

A Comparative Study of Ayurvedic and Allopathic Approaches to Chronic Respiratory Diseases

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Abstract

This article provides a comprehensive comparative analysis of Ayurveda ayush with allopathic approaches in the management of chronic respiratory diseases. In this paper we reviewed concepts, diagnostic methodologies or therapeutic modalities and their results in bronchitis of asthma and COPD comparing two available systems. Once we studied the literature and indexes of some clinical studies to make deep comparison between those two medical paradigms, where it works better or not work at all; also how one paradigm could be complement other. From this data, we infer that while allopathic therapy is quick to work and offers prime response & also has defined care protocols, on the other hand Ayurveda provides a holistic approach of addressing root cause with patient specific management plans for long-term. These might provide certain options with wide-ranging implications for patient outcomes and understanding of general health status because the way is used, concentrating on active chronic respiratory syndrome.

Keywords: *Ayurveda, Allopathic Approaches, Chronic Respiratory Diseases, Asthma, COPD, Comparative Analysis*

Introduction

In this research article, a brief comparative overview of two distinct medical systems, Ayurveda—an ancient holistic healing practice from India—and Allopathy—the present alternative in Western medicine—has been discussed. Both have been developed for chronic respiratory disorders, each from its philosophical foundation and diagnostic methods and therapeutic strategies.

1.1 Background

Allopathic medicine, with its basis in physicochemical/biomedical sciences, has made immense progress in terms of understanding the pathophysiology of respiratory diseases and developing disease-specific pharmacotherapies. It has standardised diagnostic tools, evidence-based treatment, and often provides rapid clinical relief (Barnes 2000). Nevertheless, few patients have long-lasting symptom resolution with optimal treatment, and the potential risks of chronic use for some drugs (such as corticosteroids) occur where lower-dose or dose-aggressive maintenance is needed to control active eosinophilia but without complete remission (Reddel et al., 2015).

On the other hand, Ayurveda looks at health as a balance of all aspects of your physical body and brings in mind-emotions-environment synergies. It uses a personalised profile for diagnosis and

therapy according to Prakriti (constitution) of people, as well as the form of imbalance or Vikruti (Parasuraman et al., 2014). The natural approaches in Ayurvedic therapies for respiratory diseases include changes in diet, medication based on herbs, and lifestyle modification targeting to cure root causes of disease as well as enhancing general health (Sharma & Clark, 2012).

1.2 Rationale and Objectives

With the global burden of chronic respiratory diseases on the rise, there is a growing demand for identifying complementary and alternative interventions to support conventional treatments. In recent years, interest in the integration of traditional healing practices into contemporary medicine has been aroused with potential benefits for improving symptom management and reducing dependence on pharmaceuticals, among others, thereby contributing towards quality palliative care (Payyappallimana & Venkatasubramanian 2016).

Objectives of This Study Article

1. Basic Concepts and Practices of Ayurveda, Ayurvedic vs. Allopathy Therapy in Chronic Respiratory Disorders
2. Study the diagnostic methods, treatment systems, and results associated with each of these: asthma; COPD; chronic bronchitis.
3. To review the strengths and weaknesses of Ayurveda and allopathy in respiratory therapy. To evaluate the scope for synergising both systems as combined methodical options.
4. Results: To explore the potential for integrative solutions that may combine aspects of both systems to optimise patient benefit.

1.3 Methodology

The comparative study was made after going through the various literature works available in respected journals, clinical investigations, systematic reviews, and authoritative books from both fields of Ayurvedic as well as allopathic medicine. Studies published in the last twenty years were identified through databases: PubMed, Scopus, and Ayush Research Portal. Recommendations from organisations such as the Global Initiative for Asthma (GINA) and the Global Initiative for Chronic Obstructive Lung Disease (GOLD), leaders of guidelines in respiratory treatment, were also reviewed to ensure congruence with state-of-the-art knowledge.

This article will examine the response each model provides to chronic respiratory disorders before providing a comparative analysis and discussing potential integrative treatments. The

discussion will summarise key findings and suggest directions for further research in this important area of health care.

