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Respiratory Medicinal Herbs of *BhavaPrakasha Nighantu*- A Critical Literary Review

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Abstract

Aim: The objective of the paper is to critically review the medicinal plants indicated in the management of *Shwasa Roga* vis-à-vis Respiratory disease with respect to their *varga, rasa, guna, veerya, vipaka, doshghnata* and *karma* from *Bhava Prakasha Nighantu* and their appraisal in the management.


Background: Respiratory diseases are serious global health problem affecting all the age groups. Various medicinal plants documented in Ayurvedic literatures are effective in the treatment of respiratory disorders. *Shwasa*, a disease of respiratory system is characterized by breathlessness, cough, chest tightness and wheeze. Though it appears simple disease, its magnitude is immense and needs appropriate treatment. *Acharya Bhavaprakash* has attributed numerous herbs in his work *Bhavaprakasha Nighantu* (BPN) primarily indicated in *Shwasa*.

Review Result: Among 579 drugs screened, 58 herbs are *Shwasahara*. Critically review with parameters like *Rasa, Guna, Veerya, Vipaka, Doshaghata* and *Karmukata* etc., revealed that 19 herbs belong to *Guduchyadi Varga* and 17 herbs belong to *Hareetakyadi Varga* while 34 herbs possess *ushna veerya* and 18 possess *sheeta veerya*. 36 herbs are *Katu* in *Vipaka* and 22 are *madhura* in *Vipaka*. 30 herbs are *deepana*, 17 are *pachaka* and 10 are *anulomaka*. Nine herbs possess *Madhura, Katu and Katu Tikta rasa*; four herbs each possess *Tikta rasa, Madhura Kashaya rasa and Tikta Kashaya rasa*.

Conclusion: The treatment principles of *Shwasa* recommend utilizing *Vata-kapha* pacifying, *ushna veerya* and *vatanulomaka* herbs. Majority of the herbs reviewed possess *Kaphavatahara* property, *ushna* in *veerya, Katu* in *Vipaka*, possess *deepana, pachana, and anulomana* activities. The combination of these herbs as per the dominance of the *dosha* and the associated *dosha* will reverse the pathology and ensure homeostasis of *dosha* and alleviation of disease.

Clinical Significance: The reviewed herbs will add on to the list of medications that are essential in treatment of *Shwasa* based on its management principles. Also, the recent research evidences on the pharmacological activities of these herbs has revealed anti-inflammatory, antispasmodic, bronchodilator, mucolytic, expectorant, anti-allergic and mast cell stabilizing effects substantiating the basic principles of treatment essential in the management of *Shwasa Roga*.

Key words: *Shwasa, Ayurveda, Bhavaprakasha Nighantu, Shwasahara, Respiratory disease, Veerya, Vipaka, Karma, Dosha, Other*

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