An Exploratory Study of Clinical Efficacy of "*Shwasahar Dashemani*" in *Shwas Roga*

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ABSTRACT:

Shwasa is considered as the most serious disease in *Ayurveda* and stated that none other disease kills as instantaneously as *Shwasa*. A high prevalence of respiratory disorders was observed in Delhi, 30.5 % people are affected the respiratory ailments. *Shwasahar Mahakasaya* is one of the significant *Ayurveda* group of medicine which helps in improving Respiratory diseases. Study is to drill down the possible effect of *Shwasahar Mahakasaya* based on distribution of active principles explained in *Ayurveda* classical text. Percentage criteria is being analysed to get the clarity about the reason behind desired output. *Rasa, Guna, Virya* and *Vipaka* these attributes are analyzed based on their component distribution. Distribution of dominating attributes among 10 Plants indicated in *Shwashhar Mahakasaya* are *Katu Tikta Rasa, Laghu Guna, Ushna Virya* and *Katu Vipaka*. Results found out of the study is 31.82 % *Katu Rasa*, 36.36 *Tikta Rasa*, 43.48% *Laghu Guna*, 60.00% *Ushna Virya* and 60.00% *Katu Vipaka*. *Ushna Virya* of the drugs is responsible to alleviate *Vata* and the remaining other factors *Laghu Guna, Katu Tikta Rasa* and *Katu Vipaka* along with *Ushna Virya* is responsible to alleviate *Kapha*. Equal potency in *Rasapanchaka* will produce final result in sequential manner where each aspect lined up with basic effects of *Rasa*. That is the best possible reason to get the great outcome through *Shwashar dashemani*.

Key Words: *Shwasahar Mahakasaya, Shwash Chikitsa,* Active Principles, *Rasapanchaka, vata-kapha hara dashemani*

INTRODUCTION

The contribution of chronic respiratory diseases to the total in India increased from 4·5% in 1990 to 6·4% in 2016. COPD and asthma were responsible for 75·6% and 20·0% of the chronic respiratory disease respectively, in India in 2016. The number of cases of COPD in India increased from 28·1 million in 1990 to 55·3 million in 2016, an increase in prevalence from 3·3% (3·1–3·4) to 4·2%. 53·7% were attributable to air pollution, 25·4% to tobacco use, and 16·5% (14·1–19·2) to occupational risks, making these the leading risk factors for COPD.[1] A high prevalence of respiratory disorders was observed in Delhi, 30.5 % people are affected the respiratory ailments.[2] *Shwasa* is

considered as the most serious disease in *Ayurveda* and stated that none other disease kills as instantaneously as *Shwasa*. *Acharya Charaka* gives 500 *Kashayas* in 50 *Maha kashayas* which are described with their characteristics For example-the *Maha Kashayas* which contains *Jeevaka*, *Jeevanti* etc. is termed as *Jeevaniya Mahakashaya* similarly *Lekhniya, Shwashhar Mahakashaya*. Individual drugs of each *Mahakashaya* makes a separate *Kashaya*. Again these 50 *Mahakashaya* having classified in 10 groups. The sub classification has been done according to the similarities of name of *Mahakashaya*. Some group are classified on the basis of its action i.e *Mahakashaya* useful for *Panchakarma* are grouped into subtypes like *Snehopaga, Swedopaga,Vamanopaga* etc. *Shwasahara Mahakashaya[3]* has 10 drugs which are used to treat pathologies generated in *Pranavaha Srotas* like T*amaka Swasa*. The *Shwasahara Mahakashaya* contains 10 drugs such as – *Shati, Puskarmoola, Amalavetas, Ela, Hingu, Agaru, Surasa, Tamalaki, Jeevanti and Chanda[4]*. (Table 1)

MATERIAL AND METHODS

Information collected from *Charak Samhita[5], Bhav Prakash Nighantu[6], Dhavantri Nighantu* and various other *Nighantus*, few online publications such as articles and journals and research review papers[7]. *Shwasahar Dashemani* has 10 drugs, out of them some have proven effects on scientific grounds with respect to respiratory disorder management. *Shati* showed anti-inflammatory and analgesic activity[8]. *Shati* is useful in dyspnoea and has spasmolytic and antiemetic properties[9]. *Pushakarmoola* has anti-allergic action[10], Anti-pyretic and antiseptic properties[11]. *Amalvetas* is a good antioxidant[12]. *Ela* has anti-inflammatory, analgesic and antispasmodic activities[13]. *Ocimum sanctum (Tulasi)* offered protection against inflammatory reactions[14]. *Tamalki* has significant effect in *Tamaka Shwasa[15]*.

