



**A CASE STUDY OF SUCCESSFUL AYURVEDA MANAGEMENT IN THE PATIENT OF  
*SHWASA* (ASTHMA)**

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**ABSTRACT:**

Asthma is a chronic disease of the air passages of the lungs which inflames and narrows them during the attacks of asthma. It is a condition marked by recurrent attacks of dyspnea, with airway inflammation and wheezing due to spasmodic constriction of the bronchi. According to Ayurveda, *Shwasa* disease is caused mainly due to the obstruction in the *Pranavaha*, *Udakavaha* and *Annavaha Srotasa* (channels). The *Vata* and *Kapha Doshas* are mainly vitiated in this condition. A case study of a male patient suffering from chronic Asthma along with symptoms like sneezing, fatigue and loss of enthusiasm has been presented. The successful intervention in the form of the herbal remedies, home remedies, *Marmaa Chikitsa* and the proper diet and lifestyle was given to the patient. There was considerable reduction in the symptoms of the patient with this treatment protocol and the patient was able to stop the steroid treatment that he was taking for this condition.

**Keywords-** Asthma, *Shwasa*, *Pranavaha Srotasa*, *Udakavaha Srotasa*, *Annavaha Srotasa*

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## INTRODUCTION

Asthma is a disease of airways that is characterized by increased responsiveness of the tracheobronchial tree to a variety of stimuli resulting in widespread spasmodic narrowing of the air passages which may be relieved spontaneously or by therapy. Asthma is an episodic disease manifested clinically by paroxysms of dyspnea, cough and wheezing. Bronchial asthma is common and prevalent world-wide; in the United States about 4% of population is reported to suffer from this disease. It occurs in all ages but nearly 50 % of the cases develop it before the age of 10 years. In adults, both sexes are affected

equally but in children there is 2:1male-female ratio.<sup>[1]</sup>

The common trigger factors for Asthma include indoor and outdoor allergens, microbial exposure, diet, tobacco smoke and air pollution.<sup>[2]</sup>

According to Ayurveda, *Shwasa* (asthma) is mainly a disease of the respiratory tract in which there is a blockage in the *Pranavaha*, *Udakavaha* and *Annavaha Srotasa*. It is mainly caused due to the vitiation of the *Vata* and *Kapha Dosha*.

The *Hetu* (causative factors) described by *Acharya Charaka* are as follows:<sup>[3]</sup>

**Table 1- *Hetu* (Causative factors) of *Shwasa* disease**

Sr.No	<i>Aaharaja Hetu</i>	Dietary causative factors of migraine
1	<i>Shitambu Sevan</i>	Excessive consumption of cold water
2	<i>Rukshashan</i>	Excessive consumption of dry and rough food
3	<i>Vishamashana</i>	Irregular meals
4	<i>Nishpav, Masha, Pinyaka, Til Taila Nishevanat</i>	Excessive consumption of pulses, black gram, oil cake, sesame oil
5	<i>Pishta, Shaluka Bojanat</i>	Excessive consumption of flour preparations and tubers
6	<i>Vishtambhi, Vidahi, Guru Bhojanat</i>	Excessive consumption of abdomen distending, burning and heavy foods

7	<i>Jalaja, Anupa, Pishita Sevanat</i>	Excessive consumption of aquatic and marshy meat
8	<i>Dadhi, Aam Kshira Sevanat</i>	Excessive consumption of curds and unboiled milk
9	<i>Abhishyandi Bhojan</i>	Excessive consumption of the channel blocking regimens
10	<i>Shleshmalanam Sevanat</i>	Excessive consumption of <i>Kapha</i> aggravating foods

