

Clinical manifestation of Pipalyavaleha in the Chikitsa of Tamaka Shwasa

Dr. Sandesh L.Chokhar¹, Dr. Mayuri Madhukar Parjane²

¹ HOD

²PG Student

SVNH Ayurved Collage Rahuri Factory, Dist. Ahemadnagar

Received : 7 June 2024

Accepted : 26 June 2024

Abstract

At present, many chronic recurrent pranavaha strotas are increasing seen all over the population. Ayurveda has described one of such disorders as Tamaka Shwasa. The parallel in western medicine to this disease i.e. Bronchial Asthma, it is characterised by attacks of breathlessness, cough, chest tightness, rapid respiration, distress due to inability to expectorate and prolonged expiration.

Keywords - Pranavaha Strotasa, Tamaka Shwasa, chest, tightness, rapid etc.

Introduction-

As stand by W.H.O. 100-150 millions of global population are suffering from bronchial asthma, out which 1/10th are Indians and it's because of environmental changes and new deistic preparations. Almost all the traditional healthcare delivery system claims effective management of Asthma. Ayurveda have strong scientific Background.

Among the complaints affecting the Pranavaha strotas, Tamaka swasa an significant disease due to its higher and common occurrence, chronicity and development to grave condition in acute phase. The essential treatment process of Samsodhana, Samsamana and Nidana parivarjana point out in Ayurvedic classics, if administered thoughtfully, the anticipated results can be accomplished. In the present context, the re-validation of ancient Ayurvedic or traditional composite preparations

which can optimise the functions of respiratory tract. Pipalyavaleha is one of the good choice in Tamaka Shwasa.

Aims & Objectives :

- To study of Tamaka Shwasa
- Evaluate the effect of Pipalyavaleha in Tamaka Shwasa

Materials & Methods-

For the clinical study patient is a Non Blind randomized controlled clinical trial taken from OPD & IPD, 30 number of total patient given for this study.

Inclusion Criteria-

Age between 18 to 35 years both sexes.

Exclusion Criteria-

- Cardiac Complaint
- Diabetes, Thyroid Disinfection
- Other complicating respiratory disease.

Author Correspondence

Dr. Sandesh L.Chokhar

SVNH Ayurved Collage Rahuri Factory

Email : dr.mayuriparjane123@gmail.com

Review of Literature –

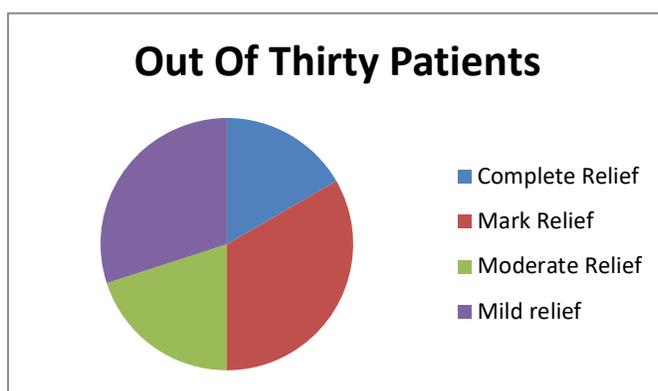
Roopa - Roopa means signs and symptoms of the disease. It appears in the 4th kriyakala. ie. Vyaktavastha in which signs and symptoms of a disease are completely manifested. All the symptoms of Tamaka Swasa described in Ayurvedic texts have been shown in the table below (C.S. ci. 17/55-62; A.H.ni 4/6-11, A.S.ni 4/8-11, Madhu. M.N. 12/27-34 and S.S.ut.51/8-10)

Samprapti Ghatakavi -

1. Dosa – Kapha and Vata
2. Dusya – Rasa Dhatu
3. Srotas - Prana vaha Srotas, Anna vaha Srotas, Udaka vaha Srotas
4. Type of Srotodusti : - Sanga, vimarga gamana,
5. Adhithana – Urah Pradesha (phuphusa)
6. Udbhava sthana – Amasaya
7. Roga Marga – Abhyantara

The Action Of Pippali –**Statistical Data-**

| Effect | Out Of Thirty Patients | Percentage |
|-----------------|------------------------|------------|
| Complete Relief | 05 | 16.66 |
| Mark Relief | 10 | 33.33 |
| Moderate Relief | 06 | 20 |
| Mild relief | 09 | 30 |
| No Relief | 00 | 00 |



Vatahar, Pittahara, Pittavardhaka, Pittahara, Deepana, Shulahara, Aapachaka, Rechaka, Rasayana, Vrushya, Samshodhaka, Vajikara.

Therapeutic Index of Pippali –

Jwara, Krumi, Kasa, Udara Roga, Trushna Roga, Gula, Pliharoga, Shwasa, Kushtha, Prameha, Kasya Roga, Arsha, Shoola, Ajirna, Hrudroga, Apsar, Murcha, Medoroga, Aavata, Aruchi, Grahani, Bastishool, Hrutshool, Parhsvashool, Yonishool, Rajayakshma, Pratishay, Swarabheda, Shotha, Galaganda, Visphota, Pandi, Atisara, Visarpa, Vamana, Mutrakruccha, Ashmari, Udvarta, Urustambha, Vatvyadhi, Vatarakta, Yoni Roga, Prameha, Apaci, Arbuda.

Posology –

- Dose – 10 gm BD
- Route – Oral
- Anupana - Godugdha
- Fallow Up – 30 Days
- Duration – 30 Days

| Symptoms | Mean Score BT | Mean Score AT | % of Relief | S.D. | S.E. | 't' | P |
|--------------------|---------------|---------------|-------------|------|------|-------|--------|
| Tivra Vega Shwasa | 2.28 | 0.54 | 77.41 | 0.54 | 6.11 | 16.82 | <0.001 |
| Muhur Muhur Shwasa | 1.91 | 0.65 | 65.90 | 0.45 | 0.9 | 14.00 | <0.001 |
| Kasa Vega | 1.50 | 0.17 | 88.89 | 0.48 | 0.11 | 12.09 | <0.001 |

P < 0.001 – Highly Significant

| General Symptoms | No. of Patient | Upashaya | Anupashaya |
|--------------------|----------------|----------|------------|
| Tivra Vega Shwasa | 10 | 08 | 02 |
| Muhur Muhur Shwasa | 10 | 07 | 03 |
| Kasa Vega | 10 | 07 | 03 |
| Total | 30 | 22 | 08 |

Conclusion :

Result of the study of group showed that Pipalyavaleha was having highly significant effect on the cardinal symptoms liken Tivra Vega, Shwasa, Muhur Muhur Shwasa, Pinasa, Tivravegi Kasa, Kasa, Ruddha Shwasa, Sakapha Shwasa. Result of the study of group showed that Pipalyavaleha having highly significant effect because of Ingredients are having Kaphaghna, Vataghna, Ushna & Vatanulomaka properties.

References :

1. Charaka Samhita: Agnivesha revised. by Acharya Charaka and Dradhabala with commentary by Chakrapani. (C.S.ci. 17/55-62)
2. Astanga Hridaya: Vagbhata with commentaries of Atridev Gupta. (A.H.ni 4/6-11)
3. Astanga Sangraha: Vagbhata with commentaries of Atridev Gupta (A.S.ni 4/8-1)
4. Madhav Nidan (Ma.Ni. 12/27-34)
5. Sushruta Samhita:- Āyurveda Tatwasandipika Dr. Ambikadatta Shastri
6. (S.S.ut.51/8-10)
7. Madhav Nidan Samhita