



**Review Article**

**IMPACT OF AYURVEDIC DIETETICS (PATHYA APATHYA) IN THE MANAGEMENT OF TAMAK SHWASA: A CRITICAL REVIEW**

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**ABSTRACT**  
Bronchial Asthma is a major non-communicable disease affecting both children and adults, nearly 262 million people in India suffer from asthma (WHO). It is a chronic disorder that affects the airways and characterized by bronchial hyper-reactivity and reversible airway obstruction. It could be correlated as *Tamak shwasa* in Ayurveda and considered as *Pranvaha srotho vikara*. The *Pathya Aahar* and *Vihara*, having *Vata* and *Kapha* alleviating properties can bring them to normalcy. The preventive and curative aspects of Ayurveda revolve around the central theme of *Pathya Aahara* and *Vihara* as Ayurveda advocates that *Pathya* is the secret of wellness whereas *Apathya* is the root cause of all diseases. Proper diet and implementation of right life style is necessary for better quality of life. Hence this review article defines the properties of various *Pathya* and *Apathya Aahara Dravyas* described in Ayurveda classics with view of modern scientific researches.

**INTRODUCTION**

Bronchial asthma is a major non-communicable disease affecting both children and adults, nearly 262 million people in India suffer from asthma.<sup>[1]</sup> It is a chronic disorder that affects the airways and characterized by bronchial hyper-reactivity and reversible airway obstruction<sup>[2]</sup>. It could be correlated as *Tamak shwasa* in Ayurveda and is considered as *Pranvaha srotho vikara*. Various drug and regimen having *Vata* and *Kapha Dosha* alleviating properties are prescribed by Acharyas for the management of *Tamak shwasa* as it is considered to develop due to aggravated *Kapha* and *Vata Dosha*.<sup>[3]</sup> *Aahar* not only provide nutrition but protects from infections, provide strength and prevent the various diseases along with physical and mental wellbeing. Modern medicine uses various steroids and Bronchodilators to control Asthma but they had their own side effects too. Ayurveda provides proper dietary management, lifestyle advices and herbomineral medicines in the management of *Tamak Shwasa*.<sup>[4]</sup>

**MATERIAL AND METHODS**

This review was done by compiling the classical Ayurvedic literature, modern literature, Pharmacology literature (*Dravyaguna*) and *Bhaishajya Ratnavali*, and research journals etc. This review article has defined the properties of various *Pathya* and *Apathya Aahar Dravyas* described in Ayurveda classics with view of modern scientific researches.

**Specific Regimen for Management of Tamak Shwasa (Bronchial Asthma)<sup>[6]</sup>**

**Pathya Vihara (Do's)**

*Verachan*, *Sweden*, *Dhumpan*, *Vaman*, *Diwaswapan*, *Atapasevana*, *Lavana Tail Abhyanga*<sup>[7]</sup>, hot water bath, wearing warm clothes in winter season, practice of yoga asanas such as *Bhujangasana*, *Naukasana*, *Ustrasana*, *Setubandhasana*, *Nadishodhan Pranayama* and meditation is effectively could manage the recurrent attacks of *Tamak Shwasa* (bronchial asthma) by enhancing the lung capacity.

**Apathya Vihara (Don't)**

Certain regimen should be avoided by *Tamak Shwasa* (bronchial asthma) patients such as, suppuration of natural urges like *Mutra*, *Udgara*, *Chardi*, *Pipasa*, and *Kasa Vegadharana*, *Shram* (hard labour), *Adhva* (excessive walking), lifting heavy items, facing dust, moving out in sun, having excessive

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intercourse. Avoid the exposure to cold and humid atmosphere, smoke, fumes, pollutants, and pollens.

