

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***The Role of Rasayana Chikitsa in Shwasa*****¹ Thigale Priyanka Vijay ² Kotangale Yogesh T. ³ Tongaonkar Jayashree N.**¹ M.D. Scholar (Final year -Kayachikitsa), SSAM, Hadapsar, Pune,² PG Guide- Reader- Department of Kayachikitsa, SSAM, Hadapsar, ³ Prof and HOD Department of Kayachikitsa, SSAM, Hadapsar, Pune***Corresponding Author :- priyankathigale13@gmail.com** Mob. No.-7507005563

Abstract: Now a day due to change in lifestyle, diet and changes in environment mainly pollution causes increase in diseases of respiratory disorders. In respiratory diseases Asthma is the major disease which causes problems and may become cause of mortality. The complications of Asthma are more dreaded than the disease itself. In Ayurveda, pathology and management of Asthma i.e. *Shwasa* is described vividly. Charakacharya explained it as Ashukari and Pranahara. Also modern science includes it in life threatening diseases. Modern medicinal management for asthma includes bronchodilators, mast cell stabilizers, leukotriene modifying agents, antihistaminic and corticosteroids etc. But these medicines are mostly associated with many adverse effects like tremors, tachycardia, sedation, weight gain etc. These medicines are used frequently in spite of all these adverse effects; still they cannot give complete relief to the patients. *Rasayana* is the branch of Ayurveda meant for stabilizing the age, promoting life-Span, intellect, strength and eliminating disease. In this article, an

attempt to enlist an important aspect such as *Apoonarbhatwa*, *sampraptibhang* of *vyadhi* due to the *Rasayana*, commonly used *Rasayana dravya* and *Kaplas* in *Shwasa Chikitsa* has done.

Key words: Asthma, *Shwasa*, *Rasayana*. *Pranavaha Srotas*, *Vata dosha*, *Kapha dosha*, *Chikitsa*

Introduction: Medical science has made considerable progress in almost all the fields. The era of specialization is giving place to new generation of biological thinking. This new school of thinking is directed towards the concept of man as a whole person with his physical, emotional and spiritual aspects in unified in one living individual. The place of man as an organic part of biological and cosmic universe, subjected to all the immutable and irrevocable laws of nature is being increasingly recognized. In spite of these profound changes taking place in medical thinking, today's conventional drug approach is unable to solve all problems of catastrophic increase in diseases such as Asthma, Cancer, Diabetes and so many.

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Although various studies have been performed up to 2013, across the globe in last few decades, prevalence of Bronchial Asthma is found around 100-150 millions of people. In India, it is about 15-20 millions of people get affected by Asthma, among them 10- 15 % are noted for the children of age group 5-11 years old. For World-wide mortality rate is found to be increasing by 50 % in every decade¹. It is more common in developed countries than developing countries. Within developed countries it is more common in those who are economically disadvantaged while in contrast in developing countries it is more common in the affluent. Low and middle income countries make up more than 80% of the mortality. Asthma is twice as common in boys as girls. In contrast adult women have a higher rate of asthma than men and it is more common in the young than the old. The global rates of asthma have increased significantly between the 1960s and 2008 with it being recognized as a major public health problem since the 1970s. Asthma is not a uniform disease but rather a dynamic clinical syndrome which has a number of clinical patterns. Asthma is common & its prevalence is increasing 7% of adults & 15% of children in total population.

Asthma is a common chronic inflammatory disease of the airways. It is characterized by variable and recurring symptoms including wheezing, coughing, chest tightness, and shortness of breath. It

is caused by a genetic and environmental factor.

The disease in which *Vayu (Pran Vayu)* gets its *urdhvagati* is called '*Shwasa*'. While going through ancient compendiums, it is found that two diseases *Shwasa* and *Hicca* described together because of their life endangering effect. *Shwasa* is an important disease affecting the *Pranavaha srotas*, due to its higher & widespread incidence, chronicity and progression to grave condition in acute phase. *Pranavaha srotas* and *Prana Vayu* both has given prime importance in Ayurveda.

Etiological Factors: The etiological factors of *Shwasa* can be divided in 3 groups –

1. Factors of vata provocation which in turn produces defect in *pranavaha srotas*. e.g. exposure to wind and dust, excessive physical exercises, prolonged fasting, drinking cold water and living in cold places, *Panchakarma Atiyoga* etc.
2. Factors causing increase vitiation of the *Kapha* e.g. excessive intake of black gram, sesame oil, curd, milk and sea food.
3. Secondary to other diseases like Diarrhea, Fever, Tuberculosis, Vomiting, Anemia, Empyema, Left ventricular hypertrophy.

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According to modern medicine, the management of Bronchial asthma includes bronchodilators, mast cell stabilizers, leukotriene modifying agents, antihistaminic and corticosteroids and the use of Nebulization. But these medicines are mostly associated with many adverse effects like tremors, tachycardia, sedation, weight gain etc. In spite of all these adverse effects, these drugs are used. Still they cannot cure asthma completely.

According to Ayurveda, “*Shuddha Chikitsa* is that which cures particular disease without any side effects or which does not become cause of any disease.”

The fundamental treatment method of *Samshodhan*, *Samshamana* and *Nidana-parivarjana*, *Rasayana* mentioned in Ayurved classics. If someone administered judiciously, the desired results can be achieved. *Rasayana* is the one of the major and important branch of Ayurveda.

