



PHARMACOLOGICAL ACTIONS OF *SHWASA HARA DRAVYAS*(ANTI ASTHMATIC/BRONCHIAL ANTI SPASMODICS DRUGS) - A LITERARY REVIEW

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ABSTRACT:

The word *Shwasa* refers to dyspnoea or difficulty in breathing. Also called as breathlessness. The triggering factors are pollen, dust, feathers, exercise, viruses, chemicals, smoke. As per *Ayurvedic* literature breathlessness appears in persons who indulge in foods which produce *Vidahi* (Burning sensation), *Guru* (Heavy), *Visthambhi* (Constipation), *Ruksha* (Dry), *Abhishyandi Bhojana* (Eating hard food which blocks the tissue pores), *Sheetapana* (Drinking cold water), starvation, *Dhooma* (Exposure to dust, smoke), walking long distance without taking rest, exercise, *Vegavarodha* (Suppression of Natural urges), *Apatarpana* (Malnutrition). The *Shwasa* is of five kinds viz; *Mahati*, *Urdhwa*, *Chinna*, *Tamaka*, *Kshudra*. The drugs which relieve breathlessness or asthma are termed as *Shwasahara dravyas*. Viz; *Shati* (*Hedychium spicatum* Buch-Ham), *Pushkaramula* (*Inula racemosa* Hook.f), *Amlavetas* (*Garcinia pedunculata* Roxb), *Ela* (*Elettaria cardamomum* Maton), *Hingu* (*Ferula narthex* Boiss), *Agaru* (*Aquilaria agallocha* Roxb), *Tulasi* (*Ocimum santum* Linn), *Bhumyamalaki* (*Phyllanthus rubaria* Linn), *Jeevanti* (*Leptadenia reticulata*), *Choraka/ Chanda* (*Angelica glauca* Edgew.). Here an attempt is made to highlight these drugs with their pharmacological actions, properties. Further scope of study is to evaluate their anti-viral activity which causes the breathlessness or asthma.

KEY WORDS-

Ayurveda, *Shwasahara Dravyas*, *Sushruta Samhita*, *Charaka Samhita*, *Madhava Nidana*, Pharmacological actions etc.

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INTRODUCTION-

Asthma or dyspnoea is a condition in which a person is unable to breath deeply. It can be acute or chronic. This condition happens because of inflamed, narrow of the airways of the lungs and production of extra mucus which makes difficult to breath. This breathing discomfort is because of some triggering factors^[1] Viz; pollen, dust, feathers, exercise, viruses, chemicals, smoke. As per *Ayurvedic* literature breathlessness appears in persons who indulge in foods which produce *Vidahi* (Burning sensation), *Guru* (Heavy), *Visthambhi* (Constipation), *Ruksha* (Dry), *Abhishyandi Bhojana* (Eating hard food which blocks the tissue pores, *Sheetapana* (Drinking cold water), starvation, *Dhooma*(Exposure to dust, smoke), walking long distance without taking rest, exercise, *Vegavarodha* (Suppression of Natural urges), *Apatarpana* (Malnutrition), *Vidahi* (Burning sensation), *Guru* (Heavy food), *Dadhi* (Curd), Raw milk, *Kaphakara Ahara* (Heavy food), *Kshata* (Injury), *Tila Pista* (Paste of Sesamum). The symptoms include wheezing, coughing, chest tightness, shortness of breath. The *Shwasa* is of five kinds^[2] Viz; *Mahati*, *Urdhwa*, *Chinna*, *Tamaka*, *Kshudra*.

- **Mahati** is the condition due to *Vata* increased greatly, moves upward making with heavy sounds of respiration.
- **Urdhwa** is the condition of long expiration, inability of respiration filled with sputum.
- **Chinna Shwasa** is the condition in which the respiration is often interrupted in the middle with severe distress of respiration.
- **Tamaka Shwasa** is the condition of bronchial asthma. The symptoms increased in cloudy days.

