Clinical Study to Evaluate the Efficacy of Drakshadi Avaleh and Yoga Intervention Program in Management of Tamaka Shwasa w. s. r to Childhood Asthma

Dr. Manikusum1, Dr. Mahesh Narayan Gupta2

1MD Scholar, PG Department of Kaumarbhritya
2H. O. D, PG Department of Kaumarbhritya

Abstract: Childhood Bronchial Asthma, a well-known hypersensitivity disorder is characterized by respiratory ventilation insufficiency. Asthma has multifactor causation like Geographical location, environmental, racial, as well as factors related to behaviors & life styles are associated with the disease. Tamaka Shwasa is a disease described in Ayurvedic texts that shows close resemblance with Bronchial Asthma on the basis of clinical manifestation. Tamaka shwasa is one among the major disease explained in Ayurveda. Difficulty in breathing, failure of normal process of respiration is known as shwasa roga. Shwasa is pathological condition in which the normal process of respiration is distributed. Tamaka Shwasa is caused due to vitiation of Kapha and Vata dosha affecting Pranavaha Srotas. Approximately 50% of children, have clearly defined allergen exposure that can be associated with Asthma. The global prevalence of Asthma is anticipated to be approximately 45%. There are about 334 million peoples affected with Asthma, across the world. India has an estimated 15 - 20 million Asthmatics. The prevalence of Asthma has increased over time and an additional 100 million people worldwide will be expected to develop Asthma by the year 2025. In morden medical science, management of bronchial Asthma is carried out with usage of bronchodilatatories, leucotriene antagonist, mast cell stabilizers corticosteroids. Long lasting use of morden drugs also produces adverse and reduces the effectiveness of therapy. Taking into consideration all the above facts a study, had been designed under the title “Clinical Study to evaluate the efficacy of Drakshadi avaleh and Yoga Intervention program in Tamaka Shwasa w. s. r to Childhood Asthma.”

Keywords: Asthma, Drakshadi avaleh, Shwasa, Ayurveda, Pranvah srotas

1. Introduction

Bronchial Asthma is an exaggerated immune response occurs as a most common chronic disorders explained mainly as because of increased stress on the system by factors such as greater chemical pollution in the air, water & food. Its prevalence is rapidly increasing in developing countries. It is also considered as an adversary of medical treatment for various specific ailments that can alter immune balance. There is no everlasting cure for Asthma as per the Conventional Medical Science, Morden management of Asthma line is mainly based on Short - acting b2 - agonists, theophylline, oral and inhaled corticosteroids etc.

Tamaka Shwasa is a disease described in Ayurvedic texts that shows close resemblance with Bronchial Asthma on the basis of clinical manifestation. Tamaka shwasa is a disease of Pranvaha Srotas caused by predominant of Vata Kapha dosha afflicting the Rasa dhatu. The disease shwasa as described in Ayurveda is of 5 varieties, out of which 3 types of Shwasa are stated to be incurable, while one of them does not need any treatment only rest is sufficient, whereas the "Tamaka Shwasa" is Yapya, i. e. palliative. The main symptoms include Shwasakruchchata (Breathlessness), Ghurghuraka (wheezing), kasa (cough), Peenasas (Rhinitis), Anidra (Difficulty in sleeping). Kanthodhvamsa (Hoareseness of voice), Asino Labhte Saukhyam (Relief in sitting position) etc. The unique treatment modality of Ayurveda provides long lasting results and a better life to patients. As mentioned above Tamaka Shwasa is predominantly Vata Kaphaja Vyadhi. The trial drugs Drakshadiavaleh which is combination of four drugs mention in Yog Ratnakar pacifies Vata kaphaj doshas for betterment of respiratory health.

Aim and Objective of Study
- To review ancient as well as modern literature available on Tamakshwasa and it’s management.
- To study the efficacy of Drakshadi yog and yoga in management of Tamak shwasa w. s. r. to childhood asthma.
- To assess and monitor any adverse effects of trial drugs.

2. Material and Methods

Selection of the drugs:

Drakshadiyog is the combination of 4 drugs explained by Yogratnakar in balrogadhikaar. All drugs are in equal quantity.

