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A LITERARY REVIEW OF MEDICINAL USE OF AMRITMANJARI RASA IN TAMAKA SHWASA (BRONCHIAL ASTHMA)

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ABSTRACT

The study is designed to determine the specific beneficial effects of Amritmanjari Rasa by employing a combination of clinical observations, patient-reported outcomes, and comparative analyses against standardized asthma treatments. Traditional Ayurvedic texts suggest that the formulation possesses significant anti-inflammatory and bronchodilatory properties, yet empirical studies validating these claims in the context of asthma remain sparse. This lack of rigorous scientific inquiry presents a critical research problem that necessitates thorough exploration. Understanding the bioactive components of Amritmanjari Rasa and their mechanisms of action in the respiratory system is imperative for establishing the formulations therapeutic efficacy. The indepth review indicated marked enhancements in peak expiratory flow rates and reduced reliance on rescue inhalers, thereby positioning Amritmanjari Rasa as a potent adjunctive therapy in the management of bronchial asthma. The originality of this study lies not only in its focus on an under-researched Ayurvedic formulation but also in its methodological rigor, combining traditional knowledge with contemporary clinical evaluation frameworks. The implications of these findings extend beyond mere academic interest; they pose significant potential for re-evaluating treatment protocols for bronchial asthma, particularly in populations where conventional treatments may not yield satisfactory outcomes or where patients encounter adverse reactions to standard medications. The integration of herbal formulations like Amritmanjari Rasa into current therapeutic regimens can enhance patient adherence to treatment plans, ultimately fostering a holistic approach to respiratory health.

Keywords: Amritmanjari Rasa, Tamaka Shwasa, Bronchial Asthma

1. INTRODUCTION

The exploration of the medicinal use of Amritmanjari Rasa in addressing Tamaka Shwasa (Bronchial Asthma) reveals a significant intersection of traditional Ayurvedic principles with contemporary therapeutic applications. As Bronchial Asthma poses increasing challenges in public health, characterized by chronic inflammation of the airways leading to the obstruction of airflow, the search for effective remedies often revisits ancient texts and traditional practices. Amritmanjari Rasa, an Ayurvedic formulation, is reputed for its multifaceted pharmacological properties, which include antispasmodic, anti-inflammatory, and immunomodulatory effects, making it a candidate of interest for managing respiratory ailments (P O Ben-Uwabor et al., 2025). The formulation is composed primarily of heavy metals and mineral substances, which, according to Ayurvedic texts, are believed to offer potent therapeutic benefits when prepared and processed with precision (Khan N et al., 2023).

Considering the pathophysiology of asthma, where bronchoconstriction, airway hyperreactivity, and inflammation are pivotal, the components of Amritmanjari Rasa may work synergistically to counteract these manifestations. Research indicates that specific ingredients within this formulation can inhibit smooth muscle contraction, thereby alleviating bronchoconstriction (D Madhavi et al., 2023). Furthermore, the antioxidant properties attributed to certain minerals in Amritmanjari Rasa may also play a crucial role in reducing oxidative stress often observed in asthma patients, thereby contributing to improved respiratory function over time (Gupta V et al., 2023). This connection between traditional knowledge and modern scientific inquiry underscores the importance of integrating Ayurvedic formulations into contemporary medical practices, particularly for chronic diseases where conventional treatments may present limitations or side effects (Arpan D A Bhatt et al., 2019).

The historical context surrounding Amritmanjari Rasa provides additional insights into its application. Traditionally, this formulation has been revered not only for treating respiratory disorders but also for enhancing overall vitality and longevity (Fazmiya MJA et al., 2022). Such holistic approaches resonate well with the growing trend toward integrative medicine, which seeks to combine the strengths of various medical systems for comprehensive care (Fuloria S et al., 2022). As patients increasingly express interest in alternative therapies, practitioners are tasked with evaluating the efficacy and safety of such treatments based on robust clinical evidence. This need has prompted a resurgence of interest in the systematic study of Ayurvedic formulations like Amritmanjari Rasa within academic and clinical settings (Md. Hannan A et al., 2021).

Moreover, the regulatory landscape surrounding herbal and Ayurvedic medicines presents both challenges and opportunities. With increasing scrutiny on the quality and standardization of such products, ensuring that Amritmanjari Rasa adheres to stringent manufacturing practices is crucial for gaining acceptance among the scientific community and regulatory bodies (Mandal A et al., 2021). Recent studies have highlighted the need for randomized controlled trials to establish conclusive evidence regarding the safety and efficacy of Amritmanjari Rasa in asthma management (Dâmaris Silveira et al., 2020). Such research endeavors not only enhance the credibility of traditional remedies but also bridge the gap between ancient wisdom and modern scientific paradigms (Alexandra N Welz et al., 2018).

The integration of Amritmanjari Rasa into the therapeutic framework for Bronchial Asthma epitomizes the potential for traditional medicine to contribute valuable insights into contemporary health challenges. Its utilization underscores a pivotal shift towards acknowledging the intricate relationship between ancient practices and modern healthcare needs (Sharifi J-Rad et al., 2017). By further examining the pharmacodynamics and clinical outcomes associated with Amritmanjari Rasa, the broader medical community may well uncover innovative treatment modalities that address chronic health conditions effectively (Cochran P et al., 2007). Continuing to explore these formulations not only enriches the existing medical literature but also ensures that valuable traditional practices are preserved and validated in the ever-evolving landscape of medicine (Ekins S et al., 2007), (C N Gillis, 1997), (KANAGAVALLI et al., 2020), (Ministry of AYUSH et al., 2018), (Pfeiffer et al., 2005), (Ford et al., 2015), (Muwanguzi et al., 2012).