**Table 2- Viharaja Hetu (Lifestyle causative factors) of Shawasa disease**

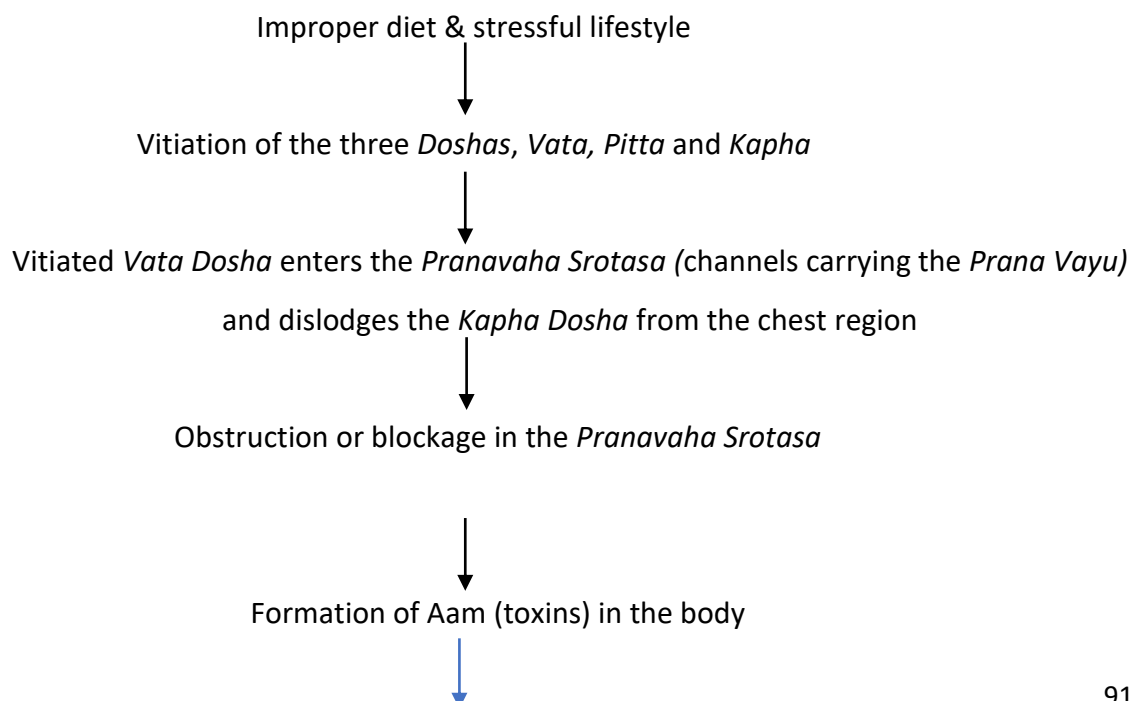
Sr.No.	<i>Viharaja Hetu</i>	Lifestyle causative factors of migraine
1	<i>Rajasa, Dhuma, Vata Sevanat</i>	Exposure to dust, smoke and cold air
2	Vyayamat	Excessive exercises
3	Gramya Dharma	Excessive sexual indulgence
4	<i>Adhva</i>	Excessive walking
5	Apatarpanat	Excessive fasting
6	<i>Aam Pradoshat, Anahat</i>	Vitiation of <i>Aam</i> , distension of abdomen
6	<i>Daurbalyat</i>	Fatigue
7	<i>Marma Ghatat</i>	Injury to vital parts
8	<i>Shuddhi Atiyogat</i>	Excessive evacuation during <i>Panchakarma</i>
9	<i>Atisara, Jwara, Chhardi, Pratishyaya, Kshatkshayat</i>	Diseases like diarrhea, fever, vomiting, coryza, chest injury with wasting
10	<i>Raktapitta, Udavartat, Visuchika, Alasakat</i>	Diseases like <i>Raktapitta, Udavarta, Visuchika and Alasaka</i>
11	<i>Pandu Rogat, Vishat</i>	Diseases like anemia and poisoning
12	<i>Kantha, Ura Pratighatat</i>	Injury to the throat and chest

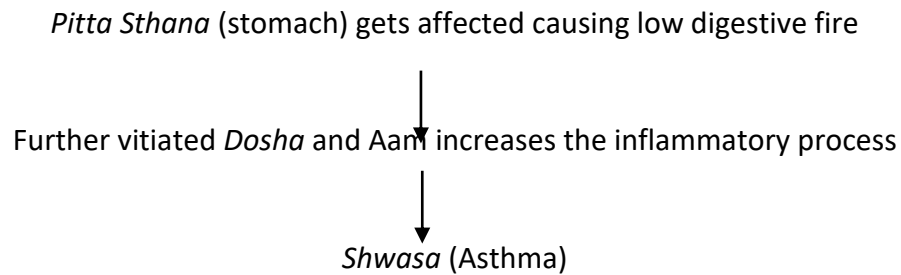
13	<i>Abhyanga Dwesha</i>	Aversion towards oil massage on the head
14	<i>Adhapratatekshanai</i>	Continuous downward gazing of the eyes
15	<i>Asatmya Gandha</i>	Continuous exposure to unpleasant smell
16	<i>Dushta Aam</i>	Consumption of contaminated water or Aam Dosha
17	<i>Ati Bhasya</i>	Excessive talking

