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Mode of Action on *Pippalyadi Kshara Gutika* in *Thamak Shwasa*

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ABSTRACT

The normal life of human beings is disturbed because of increasing pollution, urbanization, improper food habits, stressful life style and change in climatic conditions. All these factors parallel the increase in respiratory allergy. *Lakshana* of *Thamak Shwasa* it is quite similar to that of *Bronchial Asthma*. *Thamak Shwasa* is one among five varieties of *Shwasa* characterized by *Ati Teevra Shwasa*, *Kasa*, *Ghurghuraka Shabdha*, *Pinasa* etc. It is *Kapha Vata Pradhana Vyadhi*.

Basic line of treatment in *Thamak Shwasa* is *Kapha Vata Hara*, *Ushna* and *Vata Anulomana*. *Pippalyadi Kshara Gutika* is considered for conceptual study, that contains *Pippali*, *Maricha*, *Guda*, *Yavakshara* and *Jambira Swarasa*, which has main action of *Vata Kapha Hara*, *Ushna* and *Vata Anulomana*. The selected combination is supposed to be effective in disrupting the etiopathogenesis of *Thamak Shwasa*.

Key Words *Thamak Shwasa*, *Bronchial Asthma*, *Pippalyadi Kshara Gutika*

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INTRODUCTION

Respiration is the process from the first breath of new born till the last breath which is the sign of life. Any disturbance in this process leads to *Shwasa Roga*. Few *Nidanas* like *Rajaha*, *Dhuma*, *Ruksha*, *Vishama*, *Vidhahi*, *Guru*, *Visthambhi*, *Abhishayandi Anna Sevana*, *Ati Sheeta Vasa* are some of the few factors that aggravates *Prana Vaha Strotas* thus leading to *Shwasa Krichratha* condition known as *Thamaka Shwasa*¹. *Shwasa Krichratha* is one of the important *Lakshana* of the disease *Thamaka Shwasa* that is quite similar to that of *Bronchial Asthma*. *Thamaka Shwasa* is one among the five varieties of *Shwasa*². But out of these *Kshudra Shwasa* is present as a symptom

in most of the diseases and it does not require any management, whereas *Maha*, *Urdhva* and *Chinna Shwasa* were present as independent or as *Upadrava* of several diseases. The prognosis of these three is incurable one³. In *Thamaka Shwasa*, *Vata* and *Kapha* are considered as main causative factors. These two *Doshas* gets aggravated by its own factors and causes *Thamaka Shwasa* for e.g. due to heavy exercise *Veghasandharna* or *Ativyavama Vata* get aggravated and *Kapha* aggravated by intake of *Anupa Masa* and *Dadhi*, some factors like *Sheeta Sthana*, *Ambu Sevana* aggravates both *Doshas*. With *Chikitsa* protocol Ayurveda advocates *Snehana*, *Swedana*, *Dhumpana*, *Shamana* and

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Shodhana line of treatment in *Thamaka Shwasa*⁴. Among these procedures we considered *Shamana* line of treatment that includes oral administration of medicine as it is very easy and cost effective where as *Shodhana* line of treatment is not possible in all patients and in all time (when strength of patient is good and disease is in *Pravara Vyadhi Bala* then *Shodhana* is to be followed). Here the drugs which are having *Vata Kapha Hara, Ushna and Vata-Anulomana* property are to be used in *Thamaka Shwasa*. Plenty of research work has been carried out in relation to *Shamana* treatment as directed in ayurveda and their therapeutic effect is proved. Many more herbal combinations are described in ayurveda and their compressive action or wide action related to dominance of *Dosha*, Chronicity

