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# An effect of *Haridra* & *Laghu Dugdhika* on *Tamaka Shwasa*

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## ABSTRACT

The fast and mechanical life with dust and pollution of today's era has kept the man away from the normal regimen for sound health which ultimately gives rise to various diseases. The role of medicine become in effective continuous use of medicines. Even the modern medicine has recognized the important role but now Ayurvedic medicines has very effective.

**Key words:** *Haridra*, *Laghu Dugdhika*, *Tamaka Shwasa*.

## INTRODUCTION

'*Tamaka Shwasa*' which is the result of *Udbhava* in '*Pittasthana*' and disturbance of *Vata-Kapha Dosh* gets enhanced with the use of *Haridra* and *Laghu Dugdhika*. Herbal medicines should be administered for long duration for expected effect. Contribution of *Haridra* and *Laghu Dugdhika* may be helpful to treat *Vata-Kaphaja Vikara*.

## MATERIALS AND METHODS

Preparation of *Haridra Churna* and *Laghu Dugdhika Kwatha* (decoction) first of all *Shodhana* of *Haridra Churna* with cow ghee as per standered method. Then prepared *Laghu Dugdhika Kwatha* (decoction). The finished product was stored in air tight glass container and utilized for study. Experimental study was conducted in 40 patients of *Tamaka Shwasa* on three different age group.

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Group A	-	3 to 20 yrs
Group B	-	21 to 40 yrs
Group C	-	41 to 60 yrs

### Medicinal treatment

*Shodhita Haridra Churna* and *Laghu Dugdhika Kwatha*.

Pure *Haridra Churna* 10 gms and *Laghu Dugdhika* decoction 40 ml.

### Preparation of medicine

*Shodhita Haridra Churna* and *Laghu Dugdhika* decoction sperately fill in the bottle.

### Pathya

*Laghu Ahara*

### Age Chart

SN	Age	Patients	Percentage
1.	3 - 20 yrs	10	25
2.	21 - 40	10	25
3.	41 - 60	20	50
	<b>Total</b>	<b>40</b>	<b>100</b>

### Sex Chart

SN	Sex	Patients	Percentage
1.	Male	24	60

2.	Female	16	40
	<b>Total</b>	<b>40</b>	<b>100</b>

**Occupational Chart**

SN	Occupation	Patients	Percentage
1.	Student M/F	04	10
2.	House Wife	06	15
3.	Businessman	06	15
4.	Mental work	04	10
5.	Mines and factory	20	50
	<b>Total</b>	<b>40</b>	<b>100</b>

**Past History Chart**

SN	Past History	Patients	Percentage
1.	Present	30	75
2.	Not Present	10	25
	<b>Total</b>	<b>40</b>	<b>100</b>

**Family History Chart**

SN	Family History	Patients	Percentage
1.	Present	24	60
2.	Not Present	16	40
	<b>Total</b>	<b>40</b>	<b>100</b>

**Social and economical grade chart**

SN	Economical Class	Patients	Percentage
1.	High Income Class	06	15
2.	Middle Income Class	24	60
3.	Lower Income Class	10	25
	<b>Total</b>	<b>40</b>	<b>100</b>

**Drug Indication Chart**

SN	Drug Indicted	Patients	Percentage
1.	Alcoholic	06	15
2.	Smoking	20	50

3.	Tobacco Chewing	04	10
4.	No Drug	10	25
	<b>Total</b>	<b>40</b>	<b>100</b>

**Ahara (Diet) Chart**

SN	Ahara	Patients	Percentage
1.	Vegetarian	10	25
2.	Non Vegetarian	12	30
3.	Both	18	45
	<b>Total</b>	<b>40</b>	<b>100</b>

**Ritu Chart**

SN	Ritu	Patients	Percentage
1.	Jan + Feb	10	25
2.	March + April	06	15
3.	May + June	04	10
4.	July + Aug	12	30
5.	Sept + Oct	04	10
6.	Nov + Dec	04	10
	<b>Total</b>	<b>40</b>	<b>100</b>

**Allergic Chart**

SN	Allergy	Patients	Percentage
1.	Dust	10	25
2.	Fume	08	20
3.	Cold	06	15
4.	Non Allergy	16	40
	<b>Total</b>	<b>40</b>	<b>100</b>

