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A critical review on *Shwasahara Mahakashaya* in relation to *Tamaka Shwasa*

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ABSTRACT

India is having rapid expansion, development and urbanization resulting into increased pollution levels leading to rise in respiratory illness. Bronchial asthma is one of the chronic respiratory diseases. Acharya Charaka has described five types of *Shwasa Roga*, *Tamaka Shwasa* is one of them. Charaka has elaborated etiopathogenesis, clinical features and treatment of *Tamaka Shwasa*. *Shwasahara Mahakashaya* is one of the unique composition of drugs explained by Acharya Charaka. It consists of ten *Dravya's*, most of them tend to have *Vata-Kaphaghna* properties. Vitiated *Vata- Kapha Dosh*a are responsible factors for pathogenesis of *Tamaka Shwasa*. The researches on pharmacological effect of this *Dravya* have shown Anti-inflammatory, Anti-histaminic, Anti-asthmatic properties.

Key words: Bronchial Asthma, *Shwasahara Mahakashaya*, *Tamaka Shwasa*.

INTRODUCTION

Asthma, allergic rhinitis, chronic obstructive pulmonary disease (COPD), and rhinosinusitis are some of the chronic diseases of the airways. Recent studies have shown that the prevalence of asthma has been substantially increased and becoming a part of major health priority in India.^[1] Chronic respiratory diseases affect the individual's quality of life, productivity leading to disability resulting into in raised economic burden for the individual as well as the society.^[2] Ayurveda has described the five types of *Shwasa Roga* (respiratory disease), *Tamaka Shwasa* (Bronchil asthma) is one among them. Acharya Charaka has

described *Tamaka Shwasa* as *Yapya Vyadhi* (Palliative disease).^[3] On the basis of sign and symptoms it is well correlated with Bronchial asthma. *Shwasahara Mahakashaya* is the group of ten medicinal plants described in *Charaka Samhita* for the management of different pathological conditions of respiratory system under the heading of *Mahakashaya*. The present review helps to understand use of *Shwasahara Mahakashaya* in the treatment of *Tamaka Shwasa*.

MATERIALS AND METHODS

This review is an attempt to critically examine *Shwasahara Mahakashaya* in relation to *Tamaka Shwasa*. Properties of *Dravya*(drug) has been discussed and analysed from Ayurvedic and modern pharmacological perspectives using Ayurvedic literature as well as various research articles and monographs.

REVIEW OF LITERATURE

Table 1: Showing list of *Shwasahara Mahakashaya Dravya*^[4]

SN	Name	Latin Name	Family	English Name
1.	<i>Shati</i>	<i>Hedychium spicatum</i> Ham.ex Smith	Zingiberaceae	Spiked ginger lily

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2.	<i>Pushkarmula</i>	<i>Inula racemosa</i> Hook. f.	Compositae	Elicampane
3.	<i>Amlavetas</i>	<i>Garcinia pedunculata</i> Roxb.	Guttiferae	Common sorel
4.	<i>Ela</i>	<i>Elettaria cardamomum</i> Maton.	Zingiberaceae	Cardamom
5.	<i>Hingu</i>	<i>Ferula narthex</i> Boiss.	Umbelliferae	Asafoetida
6.	<i>Agaru</i>	<i>Aquillaria agallocha</i> Roxb.	Thymelaeaceae	Eagle wood
7.	<i>Surasa</i>	<i>Occimum sanctum</i> Linn.	Labiatae	Holybasil
8.	<i>Tamalaki</i>	<i>Phyllanthus amarus</i> Linn.	Euphorbiaceae	Stone breaker
9.	<i>Jivanti</i>	<i>Leptadenia reticulata</i> W. & A.	Asclepiadaceae	Leptadenia
10.	<i>Chanda</i>	<i>Angelica glauca</i> Edgw.	Umbelliferae	Angelica

Table 2: Showing properties of Shwasahara Mahakashaya as per Bhavaprakasha Nighantu

SN	Name	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Shati</i> ^[5]	Kashaya, Tikta	Laghu, Tikshna	Anushna	Katu	Shwasahara Kasahara, Grahi
2.	<i>Pushkarmula</i> ^[6]	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	Shwasahara Kasahara, Vata-Kapha Hara
3.	<i>Amlavetas</i> ^[7]	Amla	Laghu, Ushna, Ruksha	Ushna	Amla	Vata-Kapha Hara
4.	<i>Ela</i> ^[8]	Katu	Laghu, Sheeta	Ushna	Katu	Shwasahara Kasahara, Vata-Kapha Hara

5.	<i>Hingu</i> ^[9]	Katu	Laghu, Tikshna, Snigdha	Ushna	Katu	Vatahara, Shulahara
6.	<i>Agaru</i> ^[10]	Katu, Tikta	Laghu	Ushna	Katu	Vata-Kapha Hara
7.	<i>Surasa</i> ^[11]	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata-Kapha Hara
8.	<i>Tamalaki</i> ^[12]	Tikta, Kashya, Madhura	Laghu, Ruksha	Sheeta	Madhura	Kasahara, Shwasahara, Shothahara, Sramsana
9.	<i>Jivanti</i> ^[13]	Madhura	Laghu, Sheeta, Snigdha	Sheeta	Madhura	Tridoshama, Rasayana
10.	<i>Chanda</i> ^[14]	Tikta, Katu, Madhura	Laghu, Tikshna	Sheeta	Katu	Vata-Kapha Hara