2. AYURVEDIC MANAGEMENT OF CHRONIC RESPIRATORY DISEASES

2.1 Fundamental Principles

Ayurveda always looks at the body through a wider pane of overall health, and hence chronic respiratory illnesses are veterinary by its holistic approach to total healing. In Ayurveda, doshic humour is described as essential to human persona and has been based in the USA on the foundational ideas of tridosha--vata PITTA that are considered root physiological elements that modulate all activities (Parasuraman et al., 2014).

Ayurveda focused on the concept of respiratory disorders, primarily those that originated with kapha dosha because it is mentioned at a place where there occurs chest involvement and mucus production. An imbalance of kapha is believed to be a leading cause behind respiratory diseases (Singh, 2017). But at the same time, it is also recognised that vata (which relates to movement and air) as well as pitta (associated with transformation and metabolism) play important roles in many diseases.

2.2 Diagnostic Methods

Diagnosis of chronic respiratory disorders in Ayurveda involves an extensive evaluation, called Rogi-Roga Pareeksha (patient and disease examination). This includes:

1. Darshana (Observation): Total physical appearance of patient, including colour, physiognomy, colour, physiognomy, and behaviour.
2. By observing the touch of skin: temperature, texture, or (nadi pareeksha) pulse.
3. Prashna (Questioning): In-depth questioning about symptoms, lifestyle, diet, and Samanya factors.

Ayurvedic doctors also have specific diagnostic techniques for treatment of respiratory disorders.

- Shabda Pareeksha is listening to sounds made during breathing and spoken voice.
- Mala Pareeksha: Test of phlegm by colour and consistency.

These diagnostic methods are devised to identify the type of dosha imbalance and stage in which illness has developed (SSharma & Clark, 2012).

2.3 Treatment Modalities

The Ayurvedic therapy for chronic respiratory illnesses works to pacify the doshas, especially kapha, to restore balance and improve lung conditions. Here are some of the typical approaches taken to managing pubis dysfunction:

1. Herbal remedies:

Single herbs like Vasaka (*Adhatoda vasica*) and Kantakari (*Solanum xanthocarpum*) polyherbal formulations: Sitopaladi churna, Talisadi churna

2. Panchakarma Therapies:

Balavarisheshu Vamane Ie Chyatva Mala Kaphaghne Girshkacharan ityoparjit (Charak Sutra 14) VAMANA—Induction of emesis in children; expels Ketra Manda Jatra (13:7) wastage from the cerebral cavity, which prints a child into lower debility.

Virechana (purgation): To expel toxins

Nasya (nasal administration of medications) is used to treat upper respiratory tract disorders.

3. Changes in the Diet and Lifestyle:

o Suggesting a hot, unctuous (light) easily digestible diet

- Eliminating cold, heavy, and mucus-forming foods

Yoga and pranayama practice

4. External Therapies:

Swedana (sweating therapy): For removing blockage

Abhyanga (Oil Massage) Benefits: Improves circulation and relaxes the body.

Overarching Concepts and Key Issues: 2.4 Evidence Base and Outcomes

Even though Ayurvedic therapies have been used for respiratory disorders for a long time, the scientific evidence base remains underdeveloped. A few of the most important studies:

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1. In a randomised controlled trial conducted by Ghodke et al. In 2014, Dar et al. demonstrated that an Ayurvedic herbal formulation (Shirishadi) produced significant improvements in PFT and QOL scores in mild to severe bronchial asthma patients.
2. Gupta et al. (2016) Systematic review (2018) a meta-analysis of Ayurvedic therapies for COPD showed possible benefits in improving lung function and reducing exacerbations but highlighted the requirement \pm —for larger studies with better design.
3. A study on some herbs, such as Tulsi (*Ocimum sanctum*), shows that its anti-inflammatory properties may help in reducing respiratory symptoms, and its immunomodulatory effect helps to control lung inflammation, which results in a reduction of the cytokine storm. (Cohen, 2014).

In conclusion, Ayurvedic treatments may have a significant role in the management of chronic respiratory diseases, especially for symptomatic improvement and improved quality of life, but few studies are available to provide concrete evidence. Nevertheless, it is necessary to conduct more in-depth clinical tests with similar efficacy and safety profiles compared to existing therapies.

