



A SHORT COMMUNICATION ON SHWASKUTHARA RASA AND IT'S MODE OF ACTION IN TAMAKA-SHWASA ROGA WITH SPECIAL REFERENCE TO BRONCHIAL ASTHAMA

Ayurveda

Dr. Harish Raut M.D. (1st year) (Chikitsa), R. A. Podar Medical College (Govt). Worli, Mumbai-18

Dr. Geeta Parulkar M.D. (Chikitsa) (Mum), PhD (Mum), HOD and Professor (Chikitsa), R. A. Podar Medical College (Govt), Worli, Mumbai-18

ABSTRACT

Shwasa- is derived from “Shwasa Jeevane Dhatu”, it means Shwasa Vayu controls Jeevan -Vyapar or Vayu-Vyapar. Shwasa is Kaphavatatmk and Pittsthansamudbhav disease entity. Tamaka- Shwasa is one of the five types of Shwasa Roga, which can be correlated to Bronchial Asthma and can see due to change of climate or Pollution, a genuine problem day-by-day in this era. The ingredients of this medicinal drug (Shuddha Parada, Gandhak, Vatsanabha, Tankanbhasma, Mansheela, Shunthi, Pippali and Maricha), directly act on Pranavaha Srotas (can be correlated to Respiratory system). Its most of the ingredients are Vatakaphashamaka and mainly Kapha-Nihsaraka with Laghu, Ruksha and Ushna Gunas, mainly act on Pathophysiology (Samprapti) based on Kapha Dosha.

KEYWORDS

Shwaskuthara Rasa, Tamaka-Shwasa, Prana-Vayu.

Table No.01- Contents of Shwaskuthara Rasa

Sr.no.	Contents of Shwaskuthara Rasa	Pictures
1	Shuddha Parada (Purified Mercury)	
2	Shuddha Gandhak (Purified Sulphur)	
3	Shuddha Manashila (Purified Arsenic Dysulphide)	
4	Shuddha Tankan Bhasma (Purified Borax)	
5	Vatsanabha (Aconitum Ferox)	
6	Shunthi (Zinziber Officinale)	
7	Pippali (Piper Longum)	
8	Maricha (Piper Nigrum)	

BENEFITS:-

According to Yogaratnakar (Ayurvedic Classical Text), Shwaskuthara Rasa is useful in following Conditions:

- Respiratory disorders, like especially in Shwasa (Correlated to Bronchial asthma) and Sakapha Kasa (Correlated to Bronchitis). Helps reduce Sakapha Kasa (wet cough) and to restore normal Respiratory functioning.
- Gastro-intestinal disorders, like Avipak (Indigestion), Shudhamandya (Anorexia), Shavathu (Coryza).

Pharmacological action:

- The contents of Shwasakuthar Rasa are Shuddha Parada (Mercury) and Shuddha Gandhak (Sulphur), which are “*Yogawahi* (Increases the qualities of other ingredients with which it mixed and also maintains the properties of self) and *Rasayana* (Rejuvenator)” in nature, as they ultimately decrease the *Kapha* and provide relief in breathing difficulties.
- The ingredient like Tankan (Borax) balances Tridoshas and provide *Bala* to *Pranavaha Srotasa*.
- Manasshila (Arsenic Dysulphide) has Rasayana and Lekhana qualities, which provide relief from Shwasa and Sakapha Kasa.
- Vatsanabha (Aconitum Ferox) has Tridoshghna property, as it is Kasaghna.
- Shunthi (Zinziber Officinale) as it has Shwasahara qualities, as it works by reducing Sakapha Kasa Vega in Bronchial Asthma.
- Pippali (Piper Longum) especially works on Pranavayu by reducing Sakapha Kasa and Hikka (Hiccups) Vegas.

- Marich (Piper Nigrum) reduces Kapha in Pranavaha Srotas by Kapha- Nissaraka Property.