METHODOLOGY

Charak has explained the *Swashhar Mahakasaya* in chapter 4 (*Shadvirechanshatashrityaadhyaya*) in *Sutra Sthana*. Here *Acharya* enlightened us with best possible combinations which has a specific effect[16].

Based on active principle here a valued output has taken to unveil the reason to choose these drugs in *Shwashhar Mahakasaya*. Table 2- Table 8)

DISCUSSION

In attributes distribution is as follows *Rasa* is 22, *Guna* is 23, *Virya* is 10 and *Vipaka* is 10 in number. Out of which dominant *Rasa* in all herbs are *Tikta, Katu and Madhur.*

Acharya Charak clearly given direction about those things which has to be taken by the patient orally.

"yat kinchit kaph-vataghnam ushnam vataanulomyam |
Bheshajam panam annam va tat hitam swasshhikkiney ||[18]" (Ch.Chi. 17/147)

Acharya Charak said that the patient of *Hikka* and *Shwasa* has to take those medicine, food and liquids which are *Vata* vitiated, *Kapha* vitiated and *Ushna* viz-a-viz maintain the correct flow of *Vata*.

Rasam vipakastau viryam prabhastan uphati |
Balsamye rasadinaam iti naisargikam balam ||[19] (Ch. Su. 26/45)

Acharya Charaka also said that *Rasa, Vipaka, Virya* and *Prabhav* are sequentially more powerful. If *bala* (power) of all four are same in drug then all will work normally. Out of this we can draw that *Rasa* is the major active ingredient which will work on disturbed *doshas*. Properties of major *Rasa* given explained by *Acharya Charaka*. *Vatanulomana* is one out of important perspective of treatment in *Shwasa roga*. *Hingu* because of its *Ushna veerya* and *Amlavetasa* is because of its *Amla Rasa* regularize the direction of *Vata* and keep it in *Anuloma Gati. Tikta Rasa[20]*: "*Deepan and Pachan*" (enhance fire and digestion): through this *Ama Dosha* which is the main reason for *Pranvaha Srotogat Vyadhi* will be digested. Enhancing the anabolic and catabolic function strength to the effected system gets increased. *Lekhan* (Scraping): important property of *Tikta Rasa*, obstruction caused by mucous and debris will be scraped out from the channels which will allow air to flow freely. That will reduced the amount of exacerbation in respiratory diseases like COPD and Asthma. "*Kleda Meda Vasa Majja Lasika Puya Swed Mutra Purisha Pittha Shleshma Upshoshana*": used to dry the excess amount of mucous and any kind of obstructive fluid which will produce obstruction in air flow. If mucous present in the channels is scraped and dried up then the *Vata Anuloman* will happen finally leads to reduction in exacerbation and amount of *Kapha. Katu Rasa[21]*: "*Sneha Sweda Kleda Malanu Uphanti*": Reduces the amount of lipids, fats, sticky fluids i.e. mucous and every undesired excreted material. Mucous and debris of dead cells which are responsible for the exacerbation during chronic respiratory disorders are cleaned by *Katu Rasa. "Margaan Vivranoti*" (widening of channels): in chronic respiratory disorders constriction of channels due to exposure with allergens causes exacerbations. *Katu Rasa* has property to widen the channels and reduces the frequency of