3. Conventional allopathic treatment for chronic respiratory diseases

3.1 Fundamental Principles

Allopathic medicine approaches curing most chronic respiratory disorders through a biological lens. It is a specialization that involves the diagnosis and treatment of respiratory-related illnesses, with an emphasis on understanding pathophysiological mechanisms as well as developing disease-modifying therapies to address symptoms and slow or stop progression (Barnes, 2000).

There are certain key components in an allopathic mode of treatment for chronic respiratory disorders, which include:

1. Evidence-based Practice—using clinical research and systematic reviews to form treatment decisions.
2. Occasional variation in care: Establishment and deployment of clinical protocols to ensure standardised treatment across the providers
3. Drugs to target specific aspects of disease pathophysiology.
4. Quantitative end-points: measurements of lung function and biomarkers as assessments of disease severity and response to therapy.

3.2 Diagnostic Methods

In the allopathic diagnostic approach of CRDs, a combination of clinical evaluation with objectively confirmatory tests is used:

1. Details of Previously Known: Symptoms, Risk Factors, and a Family History; Comprehensive Chest Examination.

2. Pulmonary function tests:

o Spirometry: for the evaluation of airflow limitation and reversibleness

Plethysmography—estimating lung volumes and capacities Diffusion capacity—gas exchange analysis

3. Imaging Studies:

• Chest X-ray or initial one to exclude other problems

High-resolution CT scan (to assess lung parenchyma and airways)

4. Blood Tests:

o A CBC to screen for infection and anaemia

Alpha-1 antitrypsin levels: In suspected cases of genetic COPD

5. Allergy Testing Skin prick testing Specific IgE blood tests for asthma sufferers

6. Sputum Sample: To identify the presence of infectious agents or inflammatory cells

3.3 Treatment Modalities

The goal of allopathic therapy in chronic respiratory illnesses is to control symptoms, prevent exacerbations, and prevent progression. Treatment techniques most frequently used:

1. Pharmacological Interventions: o Bronchodilators (e.g., β_2 -agonists, anticholinergics) o Inhaled corticosteroids = o Leukotriene modifiers = o Biologics (e. g., anti-IgE treatments 1" Anti—IL~5) ["]

2. Oxygen Therapy: For those with chronic hypoxaemia

3. Smoking Cessation: Help with Quitting>())

4.1 Comparative Principles

The Ayurvedic technique stresses tailored treatment based on the individual constitution and the origin of the imbalance, with the goal of restoring overall equilibrium and wellness. Allopathic Medicine: Allopathic medicine follows a biological tradition on the groundwork of understanding disease processes and therapeutic actions founded on scientific proof. Allopathy treatments focus on the symptomatic and medical treatment of illnesses using a variety of standardized diagnostic tools and procedures. The main goal is quick clinical palliation and practical outcomes.

4 Methods of Diagnosis Comparison Diagnosis Comparison Ayurvedic Diagnosis:

A thorough examination of physical symptoms, lifestyle, lifestyle, and environmental factors is referred to in the Ayurvedic diagnosis. It includes:

Darshana (Observation): Observing the child by visualisationvisualisation and judging his behaviour.

- Sparshana (palpationpalpation): touchtouch and pulse diagnosis.
- Prashna (questioningquestioning): inquiryinquiry in symptoms and life.
- Shabda Pareeksha: Listening to breath sounds.
- MalaEnsurexam: [Examination Ensurexam: [Examination of sputum]

LEHMAN: Allopathicdiagnosis and diagnosis and allopoathic diagnostics depend on a mixture of medical history and physical exam plus objective tests.tests.

- Medical History and Clinical Examination: detailed history taking, expatiated physicalphysical examination.
- Spirometry, plethysmography,plethysmography, and diffusion capacity by pulmonarypulmonary functionfunction teststests.
- Studies of Imaging: chestchest X-ray and a high-resolution CT scan.
- Blood and Allergy/Autoimmune Testing: CBC, alpha-1 antitrypsin levels, specific IgE testing

For sputum analysis to check for infection and inflammation.

