

## AYURVEDA MANAGEMENT OF LUNG DISORDERS

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#### Abstract

Lung disorders are commonly occurring in world population. Disorders like Acute bronchitis, chronic bronchitis, bronchial asthma, COPD, bronchiectasis, emphysema, or pulmonale, pulmonary Koch's, and pneumonia are occurring very commonly in the world. Ayurveda medicine is effective in liver disorders. Ayurveda formulations like pushkaramoolasava, kanakasava, vasakarishtha, pippalyasava, dashamoolarishta, mrityunjaya rasa, tribhuvana kirti rasa, shwasa kuthara rasa, sheetamshu rasa, talisadi choorna, sitopaladi choorna, chyavana prashavaleha, and agastya rasayana leha are few formulations which are effective in the management of lung disorders. These formulations are having the actions like kaphavata hara, ushna, malavatanulomana, anti-infective, Immunomodulators, immunity booster, anti-bacterial, bactericidal, bronchodilator, mucolytic and rasayana actions. Ayurveda management of lung disorders includes use of vyadhi pratyanka aushadhis (disease specific), diet therapy, pathyapathya prayoga, panchakarma and yoga therapy. Integrative medicine is more suitable in the management of lung disorders.

**Keywords:** Ayurveda, Lung disorders, Rasayana, Immunomodulators.

#### Biography

Shripathi Acharya G currently working as Director (Academic), Department of PG Studies and Professor and HOD of PG and PhD department of Kayachikitsa, Muniyal Institute of Ayurveda Medical Science, Manipal. Worked as Observer in RGUHS examination twice at COPS Manipal and Squad Chief, once at St John's Medical College, Bangalore. reviewer board member of three repute journals.

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