

MANAGEMENT OF CHILDHOOD ASTHMA THROUGH AYURVEDA

Bronchial asthma is the most common chronic lung disease in children which strongly affects the health of growing child. Condition is described as "*Tamaka-Shwas*" in Ayurveda. Abnormal breathing pattern, chest tightness, difficulty in breathing, wheeze and cough are the main features of the disease. *Virechana* (medicated Purgation) is the main treatment of *Tamakshwas*. But in children below ten years, *Virechana* cannot be subjected; hence *Mridu shodhana* (by the means of mild laxatives) should be done. In children aged above ten years classical *Virechana* therapy along with *Shaman Chikitsa* is helpful for reducing frequency of episodes of asthma and dependency over other medical treatment which definitely improves the quality of life of asthmatic children.

Some commonly prescribed Ayurvedic medicines for asthma are-

1. **Single Drug:** *Pushkarmul, Shati, Shunti, Kantakari.*
2. **Churna:** *Sitopaladi, Talisadi, Shatyadi, Shrungyadi, Balchaturbhadra*
3. **Vati/Rasauashadhi :** *Swaskuthar Rasa, Khadiradi Vati, Eladi Gulika, Swasanand Gulika*
4. **Kwath :** *Dashmula Kwath, Nayopayam Kwath, Gojihvadi Kwath, Shirishtwak Kwath*
5. **Asava-Aristha:** *Kanakasava, Vasarishtha*
6. **Avaleha:** *Vasavaleh, Chiktra-haritaki Avaleh, Agastya Rasayan,*

Pathya-Apathya (diet and life style):

Do's (Pathya) -

- **Food:** Old Sali variety of Rice, *Kulatha, Barley, Wheat, Green Gram, Garlic, Pepper, Ginger, Patola, Shigru, Honey, Goat milk*
- **Regimen:** Fomentation, Massage with *Saindhavadi tail* on chest, *Pranayam.*

Don'ts (Apathya) -

- **Food :** cold and heavy food, Oily and fried items, bakery items, fast foods, chocolates, wafers, curd, Paneer, fish, ice creams, food items with preservatives and other chemicals, intake of known allergens.
- **Regimen:** Exposure to cold, dust, smokes, direct wind, peak sun exposure, air conditioners, cold water bath, day sleeping.

Depending upon age, season and severity of episode the treatment plan varies. So consult Ayurvedic physician before starting treatment.

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