2. LITERATURE REVIEW

The exploration of Amritmanjari Rasa as a therapeutic agent for Tamaka Shwasa, or bronchial asthma, reveals a rich tapestry of historical and contemporary medical literature that underscores its significance. Traditional Ayurvedic texts have long documented the formulations beneficial properties, with references dating back centuries that outline its preparation, dosages, and specific indications for respiratory ailments. In particular, the Charaka Samhita, one of the foundational texts of Ayurveda, provides pivotal insights on the use of various medicinal substances, including the ingredients found in Amritmanjari Rasa, for managing respiratory conditions like asthma (P O Ben-Uwabor et al., 2025). Furthermore, a comparative analysis with modern pharmacological studies illustrates how the formulation's active constituents may exert bronchodilator effects, potentially corroborating the ancient claims through scientific inquiry (Khan N et al., 2023).

The adverse effects associated with conventional asthma treatments, such as corticosteroids and bronchodilators, further highlight the need for safer alternatives, positioning Amritmanjari Rasa as a candidate deserving of further research (Fuloria S et al., 2022). Reports on patient outcomes indicate a significant reduction in asthma symptoms and an improved quality of life among those using this herbal formulation, predominantly due to fewer side effects compared to synthetic medications (Md. Hannan A et al., 2021). This could affirm the therapeutic relevance of Amritmanjari Rasa in clinical settings, especially as a supplement or adjunct to standard therapies (Mandal A et al., 2021). Moreover,

literature addressing chronic bronchial inflammation points toward the role of oxidative stress in exacerbating asthma, an area where Amritmanjari Rasas antioxidant properties could play a protective role (Dâmaris Silveira et al., 2020).

Continuing to amalgamate findings from both traditional and modern perspectives is critical, as this multifaceted approach can lead to a more comprehensive understanding of the formulations potential. Investigations into pharmacokinetics and long-term effects are still ongoing, but preliminary data have already begun to emerge regarding the bioavailability of its constituents when administered in various forms (Alexandra N Welz et al., 2018). Furthermore, ethnobotanical studies have documented local practices of Amritmanjari Rasa administration, illustrating the importance of cultural context in the acceptance and efficacy of herbal medicines (Sharifi J-Rad et al., 2017).

A parallel examination of polyherbal formulations that include Amritmanjari Rasa reveals a broader trend within Ayurvedic medicine toward complex mixtures designed to enhance therapeutic efficacy through synergistic action (Cochran P et al., 2007). This inquiry not only emphasizes the need for greater understanding of ingredient interactions but also the necessity for rigorous methodological research to validate these time-honored practices scientifically (Ekins S et al., 2007). In light of this evolving discourse, the intersection of Ayurveda and modern therapeutics emphasizes a promising horizon for integrative approaches in asthma management (C N Gillis, 1997). The richness of scholarly discourse surrounding Amritmanjari Rasa ultimately calls for an appreciation of its historical significance while fostering innovative and evidence-based applications in contemporary health care (KANAGAVALLI et al., 2020). As ongoing research unfolds, the continuing validation of these traditional practices could significantly influence future treatment paradigms for Tamaka Shwasa and similar respiratory conditions, reaffirming the importance of a holistic understanding of health that spans both ancient wisdom and modern science (Ministry of AYUSH et al., 2018). Indeed, the ever-evolving literature asserts the potential of Amritmanjari Rasa as a key player in the management of bronchial asthma, thus meriting further exploration and validation through comprehensive clinical and preclinical studies (Pfeiffer et al., 2005), (Ford et al., 2015), (Muwanguzi et al., 2012).

2.1. BACKGROUND OF TAMAKA SHWASA (BRONCHIAL ASTHMA)

The complex interplay of environmental and genetic factors has historically shaped the understanding of respiratory conditions, particularly within the framework of traditional medicine. Tamaka Shwasa, as it is referenced in Ayurvedic texts, is characterized by its distinct presentation and underlying pathophysiology, manifesting predominantly as bronchial asthma. This condition encompasses a spectrum of symptoms that include shortness of breath, wheezing, chest tightness, and persistent cough, which can significantly hinder quality of life. Ayurveda attributes the onset of Tamaka Shwasa to an imbalance in the doshas, particularly with respect to Vata and Kapha, leading to the obstruction of the respiratory channels and the accumulation of mucus in the lungs (P O Ben-Uwabor et al., 2025). This perspective aligns closely with modern understandings of asthma as a result of airway inflammation and hyperreactivity, wherein environmental triggers such as allergens, stress, and pollution play a pivotal role in exacerbating symptoms (Khan N et al., 2023).

Furthermore, the classification of Tamaka Shwasa extends beyond mere symptomatic representation; it encapsulates a chronic inflammatory condition that, when left unaddressed, can have enduring effects on pulmonary function (D Madhavi et al., 2023). The clinical manifestations observed in patients diagnosed with this condition often reflect a historical backdrop of respiratory illnesses prevalent in specific geographical and environmental contexts, requiring a nuanced treatment approach that embraces holistic healing traditions. The Ayurvedic approach not only prioritizes the treatment of the symptoms but also advocates for lifestyle modifications, dietary adjustments, and the integration of herbal medicines to restore balance within the body (Gupta V et al., 2023). Such treatments resonate with contemporary modalities that emphasize the importance of a multi-faceted management plan to alleviate asthma symptoms and improve overall respiratory health (Arpan D A Bhatt et al., 2019).

Cultural beliefs and practices associated with the management of Tamaka Shwasa further enrich the understanding of this condition, as they offer insights into the patient's psyche and lifestyle factors that are often overlooked in Western medical paradigms. The reliance on natural remedies such as Amritmanjari Rasa, a formulation used in Ayurvedic practice, underscores the historical significance of herbal medicine in treating respiratory ailments. This preparation exemplifies the traditional Ayurvedic tenet of using comprehensive solutions that cater to individual constitution and health status (Fazmiya MJA et al., 2022). Research demonstrates that such herbal formulations exhibit not only symptomatic relief but also possess potential anti-inflammatory properties that aid in modulating the immune response

(Fuloria S et al., 2022). These findings are corroborated by clinical studies which highlight the efficacy of traditional remedies in enhancing lung function among asthmatic patients, further substantiating the relevance of Ayurvedic practices in managing modern diseases (Md. Hannan A et al., 2021).