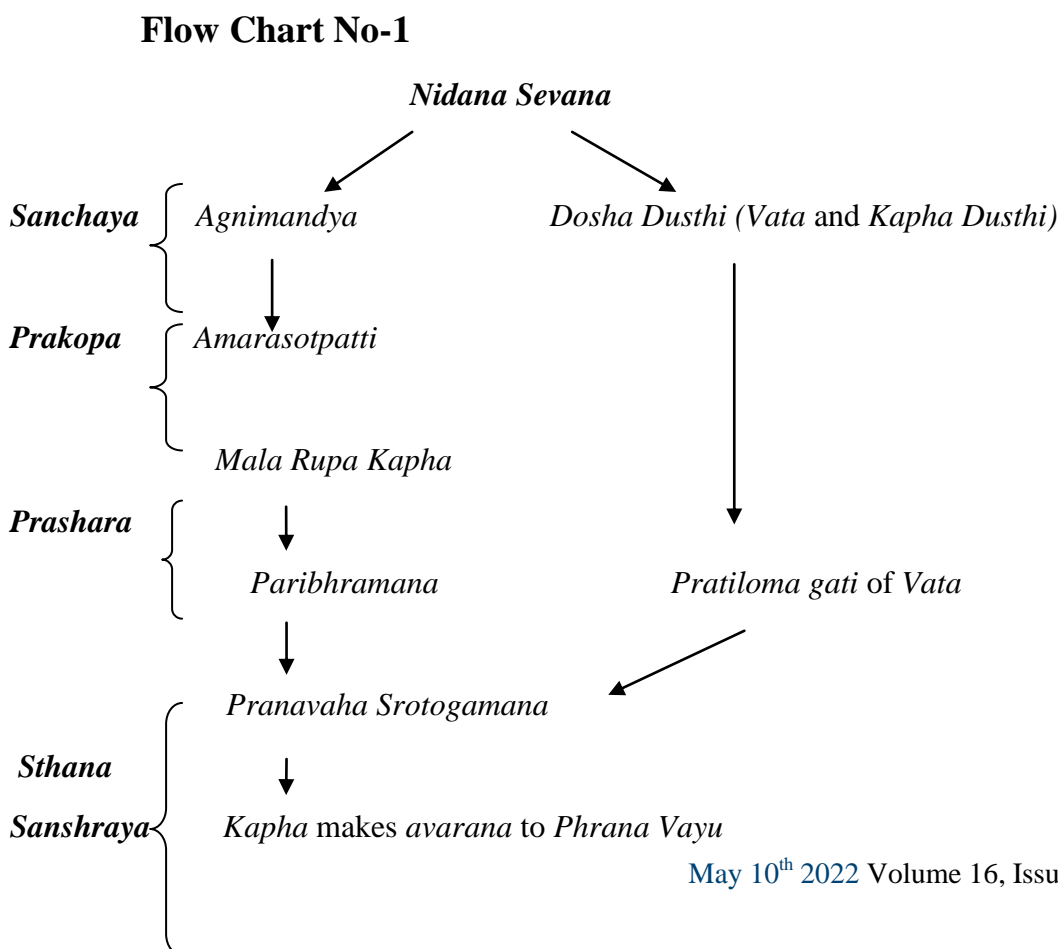
is yet to be explored. *Pippalyadi Kshara Gutika* is one such herbal combination mentioned in *Gada Nigraha*. It contains *Pippali, Maricha, Guda, Yava Kshara* and *Jambira Swarasa*. As per the line of treatment explained earlier. The selected combination is supposed to be effective in disrupting the etiopathogenesis of *Thamaka Shwasa*.

THAMAK SHWASA

Defination-

It is stated that ‘*Shwasa thi iti Shwasa*’⁵. It means to breathe, by which respiratory movement takes place. The word *Thamak Shwasa* is ‘*Thamakaccha Aska Shwasacha Thamak Shwasa*’⁶. Means difficulty to breath mainly during the night hours.

Schematic representation of Samprapti⁷-



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↓
Prahana try to overcome the Avharana

↓
Vyakthavastha } Shwasa (Shwasavarodha, Shwasativridhi, Ghurghurkam etc.)
Samprapti Ghataka-

Dosha- Kapha (Kledaka and Avalambaka)

And Vata (Prana Vayu, Udana Vayu)

Dushaya- Rasa Dhatu

Agni - Mandagni, Vishamagni

Srotas- Prana, Anna, Udaka Vaha Srotas

Types of Srotodusti-
Sanga, Vimarga Gamana

Adhithana - Urah Pradesha (Phuphusa)

Udbhava Sthana – Amasaya (Vagbhat)⁸

Pittasthana
(Charaka)⁹

Rogamarga- Abhyantara

Drug Detail

Pippalyadi Kshara Gutika¹⁰

Pippyadi¹¹ –

- **Rasa-**Kathu
- **Guna-** Tikshana, Snigdha, Laghu
- **Virya-**Ushana
- **Vipaka-**Madhur

Maricha¹² -

- **Rasa-**Kathu
- **Guna-**Laghu, Tikshana
- **Virya-**Ushana
- **Vipaka-**Kathu

