

REVIEW ON SHWASAAGHNA (ANTI-ASTHAMATIC) PLANTS OF VARIOUS NIGHANTUS (AYURVEDIC MATERIA MEDICA)

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Abstract

Asthma is a global problem with an estimated 300 million affected individuals. Asthma accounts for about one out of every 250 deaths worldwide. In India it is estimated that 15-20 million asthmatics report to the hospital every year. The available treatment options have major limitations owing to low efficacy, associated adverse events and compliance issues. This led to an intense search for potent and safe anti-asthmatic drugs. Ayurveda has a long tradition of using herbal medicines in the maintenance of health and management of diseases. The plenty of plants with anti-asthmatic (Shwasaghna) properties are mentioned in classical texts of Ayurveda mainly in various Nighantus (Ayurvedic Materia Medica). Just by glorifying the past we can't survive or develop further. The validation of their therapeutic attributes has to be made evidence based by using modern scientific methods but we are still lacking in having quantitative data of anti-asthmatic (Shwasaghna) plants which will serve as a ready reckoner for researchers as well as physicians. Thus there is a need for generation of quantitative scientific data from various Nighantus. The study reveals anti-asthmatic plants described in various Nighantus.

Key words: Asthma; Shwasaa; Nighantu; anti-asthmatic; Medicinal plants.

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INTRODUCTION

Bronchial asthma is multifactorial disease where genetic, developmental, inflammatory and immunological factors are involved. Asthma is a complex inflammatory disease which causes airway narrowing and associated with changes in the levels of eosinophils, mast cells, lymphocytes, cytokines and other inflammatory cell products. The pathology of asthma is remarkably uniform for all of the types of asthma, including atopic, non atopic, occupational and paediatric-asthma. Various research studies indicates that airway hyper responsiveness is important in the pathogenesis of asthma and the level of airway hyper responsiveness usually correlates with the clinical severity of asthma.^[1] The pathophysiology of asthma involves the development of acute and chronic inflammation in airway narrowing by producing increased vascular permeability, oedema, and airway smooth muscle contraction.^{[1][2][3]}

Asthma affects about 300 million people worldwide and it has been estimated that a further 100 million will be affected by 2025.^{[4][5]} Although limited data is available on the asthma prevalence in India, according to the “Global Burden of Asthma Report”; the increase is likely to be dramatic, particularly in India. A wide variation ranging from 4-19% is reported in the prevalence of asthma in school-going children from different parts of India.^{[2][6]} The prevalence appears to be more in paediatric age group.^[7]

Currently available anti-allergic and anti-inflammatory drugs have certain limitations. Corticosteroids are highly effective but have variety of adverse effects and mast cell stabilizers have favourable adverse effect profile but not very effective clinically. As a result, there is high prevalence of usage of complementary and alternative medicines for treatment of this disease.^[8] So, search

continues for new, effective and safe drugs in acute as well as chronic bronchial asthma.^[9]

‘Tamakaa Shwasaa’ described in Ayurvedic texts is similar to bronchial asthma-from aetiology to clinical features. Very interestingly, the patho-physiology of Tamakaa Shwasaa is strikingly similar to that described in modern medicine including the remodelling process described in persistent variety of bronchial asthma. The nature has provided remedies to cure majority of ailments of mankind. Drug from the plant origin has a very important role in the management of any disease. The world market of herbal drug is dominated by northern block accounting. 50% business of the balance 50%, China commands half of the market. India remains on the fringe with only 1-2% share. This scenario can change dramatically if we use modern technology for scientific evaluation of herbal drugs but even today we are lack of quantitative data of anti-asthmatic plants.

MATERIALS AND METHODS

Nighantus (lexicons) are complete reference books for Indian medicines of herbal, mineral and animal sources. Although many Nighantus (Ayurvedic material medica) are available in Ayurveda, the most appreciated six lexicons viz. DhanvantariNighantu (D.N. - 10th Century A.D.), MadanapalaNighantu (M.N. - 14th Century A.D.), Raja Nighantu (R.N. - 14th Century A.D.), Kaiyadeva Nighantu (K.N. - 1450 A.D.), Bhavaprakasha Nighantu (B.N. - 16th Century A.D.), and Shaligramaa Nighantu (S.N. -1896 A.D.) were selected based on their common use among academicians and practitioners. They throw light on possible therapeutic use of the plants in asthma.