exacerbation by allowing air to flow freely. "*Sleshmanam Shamyati*" (*Kapha* reduction): *Kapha* is any kind of heavy body fluid which is responsible to reduce the space in channels, reduction in excess amount of *Kapha* will provide good space for air to flow in *Anulom* direction. *Madhura Rasa*[22]: "*Sharir Satmayad Rasa Rudira Mansa Meda Asthi Majja Ouja Shukra Abhi Vardhanam, Bala Varna Kara, Marutsghnam*": In chronic respiratory disorders *Bala* of *Purush* is reduced and *Madhur Rasa* has property to increase the amount of every *Dhatu* to maintain the homeostasis. It is the best source to alleviate the *Vata Dosha*. "*Dahamurcha Prashmanam*": It's good to balance the excessive effect of *Pitta*. In treating respiratory disorders it is important to dry excess amount of *Kapha* and allow air to flow in its natural manner, but "*Prakrastu Balam Sheshma*" natural *Kapha* is the *Bala*, *Sidhant* said that *Prakrat Kapha* is the *Bala* of *Purush*[23] so to maintain the homeostasis we need to balance the over effect of *Katu and Tikta Rasa, Acharya* used some of the drugs which has *Madhura Rasa* as main active ingredient.

CONCLUSION

Out of 10 plants in *Shwasahar Mahakasaya* total counted *Rasa* are 22, and the major distributed *Rasa* are *Katu* and Tikta which are 7 with 31.82% and 8 with 36.36% respectively. Similarly counted *Guna* are 23, and the major distributed *Guna* are *Laghu* and *Ruksha* which are 10 with 43.48% and 8 with 34.78% respectively. Similarly distributed *Virya* and *Vipaka* are 10, and the major distributed *Virya* is *Ushna* and *Vipaka* is *Katu* which are 6 with 60.00% in both the active principles. Conclusion extracted over here is that the dominating distribution attributes are *Tikta Rasa, Laghu Guna, Ushna Virya and Katu Vipaka* which are 8, 10, 6 and 6 in distribution number with 36.36%, 43.48%, 60.00% and 60.00% distribution percentage. To maintain the homeostasis of the body *Acharya Charaka* used those 10 important herbs in *Shawashar Dashemani* which will do scrapping, drying and extraction of bad *Kapha* in channels along with that maintain the good *Kapha* which is necessary to maintain the homeostasis. One side *Acharya* used those medicine which will stretch the channels for widening and on other side indulged those drugs which simultaneously do the repairing. *Katu Rasa* is *Vatakar* and *Kaphahar* in nature. *Laghu Guna* is *Vatakar* and *Kaphahar* in nature. *Ushna Virya* is *Vatahar* and *Kaphahar* in nature. *Katu Vipaka* is *Vatakar* and *Kaphahar* in nature. *Ushna Virya* of the drugs play a major role in the vitiation of *Vata* and the remaining

other factors *Laghu Guna, Katu Rasa* and *Katu Vipaka* along with *Ushna Virya* play their valuable role in the vitiation of *Kapha*.

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Table 1: RASAPANCHAKA OF SHWASAHARA DASHEMANI [17]

Sr. No.	Sanskrit Name	Scientific Name	Rasa	Guna	Virya	Vipaka
1	**Shathi**	*Hedychium spicatum.* Ham exSmith	*Katu, Tikta, Kashaya*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Katu*
2	**Pushkaramoola**	*Inula racemosa.* Hook.	*Katu, Tikta*	*Laghu, Tikshna*	*Ushna*	*Katu*
3	**Amlavetasa**	*Rheum emodi.* Wall	*Amla*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Amla*
4	**Ela**	*Elettaria cardamomum* Maton	*Katu, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Madhura*
5	**Hingu**	*Ferula narthex* Boiss	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*
6	**Agaru**	*Acquilaria agallocha* Roxb.	*Katu, Tikta*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Katu*
7	**Surasa**	*Ocimum sanctum* Linn.	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*
8	**Tamalaki**	*Phyllanthus niruri/amarus* Linn.	*Tikta, Kashaya, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Madhura*
9	**Jivanti**	*Leptadenia reticulata* W & R	*Tikta, Madhura*	*Laghu, Snigdha*	*Sheeta*	*Madhura*
10	**Chanda**	*Angelica glauca* Edgw.	*Katu, Tikta, Madhura*	*Laghu, Ruksha, Tiksha*	*Sheeta*	*Katu*

