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Ayurveda Management of Emphysema of the Lungs

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ABSTRACT: Chronic lung disorders are occurring commonly in Indian population. Altered food habits, faulty life style, smoking, air pollution has resulted in increase in pulmonary disorders. Among these, Chronic Bronchial Asthma, COPD, Bronchiectasis and Emphysema of the lung have been increased. Any patient of Bronchial Asthma who are not treated properly or in chronic course lead to emphysema in the end. Patients of emphysema will have barrel shaped or pigeon shaped chest and increased resonant note on percussion. These patients will have thick and productive sputum on expectoration. In Ayurveda respiratory diseases occur due to involvement of Pranavaha Srotas where cough, breathing difficulties, disturbed respiratory pattern occurs . Ayurveda medicines has positive role in the management of Emphysema of the lung. Formulations like Poornachandrodaya rasa, Hiranyagarbha pottali, Malla sindoor, Tala sindhoora, Rasamanikya, Siddha makaradwaja, Kanakasava, Somasava, Vasakarista, Taleesadi choorna and Sitopaladi choorna are commonly used in the management of Emphysema. These formulations are having the ingredients with actions like immunomodulatory, anti-infective, anti-bacterial, krimighna, bronchodilator, expectorant, rasayana, ojaskara, vayasthapana and mucolytic action. The present paper highlights about the role of Ayurveda medicines in the management of Emphysema of the lungs.

Key words: Emphysema of the lungs, Ayurveda, Rasayana

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INTRODUCTION

Ayurveda medicines are becoming popular not only in India but all around the world. Respiratory disorders are occurring commonly in Indian population. Among these, due to chronicity, Emphysema of the lung is becoming common. Dust, Smoking, Environmental pollution especially air pollution, altered life style and food habits and seasonal variations has lead to increase in the incidence of Emphysema of the lungs^{1,2} In Ayurveda respiratory diseases occur due to involvement of *Pranavaha Srotas*³ where cough, breathing difficulties, disturbed respiratory pattern occurs. Though it is impossible to correlate Emphysema of Lungs with any single condition of *Pranavaha Sroto Dushti*, but advanced condition of *Doshika Kasa* and *Tamaka Shvasa* may result into Chronic Obstructive Pulmonary Diseases and then

with emphysema of the lungs.. In classics it is mentioned that due to indulgence in etiological factors, vitiated *Prana* and *Udana* situated in *Pranavaha Srotas*⁴ enforces Kapha, resulting into obstruction of channels of *Pranavaha* thus cause *pranavahasrotodushti*. X-ray finding in Emphysema seen are increased intercostal space, increased translucency of lung parenchyma, widening of carinal angle, flattening of hemi diaphragm and vertical heart are seen in this disease. On physical examination, hyper resonant note is heard on percussion of chest wall with increased intercostal space and barrel shape or cylindrical shape of chest. Productive and greenish thick sputum is usually expectorated by these patients^{5,6} Ayurveda medicines are giving good results in these patients.

AIM AND OBJECTIVES

1. To evaluate the role of Ayurveda in the management of Emphysema of the lungs.

MATERIALS AND METHODS**Material :**

References from *Samhita's*, *Sangraha granthas*, contemporary literature, journals and personal experiences are taken.

Methodology**Review study.****Formulations:**

- 1) *Vasakarista*
- 2) *Pippalyasava*
- 3) *Trikatu choorna*
- 4) *Pushkaramoolasava*
- 5) *Kankusthasava*
- 6) *Somasava*
- 7) *Taleesa patra vataka*
- 8) *Sitopaladdi choorna*
- 9) *Talesadi choorna*
- 10) *Laghusootha mishrana*

Single herbs used:

- 1) *Vasaka (Adhatoda vasaka)*
- 2) *Soma (Ephedra vulgaris)*
- 3) *Dhattura (Datura metal)*
- 4) *Pippali (Piper longum)*
- 5) *Shunthi (Zingibera officinale)*
- 6) *Maricha (Piper nigrum)*
- 7) *Pushkaramoola (Inula racemose)*
- 8) *Kustha (Costus speciosus)*
- 9) *Kantakari (Solanum xanthocarpum)*
- 10) *Yastimadhu (Glycyrrhiza glabra)*
- 11) *Twak (Cinnamomum zeylanicum)*
- 12) *Ela (Eletaria cardamomum)*
- 13) *Tamala patra*
- 14) *Dashamoola*
- 15) *Nirgund (Vitex negundo)*