Jambiri Nimboo¹³ -

- **Rasa-**Amla
- **Guna-**Guru
- **Virya-**Ushana
- **Vipaka-**Amla

Guda¹⁴ -

- **Rasa-**Madhur
- **Guna-**Guru, Snigdh

Yavakshara¹⁵ -

- **Guna-**Laghu, Snigdha, Suksha

Table 1 Pippalyadi Kshara Gutika Ingredients And Method of Proportions¹⁶

Drugs	Botanical name	Quantity
Pippali	Piper Longum	(1 Karsha)
Maricha	Piper Nigrum	(1 Karsha)
Yavakshara	-	(1/2 Karsha)
Guda	-	(2 pal)
Jambira Swarasa	Citrus Limon	(1/2 pal)

Categories of Therapies in treatment-

- Shamana of Kapha and Vata
- Shamana of Vata but aggravates Kapha preferred if essential in exceptional circumstances.

- Shamana of Kapha but aggravated Vata is avoided

- Virechana is major line treatment for elimination of Pitta Dosha and it will also act

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on *Kapha* and *Vata dosha*. Thus action seen on all *Tridosha*.

❖ Here attempt is made on action of *Shamana Yoga* i.e *Pippalyadi Kshara Gutika*.

❖ So focus on alleviating *Vata* without agitating *Kapha* and balance *Kapha* which liquefy it and expel it from *Pranavaha Srotas*, without agitating *Vata*. Hence Drug of choice should be *Ushna veerya* and *Vatanulomana*

MODE OF ACTION-

Ingredients which breakdown *Vata* and *Kapha* and causes downward movement of *Vayu*(*vatanuloma*) are useful as medicines The selected combination is *Vata Kapha Hara* and *Vataanulomana*.

SPECIFIC ACTION OF EACH DRUG-

➤ *Pippali* because of *Katu* it will decrease *Kapha* and because of *Snigdha* action it will decrease *Vata*.

➤ *Maricha* because of *Ushana Virya* it will decrease *Vata* and because of *Kathu, Ruksha, Tikshana* it will decrease *Kapha*

➤ *Jambira Swarasa* because of *Ushana* it will decrease *Kapha* and *Vata*

➤ *Guda* because of *Guru, Snigdha guna* it will decrease *Vata*

➤ *Yavakshara* because of *Laghu, Snigdha guna* it will decrease *Vata* and *Kapha* and because of *Anulomana* decreases *Vata*.

DISCUSSION

- The sum total properties of *Pippalyadi Kshara Gutika* are *Kathu* and *Madhur Rasa, Laghu* and *Tiksha Guna, Ushna Virya* (hot potency) and *Vatakaphagna* (decrease *Vata* and *Kapha dosha*), *Anulomana*

- The *Gunas* of the Drug are *Laghu, Tikshana* which are antagonistic to the *Gunas* of *Kapha Dosha*, thereby normalises *Kapha dosh*. The *Virya* (potency) of this drug is *Ushna*, whereas that of *Vata* is *Sheeta Guna* So it normalises *Vata Dosha*. All the ingredients of *Pippalyadi Kshara Gutika* have the quality to normalise or suppress the *Prakupitha Vata dosha* (vitiating *Vata dosha*) by *Ushna Virya*.

- *Agni Mandya* is corrected by *Pippali*. *Srotas* vitiating are *Pranavaha Srotas*, which are corrected by all the drug as they are *Shwasa Hara* and *Kasahara* which (decrease *kapha*). *Srotodusthy* is *Sanga*, which is relieved by *Ushna* properties and *Shwasahara* property. *Adhistana* is *Amashaya* which is seat of *Kapha*, as the ingredient of *Pippalyadi Kshara Gutika* are *Kathu, Madhur Rasapradhana*, acting over *Kapha dosha* and *Amshaya* restoring the normal function of *Amashaya*. By this properties breaking of the *Samprapthi* takes place.

CONCLUSION

In ayurvedic classics single or compound drugs are prescribed for the management of

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Thamak Shwasa mainly due to *Kapha Vata doshaghata* and *Shwasa Kasa Hara* properties. The drug having similar properties are included which act on *Pranavaha Srotas*. So considered *Pippalyadi Kshara Gutika* which will act on *Pranavaha Srotas* and subside *Thamak Shwasa*.

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