

A pharmacodynamic study of selected ten *Kashaya* formulations used on *Shwasa roga* in traditional medicine

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There has been a shift in universal trend from synthetic to herbal medicine recently. It is ancient wisdom that plants have therapeutic value and are used to treat various diseases since Neanderthal age. All ancient civilizations in the world are known to use plants for medicinal purposes. Ayurveda and traditional medicines are well known to the world for their natural ingredients and multiple benefits. Medicinal plants play an important role in human life to combat diseases since time immemorial. Bronchial asthma is a one of common respiratory disease in Sri Lanka that affects the all age groups. In traditional medicine, it is correlated with *shwasa roga* and suggests number of *kashaya* formulations for it. The purpose of this study was to determine a pharmacodynamic action of selected ten *kashaya* formulations for *shwasa roga* and how to act above selected formulations on *pranavaha srotas*. The study was done by using traditional medicine text books. After referring these books, thirty decoctions were selected for *shwasa roga*. Out of those, ten *kashaya* formulations were randomly selected and Pharmacodynamic action was elicited and the effect of *pranavaha srotas* was analyzed in that ten *kashaya* formulations. After analyzing of all *rasa* of each and every *kashaya* formulations; *katu*, *thiktha* and *kashaya* are obvious and the percentages of those are 27.53%, 27.53%, and 20.22% respectively. The percentages of *lagu*, *ruksha* and *thikshna guna* are 24.85%, 20.00%, 10.30% respectively. And also *kaphagna* action is 67.79% and *kapha nissaraka* action is 32.89%. The conclusions were *katu*, *thiktha rasa*, *lagu*, *guru guna*, *ushna veerya* and *katu vipaka dravya* are frequently used in *kashaya* formulations for *shwasa roga*. In traditional medicine, also the used *dravya* in *kashaya* formulations either act on *kaphagna* or *kapha nissaraka* on *pranavaha srotas*.

Key words: Traditional Medicine, *Shwasa roga*, *Kashaya vattoru*, *Kapha nissaraka*, *Pranavaha srotas*

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