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## PREVENTIVE MEASURES IN AYURVEDA CLASSICS W.S.R TO RESPIRATORY DISORDER

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### ABSTRACT

Ayurveda the most ancient health care system around 5000 years old emphasizes on prevention and health promotion, and provides treatment of disease. Ayurveda has unique concepts and methodologies to address health care throughout the course of life, from new born infant to geriatric disorders. Common spices are utilized as well as herbs, herbal mixtures and also special preparations known as *Rasayanas*. Purification procedures known as Panchkarma removes toxin from body. There is encouraging result for its effectiveness in treating various ailments including chronic disorders of all the systems. Respiratory disorder is one of the chronic disorders worldwide which can be characterized by airflow inflammation caused by long term inhalation of substances that irritate and damage the lungs. Respiratory disease imposes an immense worldwide health burden. Few diseases causes' severe illness and death worldwide such as COPD, Asthma, lung cancer, tuberculosis, acute lower tract infection and now days *COVID 19*, a severe acute respiratory syndrome become pandemic worldwide. By improving immune system one can combat Covid 19 infections. In this paper Ayurveda emphasizes avoidance of causative factors and enhancing immunity through Panchakarma (extremely important) and Rasayana therapy.

**Keywords:** Bronchial asthma, preventive herbs, rasayana

## INTRODUCTION:

### RESPIRATORY DISORDER

The morbidity and mortality related to lung diseases is staggering. Hundred of millions of people are burdened with chronic respiratory conditions. Around 4 million die prematurely from chronic respiratory diseases each year. Respiratory infections are the leading causes of death in developing countries, it account for one- quarter of all deaths in world.

Respiratory disorder in Ayurveda is correlated with “Svasa” (dyspnoea) which is further divided into Mahaswasa, Urdhwaswasa, Chhinnaswasa, Tamakswasa (bronchial asthma), Kshudraswasa.

Swasa is predominated in kapha and vata arise from the seat of pitta and dry up the heart and the dhatus such as rasa etc. arises due to smoke, dust, wind, residing in cold places, using cold water intake of rough food irregular meals, vitiation of ama, distention of bowels etc. excessive use of channel blocking regimens and use of kapha aggregating things leading to obstruction in throat and chest. Vayu entering channels through chest carrying vital breathe is vitiated and enforcing kapha further results in “Swasa” (dyspnoea).

**PRODROMAL SYMPTOMS OF SVASA-** These are Anah (hardness in bowel), Parswashool (pain in sides), Pidanamhridyam: (compressed in cardiac region), Pranasya ca vilomatvam (mid passage of vital breathe).

Swasa is rough and dominant in vayu; due to dominancy of vayu saturating management should be applied with vata alleviating such pacificatory enacting substances vegetables and meat soup etc.

### TAMAK SWASA (BRONCHIAL ASTHMA)

Asthma afflicts 235 million people worldwide. Its incidence is growing in both developed and developing countries affecting all ages, races and ethnicities.

When vayu taking severe courses reaches passages seize neck and aggravate phlegm produces coryza which creates obstruction and troublesome dyspnoea. Due to severe paroxysms patients' faint, obstructed cough, get unconscious frequently while coughing in absence of expectoration gets temporary relief. Hoarseness of voice and difficulty in

speaking, in laying position it aggravated, disturbed sleep as vayu seizes the sides of chest. It should be maintained and cured if it is newly arisen.

According to modern, respiratory diseases are droplet infections whose germs are spread by droplet that come from coughing and sneezing. These germs usually spread from person to person are in close contact with an infected person or by spitting around by infected persons in open places. some people may infected by touching something with these germs on it and then touching their mouth and nose , presently main cause of Covid -19 pandemic worldwide .

### **PREVENTIVE MEASURES IN AYURVEDA :**

Even though many therapy, preventive measures programmes and immunization programmes are going on but these are restricted to few places and cost much, which in turns affects financial conditions of many countries.

Researches on prevention and control of lung disease lagging behind and prevention and control program on respiratory disease should be given high priority. This is because of the reason that respiratory diseases are easily prevented than cure.

We all are well aware of the current out grade therefore the phrase “prevention is better than cure” highly susceptible to us pursuing that we should follow the following:

1. Avoid contact with droplets or secretions of saliva, mucus, tears with the help of masks.
2. Minimize close contact with infected person, or maintain physical distance.
3. Wash your hands regularly within short intervals.
4. Avoid sharing personal things such as eating or drinking utensils, tooth brushes and towels. You should especially avoid sharing these items with infected or sick person.
5. Maintain hygienic environment, smoke free, infected person should spit in covered pit or dustbins.
6. Take proper rest of 6 to 8 hours, include pranayama in daily routine.
7. Do not skip meal.

According to Ayurveda the following “nidanamhiparivarjanam” which states avoiding the causes of particular disease is best treatment, by *Acharya SUSRUTA* satisfied the foresaid mentioned measures.

Ayurveda mainly focuses on to maintain health of healthy person by its dravya (herbs), Rasayana (immunodulator which enhance immune system), Panchkarma therapy (detoxify the body) etc.

### Talking of herbs include

1. Rasona (*alliumsativum* ) holds antiviral property
2. Adarak (*gingiberofficinalis* ) , black pepper effective in viral infections
3. Haldi (*curcumalonga*) accounts anti-inflammatory, best antibiotic, antioxidant property.
4. One fourth tea spoon of Black pepper and Haldi with milk known as *Golden milk* is very effective and curative.
5. One should add citrus fruit like lemon, amla, guava etc. in diet and some minerals like selenium, zinc should also be added which is helpful in absorption of vitamin C in body.
6. Medicines like **AYUSH 64** having Saptaparna ( *Alstoniascholaris* ) holds antitussive , anti asthmatic properties , Katuki (*Picrorhizakurroa* ) works as a human t-cell immune cell response booster ,
7. Kiratikta (*Swertiachirata* ) .
8. Ayush kadha (decoction)
9. Giloya kadha (decoction) works as hepato-protector and cures Visham Jwar ,

### RASAYANA (IMMUNO MODULATOR)

To alleviate the disorders and to promote strength and immunity of body group of herbs introduced known as Rasayana or Promotive medicine.

1. *Chaywanaprash* by Rishi Chyawan are rich in Amla rich source of vitamin c, is delay ageing, boost up immune system and cures respiratory disorders. It should be taken in the dose which does not interfere with food.
2. Yashtimadhu with milk and juice of Guduchi/Giloya (stem ) along with its roots and flowers are also helpful.
3. Agastya Haritaki by *Rishi Agastya* is excellent, alleviates all types cough, dyspnoea , wasting etc.

## CONCLUSION:

Even though medical science is controlling respiratory disorders but due to re emergence of causative agents (virus, bacteria) SARS and COVID 19 like diseases are raising their head. So we have to re think on our daily schedule, preventive measures, maintaining hygiene through Ayurveda and its preventive measures

This justifies the holistic approach of Ayurveda for promotion of health a key for prevention of health of a healthy individual.

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