Volume 12 Issue 8, August 2023
www.ijsr.net
Licensed Under Creative Commons Attribution CC BY

Paper ID: MR23823124103 DOI: 10.21275/MR23823124103 2121
Draksha - Vitis vinifera
Vasa - Adhatoda vasica
Haritaki - Terminalia chebula
Pippali - Piper longum

Contents of Drakhadi yoga described below -
1) Draksha (Vitis vinifera):
Latin Name: - Vitis vinifera
Family: - Vitaceae

Synonyms -
Sanskrit Name: - Draksa, Mrudvika, Gostani, Swaduphala, Brahmani, Rasaala, Guda, Vrushya, Krushna, Madhurasa, Priyala, Tapasapriya
Hindi name - Angoor, Munakka
English Name: Grapes

Ayurvedic Properties -
- Rasa: Madhura
- Guna: Snigdha, Guru, Mrudu
- Veerya: Sheeta
- Vipaka: Madhura

Karma:
Dosha karma: Vata - pitta hara, Vrshya, Brmhana, Chakshushhya, Virechanopaga, swarya.

Pharmacological Activity
Due to snigdha, guru, mradu and madhur it helps to overcome vata dosa useful in vatajksa. (P. V. Sharma: Dravyagunvigyanam)

Pharmacological Properties
Vitis vinifera has shown presence of Antioxidant, Antifungal, Antiulcer, Hepato Protective, Wound Healing, Anti Mutagenic, Anti Herpetic, Cardio Protective, Breast Cancer Suppressor, Angiotensin - Converting Enzyme (ACE Antibacterial Activity. )

Effects
It has Anti - oxidant, Hepatoprotective actions, Antimicrobial and antiviral effects and anti - inflammatory activates.

2) PIPPLI
Latin Name: Piper longum
Family: Piperaceae

Properties:
- Rasa: Katu, Madhura
- Guna: Laghu, Snigdha, Tikshna
- Veerya: Anushnasita
- Vipaka: Madhura
- Prabhava: Rasayana

Karma:
Dosha karma: Vatakaphashamaka

Classical Indication:
Vatashleshmaroga, Udarroga, Kushtha, Prameha, Gulma, Arsha, Pitharoga, Aamvata, Shwasa, Kasa, Aruchi, Pandu, Krimiroga (B. P.):

3) HARITKI:
Latin Name: Terminalia chebula
Ayurvedic Properties -
- Rasa: Pancha rasa except Lavan but Kashaya rasa pradhan.
- Guna: Laghu, Rukska
- Veerya: Ushna
- Vipaka: Madhur

Karma:
Dosha karma: Saravdosh shamak mainly vatashamak Anulomana, Rasayana, Prajasthapana, Sansthanika karma: Anulomana, Rasayana, Prajasthapana, Chakshususya, Hridya, Lekhana.

Pharmacological Activity
Due to Madhur tikta kashaya it helps to overcome pitta dosa: katu, tikta kashaya it helps to overcome kapha dosa and amala, madhur it helps to overcome dosa, it is tridosahara property. (P. V Sharma, Dravyagunvigyanam).

Effects
It has Anti - oxidant, immune - modulatory activity, anti - bacterial activity, Hepatoprotective actions and anti - viral activity etc.

4) VASA:
Latin Name: Adhotoda vasica
Family: Acanthaceae

Ayurvedic properties:
Rasa: Tikta, Kasaya
Virya: sita
Vipaka: katu
Guna: Laghu, Rukska
Karma: Kapha - Pittahara, Hrdya, Svarya

Indication
Shwasa, Kasa, Jwara, Chardi, Prameha. Kushta, Pandu,

Yoga Intervention
Sukshma vyayam (warming up)

Asana (postures) -
1) Tadasana
2) Parvatasana
3) Paschimottanasan
4) Bhujangasana

Pranayam (Breathing exercise) –
1) Nadi shodhan
2) Kapalbhati

Relaxation (Shavasana)
During trial & follow up period patients were instructed to follow Pathya and Apathy regime.

