



Review Article

A REVIEW ON SHWASAHARA DRAVYAS IN BHAVAPRAKASH NIGHANTU

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ABSTRACT

Respiratory disorders (*Shwasa Roga*) and coughs are global health complaints that affect everyone differently throughout their lives. These complaints are prevalent across all age groups. Dyspnea (shortness of breath) caused by respiratory dysfunction is classified under *Shwasa Roga* in Ayurveda. Exposure to dust, smoke and environmental variations are the main risk factors for this disorder. *Bhavaprakasha Nighantu* is one of the foundational texts of Ayurveda. It contains descriptions of *Dravyas* which are indicated for various diseases and also *Shwasahara Dravyas*. In this review article, an extensive search of drugs for *Shwasa Roga*, in *Bhavaprakasha Nighantu* is done. The study showed that out of 23 *Vargas* of drugs in *Bhavaprakasha Nighantu*, 18 *Vargas* contain 92 *Dravyas* for *Shwasa* of plants, animals, and minerals origin.

INTRODUCTION

Every cell in the body receives oxygen and nutrition through breathing. Cough and shortness of breath are two typical health complaints that affect everyone to varying degrees throughout their lives. *Shwasa Roga* is the clinical entity that is described in Ayurvedic texts as having the primary symptom of difficulty in breathing. Diseases of the respiratory system are the leading cause of death globally and in India as well. In India, the number of cases and prevalence of bronchial asthma and other respiratory diseases are increasing very fast. It is a major health problem^[1]. Respiratory disorders are co-related with *Shwasa Rogas* in Ayurveda. After Covid19 pandemic crisis, the search and research on traditional medicinal herbs for respiratory disorders have significantly increased. Many popular classical texts of Ayurveda have comprehensive descriptions of medicinal herbs with indications for *Shwasa* (respiratory disorder)^[2].

To address the increasing concern about traditional medicinal plants for *Shwasa Roga* (respiratory disorder) this review article aims to explore the *Bhavaprakasha Nighantu* and synthesize a

separate comprehensive list of traditional medical plants indicated for *Shwasa Roga* (respiratory disorder).

Shwasa Roga (respiratory disorders)

“*Shwasiti Anena iti Shwasa*”- *Shabda Kalp druma* Difficulty in breathing/shortness of breaths is *Shwasa Roga* (dyspnea/respiratory disorders). One of the major diseases of *Pranava srotas* described in *Brihatrayis*, *Madhav Nidan* and *Bhavaprakash* as *Shwasa Roga*.

कफवातात्मकावेतौपित्तस्थानसमुद्भवमिथ्योपचरितौकुद्ब्रौहतआशी
विषावित्र | Ch.Ch.17/08

Shwasa Roga mainly *Kapha* and *Vata* dominant in nature. They originate at the site of *Pitta* (upper part of the stomach). Hence generally they are extremely difficult to treat. After getting afflicted with this disease, if one indulges in unwholesome regimens, then the disease gets aggravated and results in death just as from fatal snake venom^[3].

- *Shwasa* word is used to denote respiration and exchange of air in the body. The word *Shwasa* is used for both physiological and pathological states.
- *Acharya Sushruta* described that when normal *Prana Vayu* gets vitiated and its movement is obstructed by *Kapha* it leads to increased and labored breathing, resulting in *Shwasa Roga*^[4].
- The causative factors of *Shwasa Roga* are described as *Raja- dhuma- vata- shitasthana- shitaambu-*

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vyayama (exercise). *Ama Pradosha* is also considered a causative factor for *Shwasa Roga*.

- The specific pathogenesis of *Shwasa Roga* is described as exposure to etiological factors leading to vitiation of *Kapha* along with *Vata* which obstructs *Pranavaha Srotas*. This generates movement of *Vayu* in all directions in *Pranavaha Srotas* and body, ultimately causing *Shwasa Roga*.
- *Acharya Vagbhata* added the involvement of *Udakavaha* and *Annavaha Srotas* along with *Pranavaha* in the *Samprapti* (pathogenesis) of *Shwasa Roga*^[5].
- *Dosha- Kapha-pradhan Vata; Dushya- Rasa; Shrotas- Pranavaha; Adhistan- Aamasaya; Shrotodusti- Sanga and Vimargaman (Vata) and Aashukari Vayadhi.*

Necessity of quick management of *Shwasa Roga*

एषां प्राणहरा वज्र्या घोरास्ते ह्याशुकारिणः ॥६८॥

भेषजैः साध्ययाप्यांस्तु क्षिप्रं भिषगुपाचरेत् ।

उपेक्षिता दहेयुर्हि शुष्कं कक्षमिवानलः ॥६९॥

The curable and controllable variety *Shwasa Roga* should be treated with medicine quickly. If

