Role of Haritaki in Tamaka shwasa: A conceptual study

Authors
Vd.Balaji Sawant#1, Vd. Swati Kansal*2, Vd. Abhilasha#3

1Professor and H.O.D. Dravya Guna Dept, Smt K.G.Mittal P. Ayurvedic College, Mumbai
2PG Scholar, Dravya Guna Dept., Smt K.G.Mittal P. Ayurvedic College, Mumbai
3PG Scholar, Shalakaya Tantra Dept., Uttarakhand Ayurveda University, Gurukul Campus, Haridwar

Abstract
Chronic recurrent airway disorders are increasingly seen all over the global population, especially in the last few years. In Ayurveda one such disorder is Tamaka Shwasa. In Tamaka Shwasa patient feels excessive thirst and there is characteristic sound from throat while breathing (कष्टाथुवरिकान्वित). It is correlated with Bronchial Asthma in Allopathy. Around 339 million people are living with asthma worldwide[1]. It causes sleep disturbance, restlessness and social stigma especially in school going children. According to Ayurveda classics Tamaka Shwasa is Pitta Sthana Samudbhava Vyadhi. On the other hand Bronchial Asthma is a chronic inflammatory disease of airways. It leads to recurrent episodes of wheezing, breathlessness, tightness of chest and cough particularly at night or early morning. In modern medicine while main emphasis is given to antispasmodic drugs for its management, in Ayurveda contrary to that main emphasis is given to its place of origin which is pitta sthana. So treatment is given in accordance with ubhav sthana that’s why ancient scholars use Haritaki (Terminalia chebula) and its formulations to cure Tamaka shwasa. Haritaki due to its purgative property cleanses the stomach and small intestine and therefore brings back the vitiated kapha back to its original place.

Keywords: Tamaka shwasa, bronchial asthma, haritaki.

Introduction
Research in respiratory diseases is a must in the present era because of many factors like air pollution, dietary habits, crowds, low immunity of people etc. One such disease is shwasa which in Ayurveda is defined as “श्वासः तु भूस्तिका आधारात् सम् वाती उर्ध्ववसिधिता” . It is a stage of dyspnoea. It occurs due to kapha pradhana vata vikara (prana evam udana vayu). According to modern science, due to the inflammation of mucous membrane of respiratory tract (bronchi, bronchioles etc) there occurs obstruction in vata marga and due to the stimulation of vagus nerve, respiratory muscles contracts which further makes vata marga even more obstructed and leads to the difficulty in breathing.

कफ वातामकोकेलो पित्स्थन समुद्रतः।
हद्वस्य रसादीनामु धातुनामु च उपशोषणोऽऽ (च.चि.१७४) [२]

निदानः
रजसा धूमवाताध्यात्म शीतस्थानामुसैनवारात्।
व्यायामादु ग्राम्मक्षेत्रस्य क्षेत्रविस्मितष्ठात॥
आमप्रदीष्टात अनाहादु रौश्यादु अटि अपर्यात्ञात| 
दीर्घत्वात मर्मणो घातादु इन्द्रायन्तियं योगः॥

---

http://jmscr.igmpublication.org/home/
ISSN (e)-2347-176x ISSN (p) 2455-0450
DOI: https://dx.doi.org/10.18535/jmscr/v8i6.66
In general Shwasa roga may occur due to following three reasons:
(a) Defect in respiratory system due to congestive heart failure, diabetic coma, epidemic dropsy.
(b) Obstruction in respiratory passage which makes the space less available for vaat movement: it may occur due to tundikashoth, rohini etc
(c) Dysfunctioning of accessory respiratory muscles due to abdominal inflammation, emphysema, jalodara etc.

Ayurveda considers Shwasa roga originates from pitta sthana which can be considered as stomach and small intestine, so the main aim of treatment is to use drugs which act on these sites so that vitiated kapha can be controlled and then automatically vitiated vata will be under control. So for this purpose in Ayurveda haritaki is used as it cleans the passage by letting stool because of its purgative property. Haritaki is the best miduvirechaka Dravya. According to Acharya Charaka management of Tamaka shwasa includes snehana-swedana and then Vamana (Therapeutic emesis) and Virechana (Therapeutic purgation).

Is Bronchial Asthma mentioned in Ayurveda?
Yes. In Ayurveda this disease is described in the name of Tamaka Swasa, one of the five varieties of Swasa. **[14]** www.ccras.nic.in

A. Lakshana of tamaka shwasa
- Glani anubhav
- Kaaste sanirudhyate(on and off coughing)
- Pramoh
- Excessive pain during expectoration
- Feeling of relaxness after expectoration
- Kanth udhvansa
- Difficulty in speaking

B. Aims and Objectives
1. To study the etiopathogenesis of Tamaka shwasa worst bronchial asthma
2. To evaluate the role of Haritaki in tamaka shwasa.

