



## AYURVEDA DRUGS AND *CHIKITSA SUTRA* FOR RESPIRATORY DISORDERS

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### Abstract

The classical Ayurvedic texts provide detailed information about respiratory disorders, including their symptoms, causes and treatment methods. Major pathological manifestations includes *Peenasa*, respiratory allergies, *Kasa*, nasal polyp, *Pratishyaya* and deviated nasal septum, etc. To effectively treat these conditions, it is essential to select medications with predominantly *Tikta*, *Katu* and *Kashaya* tastes, as well as qualities like *Ruksha*, *Tikshna*, *Laghu*, *Ushna*, *Vishada*, *Khara*, *Ushna Veerya* and *Sukshma*. Medicines such as *Triphala*, *Bibhitaki*, *Chitrak* and *Ashwagandha* offer relief in the management of respiratory problems. Purification therapies like *Vasti*, *Nasyam*, *Vamana* and *Virechana* are using for relieving *Dosha* vitiation including *Kapha Dosha* which is mainly involves in respiratory issues. Present article explain various aspects of respiratory disorders, Ayurveda drugs and *Chikitsa Sutra* for respiratory disorders.

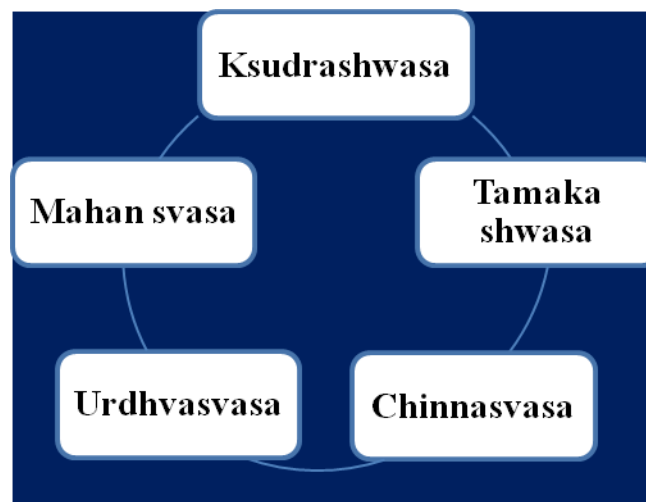
**Key-Words:** *Ayurveda*, *Kapha*, *Dosha*, *Respiratory*

## Introduction

In this changing scenario respiratory disorder is responsible for many diseases, which are harmful and fatal also. Environmental pollution increases incidences of respiratory diseases day by day and huge number of global population witnessed prevalence of respiratory diseases. Children are more susceptible to respiratory infections because of weak immune system. Respiratory system is an open door for all bacteria and viruses toxins. Therefore respiratory system is considered as a prime object for all the diseases. The diseases or symptoms associated with respiratory problems mainly include asthma, pneumonia, *Peenasa*, bronchitis, chronic obstructive disease, respiratory allergies, *Kasa* and *Pratishyaya*, etc [1-4].

According to Ayurveda air pollution is main factor that responsible for respiratory disease. These diseases mainly come under the heading of *Pranavaha-Srotovikara* and characterized by symptoms such as *Kasa*, *Stheevana* and *Shwasakrichrata*, etc. A key diagnostic criterion is the presence of chronic cough with expectoration lasting for longer period of time. The advanced stages can progress to chronic airflow obstruction; patients may also manifest systemic symptoms, weight loss and skeletal muscle dysfunction, etc [4-6].

**Shwasa** is a term in Ayurveda, categorizes breathing disorders based on their unique characteristics. There are five distinct types of *Shwasas* as depicted in **Figure 1**.



**Figure 1: Types of *Shwasa* (breathing disorders)**

Similarly **Peenasa** is a term in Ayurveda that corresponds to sinusitis. Sinusitis is a condition characterized by the blockage of air spaces or sinuses lined with mucus

membranes due to the presence of purulent phlegm. It often occurs as a result of infections that spread from the nose, typically caused by viruses or bacteria. Allergies can also be a trigger for sinusitis. Common symptoms include headaches, tenderness, feeling of heaviness, nasal congestion, sore throat and swelling around the eyes, etc.

In Ayurveda ***Pratishayaya*** refers to the common cold or rhinitis which is a condition characterized by symptoms like a runny or stuffy nose sneezing and congestion.

### **Factor responsible for respiratory disorder**

- ✓ ***Environmental factors:*** Exposure to allergens and irritant such as smoke and dust mites can contribute to respiratory problems.
- ✓ ***Infections:*** Respiratory infections caused by viruses or bacteria can lead to respiratory issue.
- ✓ ***Allergies:*** Allergic reactions to substance like pollen and certain food can trigger respiratory symptoms.
- ✓ ***Lifestyle factor:*** Smoking, poor nutrition and sedentary lifestyle can also enhance respiratory problems.
- ✓ ***Physical factor:*** Structural abnormalities like enlarged tonsils can affect breathing.
- ✓ ***Psychological factor:*** stress and anxiety exacerbate respiratory symptoms [6-8].