Table 3: Showing Phytochemical composition and pharmacological properties of Shwasahara Mahakashaya

SN	Name	Phytochemical composition	Pharmacological properties
1.	<i>Shati</i> ^[15]	Saponins, alkaloids, resins, carbohydrates, protein, steroids, tannin, starch and glycosides, albumin saccharine, phytosterols, flavonoids and triterpenoids	Antihistaminic, Antimicrobial, Anti-inflammatory, Antibacterial, and Antiulcer
2.	<i>Pushkarmula</i> ^[16]	Inulin, alantolactone, β -sitosterol, isoalantolactone, dihydroalantolactone, and its glucosides	Analgesic, Anti-inflammatory, Antimicrobial, Antiparasitic, Anticancer, Antiasthmatic, Antiallergic, Antidiabetic, Antiapoptotic,

			Cardioprotective, and Hepatoprotective
3.	<i>Amlavetas a</i> ^[17]	Sitosterol, Benzophenones, Flavanoid, Triterpene, Biflvanoids.	Anti-inflammatory, Antioxidant, Analgesic, Antimicrobial, Antinociceptive
4.	<i>Ela</i> ^[18]	1,8-cineole, terpineol, limonene, terpinyl acetates, linalyl acetate, linalool, sabinene, eucalyptol, terpineol, limonene, linalool, and sabinene	Antioxidant, Antitumor, Antihypertensive, Immunomodulatory, Anti-inflammatory, and Metabolic regulation
5.	<i>Hingu</i> ^[19]	Sesquiterpene, coumarins and polysulfides	Antiasthama, Antihelminthic, Antispasmodic, Antiviral
6.	<i>Agaru</i> ^[20]	Terpenoids, flavonoids, sesquiterpenes	Anti-inflammatory, Analgesic, Antiasthama, Anticancer, Antioxidant
7.	<i>Surasa</i> ^[21]	Alkaloids, Flavanoids, Glycosides, Tannin, Saponin, Steroids	Anti-microbial, Analgesic, Anti-inflammatory, Antifungal, Hepatoprotective,
8.	<i>Tamalaki</i> ^[21]	Alkaloid, Glycoside, Steroids, Tannins, Saponins, Terpenoids, Phenol, Flavanoids.	Antioxidant, Antibacterial, Hepatoprotective, Antidiabetic.
9.	<i>Jivanti</i> ^[23]	Terpenoids, alkaloids, sterols, tannin, saponins, flavonoids, carbohydrates, and glycosides	Anti-inflammatory, Antioxidant, Immunomodulator, Antipyretic, Anti-asthmatic, Antimicrobial, Cardioprotective.
10.	<i>Chanda</i> ^[24]	Monoterpenes, oxygenated monoterpenes, phenylpropanoids, alkaloids, carbohydrates, flavonoids, proteins, saponins, sterols.	Antioxidant, Antifungal, Antibacterial, Bronchorelaxant, Neuroprotective.

DISCUSSION

Shwasa Roga has been vividly explained in Ayurvedic literatures. Based on clinical features, pathological

changes and breathing changes *Tamaka Shwasa* can be correlated to Bronchial Asthma. According to Acharya *Charaka* any drug or dietary regimen which reduce vitiated *Vata* along with *Kapha Dosha* are useful in treatment of *Tamaka Shwasa*. The substances which act on any single *Dosha* are not beneficial in treating *Tamaka Shwasa*. Vitiated *Vata* along with *Kapha Dosha* gets accumulated in *Urdhva Bhaga* (upper body parts) and thus causes symptoms like *Pinasa* (rhinitis), *Ghurghur Shabda* (wheezing sound). The maximum drugs in *Shwasahara Mahakashaya* have *Katu & Tikta Rasa* and *Ushna Virya* (hot potency) which pacifies *Vata* and *Kapha Dosha*. *Laghu* and *Tikshna Gunas* help to pacify elevated *Kapha Dosha*. *Ushna Guna* causes downward movement of *Vata Dosha*. *Shwasahara Mahakashaya* is specifically designed according to these properties, thus it is beneficial in treating *Tamaka Shwasa*. Bronchial asthma results into inflammation of airway. Most of the drugs in *Shwasahara Mahakashaya* possess anti-inflammatory property which helps in reducing swelling and inflammation of airway. Also, many of them proved to have anti asthmatic, anti-histaminic effect. Thus, *Shwasahara Mahakashaya* is effective in treating *Tamaka Shwasa*.

CONCLUSION

After analysing each *Dravya* of *Shwasahara Mahakashaya* it can be concluded that it is highly beneficial in treating *Tamaka Shwasa*. Most of the *Dravya* have *Katu, Tikta Rasa* and *Ushna Virya* which pacifies *Vata* and *Kapha Dosha*. Also, most of them are proved to have Anti-inflammatory, Anti-histaminic, Anti-asthmatic pharmacological effect. Hence *Shwasahara Mahakashaya* helps in breaking down the *Samprapti* of *Tamaka Shwasa* and thus can be used for treating *Tamaka Shwasa*.

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