



A CONCEPTUAL STUDY OF TAMAKA SHWAS

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ABSTRACT

Ayurveda is ancient medical science and also science of life too. In Ayurveda Shwas rog have been considered as Pranvaha srotodusti janya vikar. Acharya charak says that Shwas roga is produced by Vata & Kapha staying at Pitta-sthan. There are five types of Shwas roga described in Ayurveda. Tamaka shwas is one of the types of shwas roga. Tamaka shwas is a disease, it is characterized by swaskrichata, Ghurghurukam, kasa, peenasa etc with the patient feel as in entering darkness. Two subtypes of Tamaka shwas 1) Pratamaka shwas 2) Santamaka shwas have been described in Ayurveda. In modern medical science Tamaka shwas can be correlated to Bronchial Asthama. The incidence of Tamaka shwas as a disease, is an increased at the present time due to various reason like environmental pollutions, altered food habits, changed life style, stress and strain etc.

KEYWORDS: Tamaka shwas; Etiopathogenesis, Management.

INTRODUCTION

The term 'Tamakshwas' is composed of two words, The word 'Tamaka' derived from 'Tamyatyatra Tama Va-Vun',^[1] and the Second word Shwas is derived from the Shwas Dhatu by applying Ghanj Pratyaya and it implies for both vayu Vyapar & Rogabheda.^[2]

Nidan

In Tamak Shwas Kapha and Vata are the main Doshas.^[3] Etiological factors have been divided According to Ahara, Vihara and Nidanarthakararoga.

1) Aharaj Nidan^[4]

- a. Vataprakopka – Rukshanna (fat free diet), Visamasana (irregular meal), Sitasana (Cold food), Sita Ambu (Cold water), Vistambhi Bhojan etc.
- b. Kaphapropkopa – Masa, Nispava, Pinyaka, Tila Taila, Pist (flour preparations), Shaluk (tubers) jalaja and Anupmansa (aquatic & marshy meat), Guru Bhojan (heavy diet). Aama kshira (unboiled milk), Dahi (curd), Abhisyanidi Anna (channel blocking regimens), Slesmala Dravya etc.

2) Viharaj Nidan – Raj (Dust), Dhuma (Smoke), Vata (wind), Sitasathanan Sevana (Residing in a cold place), Vyayama (exercise), Gramyadhama sevana (over indulgence in sex), Atyapatrapana (malnutrition), Marmaghata (trauma over vital organ), Vaman Virechan atiyoga (Excessive purification), etc.^[5]

3) Nidanarthakara Roga– Amaprodosa, Anaha, Atisara, Jwar, Pratishyay, Urakshata, Dhatukshaya, Raktapitta, Udavart, Visuchika, Alasa, Pandu, Daurbalya etc. disease may cause the Tamaka shwasa.^[6]

Purvarupa of Tamaka Shwas

- In Ayurvedic texts, Purvarupa of Tamaka Shwasa are not described separately so the purvarupa of the Shwasa Rog may be considered as the purvarupa of Tamaka Shwas. These purvarupa are Hridayapeeda, Parsvashula, Anaha and prana vilomatva.^[7]

Rupa of Tamaka Shwas

In Tamaka shwas following symptoms are seen.^[7]

- 1) Peenas (Rhinitis)
- 2) Greevashirn Sangrah (Stiffness of the head and neck)
- 3) Ghurghurukam (wheezing sound)
- 4) Tivravega shwas (Greater enhancement of respiration is relation to rate rhythm)
- 5) Pratamyati Veg (Deterioration of Consciousness)
- 6) Kasa (cough)
- 7) Pramoham Kasamanashcha (while coughing becomes unconscious frequently)
- 8) Shleshmana Muchyamanen Bhram Bhavti Dukhitah (until the expectoration of provoked kapha patient remains agony and patient finds temporary relief)
- 9) Shyan shwas peedite (In lying posture dyspnoea is aggravated and he can't sleep).

- 10) Aseeno labhate Soukhyam (feel comfort to breath in sitting position).
- 11) Soukhyam Ushanam (like not things).
- 12) Ucharitaksho (eyes one elevated).
- 13) Lalat sweda (Perspiration on the forehead)
- 14) Vishush kasya (Dryness of mouth)

Bhed of Tamaka Shwas

In Ayurveda, two subtypes of Tamaka shwas have been described.

- 1) Pratamaka - when Tamaka shwas is associated with Jwar (fever) and Murchha (unconsciousness), it is known as pratamakashwas.^[9]
- 2) Santamaka - One which is caused by udavarta (reverse movement of vayu), dust indigestion, humidity and suppression of natural urges, aggravates severely in darkness and Subsides quickly by cold things is known as Santamaka because the patient feels as if Sinking in darkness.^[10]

Pathya & Apathya of Tamaka Shwas.^[11,12]

a) Pathya

Aharaj - Sali rice, Kulathha, Yava, Godhuma, Patola saka, Balamulaka Sakha, Pakva kapitham, matulungam, ajadugdham, Ajaghrtham, usnodaka, Madhya, jangalamamsa, Mansa ras, Garlie, Honey, Draksha, Nidigdihika

Viharaj– Ushnajala snana, swedana, Abhyanga, mediateed dhoompana, Virechan karma, Vaman karma, Diwaswapan.

b) Apathya

Aharaj – Nispava, masha, Pinyaka, Anupamamsa, Tila taila, Guru Bhojan, Dadhi, Sita Ambu (cold water) Sitasana (cold food) Matsya (fish), Kanda, Ruksha annapan.