Haritakyadi Varga

S.No.	<i>Dravya</i>	Botanical name	Family	Reference
1	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	<i>Combretaceae</i>	B.P.N.1/20
2	<i>Sunthi</i> (dry ginger)	<i>Zingiber officinale</i> Roscoe	<i>Zingiberaceae</i>	B.P.N.1/46
3	<i>Pippali</i>	<i>Piper longum</i> Linn.	<i>Piperaceae</i>	B.P.N.1/55/57
4	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	<i>Piperaceae</i>	B.P.N.1/60
5	<i>Trikatu</i>			B.P.N.1/63
6	<i>Pippalimool</i>	<i>Piper longum</i> Linn.	<i>Piperaceae</i>	B.P.N.1/65
7	<i>Gaja-pippali</i>	<i>Piper retrofractum</i> Vahl	<i>Piperaceae</i>	B.P.N.1/69
8	<i>Dhanyaka</i>	<i>Coriandrum sativum</i> Linn.	<i>Umbelliferae</i>	B.P.N.1/88
9	<i>Tumburu/Tejaphlaa</i>	<i>Zanthoxylum alatum</i> Roxb.	<i>Rutaceae</i>	B.P.N.1/115
10	<i>Vansh lochana</i>	<i>Bambusa arundinacia</i> Willd.	<i>Poaceae</i>	B.P.N.1/116
11	<i>Kutki</i>	<i>Picrorhiza kurroa</i> Royle ex benth	<i>Scrophulariaceae</i>	B.P.N.1/152
12	<i>Kiratikta (Chirayata)</i>	<i>Swertia chirata</i> Roxb.ex Flem	<i>Gentianaceae</i>	B.P.N.1/155
13	<i>Rasna</i>	<i>Pluchea lanceolata</i> Oliver & Hiren.	<i>Asteraceae</i>	B.P.N.1/164
14	<i>Tejovati</i>	<i>Zanthoxylum alatum</i> Roxb.	<i>Rutaceae</i>	B.P.N.1/170
15	<i>Pushkarmoolam</i>	<i>Inula racemosa</i>	<i>Asteraceae</i>	B.P.N.1/174
16	<i>Karkatshringi (Kaakadshingi)</i>	<i>Pistacia integerrima</i> Stew.ex Brandis	<i>Anacardiaceae</i>	B.P.N.1/179
17	<i>Kataphala (Kayaphala)</i>	<i>Myrica esculenta</i> Buch.Ham.	<i>Myricaceae</i>	B.P.N.1/181
18	<i>Bharangi</i>	<i>Clerodendrum serratum</i> Spreng.	<i>Verbenaceae</i>	B.P.N.1/183
19	<i>Bakuchi</i>	<i>Psoralea corylifolia</i> Linn.	<i>Fabaceae</i>	B.P.N.1/208-209
20	<i>Chakarmarda (Phala)</i>	<i>Cassia tora</i> Linn.	<i>Ceasalpiniaceae</i>	B.P.N.1/211-212
21	<i>Lashun</i>	<i>Allium sativum</i> Linn.	<i>Lilliaceae</i>	B.P.N.1/223
22	<i>Yavakshara</i>	<i>Potasii carbonas</i>		B.P.N.1/254

neglected then it destroys the *Prana* of the patient as the fire burns away the dry grass very fast.

Bhavaprakasha Nighantu^[6]

The original text of *Bhavaprakasha Nighantu* was written by *Acharya Bhava Mishra* (1500-1600 AD). The text contains the description of 494 *Aoushad Dravyas* (medicinal plants) and 250 *Ahara Dravyas* (food plants) i.e., a total of 744 plants in the form of Sanskrit 1758 verses. The plants are classified into 23 different classes termed *Varga*. *Shwasha Rogadhikara* (Dyspnea) described in *B.P. N. Madhyam Khand* 14th Chapter.

MATERIALS AND METHODS

Ayurvedic text, *Bhavaprakasha Nighantu* is thoroughly reviewed. In addition to that extensive searches for the relevant literature on electronic online databases (UGC CARE, PubMed, Science Citation Index, Web of Science, and Scopus indexed) are done for the study.

OBSERVATION AND RESULTS

Dravya mentioned under different *Varga* in *Bhavaprakasha Nighantu* for *Shawasa Roga*.