- **Kshudra Shwasa** is because of physical efforts, anxiety, use of dry foods.

DISCUSSION-

The drugs which relieve breathlessness or asthma are termed as *Shwsahara Dravyas*^[3] Viz; *Shati*(*Hedychium spicatum* Buch-Ham, Zingiberaceae), *Pushkaramula* (*Inula racemosa* Hook.f Compositae), *Amlavetas* (*Garcinia pedunculata* Roxb, Guttiferae), *Ela* (*Elettaria cardamomum* Maton, Zingiberaceae), *Hingu* (*Ferula narthex* Boiss, Umbelliferae), *Agaru* (*Aquilaria agallocha* Roxb, Thymelaeaceae), *Tulasi* (*Ocimum santum* Linn, Labiatae), *Bhumyamalaki* (*Phyllanthus urinaria* Linn, Euphorbiaceae), *Jeevanti* (*Leptadenia reticulata* W & A. Asclepiadaceae), *Chanda* (*Angelica glauca* Edgew, Umbelliferae)

SHATI(Hedychium spicatum Buch-Ham, Zingiberaceae)^{[4],[5],[6],[7],[8],[9],[10]}

Shati is *Laghu* (Light), *Teekshna* (Penetrating), *Katu* (Pungent), *Tikta* (Bitter), *Kashaya* (Astringent) in tastes. *Katu Vipaka* (Pungent at post digestive effect), *Ushna Virya* (Hot in potency), *Kapha Vatashamaka*. It cures *Shotha* (Edema), *Shwasa* (Dyspnea), *Kasa* (Cough), *Hikka* (Hiccough), *Jwara* (Fever), *Rakta Dosh*, *Kandu* (Itching), *Vrina* (Wound), *Vedana* (Pain), *Durgandha* (Foul smell), *Keshya* (Hair tonic), *Dipana* (Appetizer), *Shoolaprashamana* (Antispasmodic), *Grahi* (Absorbent), *Graha* (Evil spirits).

PUSHKAMOOLA(Inula racemosa Hook.f Compositae)^{[11],[12],[13],[14],[15],[16],[17]}

Pushkaramoola is *Laghu* (Light), *Teekshna* (Penetrating), *Tikta* (Bitter), *Katu* (Pungent) in tastes, *Katu Vipaka* (Pungent in post digestive

effect), *Ushna Virya* (Hot in potency), *Dipana* (Appetizer), *Pachana* (Digestives), *Balya* (Tonic). It subsides *Kapha* and *Vata Doshas*, It alleviates *Kapha-Vataja Vikaras*, *Vrina* (Wounds), *Shotha* (Edema), *Adhmana* (Abdominal distention), *Ajirna* (Indigestion), *Hridayashoola* (Cardiac pain), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Hikka* (Hiccough), *Jeerna Jwara* (Chronic Fever), *Amavata* (Rheumatic conditions), *Parshwashoola* (Pain in the sides of the chest).

AMLAVETAS(*Garcinia pedunculata* Roxb, *Guttiferae*)^{[18],[19],[20],[21],[22],[23]}

Amlavetas is *Laghu* (Light), *Ruksha* (Dry), *Teekshna* (Penetrating), *Amla Rasa* (Sour taste), *Amla Vipaka* (Sour at post digestive effect), *Ushna Virya* (Hot in potency), *Kapha-Vatashamaka* (Subsides *Kapha* and *Vata Rogas*), *Dipana* (Appetizer), *Pachana* (Digestive). It alleviates *Aruchi* (Loss of appetite), *Anaha* (Distention of abdomen), *Ajirna* (Indigestion), *Vibandha* (Constipation), *Gulma* (Visceral organ diseases), *Pleeha* (Spleen diseases), *Yakrita Roga* (Liver diseases), *Hritshoola* (Cardiac ailments), *Hikka* (Hiccough), *Kasa* (Cough), *Shwasa* (Dyspnoea), *Mutrakrichra* (Dysuria), *Ashmari* (Urinary calculi).