The *Samprapti* (pathogenesis) of *Shwasa* (Asthma) according to Ayurveda can be understood in the following manner:

Due to the consumption of the above-mentioned dietary items and lifestyle factors, the *Aam Dosha* and *Vata*, *Pitta* and *Kapha Doshas* are aggravated in the body. The *Doshas*, *Vata* and *Kapha* are predominantly affected. The vitiated *Vata Dosha* enters the *Pranavaha Srotasa* (channels carrying the

*Prana Vayu*) and dislodges the *Kapha Dosha* from the chest region into the *Pranavaha Srotasa*. This causes obstruction or blockage in the *Pranavaha Srotasa*. This leads to the formation of *Aam Dosha* in the body. The *Pitta Sthana* which is the stomach gets affected thus causing low digestive fire. The vitiated *Doshas* and *Aam* increase the inflammatory process in the body. This causes *Shwasa* (Asthma).<sup>[4]</sup>





## CASE REPORT

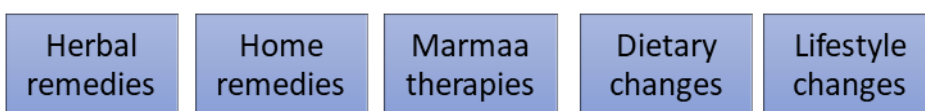
This case study includes patient who visited the Ayushakti Ayurveda Pvt Ltd, Kharghar, Navi Mumbai branch clinic on 1/11/2022 with the primary complaint of chronic asthma including. The case was evaluated based on the history and physical examination including the *Ashtavidha Pariksha* (eight fold examination) including the pulse diagnosis described in *Yogaratanakar*.<sup>[5]</sup> The demographic data collected included the age, gender, personal and medical history with duration and onset of the condition. The treatment that was administered included the herbal remedies, the *Marmaa* therapy, home remedies and diet and lifestyle changes. The assessment was done before and after the treatment.

A female patient of age 39 years came with the complaint of severe chronic asthma. This was accompanied with sneezing, fatigue and loss of enthusiasm. Occupationally, he is a software engineer. The symptoms appeared 5 years before coming to the OPD. This was affecting her personal and professional life.

The patient was taking allopathy medications like inhaler Foracort 400 twice a day and tablet Montek LC once in a day. There was only temporary relief in the pain which reoccurred after few days. He had also undergone different kinds of therapies but none was effective for long term. On examination, the blood pressure was 120/80 mm of Hg. The BMI (body mass index) was 24. There was no history of diabetes, hypertension or any other CNS abnormality.

### Treatment protocol

The treatment protocol followed in his case was mainly herbal remedies, home remedies, *Marmaa* therapies, dietary and lifestyle changes.



The patient was given internal medicines (Table 3) tablet Virofight (*D-vyro*)(Table 7) which has been proven effective for any viral infection, immunity and inflammation<sup>[6]</sup>. *Asthaloc* Tablet (Tablet 6) which has been proven to be effective in the patients of Asthma <sup>[7]</sup>. *Divyashwasa Jivan* tablet (Table 7) was also given to the patient to reduce the inflammation process in the body by pacifying the *Vata Dosha*, *Pitta Dosha* and *Kapha Dosha*.

The home remedies (Table 4) were also given to the patients to digest the *Aama Dosha* in the body and to stimulate the digestive fire. The *Marma* therapy (Table 5) were also given to the patients to balance the *Doshas* and reduce the stress and tension in the body. The dietary and lifestyle changes (Table 6) were advised to balance the *Dosha*, *Dhatu* and *Malas* in the body and avoid reoccurrence of the disease.