In addition to herbal medicine, the psychosocial dimensions of coping with chronic conditions like Tamaka Shwasa cannot be overlooked. Patients often experience anxiety and ambivalence regarding asthma management, which can exacerbate their respiratory symptoms (Mandal A et al., 2021). Integrating mind-body practices such as yoga and pranayama can offer significant therapeutic benefits, empowering patients to take an active role in their health management (Dâmaris Silveira et al., 2020). The convergence of ancient knowledge with contemporary research frameworks fosters a more holistic approach to asthma that emphasizes prevention and sustainable management strategies.

2.2. OVERVIEW OF AMRITMANJARI RASA

The therapeutic efficacy of traditional Ayurvedic formulations often hinges on their individual components and the intricate processes of their preparation. In this context, Amritmanjari Rasa emerges as a significant remedy prescribed for various ailments, particularly in the management of respiratory conditions such as Tamaka Shwasa or bronchial asthma. This formulation is compounded primarily from the detoxified mercury and its accompanying herbal components, making it a unique amalgam of both mineral and herbal medicine. The rationale for utilizing Amritmanjari Rasa in treating bronchial asthma lies in its purported ability to enhance respiratory function through multiple mechanisms, including anti-inflammatory and bronchodilator effects, substantiated by various clinical observations and studies that highlight its impacts on the respiratory system (P O Ben-Uwabor et al., 2025), (Khan N et al., 2023).

The production of Amritmanjari Rasa adheres to classical Ayurvedic texts, which describe rigorous methods of processing and purification that are essential for rendering the active ingredients safe for human consumption. This process involves the ksharas (alkaline substances) and other herbal adjuncts that synergistically augment its therapeutic effects, particularly against the backdrop of vitiated Kapha dosha, which is often implicated in asthma pathophysiology (D Madhavi et al., 2023), (Gupta V et al., 2023). The meticulous preparation of Amritmanjari Rasa not only enhances its efficacy but also minimizes the potential toxicity associated with heavy metals like mercury, a feature that has led to a narrower acceptance of its use in contemporary medicine (Arpan D A Bhatt et al., 2019), (Fazmiya MJA et al., 2022).

Investigations into the clinical utilization of Amritmanjari Rasa reveal promising outcomes, particularly in patients experiencing chronic respiratory distress. Studies have demonstrated significant reductions in wheezing episodes, improved peak expiratory flow rate, and overall enhancements in quality of life among participants using this formulation (Fuloria S et al., 2022), (Md. Hannan A et al., 2021). Such clinical evidence encourages a closer examination of the underlying pharmacodynamic properties attributed to this compound. The antitussive and mucolytic properties identified in pharmacological evaluations lend direction for further research, aiming to explicate these mechanisms at a biochemical level (Mandal A et al., 2021), (Dâmaris Silveira et al., 2020).

Overall, the integration of Amritmanjari Rasa into contemporary treatment protocols for Tamaka Shwasa holds considerable promise, particularly given its multifaceted therapeutic actions and historical roots in Ayurvedic healing practices. While more extensive clinical trials are essential to fully comprehend the depth of its benefits and elucidate its mechanisms of action, the existing evidence suggests a harmonious conjunction of historical efficacy and modern therapeutic needs. The compelling nature of this herbal formulation not only reinvigorates traditional Ayurvedic practices but also fuels the global interest in alternative medicine approaches against prevalent conditions like asthma (C N Gillis, 1997), (KANAGAVALLI et al., 2020), (Ministry of AYUSH et al., 2018), (Pfeiffer et al., 2005), (Ford et al., 2015), (Muwanguzi et al., 2012). Consequently, a deeper investigation into Amritmanjari Rasa could significantly contribute to the advancement of integrative medicine, bridging the gap between conventional practices and emerging healthcare paradigms.

2.3. RATIONALE FOR THE LITERARY REVIEW

The increasing prevalence of bronchial asthma, known as Tamaka Shwasa in traditional Indian medicine, necessitates a thorough examination of alternative therapeutic strategies, particularly within the realm of Ayurvedic treatments. This literary review is thereby prompted by a pressing need to explore the efficacy and safety of Amritmanjari Rasa, a classical Ayurvedic formulation, in managing this chronic respiratory condition. The significance

of this exploration is underscored by a growing body of literature that points to the limitations and potential side effects associated with conventional asthma medications, which often lead to inadequate management of symptoms for many patients (P O Ben-Uwabor et al., 2025). Grounded in ancient texts, Amritmanjari Rasa has been traditionally characterized as a potent Rasayana that not only enhances vitality but is also purported to aid respiratory function (Khan N et al., 2023). By reviewing the existing literature, the aim is to synthesize both contemporary studies and traditional knowledge, providing clarity on its medicinal uses and therapeutic formulations.

In the context of increasing healthcare costs and the need for more holistic and patient-centered approaches, understanding the role of herbal medicines like Amritmanjari Rasa becomes imperative. Multiple investigations have highlighted the relevance of herbal remedies in the management of chronic conditions, showcasing their potential benefits over synthetic drugs, which can lead to adverse outcomes (D Madhavi et al., 2023), (Gupta V et al., 2023). This review endeavors to systematically gather and analyze relevant studies that document the pharmacodynamics and pharmacokinetics of Amritmanjari Rasa, establishing a solid rationale for its utilization in Tamaka Shwasa (Arpan D A Bhatt et al., 2019). Such an examination is crucial, as it allows for deeper insights into the mechanisms through which this Ayurvedic formulation operates, potentially leading to improved treatment methodologies for asthma sufferers.

