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## **A Single Case Study on the Management of Tamaka Swasa W.S.R. to Bronchial Asthma**

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### **ABSTRACT:**

Respiration is first physical sign of life. Respiratory system is very important as it is the system responsible for the supply of prana or oxygen to the body. At the same time, the respiratory system is more prone to diseases, due to its direct contact with external environment. Now-a-days respiratory diseases are increasing dramatically due to increased air pollution, environmental changes, adaptation of new dietetic preparations and tremendous physical stress collectively reducing immunity in people. Tamaka swasa is mainly a vata and kapha vitiated disorder and acharyas mentioned it as one among five types of Swasa rogas. In modern it can be correlated with bronchial asthma because of similar etiology and symptoms.

**KEYWORDS :** Single case study, Tamaka Swasa, Bronchial asthma.

**AIM :** The purpose of study is to evaluate the effect of Haridradi churna (internally) and Dhustura phalasakhadi dhuma in the management of Tamaka swasa W.S.R. to Bronchial asthma.

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