Karpuradi Varga

S.N.	Dravya	Botanical name	Family	Reference
1	Jaatiphala	<i>Myristica fragrans</i> Hott	Myristicaceae	B.P.N.2/55
2	Jaatipatri	<i>Myristica fragrans</i> Hott	Myristicaceae	B.P.N.2/57
3	Lavanga	<i>Syzygium aromaticum</i> Linn.	Myrtaceae	B.P.N.2/59
4	Sathool Elaa	<i>Amomum subulatum</i> Roxb.	Zingiberaceae	B.P.N.2/62
5	Suksham Elaa	<i>Elettaria cardamomum</i> Maton.	Zingiberaceae	B.P.N.2/63
6	Karchura	<i>Curcuma zedoaria</i> Rosc.	Zingiberaceae	B.P.N.2/96
7	Gandhplashi / Karpookachri/shati	<i>Hedychium spicatum</i> Ham.ex Smith	Zingiberaceae	B.P.N.2/100
8	Granthiparnam	<i>Polygonum aviculare</i> Linn.	Polygonaceae	B.P.N.2/108
9	Taalishpatar	<i>Abies webbiana</i> Lindl.	Pinaceae	B.P.N.2/115

Guduchyadi Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook.	Menispermaceae	B.P.N.3/10
2	Patla	<i>Stereospermum suaveolens</i> DC.	Bignoniaceae	B.P.N.3/21
3	Brihatpanchmool			B.P.N.3/30
4	Shaalparni	<i>Desmodium gangeticum</i> DC.	Fabaceae	B.P.N.3/32
5	Prishanparni	<i>Uraria picta</i> Desv.	Fabaceae	B.P.N.3/35
6	Vartaki	<i>Solanum indicum</i> Linn.	Solanaceae	B.P.N.3/37
7	Kantkari	<i>Solanum surrattense</i> Burn.f	Solanaceae	B.P.N.3/41
8	Gokshur	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	B.P.N.3/46
9	Laghupanchmool			B.P.N.3/48
10	Dashmoolam			B.P.N.3/49
11	Shukala-erand/ Rakata-erand	<i>Ricinus communis</i> Linn	Euphorbiaceae	B.P.N.3/63
12	Shukala-Arka puspha	<i>Calotropis gigantea</i> Linn.	Asclepiadaceae	B.P.N.3/70
13	Adusha	<i>Adhatoda vasica</i> Nees.	Acanthaceae	B.P.N.3/90
14	Mahanimba	<i>Melia azedarach</i> Linn.	Meliaceae	B.P.N.3/99
15	Gunjja/Sweta/Rakata	<i>Abrus prectorius</i> Linn.	Fabaceae	B.P.N.3/127
16	Patha	<i>Cissampelos paeira</i> Linn.	Menispermaceae	B.P.N.3/192
17	Indaryana/Indrvaruni	<i>Citrullus colocynthis</i> Schrad	Cucurbitaceae	B.P.N.3/206
18	Sharphunkha	<i>Tephrosia purpurea</i> Linn.	Fabaceae	B.P.N.3/210
19	Sarivadua • Sweta sariva • Krishna sariva	<i>Hemidesmus indicus</i> R.Br. <i>Ichnocarpus frutescens</i> R.Br.	Asclepiadaceae Apocynaceae	B.P.N.3/238
20	Bhringraaj	<i>Eclipta alba</i> Hassk.	Asteraceae	B.P.N.3/241
21	Meshashringi	<i>Gymnema sylvestre</i> R.Br.	Asclepiadaceae	B.P.N.3/253
22	Dronapuspi	<i>Leucas cephalotes</i> Spreng.	Lamiaceae	B.P.N.3/283 Tamak Swasha
23	Suvarchla	<i>Gynandropsis pentaphylla</i> DC.	Capparidaceae	B.P.N.3/286

Pushpa Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Sthal Kamalam	<i>Hibiscus mutabilis</i> Linn.	Malvaceae	B.P.N.4/14

Vatadi Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Shami	<i>Propolis cineraria</i> Linn.	Mimosaceae	B.P.N.5/73
2	Saptparna	<i>Alstonia scholaris</i> R.Br.	Apocynaceae	B.P.N.5/75

Aamradi Phala Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Draksha	<i>Vitis vinifera</i> Linn.	Vitaceae	B.P.N.6/112
2	Kasudhar karjuri/Pind karjuri	<i>Phoenix sylvestris</i> Roxb.	Palmae	B.P.N.6/119
3	Beejpoor (Beejora)	<i>Citrus medica</i> Linn.	Rutaceae	B.P.N.6/131
4	Madhuk karkati (Beejora bheda)	<i>Citrus decumana</i> Watt. Syn. <i>C. maximus</i> (BurM.)	Rutaceae	B.P.N.6/133
5	Aamalvetas	<i>Hyppophae salicifolia</i> D.Don	Elaeagnaceae	B.P.N.6/155

