

Role of Eladi Churna in the Management of Tamakshwas

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Abstract:

Nowadays Asthma is one of the major diseases that causes more medical emergencies, there are many diseases which are fatal, butsh was and hikkaareat the top position while concerning Sadyapranaharaor Aashukaripranaharavyadhi. Shwas is present at the time of birth and combination of genetic and environmental factor such as Increased industrialization, chemicals used in various factories, over population, pollution are some of them. Various yoga are used in management of tamakshwas eladichurna is one of important among them Eladichurna is selected for this present study

Introduction:

In modern science Tamakshwas correlated with Bronchial Asthma Asthma is a chronic inflammatory disorder of the airway in which many cells and cellular elements play role. The chronic inflammation causes an associated increase in airway hyperresponsiveness that leads to recurrent episodes of wheezing breathlessness, chest tightness and coughing particularly at night or early morning. These episodes are usually associated with wide spread but variable airflow obstruction that is often reversible either spontaneously or with treatments. It is also caused by combination of genetic and environmental factor. This disease can occur at any stage of life right from pediatric group to geriatric group. WHO estimate that 235 million people currently suffering from bronchial asthma. In India prevalence of asthma has been found to be 15-20 million people. Prevalence of asthma is more in urban areas than rural areas due to smoke, pollution and environmental factors. Ayurveda not only treating the disease, but eliminating its root cause. There is an important role of immunity in pranharastrot as disorder.

Aim & objectives:

- To study the role of Eladichurna in the management of tamakshwas.
- To study etiopathogenesis of tamakshwas.

Material & methods

Patients fulfilling the criteria of Tamaka Shwasa (Bronchial Asthma) were registered in the

clinical study, irrespective of sex and religion from the Outpatient Department of Kayachikitsa, A detailed history and physical examination was done on the basis of the standard proforma, which included both Ayurvedic and modern methods of examination: Agnibala, Dehabala, Prakriti were recorded. For selection of the patients the diagnosis was based on subjective criteria and objective criteria.

Inclusion criteria:

- 1) Age: Patients between 17 to 70 years of age.
- 2) Presence of classical features of Tamaka Shwasa.
- 3) Patients not taking any other medicines for Tamaka Shwasa.

Exclusion criteria

- 1) Patients suffering from major disorders like hypertension, cardiac asthma, tropical pulmonary eosinophilia, acute and chronic bronchitis, bronchiectasis, spontaneous pneumothorax complicated bronchial asthma
- 2) is blocked and blocked Vatadosh is reversely directed (Pratilom Vayu). Due to Vat dosha dryness is increased and natural lubrication is disturbed hence causes the difficulty in breathing. Breathing becomes stressful, effort full, noisy, rate of respiration is increased. And patient feels difficulty in natural process of breathing. In Ayurvedic system of medicine, various herbal, herbominerals and minerals are used popularly and very effectively in treatment of Asthma with different disease condition.

Conclusion:

Non pharmacological therapy like lifestyle, yoga etc ,are also highly effective in Asthma and are having no or very little complication. If complication may arise then they can be treating safely and successfully in comparisons to modern science.

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