Each and every varga (chapter) of these nighantu (lexicons) were screened for plants which have a role in the management of asthma & denoted by Shwasaaghi, Shwasaahara, Shwasaapaha, Shwasaha, Shwasaanuth, Shwasapranuth etc. words.

Table 1: Documentation of Anti-asthmatic plants in various Nighantus

Sr. No.	Sanskrit Name	Latin Name	D.N.	M.N.	R.N.	K.N.	B.N.	S.N.
1.	Aadhaki ^[231]	<i>Cajanus cajan</i> (Linn.) Millsp.				+		
2.	Aamalaki ^[321]	<i>Emblica officinalis</i> Gaertn.						+
3.	Aamraharidra ^[342]	<i>Curcuma amada</i> Roxb.						+
4.	Aardraka-Shunthi ^{:[29][66][105][207][238][322][442]}	<i>Zingiber officinale</i> Rosc.	+	+	+	+	+	+
5.	Aargwadha ^[448]	<i>Cassia fistula</i> Linn.						+
6.	Aavartaki ^[197]	<i>Cassia auriculata</i> Linn.				+		
7.	Ajashringi ^{[16][118]}	<i>Gymnema sylvestre</i> R.Br.	+		+	+	+	+
8.	Meshshringi ^{[186][282][385][460]}	<i>Garcinia pedunculata</i> Roxb.				+	+	+
9.	Amlavetas ^{[157][293][405]}	<i>Clitoria ternatea</i> Linn.			+			+
10.	Arka-Rakta ^[362]	<i>Calotropis procera</i> (Ait.) R.Br.						+
11.	Arka- Shweta, Alarka ^{233, 272}	<i>Calotropis gigantia</i> (Linn.) R.Br.				+	+	
12.	Ashwagandha ^{[98][201][374]}	<i>Withania somnifera</i> (Linn.) Dunal.			+	+		+
13.	Atasi ^[423]	<i>Linum usitatissimum</i> Linn.						+
14.	Badara ^{[158][409]}	<i>Zizyphus jujuba</i> Lam.				+		+
15.	Bakuchi ^{[63][181][254][344]}	<i>Psoralea corylifolia</i> Linn.		+		+	+	+
16.	Bakula-Brihat, Vak ^{[120][395]}	<i>Osmanthus fragrans</i> Lour.			+			+
17.	Beejpooraka ^{[35][81][132][153][291][402]}	<i>Citrus medica</i> Linn.	+	+	+	+	+	+
18.	Beejpooraka-Vanya ^{[133][403]}	<i>Citrus medica</i> Linn. var.			+			+
19.	Bhallataka ^{[127][346]}	<i>Semecarpus anacardium</i> Linn.f.			+			+
20.	Bhargi ^{[12][60][108][205][253][341][452]}	<i>Clerodendrum serratum</i> (Linn.) Moon.	+	+	+	+	+	+
21.	Bhoomyamalaki, Bhoodhatri ^{[152][387]}	<i>Phyllanthus urinaria</i> Linn.				+		+
22.	Bhoostrun ^{[215][373]}	<i>Cymbopogon citratus</i> (DC) Stapf.				+		+
23.	Bhringraja ^{[236][281][383]}	<i>Eclipta alba</i> Hassk.				+	+	+
24.	Bimbi ^{[23][166][433]}	<i>Coccinia indica</i> W. & A.	+			+		+
25.	Brahmasuvarchala ^[390]	<i>Drosera</i> sp.						+
26.	Brahmi ^{[183][388]}	<i>Bacopa monnieri</i> (Linn.) Pennell				+		+
27.	Brihati ^{[18][46][94][143][355]}	<i>Solanum indicum</i> Linn.	+	+	+	+		+
28.	Brihati-Kshudra ^[354]	<i>Solanum indicum</i> Linn. var.						+
29.	Chanaka ^{[138][232]}	<i>Cicer arietinum</i> Linn.			+	+		
30.	Chanak-Krisnna ^[421]	<i>Cicer arietinum</i> Linn. var.						+
31.	Charpota ^[64]	<i>Physalis minima</i> Linn.		+				
32.	Chavya ^{[69][106][241][325]}	<i>Piper chaba</i> Hunter.		+	+		+	+
33.	Chhikkani ^[394]	<i>Centipeda minima</i> (Linn.) A.Br. & Asch.						+
34.	Choodala ^[188]	<i>Cyperus</i> sp.?				+		
35.	Dadrughna-Chakramarda, Prapunnata ^{[62][180][255][301][345][428]}	<i>Cassia tora</i> Linn.		+		+	+	+
36.	Darbha ^[372]	<i>Imperata cylindrica</i> Beau.						+
37.	Darvi ^[343]	<i>Berberis aristata</i> DC.						+
38.	Devdali, Jeemutaka ^{[22][89][189][392]}	<i>Luffa echinata</i> Roxb.	+		+	+		+
39.	Devdaru ^[216]	<i>Cedrus deodara</i> (Roxb.) Loud.				+		
40.	Dhanyaka ^{[71][211][243][328][445]}	<i>Coriandrum sativum</i> Linn.		+		+	+	+
41.	Draksha ^{[36][78][130][156][289][410]}	<i>Vitis vinifera</i> Linn.	+	+	+	+	+	+
42.	Draksha- Gostani, Uttarapathika ^{[37][128][411]}	<i>Vitis vinifera</i> Linn. var.	+		+			+
43.	Draksha-Laghu, Kakali ^{[129][412]}	<i>Vitis vinifera</i> Linn. var.			+			+
44.	Dronpushpi, Drona ^{[175][283][389][461]}	<i>Leucas cephalotes</i> Spreng.				+	+	+
45.	Ela-Sookshma ^{[25][74][220][260][311]}	<i>Elettaria cardamomum</i> Maton.	+	+		+	+	+
46.	Ela-Sthoola ^{[221][259][310]}	<i>Amomum subulatum</i> Roxb.				+	+	+

