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## Pathya Apathya in the management of Tamaka Shwasa

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### ABSTRACT:

Bronchial asthma is a significant non-communicable disease affecting both children and adults, with nearly 380 million cases in India according to the WHO. It is characterized by bronchial hyper-reactivity and reversible airflow obstruction. In Ayurveda, bronchial asthma corresponds to Tamaka Shwasa, a disorder of the Pranavaha Srotas. Implementing Pathya Ahara and Vihara, which alleviate Vata and Kapha, is important for restoring physiological balance and improving respiratory function. Environmental factors such as dust and pollution can worsen Shwasa, but dietary and lifestyle modifications are more practical to implement. Ayurveda emphasizes Pathya Ahara and Vihara for both prevention and management, noting that wholesome practices support health while unwholesome habits contribute to disease. A proper diet and healthy lifestyle are essential for improving quality of life. This review describes various Pathya and Apathya Ahara Dravyas from classical Ayurvedic texts, with their relevance supported by modern scientific research. In Ayurveda, Shwasa is classified under Ashtamahagada. Foods like Purana Yava, Godhuma, and Aja Dugdha are considered Pathya, while Matsya, beans, cold water, and curd are regarded as Apathya in managing Shwasa.

**KEYWORDS:** Shwasa, Ahara, Pathya, Apathya, Pranavaha Srotas, Bronchial asthma.

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**INTRODUCTION:**

Bronchial asthma is a chronic airway disorder characterized by bronchial hyper-reactivity and reversible obstruction<sup>[1]</sup>. In Ayurveda, it is correlated with *Tamak Shwasa* and considered a *Pranvaha Srotas disorder*. *Pathya* refers to practices or foods that do not harm the body's channels and are agreeable, while those that are harmful and disagreeable are considered undesirable. Bronchial asthma in children is a common problem in India. Dust, pollens, fumes, preservatives, and food colors in junk food, irregular sleep patterns are common causatives in children. Passive smoking is also a common cause of bronchial asthma in children.<sup>[2]</sup> Ayurveda provides better solutions in the form of proper dietary management, lifestyle advices herbal and herbomineral medicines, and *Panchakarma*. Above all, proper dietary management could be a key factor in preventing and curing bronchial asthma, and hence it is discussed in the current study.<sup>[3]</sup> *Aahar* not only provides nutrition but also protects from infections, provides strength, and prevents various diseases, along with physical and mental wellbeing. Modern medicine uses various steroids and Bronchodilators to control Asthma but they have their own side effects too. Ayurveda provides proper dietary management, lifestyle advices and herbomineral medicines in the management of *Tamak Shwasa*.<sup>[4]</sup>

**Aim and Objective**

To evaluate the *Pathya-Apathya Ahara* mentioned in classics with scientific bases.

**Material and Methods**

This review was done by compiling the classical Ayurvedic literature, modern literature, Pharmacology literature (*Dravyaguna*) and *Bhaishajya Ratnavali*, and research journals. This review article has defined the properties of various *Pathya* and *Apathya Aahara Dravyas* described in

Ayurveda classics with view of modern scientific researches.

➤ **Pathya of Tamaka Shwasa Mentioned in Different Classics**• **According to Charaka<sup>[5]</sup>**

1. *Vrihi Dhanya* - *Shashtika* (Paddy: *Oryza sativa*)
2. *Shooka Dhanya* - *Yava* (Barley: *Hordeum vulgare* Linn.)- *Godhuma* (Wheat: *Triticum sativum* Lam.)
3. *Shimbi Dhanya* - *Mudga* (Green gram: *Phaseolus radiata*)
4. *Shaka Varga* - *Guduchi* (*Tinospora cordifolia*)  
- *Moolaka* (Radish: *Raphanus sativum* Linn.)  
- *Shigru* (Drumstick plant: *Moringa pterygosperm*)
5. *Phala Varga* - *Draksha* (Grapes: *Vitis vinifera* Linn.)  
- *Bilwa* (Bael fruit: *Aegle marmelos*)  
- *Amalaka* (Indian gooseberry: *Emblica Officinalis*)  
- *Matulunga* (Citron: *Citrus medica* Linn.)
6. *Madhu Varga* - *Madhu*
7. *Krutanna Varga* - *Yusha*  
- *Yavagu*  
- *Peya*

