



**Case Report**

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## A clinical study to evaluate the efficacy of Shatyadi Yoga in the treatment of *Tamak Shwasa* (Bronchial Asthma): Single case study

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### ABSTRACT

Bronchial Asthma is a chronic inflammatory disease of the Respiratory airways characterized by an increased responsiveness of the tracheobronchial tree to a variety of stimuli. In ayurveda *Tamak Shwasa vyadhi* is related with the derangement of the *Pranavaha Shrotas*. *Tamak Shwasa* is *Pittasthana Samudhabhava* and *Kapha Vataja dosha vyadhi*. The proposed study was conducted to access the efficacy of *Shatyadi Yoga* in the management of *Tamak Shwasa*. In modern science, there is no permanent cure for Bronchial Asthma. That is why it is the necessity to search for safe and effective herbal *yoga* in Asthma. The drug *Shatyadi Yoga* indicate the dominance of *Katu, Tikta* and *Kashaya rasa, Laghu, Tikshna Guna, Ushna virya* and *Vata Kapha shamak karma*. *Shatyadi Yoga* act on *Pranvaha Shrotas* thereby pacifying the symptoms in *Tamak Shwasa*.

**Keywords:** Bronchial Asthma, *Shatyadi Yoga*, *Tamak Shwasa*.

### INTRODUCTION

Asthma is very common; it is estimated that 4.5 percent of the population is affected. There are about 334 million patients with asthma affecting all age groups, across the world. In India around 15-20 million people were affected with bronchial asthma. *Tamak Shwasa* comprises of two words i.e. *Tamak* and *Shwasa*. Bronchial Asthma can be clinically correlated with *Tamak Shwasa*. The pathogenesis of *Tamak Shwasa* involves *Vata* and *Kapha*. Whenever there is obstruction of *Pranavayu* by *Kapha dosha*, the vitiated *vayu* gets *pratiloma* to produce *Shwasa roga*. The clinical manifestations are *shwasakricchta* (dyspnoea), *kasa* (cough), *ghurghurahat* (wheezing sound) and difficulty in breathing especially on lying position and patient feel comfortable on sitting posture.

The clinical manifestations of bronchial asthma show high recurrence pattern. *Tamak Shwasa* is *sadhya* in the initial phase, and becomes *Yapya* in chronic condition or if not treated early. *Shatyadi Yoga* possess *Kapha Vata shamak* property. Hence the proposed *Shatyadi Yoga* was selected for case study.

### The case study is as follows

A 55 year old female patient came to opd of Kayachikitsa with chief complaints of:-

- 1) Excessive Coughing that keeps awake at night
- 2) Difficulty in breathing
- 3) wheezing
- 4) Chest tightness
- 5) Difficulty in talking
- 6) Fatigue

Patient had above complaints since 2 years.

### Presenting concern

A 55 year female patient was apparently asymptomatic before 2 years. She develop mild cough and after 2 weeks she had difficulty in breathing with wheezing sound. She suffers excessive cough that keeps her awake at night. During excessive coughing she experienced fatigue and difficulty in talking.

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No H/O of hypertension, diabetes mellitus and any other.

Name: xxxxx  
Age: 55  
Sex: Female  
OPD/IPD NO: 2932/13364  
Date: 24/12/2020  
Address: Jwalapur  
Religion: Hindu  
Occupation: Housewife  
Marital Status: Married

**Table 1:** Personal history

Appetite	Good
Sleep	Disturbed
Micturition	4-5 times a day
Bowel habit	Twice a day
Addiction	Not Any

#### General examination

**Weight**-58 kg  
**Height**-158cm  
**Blood Pressure**-126/84 mmhg  
**Pulse Rate**-78/min  
**Respiration rate**-24/min  
**Built**- Normal  
**Pallor**-Absent  
**Icterus**-Absent  
**Cyanosis**-Absent  
**Clubbing**-Absent  
**Oedema**-Absent  
**Lymphadenopathy**-Absent  
**Gait**-Normal

#### SYSTEMIC EXAMINATION

**Respiratory**:B/L equal air entry  
**GIT**:NAD  
**CVS**: Rate and rhythm regular, no murmurs or gallops  
**Thyroid**:Not palpable  
**Vascular assessment**: Not any defect  
**Neurological assessment**:Not any defect

#### ASHTAVIDHA PARIKSHA

**Nadi**-78/min regular  
**Mala**-Samanya  
**Mutra**-Samanya  
**Jihwa**-Shwetaliptata  
**Sparsha**-Snigdha  
**Shabda**-Gambhir  
**Drik**-Prakrat  
**Akriti**-Samanaya