C. Materials & Methods

**Literary Source of Drugs**
Haritaki by acharya Charaka
(ch chikitsa 1/ 33) **[6]**

Shwasa roga is of 5 types among which one is tamaka shwasa samprapti of Tamaka shwasa: Pratitiomam yad vayu: stotastaka pratipartho.
Griham sir: ch samguha shlebhamam samuudir ch.
Korottani pisanam tete rudo pr LR karmarit.
A. Lakshana of tamaka shwasa
- Glani anubhav
- Kaaste sanirudhyata(on and off coughing)
- Pramoh
- Excessive pain during expectoration
- Feeling of relaxness after expectoration
- Kanth udhvansa
- Difficulty in speaking
Unable to sleep
Parshwa pradeshagat peeda
Feel comfort while sitting instead of lying down
Likeness of warm environment and hot eatables
Uchrit aksha (eyeballs turn upwards)
Excessive Sweating on forehead
Dryness of mouth
Futkar karke shwas aana (फूकार कर के श्वास आना)

Tamaka shwas increases during cloudy season, due to use of cold water and kapha vardhak padarthis.

According to acharya Charaka tamaka shwas is yapya although new one is sadhya Tamaka shwas is considered “pran peedaka”.

B. Pratamak shwasa
Pratamak shwasa = tamaka shwas+jwara + murcha.

C. Santamaka shwasa
उदारवर्त रजो अन्जीरण कित्कायनिरीदित:।
तमसा वर्धैत अय्यर्यम् शीते: च आशु प्राशम्यति।
मर्जत: तमसीवा अख्य विधातां संतमकम् तु तमम्।[9]
(Ch. 1/63-64)

**Purva roopa of shwasa**
charaka Sushruta vagbhatta
Madhava
Aanah Hriteepeda Hrit parshwashoolam
Hriteepda
Parshwashoolabharak dwesha Pranvilomta Shoola
Hridya peedan Arti Aanaha Adhman
Pran vilom Aanaha shankhbhed Aanah

**Management of tamaka shwasa**
1. Acharya Charaka said first of all do snehana swedana and then vanama karma has to be done to remove kapha.
2. In chapter 1 of Charak Samhita Chikitsa Sthana Acharya Charaka mentioned the use of Haritaki in Tamaka shwasa.

श्वास उपायम् तमकम् छद्रिम क्वायम् कामलाम् कृतीन्।
3. As haritaki is of ushna veerya so it acts mainly on dashita kapha and vata and thereby helps in curing tamaka shwasa.
4. Use of haritaki formulations as Agstaya haritaki and Vyaghr haritaki mentioned in ayurvedic classics for tamaka shwasa.
5. Vyaghra haritaki

क्षयीद्रव्यं च क्षतज्ञम् च हन्यतः स्नीनसश्वासस्वरक्षयम्
च यक्षामारेकादशामुरुपम् भूगृहित्यम् हि रसायनम्
स्यात॥ (भृष्यज्ञरत्नली कार्यो अधाय १७२ श्लोक)
6. Ashtang hridya as tamaka shwas occurs due to obstruction of vata by kapha so to clear vata marga vanama and virechana are necessary. As haritaki is a good virechaka dravya so it is a good drug to cure tamaka shwasa.

7. घृत क्षीरेन वा पथ्या विडंग ऊष्णा पिपलित:॥ (अष्टग हृदय च च ४/४१)
8. Use of tejovatyadi ghrut (haritaki as a content) is mentioned in Ashtang Hridya for curing Tamaka shwasa.
9. One another formula mentioned in ashtang hridya for Tamaka shwasa is Pippli + pipplimool + harad + vidang + chitrak ke kalka se ghee ki handi me lepa kre .when this lepa become dry then add takra in this handi. Ek maas tak pada wah takra is agneedeepak and kaas shwasa nashak.

**Conclusions**
According to Acharya Charak the intelligent physician should give Chhardana (emesis) medicated with drugs alleviating Vata and Kapha to patients suffering from Kasa and Swarbhanga along with Shwasa. He should give Virechana medicated with drug alleviating Vata and Kapha. Charak and Vagbhata described Shwasa as a disease in which Virechana is indicated. In Tamaka Swasa- Kapha obstructs the marga (passage) of Vayu. The obstructed Vayu take the...
Pratiloma gati (Vimargagamana) and Virechana drugs have a quality of Vatanulomana, Kaphavataghna karma. Ushna Veerya may be more beneficial in the condition of Shwasa. Virechana drugs remove mainly Kapha and Pitta Doshas and make Vata in Anuloma gati. The origin of Shwasa roga is Pitta sthna and Virechana purifies the Pitta sthna which in fact is the site of origin of Shwasa roga. Hence, it acts as a curative measure.

Finally as said in materia medica too, the primary aim of ayurvedic treatment in Tamaka shwasa is to correct pitta sthana by giving emetic therapy or by giving medicines which will keep the bowels clean. Haritaki along with other medicines is useful in correcting this as all preparations indicated for Tamaka shwasa contains haritaki.

References
1. https://www.who.int
7. (https://doi.org/10.1155/2013/650134 Antitussive Activity of the Water-Extracted Carbohydrate Polymer from Terminalia chebula on Citric Acid-Induced Cough by Gabriela Nosalova,1 Ludovit Jurecek,1 Udipta Ranjan Chatterjee,2 Sujay Kumar Majee,2 Slavomir Nosal,3 and Bimalendu Ray2)
13. www.ccras.nic.in