ELA(*Elettaria cardamomum* Maton, *Zingiberaceae*)^{[24],[25],[26],[27],[28]}

Ela is *Laghu* (Light), *Ruksha* (Dry), *Katu* (Pungent), *Madhura* (Sweet) in taste, *Madhura Vipaka* (Sweet at post digestive effect), *Sheeta Virya* (Cold in potency), *Balya* (Tonic). It cures *Vata-Pitta* and *Kaphaja* diseases, *Mutrakrichra* (Dysuria), *Mukha Roga* (Diseases of mouth), *Vamana* (Vomiting), *Trishna* (Thirst), *Aruchi* (Loss of appetite),

Udarashoola (Pain abdomen), *Adhmana* (Flatulence), *Arsha* (Haemorrhoids), *Hridya Daurbalya* (Cardiac ailments), *Kasa* (Cough), *Shawasa* (Dyspnoea), *Hikka* (Hiccough), *Daha* (Burning sensation), *Kshaya* (Emaciation).

HINGU(*Ferula narthex* Boiss, *Umbelliferae*)^{[29],[30],[31],[32],[33],[34],[35]}

Hingu is *Ushna* (Heat), *Katu* (Pungent), *Pachana* (Digestive), *Ruchya* (Promotes taste), *Teekshna* (Penetrating), *Laghu* (Light), *Snigdha* (Demulcent), *Balya* (Tonic), subsides *Vata* and *Kapha*. It cures *Ajeerna* (Indigestion), *Shoola* (Colic), *Gulma* (Intestinal growth), *Udara* (Abdominal disorders), *Krimi* (Worms). Increases *Pitta*, *Vibandha Nashaka* (Relieves constipation). It alleviates *Hridroga* (Cardiac ailments), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Bastishoola* (Pain in bladder), *Jwara* (Fever), *Sheeta Prashamana* (Relieves cold), *Krimi* (Worms), *Klaibya* (Sexual debility).

AGARU(*Aquilaria agallocha* Roxb, *Thymelaeceae*)^{[36],[37],[38],[39],[40],[41],[42]}

Agaru is *Laghu* (Light), *Ruksha* (Dry), *Teekshna* (Penetrating), *Snigdha* (Demulcent), *Guru* (Heavy), *Balya* (Tonic), *Katu* (Pungent), *Tikta* (Bitter) in taste, *Katu Vipaka* (Pungent at post digestive effect), *Ushna Virya* (Hot in potency). It subsides *Kapha* and *Vata Doshas*, *Vrina* (Ulcers), *Shotha* (Edema), *Sandivata* (Osteoarthritis), *Amavata* (Rheumatoid arthritis), *Agnimandya* (Loss of appetite), *Hidaya Daurbalya* (Cardiac weakness), *Rakta Vikara* (Blood disorders), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Hikka* (Hiccough), *Sheeta Jwara* (Fever with chills), *Kustha* (Skin diseases), *Krimi* (Worms). It is also used as *Vajikara* (Aphrodisiac).

TULASI(*Ocimum santum* Linn, Labiateae)^{[43],[44],[45],[46],[47],[48],[49]}

Tulasi is *Laghu* (Light), *Ruksha* (Dry), *Katu* (Pungent), *Tikta* (Bitter) in taste, *Katu Vipaka* (Pungent at post digestive effect), *Ushna Virya* (Hot in potency), *Balya* (Tonic). Its main action is anti-tubercular action. It subsides *Kapha-Vata Doshas*, *Kustha* (Skin diseases), *Karnashoola* (Earache), *Agnimandya* (Loss of appetite), *Vishmabhi* (Constipation), *Krimi* (Worms), *Hridayadaurbalya* (Cardiac diseases), *Raktavikarasa* (Blood diseases), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Parshwashoola* (Pain at the side of the chest), *Mutrakrichra* (Dysuria), *Jwara* (Fever), *Sheeta Pradhana Jwara* (Fever with chills).