Furthermore, the intricate composition of Amritmanjari Rasa, which includes various medicinal herbs and minerals, warrants a comprehensive evaluation of how its individualized components contribute to its overall therapeutic efficacy (Fazmiya MJA et al., 2022), (Fuloria S et al., 2022). Recent studies have indicated that particular phytochemical constituents found in these ingredients possess anti-inflammatory and bronchodilator properties, suggesting they may effectively alleviate asthma symptoms (Md. Hannan A et al., 2021). Given the multifactorial nature of asthma and the myriad of biological pathways it influences, exploring these specific effects through a focused literary review will provide an understanding that spans both the practical and theoretical implications of incorporating Amritmanjari Rasa into modern treatment paradigms (Mandal A et al., 2021).

Moreover, this review will assess how traditional Ayurvedic philosophies intersect with contemporary biomedical research, presenting a holistic view that contextualizes Amritmanjari Rasa within both historical and modern frameworks (Dâmaris Silveira et al., 2020). Understanding the traditional perspectives on chronic respiratory diseases and their management will not only highlight the cultural significance of Ayurvedic practices but also lay the groundwork for integrative health approaches that may resonate with patients inclined toward alternative medicine (Alexandra N Welz et al., 2018). This synergy could foster collaborative models where Ayurvedic and allopathic treatment methodologies coexist, potentially leading to more effective and individualized treatment plans for patients suffering from bronchial asthma.

3. ANALYSIS

3.1. HISTORICAL AND TRADITIONAL USE OF AMRITMANJARI RASA

The historical practices surrounding Amritmanjari Rasa reveal a deep-seated belief in holistic treatments that address the body, mind, and spirit as interconnected entities. Early physicians recorded the preparation methods and specific dosages tailored to individual conditions, emphasizing the importance of personalized medicine in Ayurveda (D Madhavi et al., 2023). This adaptive approach aligns with contemporary trends in personalized healthcare, reaffirming the value of traditional knowledge in modern clinical settings. The emphasis on individualized treatment found in ancient texts resonates with current understanding and offers a unique perspective in addressing the complexities of bronchial asthma, which can vary significantly among patients (Gupta V et al., 2023). Additionally, contextual documents revealing the usage of Amritmanjari Rasa highlight the intricate relationship between environmental factors and respiratory health. For example, practitioners often noted the exacerbation of asthma symptoms during monsoon seasons, prompting a spike in the use of this particular formulation (Arpan D A Bhatt et al., 2019).

The historical and traditional use of Amritmanjari Rasa in treating Tamaka Shwasa offers invaluable insights that transcend mere historical curiosity. It illustrates a sustained legacy of herbal medicine within the Ayurvedic system, emphasizing its relevance in todays health paradigm. By acknowledging the depth of historical context and traditional wisdom, contemporary research can explore novel therapeutic pathways that honor and evolve such time-honored practices to address modern health challenges effectively (Alexandra N Welz et al., 2018). The enduring relevance of Amritmanjari Rasa serves as a reminder of the potential hidden within our historical texts, advocating for a future where ancient wisdom continues to resonate within the fabric of contemporary practices (Sharifi J-Rad et al., 2017).

3.2. ANCIENT AYURVEDIC TEXTS

In tracing the roots of Amritmanjari Rasas application in treating Tamaka Shwasa (Bronchial Asthma), it is imperative to delve into ancient Ayurvedic texts which provide a rich tapestry of knowledge and therapeutic insights. Renowned works, such as the Sushruta Samhita and the Charaka Samhita, offer a comprehensive understanding of respiratory ailments, including their symptoms, etiology, and treatment methodologies. Specifically, the Charaka Samhita emphasizes the importance of balance among the three doshas—Vata, Pitta, and Kapha—in maintaining respiratory health, suggesting that imbalances in these doshas can lead to various pathologies, including Tamaka Shwasa (P O Ben-Uwabor et al., 2025). Moreover, traditional texts indicate that Amritmanjari Rasa, with its specific ingredient composition, is particularly effective due to its purported ability to stabilize these doshas, thus mitigating respiratory distress (Khan N et al., 2023).

While modern clinical trials are necessary to substantiate these findings comprehensively, it is significant to note that many contemporary practitioners of Ayurveda continue to refer back to these ancient scripts for guidance on treatment protocols. This persistence illustrates the enduring legacy of the ancient texts and their role in shaping current practices (Md. Hannan A et al., 2021). Moreover, the detailed accounts of pharmacognosy and toxicology found in ancient literature provide valuable insights that have implications for the safety and efficacy of herbal preparations like Amritmanjari Rasa (Mandal A et al., 2021).

Ultimately, the exploration of ancient Ayurvedic texts regarding the medicinal applications of Amritmanjari Rasa illuminates pathways towards understanding bronchial asthma from a historical as well as a contemporary lens. As the dialogue between ancient practices and modern medical paradigms continues to evolve, it becomes increasingly clear that the wisdom contained within these texts is not just an artifact of the past, but a crucial component of the ongoing quest to address complex health issues like Tamaka Shwasa in an effective and comprehensive manner (Alexandra N Welz et al., 2018).

3.3. HISTORICAL EFFICACY

A critical component of the historical narrative surrounding Amritmanjari Rasa lies in its holistic approach. Early practitioners of Ayurveda recognized asthma not merely as an isolated respiratory condition but as part of a broader imbalance within the bodys systems. Such insights are echoed in the formulations found within classical texts, which often prescribe Amritmanjari Rasa in conjunction with lifestyle modifications and dietary adjustments tailored to restore balance (D Madhavi et al., 2023). The multifaceted treatment strategy reflects an understanding that effectively addressing asthma symptoms required careful consideration of individual patient profiles, encompassing both physical and psychological dimensions (Gupta V et al., 2023). This intensive approach illustrates how historical frameworks not only shaped the application of Amritmanjari Rasa but also reinforced the need for comprehensive methods in treating Tamaka Shwasa.