**Table 3- List of the herbal medicines used in the treatment**

Sr.No.	Name of the medicine	Dose	Duration	Before/After food	Anupana
1	Tablet D-Vyro (Virofight)	2 tablets twice daily	3 months	After food	Warm water
2	Tablet Asthaloc	2 tablets twice daily	3 months	After food	Warm water
3	Tablet Divyashawas Jivan	2 tablets twice daily	3 months	After food	Warm water

**Table 4- List of home remedies advised to the patient**

Sr.No	Home remedy	Procedure	Duration
1	10 Basil (Tulsi) Leaves (Fresh or dried) or ½ teaspoon Basil leaves powder + 2.5 cm long Piece of Fresh Ginger + ½ teaspoon <i>Kurkuma</i> (Turmeric) Powder + 2 inch long piece of Cinnamon + 2 capsules of Cardamom (Elaichi) + ¼ teaspoon Black Pepper powder	Boil all above in 200 ml of water for 5 minutes and then drink it as lukewarm	Drink the warm water one time, once in the morning

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**Table 5- Marmaa therapy advised to the patient**

Sr.No	Marmaa therapy	Location
1	<i>Amsaphalaka Marmaa</i>	On the Scapula bone above Bruhati. (1/2 inch lateral to the 5 th, 6 th, 7 th cervical and 1 st Thoracic Vertebra.)
2	<i>Apastambha Marmaa</i>	Medial and downwards of the nipples at the level of the 3 rd Thoracic Vertebra.
3	<i>Shiro Marma</i>	Applying ghee on the temporal lobe in a gentle and circular manner for 5 minutes daily before bed time

**Table 6- Dietary and lifestyle changes recommended to the patient**

Sr.No	Pathya (To follow)	Apathya (To Avoid)
1	Grains including rice, oat, rye, maize, millet, amaranth, quinoa,	Wheat, meat (especially red meat) and refined sugar, raw food  Sweet fruits should be avoided while having a cough, cold, flu or mucus accumulation in the Respiratory tract
2	Cooked vegetables	Sour foods such as tomatoes, all sour fruits, vinegars and hot spices like chilies
3	Pulses like mung and split mung beans, tur dal and red lentils	Fermented foods such as yogurt, alcohol, cheese (especially old and hard ones) and yeast containing foods such soy sauce and beer

4	Most essential is the use of various spices: the best for all Doshas are cumin, coriander, fennel and saffron	Raw vegetables, sprouted beans and salads
5	<i>Pranayam</i> and light exercise daily Keeping the surroundings clean	Ice cold foods and drinks, readymade, tinned and microwaved foods

### Observation and Results

The case study was assessed after three months of treatment with the herbal supplements, home remedies, *Marma* therapies, diet and lifestyle changes (Table 3,4,5,6) were obtained as shown in the diagram after administering the treatment.

The patient followed the treatment protocol for 3 months continuously. There was drastic reduction in the symptoms of difficulty in

breathing, fatigue, loss of enthusiasm and sneezing. The use of the inhaler and tablet that the patient was using regularly has stopped completely. The patients followed the dietary and lifestyle changes strictly and this helped to reduce the inflammation process and balance the vitiated *Dosha, Dhatu, Malas* in the body. The symptoms have reduced by 80%.

**Table 7 - Tablet *Swasavin D-vyro* (Virofight)<sup>[6]</sup>**

COMMEN ENGLISH NAME	BOTANICAL NAME
<i>Guduchi Ghan</i>	Tinospora Cordifolia
<i>Yashtimadhu powder</i>	Glycerrhiza Glabra
<i>Dadim Peel extract</i>	Punica Granatum
<i>Jati leaves powder</i>	Jasminum Grandiflourm
<i>Kalmegh Ghan</i>	Andrographis Paniculata
<i>Kutaj Ghan</i>	Holarrhena Antidysenterica
<i>Shunthi Powder</i>	Zingiber officinalis
<i>Shatavari Ghan</i>	Asparagus Racemosus
<i>Godanti Bhasma</i>	Calcii Sulphus



<i>Tulasi Powder</i>	Ocimum sanctum
<i>Bhavana Dravya :</i>	Kantakari

**Table 6- Tablet Shwasavin Asthaloc<sup>[7]</sup>**

S. NO.	SANSKRIT NAME	LATIN NAME
1	<i>Trikatu</i>	Zingiber Officinale, Piper Longum, Piper Nigrum
2	<i>Ajwain</i>	Trachyspermum Ammi
3	<i>Hingu powder</i>	Ferula Narthex
4	<i>Kantakari ghan</i>	Solanum Xanthocarpum
5	<i>Adulsa ghan</i>	Adhatoda Vasaka
6	<i>Yashtimadhu ghan</i>	Glycerrhiza Glabra
7	<i>Yavakshar powder</i>	Hordeum Vulgare
8	<i>Kakada shingi powder</i>	Pistacia Integerrima
9	<i>Kapur kachari</i>	Hedychium Spicatum
10	<i>Bharangi ghan</i>	Clerodendron Serratum
11	<i>Dalchini</i>	Cinnamomum Zeylanicum

