

Ayurvedic Perspective on Recurrent Wheezing in Children (श्वास रोग)

◆ Classical Understanding

In Ayurveda, recurrent wheezing symptoms are primarily understood under the umbrella of "Shwasa Roga" (श्वास रोग). While classical texts describe five types of Shwasa, in the context of pediatric recurrent wheeze, the most relevant are:

Kshudra Shwasa (कशुद्र श्वास) – Mild and often self-limiting; similar to episodic wheeze.

Tamaka Shwasa (तमक श्वास) – Chronic and relapsing; closely resembles bronchial asthma in children.

Both conditions involve Vata and Kapha doshas. Accumulated Kapha blocks the respiratory channels (Pranavaha Srotas), while aggravated Vata causes dyspnea and wheezing.

Relevant References from Classical Texts

1. Charaka Samhita – Chikitsa Sthana 17/54

"श्लेष्माणं पवनेनाध्माप्यमारुतो गात्रविक्षेपकारकः श्वासं जनयति..."

This describes the pathogenesis of Shwasa caused by Vata-Kapha interaction.

2. Kashyapa Samhita – Khila Sthana

> Emphasis on Bal Roga and special considerations in pediatric Shwasa.

3. Sushruta Samhita – Uttara Tantra 52

> Detailed classification and treatment of Shwasa Roga.

Ayurvedic Management Principles

1. Dosha Shamana (Pacification of Vata and Kapha)

Using warm, light, and easily digestible herbs

Reducing Ama and clearing blocked channels

2. Agni Deepana and Ama Pachana

Enhance digestion to prevent formation of mucus-like toxins (Ama)

Key in preventing recurrence

3. Pranavaha Srotoshodhana (Channel cleansing)

Herbal therapies that open respiratory passages

4. Balya and Rasayana Chikitsa

Strengthening immunity and respiratory stamina

Preventing frequent relapses



Useful Formulations in Children

Category	Examples	Use
Churna	Sitopaladi, Talisadi churna	Mixed with honey for cough, wheez.
Vati	Lavangad vatii (older children)	Mild expectorant
Asav/ arishta	Aravindasav, Drakshasav (in weak children)	Appetite, immunity, energy
Ghrit	Kantakari, Vasa ghrit	For chronic cases
Leh	Chyavanpras, vasavleh	Long term Rasayana

> ☒ Aravindasava can be used safely in children with poor digestion and frequent colds – acts as a mild Rasayana and improves appetite.

External Therapies (Bahya Chikitsa)

Procedures	Description	Indications
Abhyanga	Gentle oil massage with Balashwagandhadi Taila	Strengthens chest muscles, calms Vata
Swedan	Mild steam using Dashamoola decoction	Loosen phlegm
Dhoomapana	Herbal smoke inhalation (for older children)	In chronic cough congestion
Nasya(for older children)	Nasal drops with Anu Taila	Clears nasal blockage

Diet & Lifestyle Recommendations (Pathya-Apathya)

Pathya (Wholesome)

Warm, freshly prepared light food

Moong dal, rice, soups with ginger and black pepper

Lukewarm water for drinking

Proper sleep and gentle breathing exercises (age-appropriate)

Apathya (To Be Avoided)

Cold food, ice creams, bakery items

Heavy-to-digest food (paneer, fried snacks)

Day sleeping

Exposure to cold winds and allergens

Special Pediatric Considerations

Treatment should always be mild, palatable, and age-appropriate

Prefer syrup or ghee forms in infants

Anupana (vehicle) like honey, warm water, or ghee to be used judiciously based on child's prakriti and season

⚠️ **When to Combine with Modern Therapy**

In acute attacks: modern bronchodilators and steroids are lifesaving

Ayurveda may act as an excellent supportive or preventive measure

Always educate parents not to delay emergency care while relying on traditional therapy

🌸 **Conclusion**

Ayurveda offers a rich set of tools—both preventive and curative—for managing recurrent wheeze in children. A combination of herbal therapy, diet, daily routine adjustments, and immune support (Rasayana) can reduce recurrence, enhance lung health, and support the child's overall well-being.