Dhatuvadi Varga

S. N.	Dravya	Name	Reference
1	Tamra bhasma	Copper /Cuprum	B.P.N.7/27
2	Ranga bhasma	Tin/Stanum	B.P.N.7/31
3	Jasta /Yasada	Zinc/Zincum	B.P.N.7/33
4	Saarloha	Iron/Ferrum	B.P.N.7/47
5	Shilajatu	Asphaltum/Black bitumen	B.P.N.7/81
6	Manashila	Realgar/Red arsenic	B.P.N.7/133

Dhanya Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Rakata shali	<i>Oryza sativa</i> Linn.	Poaceae	B.P.N.8/15
2	Yava	<i>Hordeum vulgare</i> Linn	Poaceae	B.P.N.8/30
3	Masha/Urad	<i>Phaseolus mungo</i> Linn.	Fabaceae	B.P.N.8/42
4	Kulatha	<i>Dolichos biflorus</i> Linn.	Fabaceae	B.P.N.8/61

Shaka Varga

S. N.	Dravya	Botanical name	Family	Reference
1	Palak	<i>Spinacia oleracea</i> Linn.	Chenopodiaceae	B.P.N.9/16
2	Briha Laoni	<i>Portulaca oleracea</i> Linn.	Portulacaceae	B.P.N.9/22
3	Sitivara/Chopatiya	<i>Marsilea minuta</i> Linn.	Marsileaceae	B.P.N.9/32
4	Chakarmard patar	<i>Cassia tora</i> Linn.	Ceasalpinaceae	B.P.N.9/36
5	Rajkosataki/Turai	<i>Lufa acutangula</i> Roxb.	Cucurbitaceae	B.P.N.9/68
6	Shobanjana/ Sahijana phali	<i>Moringa pterygosperma</i> Gaertn.	Moringaceae	B.P.N.9/78
7	Karkoti/Kakaoda	<i>Momordica dioica</i> Roxb.	Cucurbitaceae	B.P.N.9/86
8	Kantkariphala	<i>Solanum surrattense</i> Burn.f	Solanaceae	B.P.N.9/89
9	Harasv moolkam	<i>Raphanus sativus</i> Linn.	Brassicaceae	B.P.N.9/101

Mansa Varga

S. N.	Dravya	Descriptions	Examples	Reference
1	<i>Paranmrigga</i>	Arboreal locomotion	Monkey, <i>Vrikshmarkat</i>	B.P.N.10/11
2	<i>Prushta (Chital mrigga)</i>		Chital deer	B.P.N.10/15
3	<i>Mundi</i>		Deer	B.P.N.10/49
4	<i>Vileshaya</i>		Indian hare	B.P.N.10/50
5	<i>Sedha (Seha/Saahi)</i>		Indian porcupine	B.P.N.10/51
6	<i>Goar tittar</i>		Grey partridge	B.P.N.10/59

Krittan Varga

S. N.	Dravya	Reference
1	<i>Angaarkarkati (Vaati)</i>	B.P.N.11/34
2	<i>Vedamika (Vedaie)</i>	B.P.N.11/43

Vaari Varga

Jala	Indication	Contraindication	Reference
<i>Sheetal jalapaan</i>	<i>Tamaka swasha</i>	<i>Swasha</i>	B. P.N.12/70/72

Dugdha Varga

None	Ref. B.P.N.13
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Dadhi Varga

<i>Ajja Dadhi (Goat curd)</i>	Ref. B.P.N.14/12
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Takra Varga

<i>Takra Pakava</i>	Ref. B.P.N.15/14
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Madhu varga

<i>Makshika</i>	Ref. B.P.N 21/05-08
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Ikshu varga

<i>Naveen Guda</i>	<i>Saccharum officinarum</i> Linn. <i>Poaceae</i>	Ref.B.P.N 22/27
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Navneet varga

None	
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Ghrita varga

<i>Ajja ghrita</i>	Ref. B.P.N.17/08
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Mutra varga

<i>Gaumutra</i>	Ref. B.P.N.18/02
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Taila varga