Though Ayurveda asks for a detailed assessment, allopathyallopathy is based on scientific and objective standards to diagnose or monitor an ailment.

Therapy modalities Ayurvedic treatments: The following are some of the ayurvedicayurvedic therapies useful in chronic respiratory diseases: 4.

Herbal remedies include single herbs (e.g., Vasaka, Kantakari) and polyherbal formulations (e.g., Sitopaladi churna).di churna).

- Panchakarma: cleansing treatments such as Vamana and Virechana.amana and VirechanaVirechana
- Diet and Lifestyle Changes: : It is suggested to consume warm meals and and light food products, aswell as well as stress reduction activities like yoga therapy and pranayama.

Allopathic Treatments: Allopathic treatment options are directed at • pharmacologicalpharmacological interventions—bronchodilatorsinterventions—bronchodilators, inhaled corticosteroids,corticosteroids, andand biologicsbiologics.

Oxygen Therapy: Used for patients with severe hypoxaemiahypoxaemia

Pulmonary Rehabilitation: A program of exercise and education.

Vaccines & Smoking Cessation: Prophylactic conservation and desistance support.

- Surgery: who is having severe cases

Ayurvedic systems propagate the holistic and preventive way of passing a balanced life, while allopathy deals with symptoms control by treating disease processes using patient findings as an aid for the benefits of pharmaceutical management, which majorly depends on advanced technological advancements.

4.4 Evidence summary and outcomes

Ayurvedic Evidence: Ayurveda can help in managing chronic respiratory diseases, but well-designed studies are required to show the effect.

- Ghodke et al., Tupkari et al. (2014): Outcomes—reported INCREASES in pulmonary function and quality of life with Ayurvedic herbal formulations
- Gupta et al. (2018) Suggested benefits for COPD: more research needed.
- Ebola I and II Supported Evidence: • Cohen (2014): Good poetic outcomes in respiratory symptom treatment by Tulsi.

Scientific Evidence from Allopathy: Several allopathic therapies are well-studied, and the scientific evidence supporting them abounds.

- Rabe et al. (2017): confirmed efficacy of inhalative corticosteroids and long-acting bronchodilators.

- McCarthy et al. Study (2015): The benefits of pulmonary rehabilitation for those with COPD.
- Farne et al., Harms et al. (2017): Found substantial effects of biologic therapy in patients with severe asthma

While each offers great potential for an understanding of respiratory illness and also the therapeutic options in chronic lung disease. In contrast, allopathic treatment gives result-based quick fixes, and Ayurveda provides a holistic approach that might help in long-term care and symptom resolution.

5. Combining Ayurvedic and Allopathic Angles

The combination of both Ayurvedic and Allopathy techniques could be a resource for patient treatment by making use of the characteristics of symptoms. And Ayurveda can offer comprehensive methods as well as preventative challenges alongside quick symptomatic relief and also centre healing of allopathic medication. Integrative approaches might consist of the following:

- Independent and Adjuvant Use: Ayurvedic vs. Modern Medicine or Its Combinations, Counteracting Side Effects

Holistic Management: Integrating lifestyle changes and stress management strategies from Ayurveda in Allopathy treatment.

- Holistic Program: Personalised strategies for the biochemical and holistic underpinnings of chronic respiratory disorders.

A combination of these integrated methods may provide a holistic system assisting alleviation from long-term respiratory diseases, enhancing the quality of life for sufferers.

6. Conclusion

Importantly, this base of theoretical study brings forth the complimentary profile present in Ayurvedic and allopathic systems arising from common therapeutic targets to chronic respiratory disorders. Where allopathic care excels at quick and evidence-based solutions to alleviate symptoms, Ayurveda has the unique advantage of offering a whole-system approach that meets each individual where they are at, addressing root causes while supporting overall well-being. If these treatments will eventually converge, patients may obtain better outcomes and ultimately greater quality of life. The focus of future research has to shift towards clinical trials and integrative models that are equipped with capabilities from both of these systems so as to offer better therapeutic solutions for the management of chronic respiratory disorders.

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