Probable Mode of Action of Drug
In Ayurveda, the action of drugs is determined on Pharmacodynamic factors as Rasa, Guna, Veerya and Vipaka along with certain specific properties called prabhava. These drugs in combination act as antagonist to the main morbid factors i. e. Dosha and Dushya to cause Samprapti Vighatana to all of the symptoms of the disease.
Tamaka shwasa or Asthma is a result of disturbance in the equilibrium of Vata and Kapha, which cause obstruction in the equilibrium of Vata and Kapha, which cause obstruction in the of Pranvaha Srotas, so a drug which can remove the blockage, is essential in this disorder. The trial medicine has pharmacokinetic properties as Katu Tikta Rasa, Laghu Ruksa Guna, Ushna Veerya and Katu Vipaka which help to clear the blockage. Katu Vipaka property of the drug helps to cure. Ama i.e. the inflammatory condition of the bronchial tree. Laghu Ruksa Guna helps to control Kapha responsible for the mucogenic secretion in the respiratory Dissection avrection in the respiratory tract.

Ingredients are Kaphavatashamak and have different therapeutic actions like Anti - allergic, anti - tussive, anti - histaminic. mast cell stabilizing activity, inflammatory and immunomodulatory action etc. Trial drug showed promising results may be due to synergistic actions of all ingredients

A bundle of research work has been done on management of Tamaka shwasa and Asthma in both modern and Ayurveda sciences and lot of work in still going on. But still an expectant cure is not found. According to Fundamentals of Ayurveda, for cure of any disease samprapti vithan is the basic line of treatment. As Tamaka shwasa have vata kaphaja predominance with srotodushi sang (srotavarodha) and vimarggaman, we have selected a regimen with vatakaphashamaka properties.

Mode of Action of Yoga
- Pranayam - There was significant reduction in symptoms improvement in FEV1 and PEFR.
- Tadasana - By the Tadasana Lung surface area increased so increased air entry in lung so prevent the narrowing of bronchioles.
- Parvatasana - It improves the working of your respiratory system and keeps a check on hormones.
- Paschimottanasana - By the Paschimottanasana Jatharagni induced because it is mandagni vikar so help in to treat bronchial Asthma.
- Bhujangasana - This induced the Jatharagni. And it is Sarve Rognashak and it induced Kundalini Shakti. It improves oxygen and blood circulation through the body. It also opens up your chest and clears the passages to the lungs.
- Shvasana - Shvasana relaxes your entire body and mind and takes away any built - up anxiety or pressure. It brings you into a meditative state and completely refreshes you. The pose helps you to be calm and composed which is essential to tackle asthma. Shvasana is a beginner level Ashtanga Yoga Asana. Stay in the pose for a couple of minutes till feels completely relaxed.

3. Conclusion
- Tamaka Shwasa is more common in early childhood period because of dominant of kapha in childhood.
- Tamaka Shwasa exacerbations are mostly occurs in winter, rainy & spring season due to increased humidity & allergens.
- Chiefly Pranavaha, Annavaha, Rasavaha srotodusti is dominant in Tamaka Shwasa and Kapha and Vata are main vitiated doshas.
- Ingredients of Drakshadi avaleh are Kaphavatashamak and may have Anti - allergic, Anti - tussive, anti - histaminic, mast cell stabilizing activity, anti - inflammatory and immunomodulatory action etc.
- Drakshadi avaleh shows promising results may be due synergistic actions of all ingredients.

References
[12] CharakChikitsasthan 17
[13] SusruthaUttasasthan.51/6
[14] AstanghryamChikitsasthan 4/3
[19] RasRatnaSamuchaya 13/47.
[21] Bhava Prakash 14th chapter
[22] YogRatnakarPurvakhand.
[23] BhaishyajyaRatnavali 16 chapter.
[27] GINA Workshop Report (Updated 2008)
[29] Kumar & Clark Clinical Medicine, Edited by Prof. Praveen Kumar, Published by Elsevier saunders, Edition 8, year of reprint 2012, ch.14, pg no.912

[30] Harrison's Principles of Internal Medicine, Edited by Dennis L. Kasper et al, Published by McGraw hill Medical Publication division, Edition 16,