- 11) *Mrityunjaya rasa*
- 12) *Tribhuvanakeerthi rasa*
- 13) *Anandabhairava rasa*
- 14) *Sheetamshu rasa*
- 15) *Vrinapahari rasa*
- 16) *Kantakari avaleha*
- 17) *Kamakasava*
- 18) *Agastya haritaki leha*
- 19) *Vasavaleha*
- 20) *Guda pippali*
- 21) *Chyavanaprashavaleha*
- 22) *Poornachandrodaya Rasa*

23) *Malla sindoora*

24) *Tala sindoora*

25) *Rasa sindoora*

26) *Siddha makaradwaja*

27) *Makaradwaja*

28) *Hemagarbha pottali*

29) *Swasa kasa chintamani*

30) *Shata puta Abhraka bhasma*

31) *Godanthi bhasma*

Table 1-The drugs used in the management of Emphysema have following actions

<i>Vata kapha hara</i>	Anti-infective	Anti-bacterial
<i>Rasayana</i>	<i>Krimighna</i>	<i>Shleshma poothihara</i>
Immunomodulator	<i>Ojaskara</i>	<i>Vayasthapana</i>
Immunity booster	<i>Virechana</i>	<i>Balya</i>
<i>Brihmana</i>	<i>Poshaka</i>	Expectorant
<i>Anoorjatahara (Anti-allergic)</i>	Anti-tussive	Mucolytic
CNS Stimulant	Bronchodilator	Tonic to lungs
<i>Vishahara</i>	Anti-toxic	<i>Poothihara</i>
Protein supplement		

Table-2 List of drugs and their specific action.

<i>Vatakapahara:</i>	<ol style="list-style-type: none"> 1) <i>Ananda bhairava rasa</i> 2) <i>Mrityunjaya rasa</i> 3) <i>Hinguleshwara rasa</i> 4) <i>Tribhuvanakeerthi rasa</i> 5) <i>Trikatu choorna</i>
<i>Rasayana</i>	<ol style="list-style-type: none"> 1) <i>Rasa sindoora</i> 2) <i>Siddha makaradwaja</i> 3) <i>Amritottara Kashaya</i> 4) <i>Amritarista</i> 5) <i>Mrityunjaya rasa</i>
<i>Immunomodulator:</i>	<ol style="list-style-type: none"> 1) <i>Amritottara Kashaya</i> 2) <i>Guduchi kwatha</i> 3) <i>Tribhuvanakeerthi rasa</i> 4) <i>Amritarista</i>
<i>Immunity booster:</i>	<ol style="list-style-type: none"> 1) <i>Swasa kasa chintamani</i> 2) <i>Swarna bhasma</i> 3) <i>Swarnamalini vasanta</i> 4) <i>Vasantakusumakara rasa</i>
<i>Anti-infective:</i>	<ol style="list-style-type: none"> 1) <i>Mrityunjaya rasa</i> 2) <i>Rasa sindoora</i> 3) <i>Malla sindoora</i> 4) <i>Sheetamshu rasa</i>
<i>Anti-bacterial:</i>	<ol style="list-style-type: none"> 1) <i>Rasa sindoora</i> 2) <i>Rasamanikya</i> 3) <i>Panchatikta Kashaya</i> 4) <i>Malla sindoora</i> 5) <i>Vrinapahari rasa</i>
<i>Krimighna:</i>	<ol style="list-style-type: none"> 1) <i>Vasakarista</i> 2) <i>Vasavaleha</i> 3) <i>Panchatikta Kashaya</i>
<i>Shleshma poothihara:</i>	<ol style="list-style-type: none"> 1) <i>Shata puta Abhraka bhasma</i> 2) <i>Rasa sindoora</i> 3) <i>Kaphaketu rasa</i>