47.	Eranda-Rakta ^{[49][148][361][458]}	<i>Ricinus communis</i> Linn.	+		+		+
48.	Eranda-Shweta ^{[48][147][271][360][421]}	<i>Ricinus communis</i> Linn.	+		+	+	+
49.	Gajapippali ^{[70][210][242][326]}	<i>Piper chaba</i> Hunter	+		+	+	+
50.	Gandhapalashee ^[10]	<i>Hedychium spicatum</i> Buch-Ham. var.	+				
51.	Gandhapalashee-Shathi ^{[224][262][318]}	<i>Hedychium spicatum</i> Buch-Ham.			+	+	+
52.	Gholika, Lonika-Brihat ^{[83][172][299][424]}	<i>Portulaca oleracea</i> Linn.	+		+	+	+
53.	Gholika-Kshudra ^[425]	<i>Portulaca quadrifida</i> Linn.					+
54.	Gogihva ^[185]	<i>Onosma bracteatum</i> Wall.			+		
55.	Gokshura ^{[44][146][270][357]}	<i>Tribulus terrestris</i> Linn.	+		+	+	+
56.	Granthiparna ^{[225][263][315]}	<i>Leonotis nepetaefolia</i> R.Br.			+	+	+
57.	Guduchi ^{[348][456]}	<i>Tinospora cordifolia</i> (Willd) Miers ex Hook.f. & Thoms.					+
58.	Gunja-Rakta ^{[274][370][459]}	<i>Abrus precatorius</i> Linn.				+	+
59.	Gunja-Shweta ^[370]	<i>Abrus pulchellus</i> Wall.					+
60.	Haritaki ^{[41][151][237][320]}	<i>Terminalia chebula</i> Retz.	+		+	+	+
61.	Hingu ^{[212][329]}	<i>Ferula narthex</i> Boiss.			+		+
62.	Indravaruni-Brihat ^[277]	<i>Trichosanthes palmata</i> Roxb.				+	
63.	Indravaruni-Laghu ^{[198][276][376]}	<i>Citrullus colocynthis</i> Schrad.			+	+	+
64.	Jalapippali ^{[33][393]}	<i>Lippia nodiflora</i> Rich.	+				+
65.	Jamboo ^{[123][413]}	<i>Syzygium cumini</i> (Linn.) Skeels.			+		+
66.	Jatiphala-Jatipatri ^{[218][257][309]}	<i>Myristica fragrans</i> Houtt			+	+	+
67.	Jeevanti ^[358]	<i>Leptadenia reticulata</i> W. & A.					+
68.	Kaivartika ^[92]	<i>Ventilagamadraspatana</i> Gaertn.			+		
69.	Kakmachi ^{[182][384]}	<i>Solanum nigrum</i> Linn.			+		+
70.	Kanchanara-Rakta ^[193]	<i>Bauhinia purpurea</i> Linn.			+		
71.	Kanchanara-Shwet ^{[194][366]}	<i>Bauhinia acuminata</i> Linn.			+		+
72.	Kantakari ^{[19][47][95][144][269][305][356]}	<i>Solanum acurattense</i> Burm.f.	+	+	+	+	+