BHUMYAMALAKI (*Phyllanthus urinaria* Linn, Euphorbiaceae)^{[50],[51],[52],[53],[54],[55],[56]}

Bhumyamalaki is *Laghu*(Light), *Ruksha*(Dry), *Balya*(Tonic), *Tikta*(Bitter), *Kashaya*(Astringent), *Madhura*(Sweet) in tastes, *Madhura Vipaka*(Sweet at post digestive effect), *Sheeta Virya*(Cold in potency). It subsides *Kapha-Pitta Doshas*. It alleviates *Kshata*(Injury), *Vrina*(Wound), *Shotha*(Edema), *Kustha*(Skin diseases), *Aruchi*(Loss of appetite), *Thrishna*(Thirst), *Kamala*(Jaundice), *Amlapitta*(Hyper acidity), *Rakta Vikara*(Blood diseases), *Shwasa*(Dyspnoea), *Kasa*(Cough), *Hikka*(Hiccough), *Prameha*(Urinary diseases including diabetes), *Jeerna Jwara*(Chronic fever), *Visha*(Poison effect).

JEEVANTI(*Leptadenia reticulata* W & A. Asclepiadaceae)^{[57],[58],[59],[60],[61],[62],[63]}

Jeevanti is *Laghu* (Light), *Snigdha* (Demulcent), *Madhura* (Sweet) taste, *Madhura Vipaka* (Sweet at post digestive effect), *Sheeta*

Virya (Cold in potency). *Rasayana* (Vitalizer). It subsides *Vata-Pitta-Kapha Doshas*, *Chakshushya* (Good for eyes), *Shotha* (Edema), *Visthambi* (Constipation), *Grahani* (Sprue syndrome), *Hridaya Daurbalya* (Cardiac weakness), *Raktapitta* (Bleeding diseases), *Kasa* (Cough), *Shwasa* (Dyspnoea), *Shukrameha* (Spermaturia), *Mutrakrichra* (Dysuria), *Mutradaha* (Burning micturation), *Jwara* (Fevr), *Kshaya* (Emaciation), *Yakshma* (Tuberculosis).

CHANDA or CHORAKA (*Angelica glauca* Edgew, Umbelliferae)^{[64],[65],[66],[67],[68],[69]}

Chanda is *Laghu* (Light), *Teekshna* (Penetrating), *Katu* (Pungent), *Tikta* (Bitter) in tastes, *Katu Vipaka* (Pungent in post digestive effect), *Ushna Virya* (Hot in potency). It subsides *Kapha* and *Vata Doshas*. It is *Balya*(Tonic), *Medhya*(Brain tonic), *Dipana* (Appetizer), *Pachana* (Digestives), *Hridya* (Good for heart). It alleviates *Hridaya Daurbalya* (Cardiac weakness), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Hikka* (Hiccough), *Kustha* (Skin diseases), *Jwara* (Fever), *Vishagna* (Anti-Poisonous). It is used in *Manovikara* (Psychological disorders), *Udarashoola* (Pain abdomen), *Adhmana* (Flatulence).

CONCLUSION:

By the above discussion it is conclude that all the drugs mentioned in this group are *Laghu* (Light), *Ruksha* (Dry), *Teekshna* (Penetrating) properties, and also have *Katu* (Pungent), *Tikta* (Bitter) in tastes, *Katu Vipaka* (Punget at post digestive effect), and *Ushna Virya*(Hot in potency). By these properties the drugs helps to alleviate *Shwasa* (Dyspnoea), *Kasa* (Cough), *Hikka* (Hiccough), *Hridaya Rogas* (Cardiac

problems). Here an attempt is made to highlight these drugs with their pharmacological actions, properties. Further scope of study is to evaluate their anti-viral activity which causes the breathlessness or asthma.

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