	4) <i>Mukku Mukkatukadi vati</i>
Ojaskara:	1) <i>Ushna godugdha</i> 2) <i>Aja mamsa</i> 3) <i>Goghrita</i> 4) <i>Ashwagandhavaleha</i>
Vayasthapana:	1) <i>Shataputa Abhraka bhasma</i> 2) <i>Amalaki rasayana</i> 3) <i>Chyavanaprashavaleha</i>
Virechana:	1) <i>Triphala tablet</i> 2) <i>Abhayarista</i> 3) <i>Dantyarista</i> 4) <i>Trivrit leha</i>
Balya:	1) <i>Kukkutanda</i> 2) <i>Aja mamsa rasa</i> 3) <i>Aja mamsa rasayana</i> 4) <i>Yogaraja guggulu</i>
Brihmana:	1) <i>Ashwagandhavaleha</i> 2) <i>Mamsarasa</i> 3) <i>Aja mamsa rasayana</i> 4) <i>Balarista</i>
Poshaka:	1) <i>Shunthi ksheerapaka</i> 2) <i>Godugdha ushna</i> 3) <i>Anda (egg)</i> 4) <i>Kukkuta mamsa</i>
Expectorant:	1) <i>Yastimadhu choorna</i> 2) <i>Sitopaladi choorna</i> 3) <i>Taleesadi choorna</i> 4) <i>Vasakarista</i>

<i>Anti-tussive:</i>	<ol style="list-style-type: none"> 1) <i>Trikatu choorna</i> 2) <i>Jatamamsi choorna</i> 3) <i>Tagara tablet</i>
<i>Mucolytic:</i>	<ol style="list-style-type: none"> 1) <i>Vasavaleha</i> 2) <i>Pippali avaleha</i> 3) <i>Vasakarista</i> 4) <i>Amritottara Kashaya</i>
<i>Bronchodilator:</i>	<ol style="list-style-type: none"> 1) <i>Somasava</i> 2) <i>Pushkaramoolasava</i> 3) <i>Kankusthasava</i> 4) <i>Kanakasava</i> 5) <i>Malla sindoora</i> <i>Vasakarista</i>
<i>Anoorjatahara (Anti-allergic):</i>	<ol style="list-style-type: none"> 1) <i>Shunthi kwatha</i> 2) <i>Shati choorna</i> 3) <i>Haridra khanda</i>
<i>CNS Stimulant:</i>	<ol style="list-style-type: none"> 1) <i>Shunti choorna</i> 2) <i>Trikatu choorna</i> 3) <i>Pooga khanda</i>
<i>Tonic to lungs:</i>	<ol style="list-style-type: none"> 1) <i>Vasakarista</i> 2) <i>Makaradhwaja</i> 3) <i>Siddha Makaradhwaja</i> 4) <i>Shataputa Abhraka bhasma</i>
<i>Vishahara and Anti-toxic</i>	<ol style="list-style-type: none"> 1) <i>Guduchi Kashaya</i> 2) <i>Panchatikta Kashaya</i> 3) <i>Shataputa Abhraka bhasma</i> 4) <i>Swarna bhasma</i>
<i>Poothihara:</i>	<ol style="list-style-type: none"> 1) <i>Shataputa Abhraka bhasma</i> 2) <i>Rasa sindoora</i> 3) <i>Poornachandrodaya rasa</i>

Protein supplement:	<ol style="list-style-type: none"> 1) <i>Godhuma nirmita ahara kalpa</i> 2) <i>Masha nirmita ahara kalpa</i> 3) <i>Mamsa rasa</i> 4) <i>Kukkutana</i> 5) <i>Kukkuta mamsa</i>
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DISCUSSION

In Emphysema of the lungs, there will be permanent dilatation of the alveoli and added infections. Dyspnea and cough with expectoration and lethargy are the common features in this disease. Ayurveda medicines have a positive role in the management of this disease. This will increase the immunity and cause decrease in the signs and symptoms⁷ However, there is no permanent cure for this disease, but quality of life and immunity can be improved by Ayurveda treatment.⁸

CONCLUSION

- 1) Ayurveda treatment is not only decreasing the symptoms but also increases the immunity and strength in the patients.
- 2) There are least adverse drug reactions after the Ayurveda treatment.
- 3) Emphysema often leads to cor-pulmanale and Cardio-respiratory failure

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