My Experiences in this field

I have observed 30 patients of Bronchial Asthma in Medical OPD/IPD of M.A. Podar Hospital (Govt.), Mumbai, Maharashtra, India during last 6 months and achieved remarkable results in 24 patients (i.e.70% persons) in 1-2 months in the symptoms like Shwasa (Difficulty while Breathing) and Sakapha Kasa (Cough).

Out of which, 21 patients (62.5% persons) showed absence of Shwasa and 22 (65% persons) absence of Sakapha Kasa after completion of treatment (Shwaskuthara Rasa 500mg twice a day after some food with Ushnodaka).

CONCLUSION

Shwaskuthara Rasa, An Ayurvedic Formulation is very effective in respiratory disorders. It helps reduce Phlegm and Coughing to restore normal respiratory functioning. It increases Bile-Production in the body to regularizes the Liver-functioning. Also, this Kalpa helps in mucous drainage and imparts strength to alveolar mucous membrane.

Shwaskuthara Rasa showed excellent results in Tamaka-Shwasa (Bronchial Asthma) patients, with a feeling of well-being and without any Anti-Asthmatic drug like Deriphylline. Also, it can be assumed that this Herbo-Mineral preparation was beneficial in Kapha Pradhana- Samprapti.

As Tamaka-Shwasa is a Yapya (Difficult to conquer) Vyadhi (Disorder), only it requires a prolonged medication according to condition of disorder.

REFERENCES:-

- Sarkar PK, Chaudhary AK. Ayurvedic Bhasma: The most ancient application of nanomedicine. J Sci Ind Res., 2010; 69: 901-5. [Google Scholar].
- Shastri AD, editor. Bhaishajyaratnavali. 12th ed. Varanasi: Chaukhamba Prakashan; 2010. p. 469.
- Meena M., Sharma R., editors. Ayurvediji Rasshastra. Reprint. Jaipur: Jagadeesh Sanskrit.
- Vaidya Panchanan Gangadhar Shastri Gune, Ayurvediya Aushadhi Guna Dharma Shastra (Marathi), Chaukhamba Sanskrit Pratishthan, New Delhi, Revised edition 2021; part 4, pg. 59- 61
- Ayurvedic formulary of India, Part- 1, 2nd edition, pp 277.
- Sharma Sadananda, Rasa Tarangini, Vishopavisha Vignaneeyam, Taranga 24, Verse 19-22; edited by Kashinatha Shastri, 11th Edition, Varanasi, Motilal Banarasi Das, 2004; 651.
- Sharma, Sadananda Rasa Tarangini, Ksharatrika Vignaneeyam, Taranga 13 Verse 77-78; edited by Kashinatha Shastri, 11th Edition, Varanasi, Motilal Banarasi Das, 2004; 318.
- Rasa Vagbhata, Rasa Ratna Samucchaya, Prathama Bhag, Chapter 3, Verse 93, Vignana Bhodhini Commentary by D A Kulkarni, New Delhi, Meharchand Lachmandas Publishers, 2006; 57.
- Sharma Sadananda, Rasa Tarangini, Paribhasha Vignaneeya, Taranga 2, Verse 27; edited by Kashinatha Shastri, 11th Edition, Varanasi, Motilal Banarasi Das, 2004; 16.
- Trease and Evans, Pharmacognosy, 15th Ed., W.B. Sanders Company Ltd. 1996; P.569-70.
- REF Wallis TE, Text book of Pharmacognosy, 5th Ed., New Delhi: CBS Publishers & Distributors 2002; p. 123- 132, 210-215.
- Anonymous, The Ayurvedic Pharmacopoeia of India, Part II, Volume I, First Edition, Government of India, Ministry of Health and Family Welfare, Department of AYUSH, New Delhi, 2007; p 243.
- Reich E, Schibii A; High Performance- Thin Layer Chromatography for the analysis of

- medicinal plants. Germany: Thieme medical publishers. Inc. 2007; p- 129-60.
14. Varghese Sheeba et al (2007) – Pharmaceutical standardization of Shvasakuthar Rasa prepared by different concentration of Marich. Dept of RS & BK B V College of Ayurved Bharti Vidya Peth Deemed University, Pune.