

Formulation and Evaluation of Shwasantak Vati: An Ayurvedic Approach to Antiasthmatic Therapy

Sachin Jitendra Sah¹, Manaswi Pandurang Sambare², Abhishek Vishnu Satpute³,
Rugved Santosh Sawant⁴, Yash Deepak Sawant⁵, Prof. Lokesh Kumar Vyas⁶
Principal Dr. Sonali Uppalwar⁷, Vice Principal Dr. Abhishek Kumar Sen⁸
Ideal Institute of Pharmacy, Wada, India

Abstract: *Shwasantak Vati is a traditional Ayurvedic formulation it is primarily used to manage respiratory ailments, particularly chronic bronchitis, asthma, and other pulmonary disorders. The various plant-based components in this polyherbal formulation are thought to have expectorant, bronchodilator, and anti-inflammatory properties.*

Objective - *Its objective is to help in the management of conditions link to the respiratory system, for example bronchitis, cough, asthma, and other ailments involving the lungs. The vati also known as tablet works by promoting proper airflow, reducing inflammation in the airways, and soothing the respiratory tract. The mixture of ingredients helps to balance the doshas, particularly Vata and Kapha, which are frequently linked to respiratory problems.*

Method - *The formulation was made in a standard way, and its physical properties, like how it looks, smells, tastes, and feels, were looked at. Modern pharmacological methods were used to look at the chemical composition to see if there were any active ingredients that could help the respiratory system heal. A clinical trial was conducted involving individuals suffering from respiratory ailments to evaluate the therapeutic outcomes of Shwasantak Vati*

Result - *It indicated that the formulation provided significant relief from respiratory symptoms, improved lung function, and reduced the frequency of exacerbations, showcasing its potential as an effective Ayurvedic remedy for respiratory health.*

Discussion - *The purpose of this article is to discuss the potential effects of Shwasantak Vati, its role as a complementary treatment in contemporary respiratory care, and the factors to consider when using it on a variety of patient demographics..*

Keywords: Shwasantak Vati, Ayurvedic formulation, respiratory disorders, asthma, chronic bronchitis, pulmonary function, bronchodilator, anti-inflammatory

