

# BRONCHIAL ASTHMA (TAMAKA SHWASA)



Pushkaramoola

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## What is Bronchial Asthma (Tamaka Swasa)?

**Bronchial Asthma** occurs due to the vitiation of vata and kapha doshas; manifests as repeated episodes of breathlessness, a feeling of tightness in the chest resulting from narrowing of the airways.

## What is the impact of Asthma (Tamaka Swasa)?

- Wheezing possibly accompanied by a whistling noise
- Shortness of breath
- Coughing, usually in fits
- Tightness in the chest,
- Constricted throat that is dry
- Difficulty in sleeping
- Congested nasal passages
- Extreme difficulty in breathing
- Increased pulse rate



Kantakari

## How Ayurveda manages Asthma (Tamaka Swasa)?

Ayurvedic view of Asthma as it is a Kaphaja disorder, that begins in the stomach progresses to the lungs and bronchi, the goal of treatment is to move the excess Kapha back to stomach and then eliminate it by following methods.

- **Swedana** (Sudation),
- **Vamana** (Therapeutic emesis),
- **Virechana** (Therapeutic purgation) according to the need.



Shunthi

## Some useful Ayurvedic Formulations:

- Shringyadi churna
- Eladi vati,
- Khadiradi vati
- Shwasakuthara Rasa
- Kanakasava
- Dhanvantari gutika
- Mahalakshmi vilas rasa
- Trikatu churna



Bharangi

## What are the useful medicinal plants for Asthma (Tamaka Swasa)?

- Kantakari (Solanum xanthocarpum)
- Vasa (Adhatoda vasica)
- Shunthi (Zingiber officinalis)
- Bharangi (Clerodendrum serratum)

- Pushkaramoola (Inula racemosa)
- Karkataka Shringi (Pistacia inergerrima)

## Specific Do's and Don'ts

### Do's:

- Godhuma (wheat), Old Rice, Mudga (green gram), Kulatha (Horse gram), Yava (barley), Patola (snake gourd)
- Usage of Garlic, Turmeric, Ginger, Black pepper,
- Usage of Luke warm water, Goat milk, Honey are beneficial
- Respiratory exercises, Pranayama, Yoga

### Don'ts:

- Fish, heavy diet, Masha (black gram), fried items, mustard leaves,
- Cold & humid atmosphere, smoke, dust, and fumes.
- Sweets, chilled water, stored food items, curd
- Suppression of natural urges
- Excessive physical exertion
- Exposure to dust, pollutants, pollens, fumes, smoke, cold & humid atmosphere



Vasa



Karkatashringi