• **According to Sushruta<sup>[6]</sup>**

1. *Phala Varga* - *Draksha* (Grapes: *Vitis vinifera* Linn.)  
- *Bilwa* (Bael fruit: *Aegle marmolis*)  
- *Amalaka* (Indian gooseberry: *Emblica officinalis*)  
- *Matulunga* (Citron: *Citrus medica* Linn.)
2. *Madhu Varga* - *Madhu*
3. *Ghrita Varga* - *Purana Sarpi*

• **According to Astanga Hridaya<sup>[7]</sup>**

1. *Vrihi Dhanya* - *Shashtika* (Paddy: *Oryza sativa*)
2. *Shaka Varga* - *Yava* (Barley: *Hordeum vulgare* Linn.)



- Godhuma (Wheat: *Triticum sativum* Lam.)
- 3. Shimbi Dhanya -Mudga (Green gram: *Phaseolus radiate*)
- 4. Shaka Varga -Moolaka (Radish: *Raphanus sativum* Linn.)  
-Guduchi (*Tinospora cordifolia*)  
-Vartaka (Brinjal: *Solanum indicum*)
- 5. Phala Varga -Bilwa (Bael fruit: *Aegle marmelos*)  
-Amalaka(Indian gooseberry:*Embolica officinalis*)  
-Matulunga (Citron:*Citrus medica* Linn.)
- 6. Madhu Varga -Madhu
- 7. Krutanna Varga -Yusha  
-Peya  
-Sathu  
-Varun

• **According to Yoga Ratnakara<sup>[8]</sup>**

1. Shaali Dhanya -Tandula (broken rice)
2. Vrihi Dhanya -Shashtika (Paddy: *Oryza sativa*)
3. Shooka Dhanya -Yava (Barley:*Hordeum vulgare* Linn.)  
-Godhuma (Wheat: *Triticum sativum* Lam.)
4. Shaka Varga -Guduchi (*Tinospora cordifolia*)  
-Patola (*Trichosanthes dioica*)  
-Vartaka (Brinjal: *Solanum indicum*)  
- Rasona (Garlic: *Alium sativum*)  
- Bimbi (Jvy gourd: *Coccinia indica*)
5. Phala Varga - Jambira (Lemon: *Citrus limona* Linn.)  
- Draksha (Grapes:*Vitis vinifera* Linn.)
6. Madhu Varga - Madhu
7. Dugdha Varga - Aja kshira

8. Ghrita Varga - Purana Sarpi  
- Aja sarpi

• **According to Bhaisajya Ratnavali<sup>[9]</sup>**

1. Shaali Dhanya - Tandula (broken rice)
2. Vrihi Dhanya - Shashtika (Paddy: *Oryza sativa*)
3. Shooka Dhanya - Yava (Barley:*Hordeum vulgare* Linn.)  
- Godhuma (Wheat: *Triticum sativum* Lam.)
4. Shaka Varga - Guduchi (*Tinospora cordifolia*)  
- Patola (*Trichosanthes dioica*)  
- Vartaka (Brinjal: *Solanum indicum*)  
- Rasona (Garlic: *Alium sativum*)  
- Bimbi (Jvy gourd: *Coccinia indica*)  
- Vastuka (Lamb's quarters: *Chenopodium album* Linn.)  
- Moolaka (Radish: *Raphanus sativum* Linn.)  
- Pothaki (Indian spinach: *Basellarubra* Linn.)
5. Phala Varga - Matulunga (Citron:*Citrus medica* Linn.)  
- Jambira (Lemon: *Citrus limona* Linn.)  
- Draksha (Grapes:*Vitis vinifera* Linn.)
6. Madhu Varga - Madhu
7. Dugdha Varga - Aja kshira
8. Ghrita Varga - Purana Sarpi  
- Aja Sarp

**Apathya Aahara in Tamaka Shwasa Mentioned in Different Classics**

• **According to Charaka<sup>[10]</sup>**

1. Shimbi Dhanya - Nishpava(Lablab purpureus/Indian bean)  
- Masha  
- Tila (*Sesamum indicum*)  
- Sarshapa (*Brassica nigra*)
2. Shaaka Varga - Kanda (Tubers)
3. Dadhi Varga - Dadhi
4. Kshira Varga -Mahisha Kshira