**Table 7- Tablet Divyashwasjivan**

Sr. no.	Sanskrit name	Latin name	Properties
1	<i>Kantakari Ghan</i>	Solanum Xanthocarpum	It has anti-asthmatic, anti-tussive, anti-inflammatory and anti-histaminic action <sup>[8]</sup>
2	<i>Haritaki Ghan</i>	Terminalia Chebula	It is used as a laxative, carminative, antioxidant action <sup>[9]</sup>
3	<i>Vasa Ghan</i>	Adhatoda Vasaca	It has bronchodilator, anti-bacterial, respiratory stimulant and anti-viral effect <sup>[10]</sup>
4	<i>Tulsi Ghan</i>	Ocimum Sanctum	It has anti-microbial, cardio protective and immune modulatory effect <sup>[11]</sup>
5	<i>Karkatshru ngi Ghan</i>	Pistacia Integerrima	It has anti- microbial effect <sup>[12]</sup>

6	<i>Yashtimadhu Ghan</i>	Glycerrhiza Glabra	It has antioxidant, anti-inflammatory and immunostimulant effect <sup>[13]</sup>
7	<i>Hingu</i>	Ferula Narthex	It has antiepileptic effect <sup>[14]</sup>
8	<i>Bharangi Ghan</i>	Clerodendrum serratum	It has anti-oxidant, anti-bacterial, anti-allergic and bronchodilator effect <sup>[15]</sup>
9	<i>Dashamool Ghan</i>		It is effective in the patients of <i>Shwasa</i> (asthma). <sup>[16]</sup>
10	<i>Panchalava n</i>	Sodii Muras	It has <i>Vatanulomaka</i> action (correcting the movement of <i>Vata Dosha</i> ) <sup>[17]</sup>
11	<i>Kulinjan Ghan</i>	Alpinia Galanga	It has anti-inflammatory, antioxidant and immunomodulatory effect <sup>[18]</sup>
12	<i>Trikatu</i>	Zingiber Officinale, Piper Longum, Piper Nigrum	It has anti-inflammatory, anti-oxidant and anti-microbial effect <sup>[19]</sup>

## DISCUSSION

The treatment was planned on the basis of the fundamental principles to reduce the obstruction in the *Pranavaha Srotasa* by eliminating the Aam Dosha in the body. The heaviness and congestion were reduced by balancing the aggravated *Kapha Dosha* in the body. The regulation in the movement of *Vata Dosha* was done. The immune system of the patient was also strengthened. For all these purposes, the patient was given the herbal remedies, *Marmaa Chikitsa*, home remedies along with a customized diet and lifestyle plan. In conditions like *Shwasa* (Asthma), the *Vata Dosha* along with the *Kapha Dosha* obstructs the different channels in the body like the *Pranavaha Srotasa*, *Annavaha Srotasa* and the

*Udakavaha Srotasa*, thereby resulting in *Shwasa* (Asthma) <sup>[20]</sup> The main focus was to alleviate the *Vata Dosha* with the combination of herbal remedies and home remedies. The *Marmaa Chikitsa* also helped to align the different body structures and remove the blockages. The bronchodilator, anti-inflammatory, antiviral, antibacterial and immunomodulatory effects of the herbal remedies was instrumental in achieving the desired results. The administration of the treatment modalities were instrumental in removing the blockages from the different channels and correcting the movement of *Vata Dosha* in the body. The free movement of *Vata Dosha* in the body helped to improve

the breathing movement in the patient. The diet, lifestyle and home remedies were mainly planned focusing on pacifying the increased *Doshas* in the body, removal of toxins and stimulating the digestive fire.

## CONCLUSION

The proper intervention with the help of herbal remedies, home remedies, diet and lifestyle can provide considerable relief in the chronic patients of asthma.

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