None

Sandhana varga

None

Pharmacological Properties (Rasa-panchaka and Karma)

i) Haritakyaadi Varga						
S.N.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Haritaki	Panchrasa, Except Lavan, (Kashaya Pradhana)	Laghu, Ruksha	Ushna	Madhur	Tridosha hara
2	Shunthi (Dry Ginger)	Katu	Laghu, Snighdha	Ushna	Madhur	KV Shamaka
3	Pippali	Katu	Laghu, Snighdha, Tikshna	Anushanshita	Madhur	KV Shamaka
4	Maricha	Katu	Laghu, Tikshna	Ushna	Katu	KV Shamaka
5	Trikatu	-	-	-	-	-
6	Pippalimoola	Katu	Laghu, Snighdha, Tikshna	Anushan-Sheeta	Madhur	K V Shamaka
7	Gaja-Pippali	Katu	Laghu, Ruksha	Ushna	Katu	K V Shamaka P Vardhaka
8	Dhanyaka	Kashaya, Tikta, Mdhur, Katu	Laghu, Snighdha	Ushna	Madhur	Tridosh -hara
9	Tumburu/ Tejaphlaa	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka P Vardhaka
10	Vansh Lochana	Kashaya, Madhur	Ruksha, Laghu, Tikshna	Sheeta	Madhur	VP Shamaka
11	Kutuki	Tikta	Ruksha, Laghu	Sheeta	Katu	KP hara
12	Kiratikta (Chirayat)	Tikta	Laghu, Ruksha	Ushna	Katu	Tridosh Shamaka, Visesh KP Shamkaa
13	Rasana	Tikta	Guru	Ushna	Katu	KV Shamaka, Vatashamaka Uttam
14	Tejovati	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka, P Vardhaka
15	Pushkarmoolam	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	KV Shamaka
16	Karkatshringi (Kaakadshingi)	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	KV Shamaka
17	Kataphala (Kayaphala)	Kashaya, Tikta, Katu	Laghu, Tikshna	Ushna	Katu	KV Shamaka
18	Bharangi	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	KV Shamaka
19	Bakuchi	Katu, Tikta	Laghu Ruksha	Ushna	Katu	KV Shmakaa
20	Chakarmarda (Phala)	Katu	Laghu, Ruksha	Ushna	Katu	KV Shmakaa
21	Lahshun	Madhur	Sanigdha, Tikshna, Picchil, Guru, Sara	Ushna	Katu	KV Shmaka, R P Prokapaka
22	Yavakshara	-	Laghu, Snigdha, Suksma			VK Shamaka

ii) Karpuradi Varga

S. No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Jaatiphala	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	KV Shamaka
2	Jaatipatri	Madhur, Katu	Laghu	Ushna	Katu	KV Shamaka
3	Lavanga	Tikta, Katu	Laghu, Snighdha	Sheeta	Katu	KP Shamaka
4	Sathool Elaa	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	KV Shmakaa P Vardhaka
5	Suksham Elaa	Katu, Madhur	Laghu, Ruksha	Sheeta	Madhur	Tridhoshara
6	Karchura	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	KV Shamaka
7	Shati	Katu, Tikta, Kasaya	Laghu, Tikshna	Ushna	Katu	KV Shamaka
8	Granthiparnam /Sathonayak	Tikta, Katu	Tikshna, Laghu	Ushna	Katu	-
9	Taalishpatara	Tikta, Madhur	Laghu, Tikshna	Ushna	Katu	KV Shamaka

iii) Guduchyadivarga

S. No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Guduchi	Tikta, Kashaya Katu	Guru, Snighdha	Ushna	Madhur	Tridosh Shamaka
2	Patala	Kashaya, Tikta	Laghu, Ruksha	Anushna	Katu	Tridosh Shamaka
3	Brihat- panchmool	Tikta, Kashaya, Madhur	Laghu	Ushna	-	KV Nashaka
4	Shaalparni	Tikta, Madhur	Guru, Snighdha	Ushna	Madhur	Tridosh Shamaka
5	Prishanparni	Madhur, Tikta	Laghu, Snighdha	Ushna	Madhur	Tridosh Shamaka
6	Vaatarki/Vrihati	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka
7	Kantkari	Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka
8	Gokshura	Madhur	Guru, Snighdha	Sheeta	Madhur	VP Shamaka
9	Laghu- panchmool	Madhur	Laghu	Atayantushan Virya Nahi	-	VP Nashaka
10	Dashmoolam	-	-	-	-	Tridhosh Ghana
11	Shukala-Erand/ Rakata-Erand	Madhur, Anuras Katu, Kashaya	Snighdha, Tikshna, Suksma	Ushna	Madhur	KV Shamaka (V Shamaka Visesh)
12	Shukala-Arka Puspaha	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka
13	Adusha	Tikta, Kashaya	Ruksha, Laghu	Sheeta	Katu	KP Shamaka
14	Mahanimba	Tikta, Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	Tridosh Shamaka
15	Gunja / Sweta/ Rakta	Tikta, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Beej-KV Shamak, Patra-Tridosh shamak, Visesh VP Shamaka
16	Patha	Tikta	Laghu, Tikshna	Ushna	Katu	Tridosh Shamaka
17	Indaryana /Indravaruni	Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	KP hara
18	Sharphunkha	Tikta, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	KV Shamaka Prabhav- Pliaghana