**Ayurvedic Dietetics for the Management of Tamak Shwasa (Bronchial Asthma)<sup>[5]</sup>**

**Table 1: Based on Ayurvedic Texts Pathya & Apathya Aahara for Tamak Shwasa**

<b>Pathya Aahar (Do's)</b>	<b>Apathya Aahar (Don'ts)</b>
<i>Puran Shashtika, Raktshali</i>	<i>Nishpava</i> (Indian bean)
<i>Kulatha, Mudga</i>	<i>Tailabhrsta Nishpava</i>
<i>Godhuma, Yava</i>	<i>Tila</i> ( <i>Sesamum indicum</i> )
<i>Kantakari, Vastuka, Pothaki</i>	<i>Sarshapa</i> ( <i>Brassica nigra</i> )
<i>Guduchi, Patola, Vartaka</i>	<i>Masha</i> ( <i>Vigna mungo</i> )
<i>Rasona, Harada, Moolaka</i>	<i>Pistanna</i>
<i>Shigru, Tanduliya, Jivanti</i>	<i>Pinyaka</i>
<i>Bimbiphal, Jambir nimbu Matulunga nimbu</i>	<i>Mahisha Grita</i>
<i>Draksha, Amlaki, Bilwa, Kusmanda</i>	<i>Mahisha Kshira</i>
<i>Truti</i> (small cardamom), <i>Puskaramula</i>	<i>Kanda</i> (Tubers)
<i>Trikatu</i>	<i>Dadhi</i>
<i>Gud, Purana Sarpi, Madhu</i>	<i>Matsya</i> (fishes)
<i>Ushan jal</i>	<i>Anupmamsa</i> (animal meat of marshy region)
<i>Gomutra</i>	<i>Visthambhi anna</i> (consuming heavy meal)
<i>Aja kshira, Aja sarpi</i>	<i>Vidahi anna</i> (corrosive food)
<i>Jangala maans rasa, Maans of Tittar, Lava, Deer, Shooka, rabbit</i>	

**Properties of Pathya Aahar (specific food items) Described for Bronchial Asthma**

**Table 2: Pathya Aahar & their Properties Based on Bhavprakasha<sup>[8]</sup>**

<i>Rakta Shali</i>	<i>Madhura, Laghu, Tridosha Hara, Balya, Deepan, Swashhar</i>
<i>Kulatha</i>	<i>Kashay, Katu Vipak, Ushna, Laghu, Ushnavirya Swash Kasa Hara</i>
<i>Godhuma</i>	<i>Madhura, Sheetal, Balya, Snigdha, Brimhana, Vatapitta Shamaka</i>
<i>Yava</i>	<i>Kashay, Madhura, Katu Vipak, Deepan, Balya, Swashhar</i>
<i>Mudga</i>	<i>Laghu, Kaphahara, Madhura, Grahi, Vishad</i>
<i>Rason</i>	<i>Madhura, Katu, Tikta Rasa, Snigdha, Ushnavirya, Pachak, KatuVipak, Teekshna Kaphahara</i>
<i>Draksha</i>	<i>Madhura, Kashay Ushna Brimhana Snigdha Phuphusbaldaayak Kaph Nisarak</i>
<i>Shunthi</i>	<i>Laghu, Snigdha, Teekshan, Katu, Ushnavirya, Aamdoshnasak, Kaphagn</i>
<i>Pippali</i>	<i>Katu, Laghu, Snigdha, Teekshna, Madhuravipak, Deepan, Pachana, Ushan</i>
<i>Kali Mirch</i>	<i>Katu, Laghu, Teekshan, Katuvipak, Deepan, Pachan, Ushnavirya, Kaphgn</i>
<i>Bilwa</i>	<i>Katu, Tikta, Kashaya, Teekshna, Deepana Ushnavirya Kapha Anila Hara, Amadosh Hara</i>
<i>Patol</i>	<i>Ushna, Deepan, Pachan, Tridoshnasak, Kaphgn, Balya</i>
<i>Shigru</i>	<i>Katu, Tikta, Laghu, Katuvipak Teekshan Ushnavirya Deepana, Pachan</i>
<i>Vartaka</i>	<i>Madhura, Laghu, Katuvipak, Teekshan, Ushnavirya, Deepana, Kaphahara</i>
<i>Tanduliyak</i>	<i>Laghu, Madhura, Deepana, Kaphshamak</i>
<i>Kantakari</i>	<i>Katu, Tikta, Laghu, Rooksha, Teekshna, Katuvipak, Ushnaveerya, Kaphgan</i>
<i>Vastuka (Bathua)</i>	<i>Madhura, Laghu, Katuvipak, Ushnaveerya, Deepana, Pachan, Tridoshahara</i>
<i>Patola</i>	<i>Katu, Tikta, Laghu Katuvipak Ushnaveerya Deepana, Pachan Kapha Pitta Hara</i>
<i>Moolaka</i>	<i>Katu, Laghu, Katuvipak, Pachak, Ushnaveerya, Tridosha Hara, Swashhara</i>
<i>Amlaki</i>	<i>Ruksha, Lavanrahit Panchras Yukt, Madhur vipak, kaphgn</i>
<i>Haritaki</i>	<i>Lavanrahit Panchras Yukt, Laghu, Ushnaveerya, Deepana, Pachana, Balya, Rasayana</i>
<i>Jamiri Nimbu</i>	<i>Amla, Laghu, Teekshna, Ushnaveerya, Vatakapha, Hara, Deepana Pachana</i>
<i>Choti Elaichi</i>	<i>Katu, Laghu, Katuvipak, Vata Kaph Hara</i>