**Doshaja Chart**

SN	Dosholavnata	Patients	Percentage
1.	Kaphadhikya	24	60
2.	Vatadhikya	12	30
3.	Pittadhikya	04	10
	<b>Total</b>	<b>40</b>	<b>100</b>

## OBSERVATION AND RESULTS

## Before treatment symptomatic chart

SN	Symptoms	Patients	Percentage
1.	Acute Shwasa	30	75
2.	With sound Swasa	28	70
3.	Kasa	36	90
4.	Kaphvimokshe Sukham	36	40
5.	Ushna Sukham	32	90
6.	Urovedna	16	80
7.	Nidraalpta	28	70
8.	Lalate Sweda	24	60

Before treatment Lab investigation of 40 *Tamaka Shwasa* patient following result found-

a. T.L.C. - Total 40 patients average 10290

b. DLC - Total 40 patients DLC Report

Neutrophil - 51.5%

Lymphocyte - 23.0%

Eosinophil - 23.5%

Monocyte - 2%

c. Hb% - 13.85 mg%

d. Blood cogulation rate - 25 mm/hr.

## Trial Medicine

Out of 40 patient they were kept in 2 groups, each group 20 patients for trial of medicine *Shodhita Haridra + Laghu Dugdhika* on *Tamaka Shwasa*.

Group I - 20 selected patients gave OS. *Haridra Churna* 2 to 6 gms. B.D. according to age.

Group II - 20 selected patients gave *Laghu Dugdhika* Kwath 10 to 40 ml B.D. according to age.

## Pathya - Apathya

All patients advised *Laghu Ahara*. But Banana and curd, *Kapha* producer *Ahara* was not allowed.

## Treatment Period

Total patients of both groups have been kept on 90 days treatment period. All patient advised for follow up after 15 days.

## Result Chart (After treatment)

SN	Benefited Cure	Group I		Group II	
		Patients	%	No. of patient	%
1.	Complete Cure	14	70	14	70
2.	Less Cure	04	20	02	10
3.	Not Cure	02	10	04	20
	<b>Total</b>	<b>20</b>	<b>100</b>	<b>20</b>	<b>100</b>

## DISCUSSION

Any type of Research is based on Human welfare. Man is a social animal and he should do something for people better health. In these days Human life is very movable. So people are very unconscious about their health. Mental tension and lack of time they can't take proper diet (*Ahara* and *Vihara*) with this environment is also very polluted. So Disturbances of respiratory track, *Swasa Roga* is '*Tamaka Shwasa*' is also a Respiratory track disturbances which is *Kastasadhya* disease.

In this Research paper to prove "An effect of *Haridra* and *Laghu Dugdhika* on *Tamaka Shwasa*". In our Ayurvedic textbook Five types of *Shwasa Roga* has been explained.

- 1) *Maha Shwasa*
- 2) *Urdhva Shwasa*
- 3) *Chinna Shwasa*
- 4) *Tamaka Shwasa*
- 5) *Kshudra Shwasa*

In these Five types of *Shwasa Roga* only *Tamaka Shwasa* is treatable.

## Hetu

Many factors are described for *Tamaka Shwasa*,

1. **Diet (Ahara)** - *Vidahi, Guru, Vishtambhi, Ruksha, Abhishyandi* Meal, Soft and cold drinks etc.
2. **Vihara** - *Vegavidharan* (stop motion), untimely work, *Ritu* and *Kala* related *Nidanarthakara Yoga*.

### 3. Dosh - Vata Prakopaka, Kapha Prakopaka, Pitta Prakopaka.

#### Symptoms

1) Acute Swasa 2) Sashabda Shwasa (with sound Shwasa), 3) Kasa, 4) Kaphvimokshe Sukham, 5) Ushna Sukham, 6) Urovedana, 7) Nidraalpta & 8) Lalate Sweda

In Modern aspect producer of Shwasa rog mainly Vata and Kapha Prakopaka factor. In respect of Samhita's and Modern text Books Shwasa Roga is Vataja and Kafaja.

In respect of these points Kapha-Vata Shamaka Drug Haridra and Kapha - Pitta Shamaka Laghu Dugdhika drug.

