processed with <i>Haritaki</i>, <i>Vida</i> and <i>Hingu</i> is commended in dyspnoea.^[71] ▪ Oil cooked with ten times juice of <i>Bhrngaraja</i> and used judiciously alleviates dyspnoea and cough.^[72] ▪ Milk processed with <i>Pancamula</i> alleviates dyspnoea and cough.^[73] ▪ One should drink powder of the flowers of <i>Saptaparna</i> and <i>Pippali</i> with curd water mixed with honey. He should also eat roasted grains.^[74] ▪ The patient of dyspnoea should take saturated drink mixed with honey.^[75] ▪ One who licks <i>Draksa</i>, <i>Haritaki</i>, <i>Pippali</i>, <i>Karkatasringi</i> and <i>Duralabha</i> with <i>ghee</i> and honey gets rid of severe types of dyspnoea.^[76] ▪ One suffering from dyspnoea overpowers dyspnoea within three days by licking (paste of) <i>Kantakari</i> equal to one <i>Amalaka Phala</i> (5gm) mixed with one half quantity of <i>Hingu</i> and honey.^[77] 	<i>Bhava Prakash</i>	<ul style="list-style-type: none"> ▪ Juice of fresh <i>Srngavera</i> added with honey and licked relieves dyspnoea, cough.^[81] ▪ Decoction or <i>Yavagu</i> prepared from <i>Dasamula</i>, <i>Sati</i>, <i>Rasna</i>, <i>Pippali</i>, <i>Visva</i>, <i>Pauskara</i>, <i>Sringi</i>, <i>Tamalaki</i>, <i>Bhrngi</i>, <i>Guduchi</i>, <i>Nagara</i>, and <i>Agni (Citraka)</i> and consumed cures dyspnoea, pain in the heart and flanks, hiccup and cough.^[82] ▪ Decoction of <i>Dasamula</i> added with powder of <i>Puskaramula</i> subsides dyspnoea and cough and cures pain in the flanks.^[83] ▪ Powder of root of <i>Kusmanda</i> consumed with warm water quickly subsides dyspnoea and cough. <i>Haridra</i>, <i>Marica</i>, <i>Draksa</i>, <i>Kana</i>, <i>Rasna</i>, <i>Sati</i> and <i>Guda</i> all made into powder and licked with <i>Katu Taila (Sarsapa Taila)</i> cures dyspnoea though severe.^[84]
<i>Astanga Hridaya</i>	<ul style="list-style-type: none"> ▪ <i>Dhumrapana Yoga</i> - do <i>Dhumrapana</i> with <i>Agaru</i> mixed with <i>ghee</i> or do <i>Dhumrapana</i> with <i>Candana Curna</i> mixed with <i>ghee</i> or do <i>Dhumrapana</i> 	<i>Cakradatta</i>	<ul style="list-style-type: none"> ▪ Powder of <i>Pippali</i>, <i>Amalaka</i> and <i>Sunthi</i> added with honey and sugar should be used frequently to alleviate asthma.^[85] ▪ One suffering from asthma should take (the powder of) <i>Bhargi</i> and <i>Sunthi</i> with hot water.^[86] ▪ Decoction of <i>Dasamula</i> added with <i>Puskarmula</i> (powder) checks cough and asthma and alleviates pain cardiac region and sides.^[87] ▪ Use of jaggery with equal mustard oil for three weeks eradicates asthma.^[88] ▪ The powder of <i>Bibhitaka</i> fruit 10gms mixed with honey checks asthma and severe bouts of cough immediately.^[89]

Pathya of Tamaka Swasa as mentioned in different Ayurvedic classics

	Goup of diet	Charak Samhita	Susruta Samhita	Astanga Hridaya	Bhava prakash	Harita Samhita	Yoga Ratnakara
Ahara	Sukha Dhanya varga	Puratan Sastika, Raktasali				Puratan Sastika, Raktasali	
	Sami dhanya varga	Kulatha, Godhuma, Yava mugda		Yava		Yava mugda	
	Saka varga	Kakmacchi Bimbhi, Patola, Vartaka, Rasana, Jam bura, Jeevanti,	Lasuna Gojihwa Mandukparni, Saptala, Cakramarda, Mata saka.	Kakmacchi Bimbhi,	Patola, Gojihwa Karkotaki, Dadru ghna patra, Harkuch, Guduchi, Kasau di, Karko	Surana sak a, Tikt a ras a sak a	Dadru ghna patra,

	Mamsa varga	Śāsā k, Hibu ka, Tittira, Lāva, Śuka, Daks a, Mrig a	Śāsāk, Tittira,	Śāsā k, Hibu ka, Tittira,	taki.	Śāsāk, Śuka,	Śuk a,	Śāsā k,
	Kritaana varga		Patol a yusa Nimb ha yusa				Mu dga yus a	
	Dugdh a varga	Milk of goat	ustra		ustra			ustr a
	Dadhi varga		Ustra					
	Navan ita varga				Puran a makh an			
	Ghrita varga	Purana ghrita sarpi	Ustra hastin i		Ustra Puran a ghrita	Ust ra Pur ana ghri ta	Pura na ghrit a	
	Mutra varga	Gom ūtra	Asva mahis h		Gomū tra	Go mūt ra Asv a		

						ma his h Ust ra ma his h	
	Taila varga		Sarsa pa Ingug i taila, Bhalll atak taila, Tuvak taila.	Sars apa Nim bha taila	Sarsa pa Atish taila, Sarjar asa taila.	Sar sap a Tila Trin a tail a.	Sars apa Nim bha taila Rajik a taila
	Sandh an varga /Mad hya varga	Sura		arist a			
	Madh u varga			Catr ajatu ya mad hu	Catraj atuya madh u		
	Phala varga	Māt ulun ga, Drāk sa	Karan ja phala , Nimbi phala , Abha ya.	chitr ak	Karav ella phala	brih ati	

	Phusp a varga		Kutaj a puspa , Nimb ha puspa				
	Khand ha varga				Varah i kanda		

CONCLUSION

Grahani is the seat of Jatharagni (digestive fire) and is supported and nourished by the strength of Agni. Drugs, diets with Deepana (which enhances digestive power) and Pachana (digestive) qualities need to be used in the Grahani Roga. Mandagni is the picot and rather the most important factor in causation of Atisara. Ahara and dravya having Deepana (Appetizer), Pachana (Digestive) and Grahi (Absorber) properties should be used in Atisara. Tamak Swasa is one among the 5 different Swasa Roga mentioned in Pranavaha Srota. The ingredients which cause alleviation of Vāyu and Kapha Dosha, which are Ushna (hot) in potency and which are Vatanulomana (cause downward movement of Vayu) are useful as medicines, drinks and food preparations for the patients suffering from Swasa. Ahara and Vihara is the best preventive medicine and solely responsible for health and illness. Almost all diseases occur due to unwholesome dietary habits and lifestyle. The proper use of diet and regime not only prevents the diseases but plays major role in the management of the diseases.

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