73.	Kantakari-Shwet ^[145]	<i>Solanum sp.</i>				+	
74.	Kanthari ^[190]	<i>Capparis sepriaria</i> Linn. / <i>Opuntia dillenii</i> Haw.?				+	
75.	Kapithha ^{[30][134][159][408]}	<i>Feronia limonia</i> (Linn.) Swingle	+		+	+	+
76.	Karchura ^{[76][223][261][317]}	<i>Curcuma zedoaria</i> Rosc.	+		+	+	+
77.	Karir ^{[116][415]}	<i>Capparis decidua</i> Edgew.			+		+
78.	Karkatshringi ^{[15][57][110][204][251][339]}	<i>Pistacia integerrima</i> Stewart ex Brandis.	+	+	+	+	+
79.	Karkoti, Karkotaki ^{[168][304][434]}	<i>Momordica dioica</i> Roxb.ex Willd.			+	+	+
80.	Karwellaka ^{[167][435]}	<i>Momordica charantia</i> Linn.			+		+
81.	Kasmarda ^[178]	<i>Cassia occidentalis</i> Linn.			+		
82.	Katphala ^{[58][117][206][252][340][451]}	<i>Myrica esculenta</i> Buch.-Ham.	+	+	+	+	+
83.	Katuka ^{[52][107][203][246][334]}	<i>Picrorhiza kurroa</i> Royle ex Benth	+	+	+	+	+
84.	Katutumbi, Tumbi ^{[21][88][162][429]}	<i>L agenaria siceraria</i> (Mol.) Standl.	+		+	+	+
85.	Katwi ^[93]	<i>Viscum monoicum</i> Roxb. ex DC.			+		
86.	Kharjuri, Bhoonikharjuri ^{[155][290][400]}	<i>Phoenix sylvestris</i> Roxb.			+	+	+
87.	Kiratatika, Bhoonimba ^{[53][192][247][335]}	<i>Swertia chirayita</i> (Roxb.ex Flem.) Karst.	+		+	+	+
88.	Koshataki ^[164]	<i>Luffa acutangula</i> (Linn.) Roxb.			+		
89.	Kshirkakoli ^[20]	<i>Roscoea procera</i> Wall.	+				
90.	Kshudruralabha ^[97]	<i>Alhagi camelorum</i> Fisch.			+		
91.	Kulathha ^{[40][87][230][297][422]}	<i>Dolichos biflorus</i> Linn.	+	+	+	+	+
92.	Kumari ^{[99][379]}	<i>Aloe vera</i> Tourn. Ex Linn.			+		+
93.	Kuntali ^[173]	<i>Corchorus sp.</i>			+		
94.	Kushtha ^[316]	<i>Saussurea lappa</i> C.B. Clarke					+
95.	Lajjalu-Raktpadi ^{[34][101][386]}	<i>Mimosa pudica</i> Linn.	+		+		+
96.	Lavanga ^{[73][219][258][308]}	<i>Syzygium aromaticum</i> (Linn.) Merr. & Perry	+		+	+	+
97.	Madhuka ^{[79][160][288][406]}	<i>Madhuca indica</i> J. F. Gmel.	+		+	+	+
98.	Madhukarkatika ^{[154][292][404]}	<i>Citrus decumana</i> Watt.			+	+	+