19	Sarivadua, Saweta, Sariva, Krishna Sariva	Madhur, Tikta	Guru, Snigdha	Sheeta	Madhur	Tirdosh Shamaka
20	Bhringraja	Katu, Tikta	Ruksha, Laghu	Ushna	Katu	KV-Shamaka
21	Meshashringi	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	KV-Shamaka
22	Dronapuspi (Tamak Shwasa)	Lavan, Katu	Tikshna	Ushna	Madhur	KV-Shamaka VP-Krita
23	Suvarchla	Tikta, Kashaya, Katu	Ruksha, Laghu	Ushna	Katu	KPR-Shamaka

iv) Pushpa Varga

S. No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Sthal Kamlam	Katu, Tikta, Kashaya	-	Anushna	-	KV Shamaka

v) Vatta Adi Varga

S. No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Shami	Tikta, Katu, Kashaya	Laghu	Sheeta	Katu	KP Shamaka
2	Saptparana	Tikta, Kashaya	Laghu, Snigdha	Ushna	Katu	KP Shamaka

vi) Aamaradi Phala varga

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Draksha	Madhur	Snigdha, Guru, Mridu	Sheeta	Madhur	VP shamaka
2	Kasudhar karjuri/ Pind karjuri	Madhur	Snigdha, Guru	Sheeta	Madhur	VP shamaka RP ghana
3	Beejpoor (Beejora) Jati madhur, Amal	Madhur, Amla	Laghu, Snigdha Tikshna	Sheeta Ushna	Madhur, Amla	VP shamaka KV shamaka
4	Madhuk karkati (Beejora bheda, Chkotra)	Madhur	Guru	Sheeta	-	RP apaham
5	Aamalvetas	Ati Amla	Laghu, Ruksha, Tikshna	Ushna	Amla	KV shamaka Pittavardhka

vii) Dhatuvadi Varga

S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Tamra Bhasma	Kashaya, Madhur, Tikta, Amla	Laghu, Sarak, Shital	Katu	Katu	PK Nashaka
2	Ranga Bhasma	-	Laghu Sarak	Ushna	-	Pitta Janaka
3	Jasta/Yasada	Kashaya, Tikta	-	Sheeta	-	KP Hara
4	Saarloha	-	-	-	-	Pitta Hara
5	Shilajatu	Katu, Tikta	-	Ushna	Katu	K Nashaka
6	Manashila	Katu, Tikta	Guru, Snigdha	Ushna	Katu	KR Nutta

viii) Dhanya Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Rakata Shali (Srestha)	Madhur, Kashaya	Snigdha, Laghu	Sheeta	-	Tridosh Shamaka
2	Yava	Kasya, Madhur	Ruksha, Guru, Picchila	Sheeta	Katu	Vata Karaka, KPR Nasaka
3	Mansa/Uarad	Madhur	Guru, Snigdha	Ushna	Madhur	Vata Shamaka, Kapha Vardhak- P Karaka (4 Dravya- Urda, Dadhi, Machali, Vengan)
4	Kulatha	Kashaya	Laghu, Sarak	Ushna	Katu	PR karak

ix) Shaka Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Palaka	-	Guru	Sheeta	-	PR Kapaham, Sleshmala
2	Brihat Laoni, Bada Nonia, Kulfa	Amla	Sarak,	Ushan	-	Vata Karaka KP-hata
3	Sitivara/Sunishnak/ Chopatiya (controversy B.P. in synonym)	Madhur, Kashaya	Grahi, Lahgu, Ruksha	Sheeta	-	Tridoshapaham
4	Chakarmard Patar	Amla	Laghu	-	-	V Kaphapaham
5	Rajkosataki/Torai	Madhur	Laghu, Ruksha, Tikshna	Sheeta	Katu	KV Karaka
6	Shobanjana Phalam/ Sahijana Phali	Mahur, Kashaya	-	-	-	KP nuta
7	Karkoti	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	KP Shamaka
8	Kantkariphala	Tikta, Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	VK-apaham
9	Hrasavmoolak	Katu	Laghu	-	-	Tridosh-hara

x) Mansa Varga						
S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Paranmrigga	-	-	-	-	-
2	Prushata (Chital Mrigga)	Madhur	Laghu	Sheeta	-	-
3	Mundi	-	-	Sheeta	-	-
4	Vileshaya	Madhur	Laghu, Ruksha, Grahi, Sada-hitkara	-	-	KP-Ghana, Vata- Sadharana
5	Sedha (Seha/Saahi)	-	-	-	-	Tridoshapaham
6	Goar Tittar	-	-	-	-	Tridoshapaham