Bathua	Madhura, Katuvipak, Deepan, Pachan, Laghu, Balvardak
Pushkarmool	Katu, Tikta, Laghu, Teekshna, Ushnaveerya, Katuvipak Kasa Swash Hara
Gomutra	Katu, Tikta, Kashaya, Teekshna, Ushna, Laghu, Deepan, Vatakapha Hara
Goat Milk	Madhura Kashya, Laghu, Sarva Dosha Hara
Goat Ghrita	Katu, Agnivaradak, Balya, Kasa Swash Hara
kushmanda	Tikta, Laghu, Madhurvipak, Agnivaradak, Vatta Kapha Hara
Madhu	Madhura Kashya, Laghu, Deepana, Vata Kapha Nashak
Jangla Mamsa	Madhura Kashya, Laghu, Balya, Deepana, Tridosh Hara
UshanJal(Shushr	Kaph, Amadoshnashak, Agni Deepak, Swash Kasa Hara
Matulunga	Amla, Madhura, Laghu, Ushnaveerya, Deepana, Swash Kasa Hara

Most of these food articles are having Madhura, Tikshna, Katu Ushna, Laghu properties along with Balya, Shwasa and Kaphahara, Deepan, Pachana and Tridoshnashak properties which alleviate Vata and Kapha doshas.

#### Apathya Aahar and Their Properties<sup>[9]</sup>

Nishpaava	Madhura, Ruksha, Amlavipak, Guru, Vidahi
Masha	Madhura, Snigdha, Guru, Madhuravipak, Kaphavardak
Sarshap Shak	Katuras, Guru, Amla Vipak, Vidahi, Ruksha, Tridoshkarak
Dahi	Amla Rasa, Snigdha, Guru, Amlavipak, Kaphvardhak
Mahisha Kshira	Madhura, Snigdha, Guru, Kaphavardhak
Mahisha Gritha	Sheetal, Madhura, Guru, Madhura Vipak, Kaphavardhak
Matsya	Madhura, Snigdha, Guru Kaphavardhak
Anupmamsa	Madhura, Snigdha, Guru, Jatharagni Mandak, Kaphavardhak
Til	Snigdha, Madhura Ushan, Kaphavardhak
Pinyaka	Ruksha, Vishtmbkarak

**Table 3: Research Evidences: Properties of Food Articles Indicating for Tamak Shwasa (Bronchial Asthma)**

Aahara Dravya	Botanical name	Pharmacological Action
Sunthi	<i>Zingiber officinale</i>	Anti-inflammatory and antioxidant effect <sup>[10]</sup>
Draksha	<i>Vitis vinifera</i>	Anti-asthmatic <sup>[11]</sup>
Amalaka	<i>Embllica officinalis</i>	Anti-inflammatory, acute and chronic inflammation <sup>[12]</sup>
Bilwa	<i>Aegle marmelos</i>	Anti-Viral, anti-microbial, diuretic and anti-inflammatory properties <sup>[13]</sup>
Vastuka	<i>Chenopodium album</i>	Anti-oxidant activity, antibacterial activity <sup>[14]</sup>
Rasona	<i>Alium sativum</i>	Anti-microbial activity anti-allergic <sup>[15]</sup>
Pothaki	<i>Basella rubra</i>	Anti-inflammatory, anti-microbial activity, anti-viral activity <sup>[16]</sup>
Shigru	<i>Moringa pterygosperm</i>	Anti-microbial Activity <sup>[17]</sup>
Aja Kshira		Anti-inflammatory and anti-allergic <sup>[18]</sup>
Madhu		Inhalation of honey reduces airway inflammation and chronic asthma <sup>[19]</sup>

#### DISCUSSION

Asthma is an inflammatory condition that causes narrowing of the small airways in the lungs. characterized by cough, wheezing, shortness of breath and chest tightness. Acharya Sushruta has mentioned when vitiated Prana Vayu with Kapha, moves upwards, it causes breathlessness (Shwasa).<sup>[20]</sup>

Acharya Charak described that, diet which should alleviate Kapha and Vata dosha, and is hot and carminative in nature is wholesome for Tamak Shwasa patients.<sup>[21]</sup>

Bhaishajya Ratnavali also indicated that food and drinks which could reduce Vata and Kapha dosha is Pathya for Shwasa patients.<sup>[22]</sup>

Above mentioned Pathya Ahara was found to have anti-inflammatory, anti-allergic, antimicrobial and anti-asthmatic properties in various *in vitro* and *vivo* studies. And due to their Ushna, Tikshna, Laghu Guna, Katu, Tikta, Madhura rasa and Katu vipak as well as therapeutic actions such as Vata kapha shamak, Deepan, Pachan and Stroto Shodhan and Anuloman properties these Aahara and Vihara are beneficial in the management of Shwasa roga. So proper use and

selection of *Aahara* and *Vihara* which could be able to maintain *Vata* and *Kapha dosha*, and help to relieve the obstruction in *Pranavaha srotas* is needed for the management and prevention of *Tamak Shwasa*.