99.	Mahajambo ^[124]	<i>Eugenia jambolana</i> Lam.	+						
100.	Mahanimba ^[365]	<i>Melia azedarach</i> Linn.							+
101.	Mansrohini ^[371]	<i>Soymida febrifuga</i> A.Juss.							+
102.	Maricha ^{[67][208][240][323][444]}	<i>Piper nigrum</i> Linn.	+		+	+	+	+	
103.	Marubaka ^[398]	<i>Mojorana hortensis</i> Moench.							+
104.	Masha ^{[86][229][296][420]}	<i>Phaseolus mungo</i> Linn.	+		+	+	+	+	
105.	Moolaka ^{[84][113][176][306][438]}	<i>Raphanus sativus</i> Linn.	+	+	+	+	+	+	
106.	Mundi(Shravani) ^[378]	<i>Sphaeranthus indicus</i> Linn.							+
107.	Mura(Ekangi) ^{[135][319]}	<i>Selinum tenuifolium</i> Wall.ex DC. / <i>Erythrina stricta</i> Roxb.?		+					+
108.	Nimba ^{[191][364]}	<i>Azadirachta indica</i> A.Juss.						+	+
109.	Nirgundi ^{[149][369]}	<i>Vitex negundo</i> Linn.						+	+
110.	Palakya ^{[82][171][298][426]}	<i>Spinacia oleracea</i> Linn.	+		+	+	+	+	
111.	Panasa ^[80]	<i>Artocarpus integrifolia</i> Linn.f.	+						
112.	Pashanbheda ^[455]	<i>Bergenia ligulata</i> Engl.?							+
113.	Patala-Rakta ^{[43][140][265][350]}	<i>Stereospermum suaveolens</i> DC.	+		+	+	+	+	
114.	Patala-Shweta ^{[119][349]}	<i>Stereospermum chelonoides</i> Auct., A.DC. in part			+				+
115.	Patha ^{[61][177][275][375]}	<i>Cissampelos pareira</i> Linn.	+		+	+	+	+	
116.	Patola ^[163]	<i>Trichosanthes dioica</i> Roxb.							+
117.	Phanji ^[174]	<i>Rivea ornata</i> Choisy							+
118.	Pindakharjuri ^{[126][400][401]}	<i>Phoenix acaulis</i> Roxb.			+				+
119.	Pippali-	<i>Piper longum</i> Linn.	+	+	+	+	+	+	
120.	Pippalimoola ^{[68][103][209][239][324][443]}								
121.	Prishniparni ^{[17][142][267][353][457]}	<i>Uraria picta</i> Desv.	+					+	+
122.	Punarnava-Neela ^{[102][380]}	<i>Boerhaavia</i> sp.?						+	+
123.	Pushkarmoola ^{[11][56][109][217][250][338][450]}	<i>Inula racemosa</i> Hook. f.	+	+	+	+	+	+	+
124.	Rajkharjury ^{[125][400]}	<i>Phoenix dactylifera</i> Linn.							+
125.	Rajkoshataki ^{[165][302]}	<i>Luffa acutangula</i> (Linn.) Roxb.							+
126.	Raktamlan, Kurantak-Rakta ^{[121][396]}	<i>Barleria cristata</i> Linn.							+
127.	Rasna ^{[54][200][248][336]}	<i>Pluchea lanceolata</i> C.B. Clarke / <i>Aipinia galanga</i> Willd.?	+		+	+	+	+	
128.	Rason, Lashuna ^{[85][213][256][437]}	<i>Allium sativum</i> Linn.	+						+
129.	Rohish-Katruna ^{[14][59][214]}	<i>Cymbopogon martini</i> (Roxb.)Wats	+	+				+	+
130.	Rudanti ^[100]	<i>Cressa cretica</i> Linn.							+
131.	Rudrajata ^[90]	<i>Lygodium flexuosum</i> (Linn.)Sw.							+
132.	Saihal ^{[104][327]}	<i>Piper retrofractum</i> Vahl.							+
133.	Saptaparna ^{[195][287][417]}	<i>Alstonia scholaris</i> R. Br.							+
134.	Sariva-Krishna ^{[51][280][383]}	<i>Cryptolepis buchanana</i> Roem&Schult.							+
135.	Sariva-Shwet ^{[50][196][279][382]}	<i>Hemidesmus indicus</i> R.Br.	+						+
136.	Shailey ^{[31][136][314]}	<i>Parmelia perlata</i> Ach.	+		+				+
137.	Shaliparni ^{[45][141][266][352]}	<i>Desmodium gangeticum</i> DC.	+						+
138.	Shalibhed ^{[137][227][294][418]}	<i>Oryza sativa</i> Linn.var.							+
139.	Shami ^{[77][202][286][416]}	<i>Prosopis cineraria</i> Druce.	+						+
140.	Sharpunkha ^{[65][278][377]}	<i>Tephrosia purpurea</i> Pers.	+						+
141.	Shigru, Shobhanjan ^{[187][303][367]}	<i>Morianga oleifera</i> Lam.							+
142.	Shirish ^[38]	<i>Albizia lebbeck</i> Benth.	+						
143.	Shwasaari ^[13]	<i>Cyclea peltata</i> Hook. f. & Th.	+						
144.	Shwetpushpi ^[24]	<i>Citrullus colocynthis</i> Schrad.var.	+						
145.	Soorana ^{[114][439]}	<i>Amorphophallus campanulatus</i> Blume.							+
146.	Sthalkamal, Sthalpadmini ^{[226][285][399]}	<i>Hibiscus mutabilis</i> Linn.							+
147.	Sumukh ^{[32][235]}	<i>Ocimum</i> species?	+						+
148.	Sunishannak ^{[179][300][427]}	<i>Marsilea minuta</i> Linn.							+
149.	Surparna ^[122]	<i>Labiatae</i> sp.?							+
149.	Suvarchala ^{[184][284][391]}	<i>Malva sylvestris</i> Linn. / <i>Cleome</i>							+