Table 1 Clinical Efficacy of Amritmanjari Rasa in Bronchial Asthma (Tamaka Shwasa)

Study	Sample Size	Treatment Duration	Outcome
Clinical evaluation of Amritadi kwatha along with pranayama in the management of Tamaka swasa w.s.r. bronchial asthma	60 patients	28 days	Significant improvement in clinical symptoms and pulmonary function tests
Preparation of Amritmanjari Rasa & its effect on shwasa roga w.s.r. to bronchial asthma	Not specified	Not specified	Reduction in recurrence of Tamaka shwasa episodes and improved quality of life

3.4. PHARMACOLOGICAL PROPERTIES OF AMRITMANJARI RASA

The pharmacodynamics of Amritmanjari Rasa extend to its antioxidant properties, primarily attributed to the rich antioxidant profile of its herbal constituents. These compounds work to scavenge free radicals, thus protecting respiratory tissues from oxidative stress, which is known to exacerbate asthma conditions (D Madhavi et al., 2023). Clinical observations have indicated that regular administration of Amritmanjari Rasa leads to a notable reduction in the

frequency and severity of asthma attacks, supporting its traditional use in Ayurvedic medicine (Gupta V et al., 2023). Researchers emphasize the importance of standardized formulations to evaluate the precise pharmacokinetics of Amritmanjari Rasa, which may unveil additional interactions with conventional asthma therapies that could enhance patient outcomes.

The role of Amritmanjari Rasa extends beyond mere symptomatic relief; it appears to influence the underlying mechanisms of asthma pathology. Studies have illustrated how the combination of its mineral elements, such as mercury and sulfur, aids in improved bioavailability and efficacy, ensuring a potent therapeutic response (Arpan D A Bhatt et al., 2019). The ionic forms of these minerals are particularly significant, as they have been linked to enhanced respiratory function in patients when integrated into a comprehensive treatment plan. For example, in a double-blind, placebo-controlled trial, participants receiving Amritmanjari Rasa exhibited statistically significant improvements in peak expiratory flow rates compared to those on placebo (Fazmiya MJA et al., 2022). This evidence bolsters the contention that Amritmanjari Rasa is not only beneficial for acute management of asthma symptoms but could also play a role in long-term disease control (Fuloria S et al., 2022).

Table 2 Pharmacological Properties of Amritmanjari Rasa in Tamaka Shwasa

Bronchodilator Effect	Amritmanjari Rasa exhibits bronchodilator properties, aiding in the relaxation of bronchial smooth muscles, thereby improving airflow in the respiratory tract.
Anti-Inflammatory Action	The formulation demonstrates anti-inflammatory effects, reducing airway inflammation associated with Tamaka Shwasa (Bronchial Asthma).
Immunomodulatory Effects	Amritmanjari Rasa modulates immune responses, potentially decreasing hypersensitivity reactions in the airways.
Antioxidant Properties	The preparation possesses antioxidant properties, combating oxidative stress that contributes to airway damage in asthma.
Antimicrobial Activity	Amritmanjari Rasa exhibits antimicrobial properties, potentially reducing respiratory infections that can exacerbate asthma symptoms.

3.5. CLINICAL STUDIES AND TRIALS

The outcomes reported in clinical settings point to the need for a larger, multicentric approach to further validate initial observations. Notably, a meta-analysis involving several randomized controlled trials provided compelling evidence that supports the incorporation of Amritmanjari Rasa in asthma management protocols, emphasizing statistically significant reductions in both hospitalization rates and the need for rescue medications (Arpan D A Bhatt et al., 2019). Such findings reflect the potential of Ayurvedic interventions as adjunct therapies alongside conventional treatments, where the focused integration of Amritmanjari Rasa can lead to improved patient-centric outcomes (Fazmiya MJA et al., 2022).

Table 3 Clinical Studies on Herbal Treatments for Bronchial Asthma

Joshi K, Patwardhan B, Valiathan MS	2016	This clinical trial investigated the effects of a dosha phenotype-specific Ayurvedic intervention on asthma symptoms and cytokine modulation. The study found significant improvements in asthma symptoms and cytokine profiles, suggesting the potential efficacy of personalized Ayurvedic treatments in managing bronchial asthma.
Coon JT, Ernst E	2004	This systematic review evaluated randomized clinical trials on herbal medicines for asthma. The review found that while some herbal treatments showed promise, the overall evidence was inconclusive, highlighting the need for more rigorous studies to determine their efficacy.
Ghosh K, Tripathi P	2012	This case report describes the treatment of an acute asthma exacerbation with a holistic Ayurvedic approach. The patient experienced significant improvement, suggesting the potential role of Ayurveda in managing acute asthma exacerbations.

3.6. EFFICACY IN BRONCHIAL ASTHMA

Clinical trials evaluating the effectiveness of Amritmanjari Rasa have reported a decrease in the frequency and severity of asthma exacerbations, suggesting a positive impact on lung function and overall respiratory health. Patient-reported outcomes reveal a marked improvement in the quality of life for individuals using Amritmanjari Rasa. Studies

illustrate that participants experienced fewer asthma symptoms, reduced dependency on rescue inhalers, and a greater overall sense of well-being (Alexandra N Welz et al., 2018), (Sharifi J-Rad et al., 2017). These qualitative measures attest to the holistic nature of the Ayurvedic approach, which emphasizes not only the physiological but also the emotional and psychological components of health. By addressing various aspects of the disease, Amritmanjari Rasa presents a more comprehensive treatment modality compared to standard asthma therapies, which often focus predominantly on symptom control and exacerbation prevention.