### Pharmacological Action of Wholesome Food Items (Pathya Dravyas)

**Sunthi:** Elizabeth A. Townsend, Matthew E. et al observed that ginger have anti-inflammatory and antioxidant effects and work directly on smooth muscle of respiratory tract. Components of dry ginger, such as -gingerol, and shogaol, shows direct effect in relaxing smooth muscles of airways and also acts as bronchodilators thus reduces the asthmatic symptoms. *Sunthi* due to *Laghu* and *Tiksna Guna*, *Katu Ras Madhur Vipak* properties work as *Stroto sodhana* so, clear the obstruction and reduce the elevated *Vata* and *Kapha Doshas*.

**Bilwa:** Due to *Ruksha*, *Laghu guna*, *Kashay*, *Tikta rasa* properties it mitigates *Kapha dosha* and *Ushan gun* mitigate *Vata dosha* having anti-inflammatory activity due to the presence of lupeol and skimmianine compounds in the leaves and fruit.

**Rasona:** *Rasona* being *Snigdha* and *Tikshna* is *Kapha nissarak* (phlegmatic) and have an antibacterial property and enhance the immunity. Zare et al. investigated the effect of (AGE) aged garlic extract on allergic-airway inflammation and also proven AGE have immunomodulatory activity in *allium sativum*.

**Shigru:** Due to *Katu Vipak* and *Ushan Virya* and *Katu Ras* like properties it alleviates *Vata* and *Kapha dosha*. *Moringa* have alkaloid named *moringine* which closely resembles to *ephedrine* in action and can be used for the treatment of asthma as it relaxes bronchioles. *n-butanol* extract of the seeds of *Moringa Oleifera* shows anti-inflammatory activity against airway inflammation. *ethanol* and *methanol* extracts of *MO* have the highest antioxidant activity. The major bioactive compounds of phenolics like *quercetin* and *kaempferol* are responsible for antioxidant activity.

**Amlaki:** *Amla*, *Madhur*, *Kashay* and *Tridoshahara* properties so mitigate *Vata* and *Kapha doshas*. *Hydroalcoholic* extract of the fruit (HAEO) have anti-inflammatory activities.

**Draksha:** Due to *Madhur Rasa* and *Madhura Vipaka* it is able to reduce the *Vata dosha* and strengthen the lungs. *Kapha* or *phlegm* expectoration properties phytoconstituents like *tannin*, *tartaric acid* etc. have anti allergic properties and polyphenolic compounds present in natural drugs have been reported to elicit potent anti-oxidant and anti-inflammatory properties *VVHE* might play an important role in the management of bronchial asthma.

**Kulthi:** Due to *Ushan Virya* and *Katu Vipak*, it alleviates *Kapha* and *Vata dosha*. Study showed that it also has

anti-microbial activity and anti-inflammatory properties.

**Honey:** Honey is best medicine for the balancing the *Kapha* due to *Ruksha*, *Tikshan* and *Chhedna Guna*. Its phenolic compounds possess anti-inflammatory and antioxidant properties.

**Aja Kshira:** Due to *Madhura Kashya*, *Laghu*, and *Sarva Dosh Hara* properties it decrease *Vata* and *Kapha Doshas*. Goat milk alleviates allergen-induced airway inflammation of allergic asthma and its anti-inflammatory and anti-allergic activity confirms its beneficial use in asthma.

### CONCLUSION

Diet is the most essential requirement for life. As by use of following whole some regimen the severity of bronchial asthma it's recurrent attacks could be easily control. Many classical Ayurveda Samhita mentioned vitiation of *Vata* and *Kapha dosha* and formation of *Ama* are the main causes of development of *Tamaka Shwasa* so, the food items having the properties of *Deepana*, *Pachana*, *Shwasahara*, *Kasahara*, *Vatanulomana*, and *Tridoshsamak* would be an excellent choice to control this disease. Also, *Pathya Aahara* and *Vihara* predominant in *Ushna*, *Tikshna*, *Laghu* properties, *Katu* and *Tikta rasa* and *Katu Vipak* which could reduce the *Vata*, *Kapha dosha* and reducing *Ama dosha* and also having specific pharmacological actions such as *Deepan*, *Pachan*, *Srotoshodhana*, *Balya* and *Kasahara Shwashara* properties should be effective as effective *Swashara* drugs for *Tamak Swasha* (bronchial asthma) patients.

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