



## Role of Haritaki in Tamaka shwasa: A conceptual study

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### 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 (कण्ठघुर्घुरिकान्वित). It is correlated with Bronchial Asthma in Allopathy. Around 339 million people are living with asthma worldwide<sup>[1]</sup>. 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 udbhav 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 भस्त्रिका आध्मान् सम् वातो ऊर्ध्वगामिता”। 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 वातात्मकावेतौ पित्तस्थान समुद्भवौ।  
हृद्यस्य रसादीनाम् धातूनाम् च उष्णोष्णो॥  
(च.चि.१७/८)<sup>[2]</sup>

निदानः

रजसा धूमवाताभ्याम् शीतस्थानाम्बुसेवनात्।  
व्यायामाद् ग्राम्यधर्माध्वरूक्षान्नविषमाश्रात्॥  
आमप्रदोषात् आनाहाद् रोक्ष्याद् अति अपतर्पणात्।  
दौर्बल्यात् मर्मणो घाताद् द्वन्द्वच्छुद्धियोगतः॥

अतिसार ज्वर हृदि प्रतिश्याय् क्षत् क्षयात् ॥  
 रक्तपिताद् उदावर्ताद् विसूच्यलसकादपि ॥  
 पाण्डुरोगाद् विशात् चैव प्रवर्तते गदाविमौ ॥  
 निष्पावमाषपिण्याकतिलतैलनिषेवणात् ।  
 पिष्टशालूकविष्टम्भिविदाहीगुरुभोजनात् ।  
 जलजानूपपिशितदध्यामक्षीरसेवनात् ।  
 अभिष्यन्दि उपचारात् च श्लेष्मलानाम् च सेवनात् ।  
 कण्ठोरसः प्रतीघाताद् विबन्धे च प्रिथक् विधैः ॥  
 (च.चि.१७/११-१६)<sup>[३]</sup>

श्वास सम्प्राप्ति :

यदा स्त्रोतान्ति सन्नुध्य मारुतः कफपूर्वकः ।  
 विष्वग्रजति सन्नुधः तदा श्वासान् करोति सः ॥  
 (च चि १७/४५)<sup>[४]</sup>

In general Shwasa roga may occur due to following three reasons:

- Defect in respiratory system due to congestive heart failure, diabetic coma, epidemic dropsy.
- Obstruction in respiratory passage which makes the space less available for vaat movement: it may occur due to tundikashoth, rohini etc
- 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 mriduvirechaka Dravya. According to Acharya Charak 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.<sup>[14]</sup> www.ccras.nic.in

Samprapti ghataka of Tamaka shwasa:

Dosh: vata and kapha

Dushya : pranvah,annavah and udakvah strotas

Adhishtan : pranvah , udanvah strotas

Strotodushti prakar: vimarga gaman , sanga

Agni sthithi: agnimandya

Sadhya-asadhyata : yapyia , if it is new then it is sadhya acc to Acharya Charaka.

### Aims and Objectives

- To study the etiopathogenesis of Tamaka shwasa worst bronchial asthma
- To evaluate the role of Haritaki in tamaka shwasa.

### Materials & Methods

#### Literary Source of Drugs

हरीतकी पञ्चरसा अलवणा तुवरा परम् ।  
 रूक्ष ऊष्णा दीपनी मेध्या स्वादु पाका रसायनी ॥  
 चक्षुष्या लघु आयुष्या बृंहणी चानुलोमिनी ।  
 श्वासकासप्रमेहार्शः कुष्ठ शोथोदरक्रिमीन् ॥  
 (भाव प्रकाश निघण्टु हरीत्क्यादि वर्ग १९-२०)[५]

Haritaki by acharya Charaka

कफ प्रसेकम् वेस्वरयम् वैवर्ण्यम् कामलाम् कृमीन् ।  
 श्वथुम् तमकम् छर्दिम् क्लैब्यम् अनात्सादनम् ॥  
 (ch chikitsa 1/ 33)<sup>[६]</sup>

Shwas roga is of 5 types among which one is tamaka shwasa samprapti of Tamaka shwasa: प्रतिलोमम् यदा वायुः स्त्रोतान्ति प्रतिपध्यते ।  
 ग्रीवाम् शिरः च संगृह्य श्लेष्माणम् समुदीर्य च ॥  
 करोति पीनसम् तेन रुधो घुर्घुरकम् तथा ।  
 अतीव तीव्रवेगम् च श्वासम् प्राणप्रपीडकम् ॥  
 (च.चि.१७/५५-५६)<sup>[८]</sup>

#### 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

- 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 (फूत्कार कर् के श्वास आना)

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

According to acharya Charaka tamaka shwasa 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

उदावर्त रजो अजीर्ण क्लिन्कायनिरोधजः।

तमसा वर्धते अत्यर्थम शीतेः च आशु प्रशाम्यति।

मञ्जतः तमसीवा अस्य विध्यात् सन्तमकम् तु तम्॥[9]

(च चि १७/६३-६४)

### Purva roopa of shwasa

charaka	Sushruta	vagbhata
Madhava		
Aanah Hritpeeda	Hrit	parshwashoolam
Hritpeeda		
Parshwashoola	Bhakar dwesha	Pranvilomta
Shoola		
Hridya peedan Arti	Aanaha	Adhman
Pran vilom	Aanah shankhbheda	Aanah

### Management of tamaka shwasa

1. Acharya Charaka said first of all do snehana swedana and then vamaana 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.

कफ प्रसेकम् वैस्वरयम् वैवर्ण्यम् कामलाम् कृमीन् ।

श्वथुम् तमकम् छर्दिम् क्लैब्यम् अनाब्सादनम् ॥

(ch chikitsa 1/ 33)<sup>[6]</sup>

3. As haritaki is of ushna veerya so it acts mainly on dushita kapha and vata and thereby helps in curing htamaka shwasa

4. Use of haritaki formulations as Agstaya haritaki and Vyaghra haritaki mentioned in ayurvedic classics for tamaka shwasa.

5. Vyaghra haritaki

क्षयोद्भवम् च क्षतजम् च हन्यात् सपीनसश्वासस्वरक्षयम् च

यक्ष्माणमेकादशमुग्ररूपम् भृगूद्दिष्टम् हि रसायनम् स्यात्॥

(भैषज्यरत्नावली कासे अध्याय १७२ श्लोक)

6. Ashtang hridya as tamaka shwasa occurs due to obstruction of vata by kapha so to clear vata marga vamaana and virechana are necessary. As haritaki is a good virechaka dravya so it is a good drug to cure tamaka shwasa.

7. घृत क्षौद्रेण वा पथ्या विडंग ऊष्णा पिप्पलिः॥ (अष्टांग हृदय चि 4/41)<sup>[10]</sup>

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 agneedepak and kaas shwasa nashak<sup>[11]</sup>

### 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 sthana which in fact is the site of origin of Shwasa roga. Hence, it acts as a curative measure. {A CRITICAL REVIEW STUDY ON TAMAK SHWASA (BRONCHIAL ASTHMA): AN AYURVEDIC PROSPECTIVE Dr. Archana Nivrutti Bhangare\* 1 and Sandeep Madhukar Lahange<sup>2</sup> WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH www.wjpmr.com<sup>[12]</sup>

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<sup>[15]</sup>

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