### **Ayurveda Management/ Chikitsa:**

- ✓ *Ama Peenasa Chikitsa* involves *Deepana, Pachana, Langhana* and *Swedan* therapy.
- ✓ *Pakwa Peenasa Chikitsa* includes *Kavalgraha, Shirovirechana, Dhoompana, Vamana, Snepana, Virechana* and *Asthapana*.
- ✓ *Nasya* can be performed using *Pathadi Taila* and *Shadbindu Taila*.
- ✓ *Apakva Pratishyaya* treatment consists of *Swedana*, consuming hot items, drinking milk with *Adarka* and *Gud* preparations.
- ✓ *Dhoompana, Tikshna Shirovirachana, Asthapana basti, Nasya, Haritaki* and *Kaval* are part of *Pakva Pratishyaya* treatments.

- ✓ *Vataja Pratishyaya's* treatment involves *Siddha Ghrita, Vidharigandhadi Gana, Panch Lavan Siddha Ghrita, Nasya, Dhooma, Shirobasti, Upnaha, Nadi Swadana, Sneha* and *Abhayang*.
- ✓ *Pittaja* and *Raktaja Pratishyaya's* treatment includes *Ghritapana, Pradeha, Nasya. Nasya using Dhavtwak, Shyama, Triphala, Tilvaka, Madhuka, Shreeparni* and *Haridra* can be suggested.
- ✓ *Kaphaja Pratishyaya's* medical care involves *Yavaghu pana, Ghritapana, Nasya* and *Vaman*.
- ✓ *Jirna Pratishyaya* can be treated with *Maricha, Draksha, Vasa, Yashtimadhu* and *Tvak-Dalachini*.
- ✓ *Kapha Dosha* associated with *Tamak Shwas* can be managed with regular *Nasya* using medicated liquids. Turmeric milk and raw honey can help acclimate sensitivities from the environment and boost the immune response to suppress allergic infections.
- ✓ *Kwatham* and *Agasthyarasayanam* can be used to alleviate intense sneezing and relieve throat discomfort. *Vasa, Tulsi, Trikatu* and *Dashamula* infusion can relieve congestion associated with *Kapha* and symptoms related to thick and white phlegm.
- ✓ *Vasaristham, Kaishorevatakam* and *Amrutharistham*, help to suppress respiratory infections, while *Guduchi* along with Turmeric controls the infective stage of the disease. *Talisadi, Ashwagandha, Sitopladi, Chyawanprash* and *Yashtimadhu* are other formulations for treating allergic symptoms of respiratory disorders.

Medicines like *Hiranyagarbha pottali, Poornachandrodaya rasa* and *Malla sindoora* play vital role in the management of respiratory symptoms. Commonly used medicines which are most effective like *Kanakasava, Somasava, Siddha makaradwaja* and *Vasakarista* these formulations act as antibacterial, anti-infective and bronchodilator for chronic lungs disease.

Chronic respiratory diseases has been positively managed and control by ayurvedic medicine and Ayurveda drugs helps in the treatment of asthma, respiratory infection,

dyspnoea, cough, bronchitis, sinusitis, deviated nasal septum and allergic rhinitis, etc. Ayurvedic herbs help to control infection, improve respiratory function and metabolism. Ayurveda offers various herbal remedies and formulations that can be beneficial in managing respiratory infections [8-10]. Some of the commonly used Ayurvedic drugs for respiratory infections include:

- **Tulsi** known for its anti-inflammatory and antimicrobial properties, it can help to alleviate respiratory infections and provide relief from cough and cold symptoms.
- **Yashtimadhu** has expectorant properties and can help in relieving cough and soothing the respiratory tract. It also possesses antimicrobial properties that can aid in fighting respiratory infections.
- **Pippali** works for managing respiratory issues such as cough, cold and bronchitis.
- **Haridra** offers anti-inflammatory and antimicrobial property thus relieves respiratory infections and providing relief from symptoms such as cough and congestion.
- **Guduchi** has immunomodulatory properties that can strengthen the body's immune system and help to combat respiratory infections effectively.
- **Kantakari** is known for its bronchodilator and expectorant properties, which can aid in relieving respiratory congestion and improving breathing.

## **Conclusion**

Classical Ayurvedic texts contain comprehensive information about respiratory disorders, encompassing their symptoms, causes, and treatment methodologies. Key pathological manifestations include *Peenasa*, *Kasa*, *Pratishyaya* and allergic responses. To effectively address these conditions, it is crucial to choose medications with predominantly *Tikta*, *Katu*, and *Kashaya* tastes, alongside qualities like *Ruksha*, *Tikshna*, *Laghu*, *Ushna*, *Vishada*, *Khara* and *Ushna Veerya*. Purification therapies are employed to relieve *Dosha* vitiation, primarily focusing on *Kapha Dosha*, which is intricately involved in respiratory issues. *Tulsi*, *Yashtimadhu*, *Pippali*, *Haridra* and *Guduchi* impart anti-inflammatory and antimicrobial properties thus alleviating respiratory infections and

provide relief from cough and cold symptoms. Additionally, *Talisadi*, *Ashwagandha*, *Sitopladi* and *Chyawanprash* are vital formulations used in the treatment of respiratory disorders.

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