Table 2: Distribution of component *Rasa* of 10 Plants indicated in *Shwashhar Mahakasaya* is 22

S.No	*Rasa*	Distribution among Number of Plants
1.	*Madhura*	4
2.	**Katu**	**7**
3.	**Tikta**	**8**
4.	*Kashaya*	2
5.	*Amla*	1

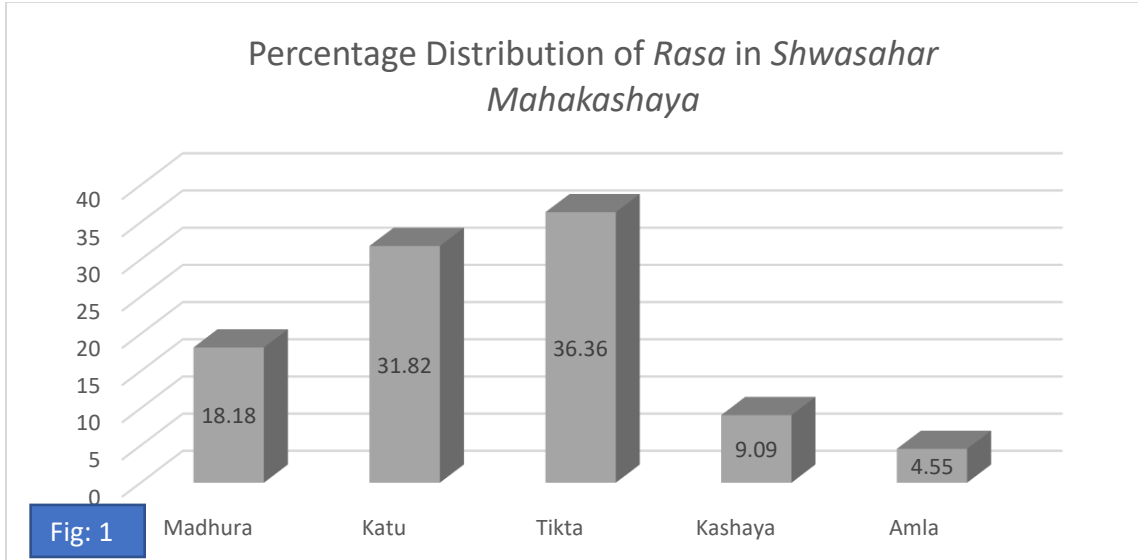**Fig: 1** — Percentage Distribution of *Rasa* in *Shwasahar Mahakashaya*

Table 3: Distribution of component *Guna* of 10 Plants indicated in *Shwashhar Mahakasaya* is 23

S.No	Guna	Distribution among Number of Plants
1.	*Laghu*	10
2.	*Tikshna*	4
3.	*Ruksha*	8
4.	*Snigdha*	1

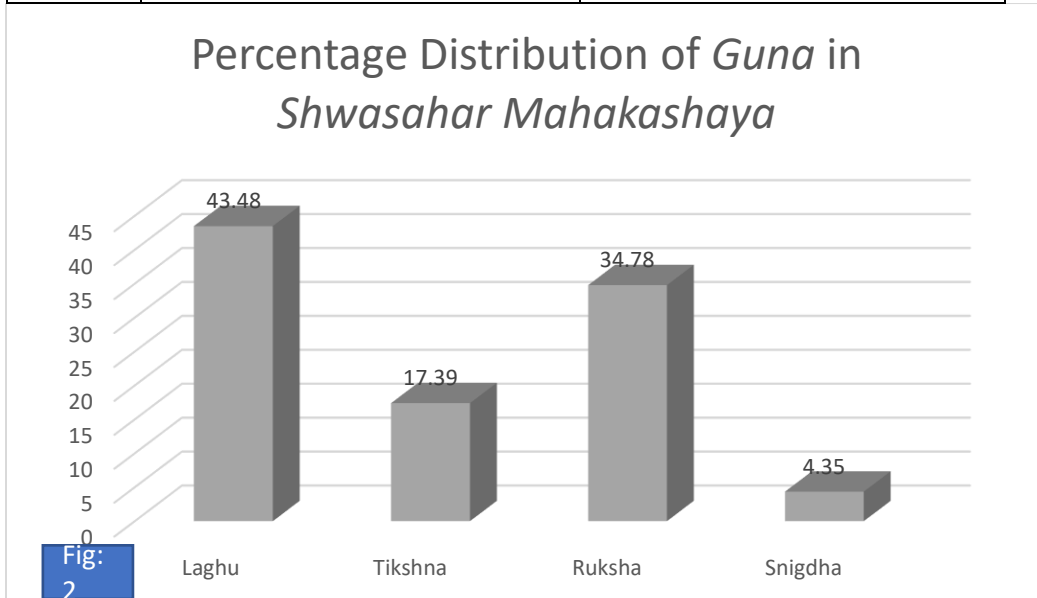**Fig: 2** — Percentage Distribution of *Guna* in *Shwasahar Mahakashaya*