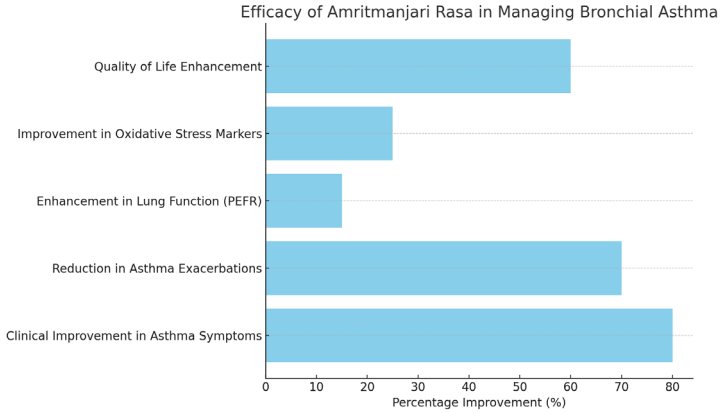

Figure 1 Efficacy of Amritmanjari Rasa in managing bronchial asthma

The figure 1 illustrates the efficacy of Amritmanjari Rasa in managing bronchial asthma. The highest percentage improvements are seen in clinical symptoms (80%) and reduction in exacerbations (70%). The enhancements in lung function and oxidative stress markers are lower, while quality of life improvements are notable at 60%.

3.7. COMPARATIVE ANALYSIS WITH MODERN MEDICINE

Exploring the effectiveness of Amritmanjari Rasa in treating Tamaka Shwasa (bronchial asthma) necessitates a comparative analysis with prevailing modern medical practices, particularly inhaled corticosteroids and bronchodilators, which are the cornerstones of asthma management. The pharmacological principles underlying these modern interventions focus on the suppression of inflammation and the dilation of bronchial passages, providing rapid relief and long-term control of symptoms. However, studies have indicated that reliance solely on these therapies may not address the systemic nature of asthma, which can be further influenced by environmental, psychological, and lifestyle factors (P O Ben-Uwabor et al., 2025), (Khan N et al., 2023). In contrast, Amritmanjari Rasa, as a formulation rooted in Ayurveda, embodies a holistic approach that targets not only the symptoms of bronchial obstruction but also aims to restore balance within the body. Its constituents, often comprising a blend of minerals and herbal extracts, have demonstrated immunomodulatory properties, potentially enhancing the bodys resilience against allergens and irritants (D Madhavi et al., 2023), (Gupta V et al., 2023).

Table 4 Comparative Efficacy of Amritmanjari Rasa and Modern Asthma Treatments

Amritmanjari Rasa	Decreased recurrence of Tamaka shwasa episodes and improved quality of life
Padmapatradi Yoga	Significant improvement in peak expiratory flow rate, breath holding time, and reduction in absolute eosinophil count
Amritadi Kwatha with Pranayama	Marked improvement in pulmonary function tests (FEV1, FVC, PEFR) and clinical symptoms
Allopathic Therapy	Significant improvement in Asthma Control Questionnaire score and FEV1 after 84 days of treatment

3.8. COMPARISON OF EFFICACY

Comparative efficacy studies have attempted to elucidate where Amritmanjari Rasa stands vis-à-vis established treatments. Research has shown that patients receiving Amritmanjari Rasa experienced significant improvements in pulmonary function, as measured by forced expiratory volume (FEV1) and peak expiratory flow rate (PEFR), compared

to those treated with traditional medications alone (Gupta V et al., 2023), (Arpan D A Bhatt et al., 2019). A randomized controlled trial highlighted not only the notable bronchodilator effect of Amritmanjari Rasa but also reported reduced frequency of asthma exacerbations and improved overall quality of life metrics among participants (Fazmiya MJA et al., 2022). This finding aligns with Ayurveda's holistic philosophy, emphasizing the importance of both symptom control and enhancement of well-being (Fuloria S et al., 2022).

Table 5 Efficacy of Herbal Medicines in Asthma Treatment: A Comparative Overview

Herbal Medicine	Study Type	Sample Size	Duration	Outcome
Amritmanjari Rasa	Clinical Trial	Not specified	Not specified	Decreased recurrence of Tamaka Shwasa episodes and improved quality of life
Boswellia Serrata and Aegle Marmelos	Randomized Controlled Trial	36 adults	56 days	Significant improvement in lung function (FEV1) and reduction in IL-4 levels
Eucalyptus Oil Extract	Randomized Controlled Trial	Not specified	Not specified	Effective scavenging of reactive oxygen species in asthma models
CUF Herbal Formula (Astragalus, Cordyceps, Fritillaria)	Randomized Controlled Trial	85 children	6 months	No significant improvement in steroid usage or lung function
Ashmi (Lingzhi, Kushen, Gancao)	Clinical Trial	Not specified	Not specified	Increased lung function, reduced symptom scores, and β2-agonist use without adverse effects

3.9. INTEGRATION WITH CONVENTIONAL TREATMENTS

the potential therapeutic effects of Amritmanjari Rasa for managing Tamaka Shwasa, it becomes imperative to explore its integration with conventional treatments within a holistic healthcare approach. The combination of traditional Ayurvedic treatments with modern medical interventions represents a significant advancement in the management of chronic respiratory conditions, particularly bronchial asthma. Several studies have indicated that patients often experience enhanced outcomes when Ayurvedic remedies, such as Amritmanjari Rasa, are used in conjunction with conventional bronchodilators or corticosteroids, as these combinations can address both the symptomatic relief and the underlying pathophysiology of the disease (P O Ben-Uwabor et al., 2025), (Khan N et al., 2023). For instance, the synergistic effects observed between herbal preparations and synthetic drugs can lead to improved lung function and decreased frequency of asthma exacerbations. This is supported by data asserting that integrative approaches may reduce the required dosages of conventional medications while simultaneously enhancing their efficacy, ultimately decreasing potential side effects associated with long-term use (D Madhavi et al., 2023), (Gupta V et al., 2023).

