

EFFICACY OF SHWASAHARA DASHEMANI CHURNA IN BRONCHIAL ASTHMA- A SINGLE CASE STUDY

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Abstract

Ayurveda is an ancient science comprised of ample of experiments, experiences and observations of different Acharyas for a healthy life. It touches all aspects of life from initiation up to the end. Ayurveda described five types of *Shwasa Roga* and among these, *Tamaka Shwasa* is one. *Tamaka Shwasa* is a “*Swantarta*” *Vyadhi* i.e. independent disease entity and having its own etiologic, pathophysiology and management. The parallel disease entity in contemporary medical science to this disorder is Bronchial Asthma. The present effort is intended to study the efficacy of such formulations in reducing the sign and symptoms of childhood asthma. A case of 06yr old male patient who presented features of *Tamaka Shwasa* (Bronchial asthma) was treated by internal *Ayurvedic* Medicine, *Shwasahara Dashemani Churna* with one *Bhavna* of same *Kashaya* drugs showed marked improvement in cardinal feature such as breathlessness, cough, Night awaking etc. and some hematological Parameters, discussed here.

Key Words – *Tamaka shwasa*, *Shwasahara dashemani*, *Swatantra vyadhi* Bronchial asthma

Introduction

Tamaka Shwasa is basically a disorder of *Pranavaha Srotasa* while other *Srotasa* are also vitiated. In this condition *Vaayu* gets vitiated from its normalcy due to obstruction made by *Kapha*. This vitiation leads to severe episodes of breathlessness.ⁱ The *Tamaka shwasa* entity in modern medical science to this disorder is Bronchial Asthma. Bronchial Asthma is a chronic inflammatory condition of the lung airways resulting in episodic airflow obstruction.ⁱⁱ The prevalence of Bronchial Asthma has increased continuously since the 1970s, and now affects an estimated 4 to 7% of the people worldwide.ⁱⁱⁱ Childhood Bronchial Asthma has multifactor causation. Geographical location, environmental, racial as well as factors related to behaviors and life-styles are associated with the disease.^{iv,v,vi}

Case Presentation

A 6 years old male patients from Jamnagar came in OPD of Kaumarabhritya department IPGT & RA with complains of common cold since 15 days, cough since 8 days and breathlessness since 3 days. He has difficulty in breathing due to the coughing, most of time in night, Patient has history of recurrent common

cold since age of 6month. Breathlessness is found since the age of 2 years. Immunity is very low due to this very easily infected with URTI as any seasonal changes, cold, weather or in winter season. Patient has family history of disease.

On examine the Inspiration was shallow, and expiration was prolong, chest was found congested, Air entry bilaterally equal, wheezing and crepitation sound was found.

Treatment Given

Internal – *Shwasahara Dashemani Churna* 4gm in divided 3 doses with Honey for 42 weeks and patient was advice not consume any food or drink at least for 15 minutes after taking medicine.

Effect of treatment

Table 1. Effect of therapy on Subjective Parameters

Sr. No.	Parameter	Before Treatment	After treatment
1	Breathlessness	Grade 2	Grade 1
2	Paroxysm of breathlessness	Grade 3	Grade 1
3	cough	Grade 2	Grade 0
4	Awaking in night	Grade 1	Grade 0
5	Breath holding time	12 sec	18sec

Table 2. Effect of therapy on Objective Parameters

Sr. No.	Parameter	Before Treatment	After treatment
1	AEC count	500	344
2	ESR	36	4
3	ACQ	6	2
4	GINA	3	2
5	ACT	14	18

Discussion

Tamaka shwasa is a diseases of *Pranavaha Shrotas* while other *Shrotas* also get vitiated. This is life threatening disease because breathing is a vital sign which start from birth to till death, any difficulty in breathing may lead to death.

Asthma is associated with T helper cell type-2 (Th2) immune responses, which are typical of other atopic conditions. Various allergic (e.g., dust mites, cockroach residue, furred animals, moulds, pollens) and non-allergic (e.g., infections, tobacco smoke, cold air, exercise) triggers produce a cascade of immune-mediated events leading to chronic airway inflammation. Elevated levels of Th2 cells in the airways release specific cytokines, including interleukin (IL)-4, IL-5, IL-9 and IL-13, that promote eosinophilic inflammation and immunoglobulin E (IgE) production by mast cells. IgE production, in turn, triggers the release of inflammatory mediators, such as histamine and cysteinyl leukotrienes, that cause bronchospasm (contraction

of the smooth muscle in the airways), edema (swelling) and increased mucous secretion (mucous hyper secretion), which lead to the characteristic symptoms of asthma.

In the management of *Tamaka Shwasa* Acharya says, remove the obstruction made by *Kapha* and normalized the function of *vayu*. *Acharya charaka* mention as there is a two type of *chikitsa* i.e. *Shamana* and *Brahmana*. *Shwasahara dashemani* has the both property *Shamana* as well as *Shodhana* because the most of drug use in combination have the **Rasa as Tikta and katu, Virya – ushna, Vipaka- katu, Guna- Laghu Ruksha and snigdha**. These property helps in remove to obstruction (*Shodhan*) and correct the function of *Vayu* (*Shamana*).

It has also antitussive, anti-inflammatory, antihistaminic, Mast cell stabilizer, immunomodulator property. Due to this property *Shwasahara Dashemani* is an ideal drug for Management of *Tamaka Shwasa*.

Conclusion

After observation of all data we conclude that the holistic approach of Ayurveda best acts on case study of *Tamaka Shwasa* (Bronchia asthma) and gives better relief to the patient. There were no adverse effects found during the Ayurvedic medication

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