



## **AN AYURVEDIC PERSPECTIVE OF SHWAS ROG AND ITS TREATMENT MODALITY**

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### **ABSTRACT :**

Swasa Roga, correlated with Bronchial Asthma, is a chronic respiratory disorder challenging to treat due to its recurring nature. Ayurveda offers a holistic approach to managing this condition through Shodhana procedures, internal medication, and lifestyle modifications. This article discusses the etiopathogenesis, symptoms, and Ayurvedic management of Tamaka Shwasa, a type of Swasa Roga, emphasizing the importance of Nidana parivarjana, Shodhana, and Shamana chikitsa. Ayurvedic treatment aims to detoxify, nourish, and balance the body, providing long-term relief and reducing disease recurrence. This approach offers a safe and effective alternative for managing Bronchial Asthma, improving quality of life, and reducing healthcare costs.

### **1.INTRODUCTION :**

Swasa Roga, a respiratory disorder discussed in Ayurvedic texts, encompasses various breathing difficulties, including Bronchial Asthma. Tamaka Shwasa, a type of Swasa Roga, is characterized by symptoms like breathlessness, chest tightness, wheezing, and coughing, similar to Bronchial Asthma. Ayurveda offers a unique perspective on managing this condition, focusing on the individual's holistic well-being and natural remedies. This article delves into the Ayurvedic understanding and management of Tamaka Shwasa, providing insights into its etiology, symptoms, and treatment approaches, which can complement modern medical practices and offer a more comprehensive approach to addressing respiratory health.

### **DISCUSSION :**

Ayurvedic management of Tamaka Shwasa offers a promising approach to addressing Bronchial Asthma, a chronic respiratory disorder. By focusing on the individual's unique constitution (Prakriti) and imbalances (Vikriti), Ayurveda provides personalized treatment strategies that aim to restore balance and promote overall well-being. Shodhana procedures like Vamana and Nasya help eliminate excess Kapha, while Shamana chikitsa using herbs like Tulsi, Ginger, and Turmeric help alleviate symptoms and prevent recurrences. Lifestyle modifications, including diet and stress management, also play a crucial role in managing the condition. By integrating Ayurvedic principles with modern medical practices, healthcare providers can offer a more comprehensive approach to respiratory care, improving patient outcomes and quality of life. Further research and collaboration can help unlock the full potential of Ayurveda in addressing respiratory health.

### **CONCLUSION :**

In conclusion, Ayurvedic management of Tamaka Shwasa offers a safe and effective approach to addressing Bronchial Asthma, a chronic respiratory disorder. By understanding the individual's unique constitution and imbalances, Ayurveda provides personalized treatment strategies that promote holistic well-being. Through Shodhana procedures, Shamana chikitsa, and lifestyle modifications, Ayurveda helps alleviate symptoms, prevent recurrences, and improve quality of life. Integration of Ayurvedic principles with modern medical practices can provide a comprehensive approach to respiratory care, offering new hope for patients seeking alternative solutions. Further research and collaboration can help unlock the full potential of Ayurveda in promoting respiratory health and overall well-being.

### **REFERENCES :**

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