xi) Krittan Varga						
S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Angaarkarkati (Vaati)	-	Laghu	-	-	K-Karaka
2	Vedamika (Vedaie)	--	-	Ushna	-	PK-Karak

xii) Vaari varga- None

xiii) Doodha varga-None

xiv) Dadhi Varga						
S.No.	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Ajja Dadhi	-	Laghu, Grahi	-	-	Tridoshnashaka

xv) Takra Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Takra Pakava	Kashaya, Amla, Madhur	Laghu, Grahi	Ushna	Madhur	Vatanashaka

viii) Navneet varga- None

xvii) Ghrita Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Ajja Ghrita	-	-	-	Katu	-

xviii) Mutra Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Gow Mutra	Katu, Tikta, Kashaya	Tikshna, Ushna, Laghu	-	-	KV Nashak, P-Karaka

xix) Taila varga-None

xx) Sandhana varga-None

xxi) Madhu Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Makshika	Madhur, Kashaya	Laghu, Ruksha, Grahi, Suksham, Yogvahi	Sheeta	-	Alap Vatajanak PR -Vikarapaham

xxii) Ikshu Varga						
S.No	Dravya	Rasa	Guna	Virya	Vipaka	Karma
1	Naya Gudd	Madhur	Guru, Snigdha	Sheeta	Madhur	K-Karaka V-Nashaka

xxiii) Aneka artha nama varga- None

DISCUSSIONDistribution of *Dravyas* in different *Vargas* in *Bhavaprakasha Nighantu*^[7]

S. N.	Varga	Total No. of Dravya	No. of Single Dravya for Shwasa Roga	No. of combined Dravya for Shwasa Roga
1	Haritakyadi Varga	98	21	1 - Trikatu
2	Karpuradi Varga	56	9	-
3	Guduchyadi Varga	190	20	3 - Laghu Panchmool, Brihat Panchmool and Dashmool
4	Pushpadi Varga	37	1	
5	Vatadi Varga	43	2	
6	Amaradi Phala Varga	60	5	
7	Dhatuvyadi Varga	07	6	
8	Dhanyadi Varga	29	4	
9	Shaka Varga	71	9	
10	Mansha Varga	78	6	
11	Kritana Varga	81		2
12	Vari Varga	36	1	
13	Dadhi Varga	05	1	
14	Takara Varga	05	1	
15	Ghrita Varga	09	1	
16	Mutara Varga	08	1	
17	Madhu Varga	08	1	
18	Ikshu Varga	13	1	

The above table shows that the 18 *Varga* of medicinal plants contain 6 combined and 86 single *Dravya* of plant, animal and mineral origin.

Analysis on Dosha Karma with Dravyas

Vata Shamaka	Pitta Shamaka	Kapha Shamaka	Vata Vardhaka	Pitta Vardhaka	Kapha Vardhaka	PK Karaka	PR Karaka	VP Karaka
Masha, Pakav, Takara, Naya Gudd	Saarloha	Kutki, Shilajatu	Vrihat Laoni, Madh, Yava	Tejovat, Tumburu, Gaja-Pipali, Sthula Ela, Gow Mutara, Ranga-Bhasam	Masha, Vaati, Naya-Gudd, Palaka	Vedhami-ka	Kulath, Lahushun,	Dronap-uspi
3	1	2	3	6	4	1	2	1

Kapha vata Shamaka (37)	Sunthi, Pippali, Marich, Pipalimool, Gajpipali, Tumburu, Rasana, Tejovati, Pushkarmool, Karkatshringi, Katphla, Bharangi, Bakuchi, Chakarmard phala, Lahsun, Yavakasara, Jattiphala, Jatipatri, Sthul-ela, Karchur, Shati, Brihatpanchmool, Vatarki, Kantakari, Sthul-erand, Sukal-araka-puspa, Meshashringi, Gunjabeeja, Sarpunkha, Bhringraj, Dronpuspi, Sthal kamal, Amlabejora, Amalvetas, Kantkari phala, Chakarmard patar, Gow mutar
Vata Pitta Shamaka (6)	Vanshlochan, Laghupanchmool, Gokshur, Draksha, Karjoor, Madhur-bejora
Tridhosha -hara (19)	Haritaki, Dhanyak, Chirayata, Sukshma-ela, Guduchi, Patla, Shalparni, Prishanparni,