5. Krutanna Varga - Pistanna  
- Pinyaka

- **According to Astanga Hridaya**<sup>[11]</sup>

1. Shimbi Dhanya - Masha

- **According to Yog Ratnakara**<sup>[12]</sup>

1. Shimbi Dhanya -Nishpava(Lablab purpureus/Indian bean)  
- Sarshapa(Brassica nigra)

2. Shaaka Varga - Kanda (Tubers)

3. Grita Varga - Mahisha Gritha

4. Krutanna Varga - Tailabhrsta  
Nishpava

- **According to Bhaisajya Ratnavali**<sup>[13]</sup>

1. Grita Varga - Mahisha Gritha

2. Krutanna Varga - Tailabhrsta  
Nishpava

### **Specific Regimen for Management of Tamak Shwasa (Bronchial Asthma)**

#### **Pathya Vihara**

Verachan, Sweden, Dhumpan, Vaman, Diwaswapan, Atapasevana, Lavana Tail Abhyanga, 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**

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

### **Properties of Pathya Dravyas Indicating for Tamaka Shwasa (Bronchial Asthma)**

**Shunthi:** 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. Shunthi due to Laghu and Tiksha Guna, Katu Rasa Madhura Vipak properties work as Stroto Shodhana so, clear the obstruction and reduce the elevated Vata and Kapha Doshas.<sup>[14]</sup>

**Bilwa:** Due to Ruksha, Laghu Guna, Kashaya, Tikta Rasa properties it mitigates Kapha Dosha and Ushna Guna mitigate Vata Dosha having anti-inflammatory activity due to the presence of lupeol and skimmianine compounds in the leaves and fruit.

**Lashoona:** Lashoona being Snigdha and Tiksha is Kapha Nissarak (phlegmatic) and have an antibacterial property and enhance the immunity. 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 Vipaka and Ushna Virya and Katu Rasa 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 Olifera 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.

**Amalaki:** Amla, Madhura, Kashaya and Tridosahara properties so mitigate Vata and Kapha Doshas. Hydroalcoholic extract of the fruit (HAEEO) have anti-inflammatory activities.

**Draksha:** Due to Madhura Rasa and Madhura Vipaka it is able to reduce the Vata Dosha and

strengthen the lungs. Kapha or phlegm expectoration properties phyto-constituents 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 Ushna Virya and Katu Vipak, it alleviates Kapha and Vata dosha. Study showed that it also has anti-microbial activity and anti-inflammatory properties.

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

**Aja Kshira:** Due to Madhura Kashya, Laghu, and Sarva Dosha 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.

**Guduchi (Tinospora cordifolia):** Due to Madhura, Tikta, Kashaya, Laghu, Ushna, balances tridosha. Study showed that it also has Anti-allergic Activity Anti-inflammatory Anti-pyretic, Anti-Infective Activity Immunomodulatory activity<sup>[15]</sup>

#### **Properties of Apathya Dravyas for Tamak Shwasa (Bronchial Asthma)**

**Masha:** Madhura, Guru, Snigdha, Ushna, Madhura gunas so it is Kaphakaraka.<sup>[16]</sup> Black gram induces IgE mediated reactions in 1.7% of asthma, hypersensitivity.<sup>[17]</sup>

**Tila (Sesamum indicum L.):** Madhura, Kashaya, Tikta, Kaphakaraka, Pitta Janaka, Sangrahi [18] Sesame seed proteins causes IgE mediated reactions<sup>[19]</sup>

**Sarshapa (Brassica nigra):** Tikshna, Tikta, Katu, Ruksha, Ushna. Pittavardhaka<sup>[20]</sup> IgE mediated hypersensitivity<sup>[21]</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>[22]</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>[23]</sup> Bhaishajya Ratnavali also indicated that food and drinks which could reduce Vata and Kapha Dosha is Pathya for Shwasa patients.<sup>[24]</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.

#### **CONCLUSION:**

Even though Oushadha is having Therapeutic effect, Aoushadha Matra (quantity of medicine) is always lesser than ahara matra (quantity of food). Ahara plays major role in Swasthya Rakshana. By its nature of Pathya and apathy Ahara can become Ayatana for both health and sickness. Hence following appropriate Pathya and avoiding apathy leads to better health in case of Tamaka Shwasa.

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