#### DASHAVIDHA PARIKSHA

**Prakriti**- Vata Kaphaja  
**Vikriti**- Kapha Vataj  
**Sara**- Medasara  
**Samhanan**- Madhyma  
**Pramana**- Madhyma  
**Satva**- Pravra  
**Satamaya**- Madhyma  
**Aharashakti**- Madhyma  
**Vyayamashakti**- Madhyma  
**Vaya**- Vridhavastha

**Table 2:** Investigations

#### 1) Blood investigation reports-

Parameter	Values
Hb%	13.6
ESR	40
TLC(/cumm)	7600
Neutrophils(%)	72
Lymphocytes(%)	26
Eosinophils(%)	04
Basophils(%)	0
Monocytes(%)	01
RBS	94

#### 2) X-Ray- Finding some evidence of pulmonary oedema.

#### MATERIAL AND METHODS

As the patient was having coughing, chest tightness, difficulty in breathing, difficulty in talking, fatigue etc from last 2 years. She was registered for present study in OPD of Gurukul campus Uttarakhand ayurved university haridwar in Kaya Chikitsa department. Depending upon sign and symptoms the patient was diagnosed as bronchial asthma. The sign and symptomatology of Bronchial Asthma are similar to *Tamak Shwasa* in *ayurveda* like *shwasakricchta*, *kasa*, *ghurghurhat*. *Shatyadi yoga* was given to the patient and follow up after every 15 days for 2 months.

#### ASSESSMENT CRITERIA

**Table 3:** Subjective Parameters

S.No.	SYMPTOMS	MILD	MODERATE	SEVERE
1	<i>Ghurghurakam</i>	-	+	-
2	<i>Asino labhate Saukhyam</i>	+	-	-
3	<i>Kasa</i>	-	-	+
4	<i>Arati</i>	-	+	-
5	<i>Shwasakricchta</i>	-	+	-

## TREATMENT

- 1) *Nidana parivarjana*
- 2) *Samana Chikitsa*

**Table 4:** Samana Chikitsa

S.No.	Contents
Shatyadi Yoga	Shati, Pushkarmoola and Honey

Dose=5gm Bd with lukewarm water.

## RESULT

**Table 5:** Follow up and outcomes

Subjective finding(chief complaints)	BT	AT
<i>Kasa</i>	Severe	Moderate improvement
<i>Shwasakricchta</i>	Moderate	Absent
<i>Ghurghurakam</i>	Moderate	Absent
<i>Arati</i>	Moderate	Absent
<i>Asino labahyte Saukhyam</i>	Mild	Absent

## DISCUSSION

In modern medical science, management of bronchial asthma is carried out with usage of bronchodilator, leukotriene antagonist, mast cell stabilizers and corticosteroids. Long lasting usage produces adverse effects and also reduces the effectiveness of therapy. It can only control the episode of the attack. It does not cure the disease.

In *ayurveda Tamak shwasa* is a *Vata-Kapha* dominant disease. The principle behind selection of *Shatyadi yoga* was to disintegrate the eitopathogenesis of *Tamak shwasa* as it possess *Vata-Kapha shamak* properties.

The *Shatyadi yoga* possess following properties so it has been seen effective in *Tamak Shwasa*.

Formulation	Karma (Pharmacological Effect)
<i>Shatyadi Yoga</i> (Pushkarmoola, Shati and Honey)	It possess <i>Vata-Kapha shamak</i> property. <i>Pushkarmoola</i> has a positive effect on involved <i>Pranavaha shrotas</i> due to <i>katu</i> and <i>tikta rasa</i> . It is <i>Kaphagana</i> , <i>Kashara</i> and <i>Shwasahar</i> . <i>Laghu</i> and <i>tikshna guna</i> , decrease the excessive cough. <i>Ushna virya</i> of the majority of the drugs has a positive effect on vitiated <i>kapha</i> and <i>vata</i> .

## CONCLUSION

In this case study we got good result of *Shatyadi yoga*. The treatment given for *Tamak Shwasa* was *sasman chikitsa* which helped in removal of vitiated *doshas* from body and to bring *samayavastha* (Balanced condition) of *doshas*. So above treatment helps to relieve symptoms of disease and also an attempt to provide safe and effective treatment of the patient.

## Conflict of Interest

None declared.

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Nil.

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