Important aspect of the *Rasayana*-

Rasayana is the branch of Ayurveda which aims at preventing or removing degenerative processes eliminating diseases and prolonging life i.e. Rejuvenation. “*Urjaskara*” is the synonym of *Rasayana* which give strength to the body. *Apunarbhava* means it does not allow recurrence of the disease. Hence, *Rasayana chikitsa* in Ayurveda has significant importance in asthmatic patients.

The etiological factors that provokes *vata* or increasing vitiation of

kapha causes *srotorodh* and then *Shwasa*. According to Modern science, the causes are allergic and non-allergic. *Rasayana* plays an important role in *Samprapti bhanga* and *Apunarbhavta* too.

Allergens which are one of the common and major causes for extrinsic asthma, needs immune therapy against those specific allergens which are diagnosed by skin sensitivity test. Hence, here also *Rasayana* therapy is useful to build up immune power against allergens. *Rasayanatantra* is the branch which meant for stabilizing the (youthful) age, promoting life-span intellect, strength and eliminating diseases as said by Sushrutacharya.

Cystiel leukotriene, causes smooth muscle constriction, receptor antagonist which prevents inflammation and bronchoconstriction e.g. Monteleukost Sodium. Short acting B2 agonist/Long acting B2 agonist are included in preventive therapy of Asthma have some side effects like tachycardia, tremors, Anxiety etc. *Rasayana* which are specifically mentioned to have their action on *Pranavaha Strotas* like *Pippali*, *Bhallatak*, *Aamalaki*, *Marich* are found to be useful in patient with *Shwasakshtata*. In our institute, we advise *Vardhaman Pippali Rasayana* for *Shwasa*. As *Rasayana* is that which attains *Rasa* etc. *dhatus* with affluence or the means of attainment of longevity, strength energy and firmness and sustaining youthfulness as effects of *Rasa*, *Virya*, *Vipaka* located in

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drugs is *Rasayana*. Though *Shwasa* is said to be disease of *Pranavaha srotas*, it's also mentioned as *Aamashayodhbhava.. Mahastrotas* is the *Moolsthana* of *Pranavaha srotas*. Hence, it is found to be beneficial to use the drugs acting on *Annavaha srotas*. *Rasayana* viz. *Bhallatak ksheer*, *Bhallatk Kshoudra*, *Vardhaman Bhallatak rasayana*, stimulates digestive system and can break *strotorodha* due to vitiated *kapha* and *ama*, ultimately results in *Sampraptibhaga* of *Shwasa*.

Chyavanprashavleha is one of the excellent rejuvenators. It is exceedingly useful in curing Asthma. It alleviates the *doshas* of patients suffering from Respiratory diseases, cardiac diseases, voice disorders, gout etc.

It is also important to know that *Rasayana dravya* should be taken only after *shodhan chikitsa*. So, as in *shwasa chikitsa*, according to *rugna bala panchakarma* like *Vaman* and *Virechan* are mentioned.

Aachar Rasayana –Manas Rasayana:
One can never attain fruit of *Rasayana* if not undergone grossly the process of elimination of physical and mental impurities. *Aachar rasayana* explained in Ayurveda includes truthfulness, free from anger, abstaining from alcohol, cleanliness, calmness, balanced sleep, positivist, self-controlled and devoted to Holy Scriptures, regular use of ghee, milk and milk products is *satva vardhaka* and

are helpful to get relief from chronic diseases. It is mentioned that one who consumes *Aachar Rasayana* along with other *Rasayana yoga* will be free from bond of birth and death. It helps *Shwasa rugna* to stand against the disease strongly by both physical and mental health.

Discussion :- *Shwasa* is the disease which has explained as an *Ashukari* and *Pranhara* i.e. life threatening by Ayurveda and modern science too. The environmental changes, pollution, life style changes cause increase in respiratory diseases. Although various studies have been performed across the globe in last few decades, prevalence of Bronchial Asthma is found around 100-150 millions of people. For World-wide mortality rate is found to be increasing by 50 % in every decade. In this article, the etiological factors of *Shwasa*, medicinal management of the bronchial Asthma and its side effects, importance of *Rasayana chikitsa*, action of *Rasayana dravyas*, *Kalpas* , *Aachar Rasayana* in *Shwasa Vyadhi* has been discussed in brief. The objectives of treatment i.e. *Rasayana chikitsa* are *Apunarbhavatwa*, reducing *Shwasa Vega* and its chronicity too. Here is an discussion about how *Rasayana dravya* can be used to replace modern medicines, how they acts on *Pranavaha srotas*, *doshas* and also *Samprapti bhanga* through its properties like regulation in *gati* of *Vayu*. action on digestive system, increasing immunity etc..

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Conclusion:- The function of *Rasayana* is to remove diseases, refresh body cells and accelerate the various systems of body, thus giving strength to every organ enhancing the physical resistance and providing immunity against disease. Hence, As *Rasayana Therapy* promotes intellect, memory, luster, immunity for disease, longevity, strength of sense organs, great stimulation of digestive system, clarity of complexion and regulates the movements i.e. *gati* of *Vayu*. *Rasayan chikitsa* is important as preventive therapy, and increases immunity in *Shwasa*.

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