

2. TAMAKA ŚWĀSA (BRONCHIAL ASTHMA)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Ārdraka swarasa (Zingiber officinale)	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K,1/13
2.	Vāsā swarasa	Swarasa	10 ml BD	Cow's Ghee/ Honey	S.S.Ma. K, 1/8

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śṛṅgyādi Cūrṇa	Cūrṇa	3 gm BD	Honey	B.R. Hikkā Śwāsa Cikitsā

2.	Śwāsakuṭhāra Rasa	Vaṭī	250 mg BD	Ginger Juice	B.R. Hikkā Śwāsa Cikitsā
3.	Śwāsakāsa Cintāmaṇī	Vaṭī	125 mg BD	Honey	B.R. Hikkā Śwāsa Cikitsā
4.	Kanakāsava	Āsava	10 ml BD	Equal qty. of water after meals	B.R. Hikkā Śwāsa Cikitsā
5.	Bhārṅgīguḍa	Avaleha	12 gm BD	Water	B.P. Śwāsarogā dhikāra
6.	Daśamūla Kwātha	Kwātha	30 ml BD	-	B.R. Kāsa Cikitsā
7.	Śuṅṭhyādi Cūrṇa	Cūrṇa	3 gm BD	Hot water	S.S.Ma. K. 6/120
8.	Tālisādi Cūrṇa	Cūrṇa	3 gm BD	Honey	S.S.Ma. K.6/132- 135

9.	Vyoṣādi Vaṭī	Vaṭī	1 gm BD	Hot Water	S.S.Ma. K. 7/22- 23
10.	Kaṇṭakārī Avaleha	Avaleha	12 gm BD	Water	S.S.Ma. K. 8/5-9
11.	Vyāghrī Harītakī	Avaleha	12 gm BD	Water	B.R. Kāsa Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, ṣaṣṭhika rice	Maze (Makkā), chickpea flour (besana)
Pulses	Kulattha	Black gram (uḍada)
Fruits & vegetables	Bathuā, taṇḍulīyaka, garlic, harītakī, paṭola	Tuber vegetables like potato, sweat potato, mustard leaves, lady fingers etc.
Others	Goat milk, old clarified butter, honey, black pepper, dry ginger, long pepper, Luke warm water	Buffalo's milk, clarified butter, curd, fish, cold water

Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana), smoking, sudation, day sleeping	Exposure to cold, rainy and cold season, physical exercise suppression of natural urges, snuffing, therapeutic enema (vasti)
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Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.