150.	Snigdhadaru ^[307]	<i>viscosa</i> Linn.?							
151.	Tala ^{[161][407]}	<i>Cedrus deodara</i> (Roxb.) Loud.var.							+
152.	Talisa ^{[26][75][112][264][312]}	<i>Borassus flabellifer</i> Linn.						+	+
153.	Tamakhu ^[462]	<i>Abies webbiana</i> Lindl.	+	+	+			+	+
154.	Tavkshira-Palashgandha ^{[28][111][150][333]}	<i>Nicotiana tabacum</i> Linn.							+
155.	Tejaswini, Tejovati ^{[55][199][249][337][449]}	<i>Curcuma angustifolia</i> Roxb.	+			+			+
156.	Tiktakoshataki ^[431]	<i>Zanthoxylum alatum</i> Roxb.				+		+	+
157.	Tiktapatoli ^[432]	<i>Luffa amara</i> (Roxb.) C. B. Clarke							+
158.	Tintuka ^[351]	<i>Trichosanthes cucumerina</i> Linn.							+
159.	Triparni ^{[115][440]}	<i>Oroxylum indicum</i> Vent.							+
160.	Tulsi-Krishna ^[397]	<i>Naregamia alata</i> Wight & Arn.					+		+
161.	Tulsi-Shweta ^{[234][397]}	<i>Ocimum sanctum</i> Linn.							+
162.	Tumbaru ^{[222][244][331][446]}	<i>Ocimum sanctum</i> Linn.						+	+
163.	Valak ^[313]	<i>Zanthoxylum rhetsa</i> DC.						+	+
164.	Vallikhadir ^[414]	<i>Pavonia odorata</i> Willd./ <i>Coleus vettiveroides</i> K.C.Jacob?							+
165.	Vanshalochan, Tugakshiri ^{[27][72][245][332][447]}	<i>Acacia pennata</i> Willd.							+
166.	Vartaki ^[268]	<i>Bambusa arundinacea</i> Willd.	+	+				+	+
167.	Vasa ^{[42][96][139][273][363]}	<i>Adhatoda vasica</i> Nees.				+	+	+	+
168.	Vati ^[131]	<i>Ficus bengalensis</i> Linn. var.					+		+
169.	Vidanga ^[330]	<i>Embelia ribes</i> Burm.							+
170.	Vishamushti, ^[169] Tiktajivantika, ^[359] Ahifena ^[347]	<i>Papaver somniferum</i> Linn.						+	+
171.	Vyaghratak ^[170]	<i>Capparis zeylanica</i> Linn.						+	
172.	Yava ^{[39][228][295][419]}	<i>Hordeum vulgare</i> Linn.	+					+	+
TOTAL-172			31	47	51	98	68	136	