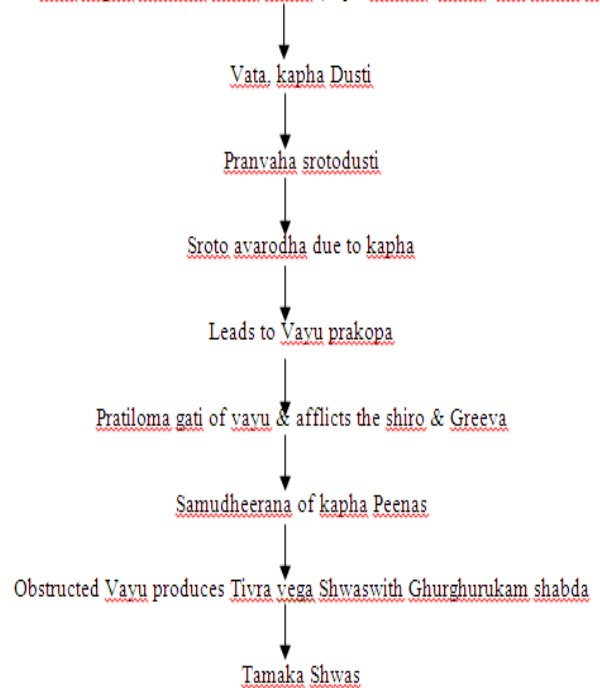
Viharaj – Exposure to dust, smoke, and wind, residing in a cold place & vyayama, excess indulgence in sexual activities, Rktamokshan, Purvat annapan.

Samprapti

When vayu taking severe course reaches (respiratory) passages seizing neck and head and aggravating (Secretion of) phlegm it produces Coryza which creates obstruction and troublesome dyspnoea.^[13]

Samprapti chakra

Vata Kapha Vardhak Nidan Sevan (Raja, Dhuma, Dadhi, Sita Ambu etc)



SampraptiGhatak

Dosha	-	KaphanugataVata
Dushya	-	Rash,
Adhisthan	-	Pitta sthan (Amashay)
Srotas	-	PranvahaSrotas
Srotodusti	-	Sang evumVimarga gamana
Swabhav	-	Chirkari
Agnidusti	-	Agnimandya
Sadhyasadhata	-	Krichchasadhya

Prognosis

Tamaka shwas is generally yapyia i.e. palliable but it is curable in its primary stage.^[14]

Chikitsa Siddhant of Tamaka Shwas

According to acharya charak chikitsa siddhanta of Tamaka shwas is described as follows

- I) Nidan Parivarjana
- II) Sanshodhana chikitsa
- III) Samana chikitsa

I) Nidana Parivarjana – The patient of Tamaka Shwas desiring freedom from disease should avoid the etiological factors said for these disorders.^[15]

First line of treatment is to avoid the causative factors, If the precipitating factors are not avoided, the doshas involved in the pathogenesis will further be aggravated and prognosis will be worse. In treatment of Tamaka shwas avoidance of causative factors play a very important role.

II) Sanshodhana chikitsa - Sanshodhan karma should be performed in following Steps

- (i) **Snehana & Swedana**^[16] The patient suffering from Tamaka Shwas should be managed with unctuous

sudation by Nadi, Prastara and Sankara methods after he is massaged with oil mixed with saidhava lavana. By this his inspissated phlegm into the channels gets dissolved and theseby the passages become soft and vayu returns to its normal course.

- (ii) **Vamana Karma**^[17] After proper Snehan & Swedan the patient should be given the diet consisting of rice with uncting substance along with meat soup of fish or boar or with the supernatant fatty layer of curd. In this way when kapha is increased, should be advised to take emesis mixed with pipali, Saidhava (Rock salt) and madhu (Honey) and which is not antagonistic to vata. On elimination of deranged phlegm he gets relief and vayu also starts moving unimpeded after the channels are cleansed.
- (iii) **Dhumapana**^[18] If some pathogenic material still remain hidden, it should be eliminated by Dhumapana. Haridra patra, Erandamula, Laksa (lac), Manahsilla, (realgar), Devadaru, Hartal (orpiment), Mansi (jatamansi) should be powered together and made into sticks. Such stick smeared with ghee should be smoked.
- (iv) **Virechana** - In Tamaka shwas give virechana added with the drugs alleviating Vata and Kapha.^[19] The site of origin of shwas rog is pitta sthan. Virechana karma is indicated as the best treatment for the aggravated Pitta Dosha.
- (v) **Nasya** – Acharya charak has mentioned the juice of Onion, Garlic and Carrot as Nasya. He also described the chandana with Nareeksheer for Nasya.^[20]

III) ShamanaChikitsa

For the patient who are not eligible for Sandhodhan karma, Shaman therapy should be adopted. Sanshamana therapy in this case includes deepana, Pachana, kaphaVata shamaka drugs and regimen along with drugs that purify Pranvaha Srotas.

CONCLUSION

Tamaka Shwas is predominantly Vatakaphaj vyadhi, originating from Pittasthana and manifested through Pronvaha srotas. Main causative factors responsible for Tamaka Shwas are Dhuma (smoke), Raja (Dust), Ativyayama (excessive exercise /work), sheeta sthananivasa (residing in cold areas), Guru bhojan (heavy diet), and sheeta bhojana (cold food/ drinks). Nidana Parivarjana is the first line of treatment for any disease. Therefore Nidana Parivarjana has got a significant role in the management of the disease Tamaka shwas. Samprapti vighatana is very important & helpful to treat the disease. It is very necessary to understand the involvement of cause in the disease and process of pathogenesis.

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