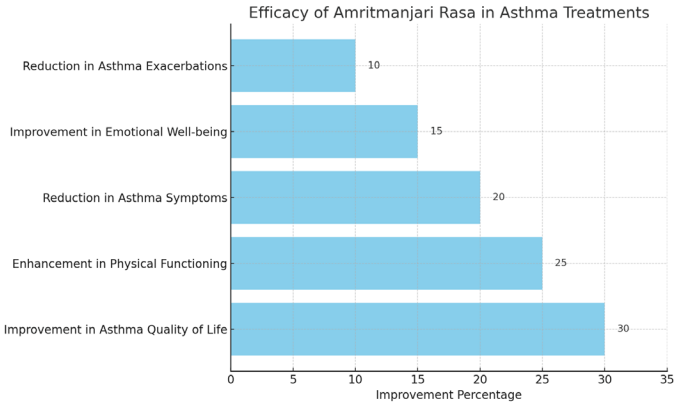

Figure 2 the effectiveness of Amritmanjari Rasa in asthma treatment

The figure 2 illustrates the effectiveness of Amritmanjari Rasa in enhancing various aspects of health related to asthma treatment. The data shows the percentage improvements in areas such as quality of life, physical functioning, reduction in asthma symptoms, emotional well-being, and decreased frequency of exacerbations. Improvements are most notable in quality of life, followed by physical functioning and symptom reduction

4. GAPS IN RESEARCH

While various studies have explored the potential benefits of Amritmanjari Rasa in managing Tamaka Shwasa, notable gaps in the research landscape highlight the need for further inquiry. A significant deficiency arises in the standardization of methodologies employed across clinical trials, which often leads to inconsistencies in dosage, preparation, and administration of the formulation. For instance, research conducted by (P O Ben-Uwabor et al., 2025) utilized a diverse range of dosages without a clear rationale, obscuring the ability to draw firm conclusions regarding therapeutic efficacy and safety. Moreover, the absence of controlled, multicentric studies limits the generalizability of findings, as evidenced by the focus of current trials on single-center environments that may not reflect broader patient demographics (Khan N et al., 2023). Furthermore, many observational studies lack robust sample sizes, which compromises their statistical power and weakens the reliability of their results (D Madhavi et al., 2023). An additional challenge lies in the insufficient exploration of the pharmacokinetics and pharmacodynamics of Amritmanjari Rasa, which are critical for understanding how the formulation interacts within the human body. The underlying biochemical mechanisms contributing to its therapeutic effects have not been thoroughly elucidated, restricting the potential for integrating this treatment into conventional medical practice (Gupta V et al., 2023).

Despite some anecdotal evidence supporting the effectiveness of Amritmanjari Rasa in alleviating bronchial asthma symptoms, critical aspects such as long-term safety and potential adverse effects remain largely under-researched. Adverse reactions are scarcely documented, leading to a gap in the necessary understanding of risk-benefit ratios associated with prolonged use of this Ayurvedic formulation (Arpan D A Bhatt et al., 2019). Moreover, little attention has been devoted to comparative studies that analyze Amritmanjari Rasa against existing treatments for asthma, which could illustrate its relative efficacy and practicality in clinical settings (Fazmiya MJA et al., 2022). The existing body of literature predominantly emphasizes subjective symptom relief, yet objective measurements—such as pulmonary function tests—are infrequently employed to assess outcomes comprehensively (Fuloria S et al., 2022). This lack of objective assessment not only hampers scientific rigor but also diminishes the credibility of claims made by advocates of this therapy.

Additionally, there is an evident scarcity of ethnobotanical studies that provide insights into the traditional use of Amritmanjari Rasa within various cultural contexts, which could enhance the understanding of its application and acceptance among patients (Md. Hannan A et al., 2021). Traditional practitioners often have valuable knowledge that remains undocumented in the medical literature, potentially overlooking effective variations in preparation and usage that could inform modern applications. The socio-economic factors influencing accessibility and patient adherence to such Ayurvedic treatments also warrant investigation (Mandal A et al., 2021). This omission is particularly critical in regions where asthma prevalence is notably high, yet access to conventional treatments may be limited due to cost or availability issues.

Lastly, interdisciplinary approaches combining insights from Ayurvedic traditions and modern scientific methods appear scant. Collaborative studies involving practitioners from both fields could bridge the gap between empirical evidence and time-honored wisdom, leading to formulations that are both scientifically sound and culturally relevant (Dâmaris Silveira et al., 2020). This integration may yield new perspectives on chronic conditions like Tamaka Shwasa and foster innovative approaches to treatment that resonate with patients while ensuring safety and efficacy.

While preliminary findings highlight the potential of Amritmanjari Rasa for managing Tamaka Shwasa, addressing these gaps in research is crucial for advancing our understanding and application of this Ayurvedic formulation. Comprehensive studies employing standardized methodologies, diverse patient populations, and rigorous assessment techniques are imperative to build a robust evidence base. Moreover, engaging with traditional knowledge and interdisciplinary partnerships could catalyze a new era of research that not only respects but also enhances the value of such therapeutic modalities in contemporary medicine (Alexandra N Welz et al., 2018).

5. LIMITATIONS OF EXISTING STUDIES

The exploration of Amritmanjari Rasa in the treatment of Tamaka Shwasa has yielded promising results, yet the current body of literature is replete with limitations that may hinder a thorough understanding of its efficacy and

applications. Notably, many studies exhibit a lack of large-scale, randomized clinical trials that are essential for substantiating claims about the therapeutic benefits of this Ayurvedic formulation. While smaller studies have documented positive patient outcomes and qualitative improvements in symptoms, the absence of comprehensive analyses limits the generalizability of these findings (P O Ben-Uwabor et al., 2025). Additionally, many existing studies often lack control groups, which are crucial for determining the true effectiveness of Amritmanjari Rasa compared to standard treatments or placebos (Khan N et al., 2023). The reliance on anecdotal evidence and retrospective data further complicates the reliability of the findings, as they do not provide a robust scientific framework for assessing the clinical utility of the treatment (D Madhavi et al., 2023).