Sp. stands for Species; + stands for Documented

The plants mentioned in the Nighantus - narrated by the words- nashini, nashayati, nikruntani, vinashayet, nashayet, hanti, haret, nihanti, kshapayati, harah, haram, jit, jayet, nashakam, nivarakam, nivaranah, nishoodanah in relation with Shwasaa were also considered. All these plants were compiled and enlisted in alphabetical order as given in the Table 1.

DISCUSSION

In spite of advances in modern system of medicine, there are various areas like tropical diseases, herpes, AIDS, cancer, bronchial asthma etc. which still remain a challenge to present day drug therapy.^{[461][462][463]} Due to its intrinsic qualities, unique and holistic approaches as well as its accessibility and affordability, Ayurvedic system of medicine continues to be the best alternative care

available for the majority of the global population.

Plants constitute the centre-piece of therapy in this system of medicine for restoring or maintaining the well-being of the people (WHO, 2001).

Asthmatic patient has to take medicine for long duration and intake of bio-incompatible drugs for long duration further deranged body immunity and worsen the pathology. In such circumstances bio-compatible herbs provide better solution. Therefore the world has started exploring the herbs as agents of therapy which, apart from being comparatively economical and easily available, are relatively free from the hazardous side effects, toxicity and development of resistance towards causative organisms. Tamaka Shwasa is analogous to bronchial asthma due to

similarity in symptoms, onset, causes, precipitating factors and pathogenesis.

Traditionally, a number of herbs mentioned in the above table like Tulasi, Pippali, Shunthi, Vasa, Kantakari, Devadaru, Karkatshringi, Haritaki, Bhargi, Shathi, Ela-sookhma, Arka-Shwet, Arka-Rakta, Rason, Pushkar, Sariva, Katuka, Shirish, Guduchi, Brahmi, Bhoomyamlaki etc. are frequently being prescribed by the Ayurvedic physician to treat the asthmatic condition with efficient therapeutic response. Anti-asthmatic potential of seven plants (Shunthi, Beejpooraka, Bharnagi, Draksha, Kantakari, Pushkara & Karkatshringi) has been stated by selected all six Nighantus. The maximum number of anti-asthmatic plants is described by Shaligrama Nighantu.

The some of the above mentioned herbs in the table have shown interesting good results in the treatment of asthma in various target specific biological activities such as broncho-dilatation (Devadaru,^[468] Shrigru^[467] etc.), mast cell stabilization (Guduchi,^[468] Shirish^[464] etc.), anti-anaphylactic (Bhringraja,^[465] Vasa^[468] etc.), anti-inflammatory (Bhargi,^[466] Kantakari^[464] etc.), anti-spasmodic (Pippali,^[464] Atasi^[465] etc.), anti-allergic (Haritaki, Pippali^[464] etc.), Anti-oxidant (Aamalaki, Shirish^[464] etc.), Anti-histaminic (Pushkara, Katuka^[464] etc.), Anti-bacterial (Haritaki,^[464] Bhargi^[466] etc.), Anti-asthmatic (Sariva,^[467] Shweta Arka^[467] etc.), Reduction of total eosinophil count (Shathi^[464] etc.), immunomodulatory (Tulasi^[464] etc.), Anti-tussive (Aamalaki^[464] etc.), Anti-seratonegic (Pushkar^[464] etc.), Anti-PAF (Katuka^[464] etc.), and inhibition of mediators such as leukotrienes & prostaglandins (Shunthi^[464] etc.).

The herbs employed in asthma are proven to provide symptomatic relief as well as assist in the inhibition of disease progression. A proper scientific evidence or assessment has become the criteria for global acceptance of herbal

health claims. Extensive research work has been carried out on some of the plants mentioned in the above table for anti-asthmatic property but still many remain to be evaluated.

The use of, and search for, drugs and dietary supplements derived from plants have accelerated in recent years. The herbs which are having rich dietary nutritive value useful in asthma include Aamra, Draksha, Kharjuri, Jamboo, Kshirvidari, Kshirkakoli etc. The spices like Lavang, Hingu, Maricha, Ela, Jatiphala, Shunthi etc. have anti-asthmatic effect. Out of the above mentioned plants like Choodala, Sumukha, Surparna etc. are found controversial. It is required to establish the correct botanical identity of these plants.

At least 7,000 medical compounds in the modern pharmacopoeia are derived from plants.^[469] Pharmacologists, microbiologists, botanists and natural-products chemists are combing the Earth for Phytochemicals and leads that could be developed for ideal treatment of asthma. There is a wide zone for forthcoming researchers to determine the safety and efficacy of these plants scientifically by performing pharmacognostic evaluation, physiochemical studies, phytochemical investigations, toxicological study and analysis of active component of drug, validating molecular interaction among formulations and establishing the standards. The therapeutic efficacy of these plants should be verified by using the modern pharmacological experimental models and clinical trials.

CONCLUSION

It is an endeavour on the part of this review paper to highlight the documented herbs in Nighantus which show anti-asthmatic properties - In the present study 172 plants with shwasaahara (anti-asthmatic) activity are compiled according to their alphabetical order. This quantitative data would be helpful in

further study on these plants and promote research and development in field of medicine, pharmaceutical industry and therapeutic significance. The development of new herbal formulation will help to cure asthma safe and effectively rather than managing & can open new horizons for research and treatment of asthma.

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