Table 4: Distribution of component *Vipaka* of 10 Plants indicated in *Shwashhar Mahakasaya* is 10

S.No	*Vipaka*	Distribution among Number of Plants
1.	*Katu*	6
2.	*Madhura*	3
3.	*Amla*	1

Percentage Distribution of *Vipaka* in *Shwasahar Mahakashya*

10
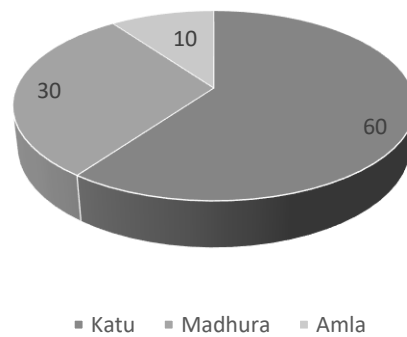30
60

■ Katu ■ Madhura ■ Amla

Table 5: Distribution of component *Virya* of 10 Plants indicated in *Shwashhar Mahakasaya* is 10

S.No	*Virya*	Distribution among Number of Plants
1.	*Ushna*	6
2.	*Sheeta*	4

Percentage Distribution of *Virya* in *Shwasahar Mahakashya*
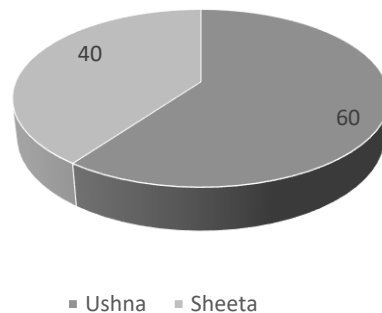
40
60

■ Ushna ■ Sheeta

Table 6: Effect of Dominating attributes of 10 Plants indicated in *Shwashhar Mahakasaya* on *Vata Dosha*- the factor attributed for causation of pain

S.No	Attributes	Effect on *Vata Dosha*
1.	*Tikta Rasa*	*Vatakara* (increases *Vata Dosha*)
2.	*Laghu guna*	*Vatakara* (increases *Vata Dosha*)
3.	***Ushna Virya***	***Vatahara* (decreases *Vata Dosha*)**
4.	*Katu Vipaka*	*Vatakara* (increases *Vata Dosha*)

Table 7: Effect of Dominating attributes of 10 Plants indicated in *Shwashhar Mahakasaya* on *Kapha Dosha*- the factor attributed for causation of pain

S.No	Attributes	Effect on Kapha Dosha
1.	*Tikta Rasa*	*Kaphahara (decreases Kapha Dosha)*
2.	*Laghu guna*	*Kaphahara (decreases Kapha Dosha)*
3.	*Ushna Virya*	*Kaphahara (decreases Kapha Dosha)*
4.	*Katu Vipaka*	*Kaphahara (decreases Kapha Dosha)*

Table 8: Distribution Dominating attributes among 10 Plants indicated in *Shwasahar Mahakasaya*

S.No	Attributes	Distribution	Percentage (%)
1.	*Tikta rasa*	8	36.36
2.	*Laghu guna*	10	43.38
3.	*Ushna Virya*	6	60.00
4.	*Katu Vipaka*	6	60.00