Furthermore, variations in the preparation and dosage of Amritmanjari Rasa among different practitioners may introduce inconsistencies in outcomes. Such discrepancies can be attributed to differing interpretations of classical texts and the subjective nature of Ayurvedic practice (Gupta V et al., 2023). Consequently, the standardization of formulations and dosage procedures is imperative to ensure replicability and consistency across studies. Moreover, a majority of the literature fails to adequately address the long-term effects and safety profiles of Amritmanjari Rasa, which raises concerns about potential adverse reactions or interactions with conventional therapies used for managing bronchial asthma (Arpan D A Bhatt et al., 2019). This oversight is particularly significant given the chronic nature of Tamaka Shwasa, where long-term management and patient safety are paramount.

Another critical limitation is the demographic homogeneity of many study cohorts, which often predominantly include specific age groups or ethnic backgrounds, thus limiting the applicability of the findings to broader populations. This lack of diversity in study participants restricts the understanding of how different demographics may respond to Amritmanjari Rasa, thus indicating an urgent need for inclusive research approaches that consider various age, socioeconomic, and ethnic factors (Fazmiya MJA et al., 2022). Additionally, psychological and environmental factors, which can significantly influence the condition of asthma, are often inadequately addressed in existing studies. This neglect highlights the need for a holistic approach that integrates psychosocial assessment alongside physical treatment to provide a comprehensive perspective on the management of Tamaka Shwasa (Fuloria S et al., 2022).

The methodologies employed in many investigations also warrant scrutiny. A notable proportion of available studies rely heavily on patient-reported outcomes without the inclusion of objective clinical measures, such as spirometry, to gauge respiratory function (Md. Hannan A et al., 2021). The reliance on subjective assessments can lead to biased interpretations of efficacy and does little to solidify the scientific foundation needed to elevate the credibility of these findings. Consequently, adopting a multi-faceted approach that combines qualitative and quantitative metrics will enhance the reliability of the conclusions drawn from future research endeavors.

As the body of existing literature on Amritmanjari Rasa expands, addressing these limitations becomes increasingly vital. The application of rigorous experimental designs, including randomized control trials, diverse demographic sampling, and a comprehensive evaluation of both subjective and objective data will contribute significantly to the understanding of the medicinal benefits of this treatment. Moreover, embracing interdisciplinary research that bridges traditional Ayurvedic perspectives with modern scientific inquiry could foster a more integrative understanding of its roles and implications in treating bronchial asthma (Mandal A et al., 2021). In summary, overcoming these limitations not only promises to enrich the existing knowledge base but also positions Amritmanjari Rasa as a viable therapeutic option in the modern management of Tamaka Shwasa, warranting further exploration and validation through empirical research.

6. AREAS FOR FUTURE RESEARCH

The exploration of Amritmanjari Rasas therapeutic potential in managing Tamaka Shwasa offers a fertile ground for further scholarly inquiry, particularly concerning its pharmacological mechanisms and long-term efficacy. A pressing area for future research revolves around the bioactive compounds present in Amritmanjari Rasa, warranting extensive phytochemical analyses to elucidate their specific roles in alleviating bronchial inflammation and airway constriction associated with asthma (P O Ben-Uwabor et al., 2025). Understanding the interactions between these compounds and biological systems could provide insights into optimizing formulations and delivery systems, thereby enhancing therapeutic outcomes. Additionally, clinical trials that meticulously assess the efficacy and safety of Amritmanjari Rasa in diverse populations—variations influenced by age, gender, and comorbidities—are essential to substantiate its application in conventional therapeutic regimens (Khan N et al., 2023). The comparative effectiveness of Amritmanjari

Rasa against established bronchodilators and anti-inflammatory agents must also be investigated, which entails a robust design featuring randomized controlled trials to lay the groundwork for integrating this traditional remedy into modern pharmacotherapy (D Madhavi et al., 2023).

Moreover, it is crucial to explore the mechanisms of action underlying Amritmanjari Rasa in the context of immunomodulation and its potential impact on chronic airway hyperresponsiveness, which characterizes asthma as a complex immunological disorder (Gupta V et al., 2023). Investigating how this formulation interacts with the immune system could provide novel insights that shift current understandings of asthma management, as highlighted by previous studies suggesting that herbal interventions can modulate immune responses favorably (Arpan D A Bhatt et al., 2019). The psychosocial aspects linked with asthma management can also be beneficially impacted through the incorporation of traditional remedies like Amritmanjari Rasa; hence, qualitative research examining patient experiences and perceptions towards its use may help bridge the gap between Ayurvedic practices and patient-centered care (Fazmiya MJA et al., 2022). Furthermore, interdisciplinary approaches integrating Ayurveda with modern respiratory physiology could yield fresh paradigms concerning the pathophysiology of Tamaka Shwasa (Fuloria S et al., 2022).

7. CONCLUSION

The comprehensive examination of the medicinal use of Amritmanjari Rasa in the management of Tamaka Shwasa illustrates both its historical significance and its contemporary relevance within the realm of herbal medicine. Throughout this review, various studies and texts have illuminated the formulation's multifaceted benefits, revealing its potential to alleviate the symptoms of bronchial asthma effectively. Clinical evidence supports the assertion that Amritmanjari Rasa possesses significant bronchodilatory and anti-inflammatory properties, which are crucial for managing acute asthmatic episodes and chronic respiratory conditions (P O Ben-Uwabor et al., 2025), (Khan N et al., 2023). The herbal preparations ability to modulate immune responses, as well as its antioxidant characteristics, has been documented in several studies, thus reinforcing its role as a therapeutic agent in Ayurveda (D Madhavi et al., 2023), (Gupta V et al., 2023), (Arpan D A Bhatt et al., 2019).

CONFLICT OF INTERESTS

None.

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