Acharya Charaka has said Shwasa Roga originated from 'Amashaya and Vata + Kapha are also special factors.

In respect of Dushya, Shwasa Roga is Ras-Pradoshaja Vichara. Haridra is Agneya and Vayavya (Agni and Vayu) Drug property. Agneya drug is Ushna, Laghu, Ruksha, Tikshna and Vayavya (Vayu) drug is Laghu, Ruksha and Sheeta Guna. Haridra has Katu-Tikta Rasa, Katu-Vipaka, Laghu-Ruksha Guna and Ushna Virya. So it is Kapha Vata Shamaka. According to Dosh Prabhava, Tikta-Rasa is Kapha-Pitta Shamaka and Pitta Virechaka.

Second drug Laghu Dugdhika has Kapha-Pittaja property according to Chikitsa Granth. It is Ruksha, Tikshna and Ushna Virya properties and Madhura Rasa it is Pitta Samaka. It is also Vata Shamaka due to Ushna Virya property.

In clinical study selected 40 patient according to there age 3 to 20 yrs 25%, 21 to 40 yrs 25% and 41 to 60 yrs 50% divided into three groups.

Total 40 patient 60% male and 40% female. According to occupation selected patient, student 10%, Housewife 15%, Businessman 15%, Mental worker 10% and mines and factory workers 50%. In selected patients 75% having past history and 25% having no any past history. In selected patients 60% having family history and 40% having no family history. In

Social and Economical selected patient Higher Class 15% patient, Middle class 60% patient and Lower Class 25% patient. In Addiction, selected patient having Alcoholic 15%, Smokers 50%, Tobacco chewing 10% and normal (without addiction) 25% patients were found. In selected Dietary patients, vegetarian 25%, Non-vegetarian 30% and having mixed diet 45% patient found. In selected seasonable patient, Shirir ritu 25%, Vasant ritu 15%, Summer 10%, Rainy season 30%, winter season 10% and in Hemant ritu 10% patient found.

In selected Allergic patient by Dust 25%, Fume 20%, Cold (Sheet) 15% and Non allergic 40% patient found. In selected patient before treatment, Acute Shwasa 30, with sound 28, Kasa patient 36, Urovedana 18, Relief after Extraction of cough 36 patient, Relief with Ushna (Warm) 32, Nidralpata 28, and Lalata Sweda 24 patient found.

In selected Dosh dominant patient having Vataja 30%, Kafaja 60% and Pittaja 10% found. In selected before treatment lab investigation Avarage TLC - 10290, DLC - Neutrophil 51.5%, Lymphocyte 23.0%, Eiosinophil - 23.5%, Monocite 2%, Hb 13.85 mg% found and Blood coagulation rate 25 mm/hr found.

Mostly all patients having excess effects of Ritu. Attack of 'Tamaka Shwasa' between 2.00 AM to 5.00 AM mostly. According to patient they take meal in night their regular time and they sleep but suddenly between 2 to 5 AM they suffering from Dysnoea. In last period of night Vata and Kapha Dosha Prakupit due to cold because Tamaka Shwasa is also Kapha Vataja Dosh. By using both 'Haridra and Laghudugdhika patient found relief. Both drug were having Ushna Virya and Kapha Vata Shamaka property so beneficial and relief in 'Tamaka Shwasa'.

Before and After treatment on the basis of relief in Group I selected 20 patents 15/70% better relief (Complete cure), 4/20% having less were relief (cure) and 2/10% no relief.

In Group II selected 20 patents 14/70% better relief (Complete cure), 2/10% less relief, and 04/20% no relief.



**CONCLUSION**

In Ayurvedic Text Books the *Haridra & Laghu Dugdhika* is very effective as a *Vata-Kapha Shamaka* drug due to their *Ushna Virya* properties and the disease '*Tamaka Shwasa*' is also having *Vata-Kaphaja Vikara*. So, Both drug *Harida* and *Laghu Dugdhika* is very effective on '*Tamaka Shwasa*' due to their *Vata-Kapha Shamaka*' and *Ushna Virya* property. On the basis of above discussion both drug has more effective in *Tamaka Shwasa*.

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