	<i>Dashmoolam, Mahanimb, Patha, Sarivadua, Gunja-patar, Rakat shali, Sunishanak, Harsavmoolak, Goartittar, Saahi, Ajja dadhi</i>
<i>Kapha Pita Shamaka (11)</i>	<i>Lavanga, Adusha, Indrayan, Shami, Sapatparn, Tamra-bhasam, Jasta, Brihat laoni, Karkoti, Sahijana phali, Bileshaya</i>
<i>Kapha Pita Rakata Shamaka (3)</i>	<i>Suvarchla, Yava, Palaka</i>
<i>Rakta Pitta Ghana (3)</i>	<i>Karjoor, Madhuk-karkati, Makshika</i>
<i>Kapha Rakta Nuta (1)</i>	<i>Manshila</i>

The above table represents the *Dravya* based on its *Karma/Kriya* (mode of action/effect). The *Samprapti* of *Shwasa Roga* depicts *Kapha* and *Vata Dosha* as predominant *Dosha*. Here it is found 37 *Kapha-Vata (KV) Shamak Dravya*, 19- *Tridosh Shamak*, 11- *Kapha Pitta (KP) Shamak*, 6- *Vata Pitta (KP) Shamak*, 3-3 *Kapha-Pitta-Rakta (KPR) Shamak* and *Rakta-Pitta (RP) Ghana*, 1-1 *Vata-Pitta-Kapha (VPK)* and *Kapha-Rakta (KR) Nuta*.

The analysis revealed that some *Dravya* also vitiated *Dosha*, 3 *Vata-Vardhak*, 6 *Pitta-var dhak*, 4 *Kapha vardhak*, 1 *Vata Pitta (VP) Vardhak*, 1 *Pitta Kapha (PK) Vardhak* and 2 *Pitta Rakta (PR) Kara*.

Analysis on *Dravya* with *Virya*

S.N.	<i>Ushna Virya Dravya</i>	<i>Sheeta Virya Dravya</i>	<i>Anushansheeta Virya Dravya</i>
1	50	22	4

Out of 92 listed *Dravya* of plant, animal and mineral origin, only the potency of 76 *Dravya* could be made available from the texts. Out of 76 *Dravya* 50 are *Ushna Virya*, 22 are *Sheeta Virya* and 4 are *Anushansheeta Virya Dravya*.

Analysis of *Dravya* with *Vipaka*

S.N.	<i>Katu vipaka dravya</i>	<i>Madhur vipaka dravya</i>	<i>Amla vipaka dravya</i>
1	46	20	2

Analysis of *Dravya* with *Vipaka* (Metabolic activity) showed that only 68 *Dravya Vipaka* was available in the texts screened. In which there were 46 *Dravya* were of *Katu Vipaka*, 20 of *Madhur Vipaka* and 2 were of *Amla Vipaka*.

Pathya-apathya Ahara Dravyas observed for *Shwasa Roga*

- | | |
|-------------------------|---|
| a) <i>Amaradi Varga</i> | 5 |
| b) <i>Dhanya Varga</i> | 4 |
| c) <i>Shaka Varga</i> | 9 |
| d) <i>Mansha Varga</i> | 6 |
| e) <i>Kritana Varga</i> | 2 |
| f) <i>Vari Varga</i> | 1 |
| g) <i>Dadhi Varga</i> | 1 |
| h) <i>Takravarga</i> | 1 |
| i) <i>Ghrita Varga</i> | 1 |
| j) <i>Madhu Varga</i> | 1 |
| k) <i>Ikshuvarga</i> | 1 |

Pathya-apathya Ahara Dravyas observed for *Shwasa Roga* showed 11 *Varga* of *Pathya* (beneficial food) in *Shwasa Roga* in which 32 *Dravya* considered beneficial in *Shwasa Roga*.

CONCLUSION

Bhavaprakasha Nighantu dealt with 23 *Varga*. Out of 23 *Vargas* 18 *Vargas* contain 92 *Dravyas* for *Shwasa* of plants, animals, and minerals origin. Among these *Dravyas*, the maximum number of *Dravyas* is from *Guduchyadi Varga*. In these *Dravyas*, mainly *Kapha-Pittahar Karma* is observed. Most of the *Sthavar Dravyas* observed have *Laghu-Ruksha Guna, Tikta-Kashaya Rasa* and *Katu Vipaka*. With the help of these *Rasa-panchaka* observed *Dravyas* subsides the symptoms of *Shwasa Roga*. *Bhavaprakasha Nighantu* provides a huge scope for *Shwasahara Dravyas*. A separate comprehensive list of *Dravyas* synthesized in this review can be put in further research work to establish their scientific mode of action and they can be included in treatment protocols for the management of various respiratory disorders.

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