



Case Study

## THERAPEUTIC INSIGHTS: PHARMACOLOGICAL MANAGEMENT OF CHILDHOOD RESPIRATORY DISORDERS

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### ABSTRACT

Respiratory disorders constitute a major cause of morbidity and mortality worldwide and pose a significant health burden in the paediatric population due to immature immune mechanisms and heightened susceptibility to infections and allergic conditions. Effective pharmacological management is essential for reducing disease burden, preventing complications, and improving quality of life. In Ayurveda, respiratory disorders are described under diseases of *Pranavaha Srotas* and are primarily attributed to the vitiation of *Vata* and *Kapha Dosha*, along with derangement of *Agni* and obstruction of respiratory channels, as elaborated in our classical texts. Ayurvedic pharmacological interventions focus on *Dosha Shamana*, *Agni Deepana*, *Srotoshodhana*, and strengthening of respiratory function through the judicious use of classical herbal drugs. This article highlights the role of Ayurvedic drugs indicated in paediatric respiratory conditions such as *Kasa*, *Shwasa*, *Tamaka Shwasa*, and *Pratishyaya*, as described in *Charaka Chikitsa Sthana* and *Sushruta Uttara Tantra*. The therapeutic actions of these drugs are attributed to their pharmacodynamic properties including *Deepana*, *Pachana*, *Kapha-Vata Shamana*, *Ushna Virya*, *Shothahara*, *Kasahara*, and *Shwasahara*. These properties contribute to expectoration, bronchodilation, anti-inflammatory effects, and immunomodulation. The article emphasizes the rational, safe, and age-appropriate application of Ayurvedic pharmacotherapy in paediatric respiratory disorders, highlighting its relevance in holistic and integrative healthcare.

### INTRODUCTION

Respiratory disorders are a major cause of illness in children, ranging from acute infections to chronic and recurrent conditions such as, allergic bronchitis and bronchial asthma. The paediatric population is particularly vulnerable due to narrower airways, developing immunity, and heightened sensitivity to environmental triggers. Early and effective management is essential to prevent complications, reduce morbidity, and support optimal respiratory development. In Ayurveda, these conditions are classified under disorders of *Pranavaha Srotas*.

Specific subtypes, such as *Vatika Kasa*, are characterized by dry, spasmodic cough, whereas *Kapha-Vata* disorders and allergic conditions like *Tamaka Shwasa* and *Pratishyaya*<sup>[1]</sup> involve mucus accumulation, airway obstruction, and hypersensitivity reactions. Classical texts, including *Charaka Samhita* and *Sushruta Samhita*, emphasize restoring *dosha* balance, improving *Agni*, and maintaining unobstructed respiratory channels as the cornerstone of treatment.

This article explores the pharmacological potential of these Ayurvedic interventions in children, emphasizing their role in managing *Vatika Kasa*<sup>[1]</sup> or allergic bronchitis, and other paediatric respiratory disorders within a safe, integrative, and holistic framework.

### MATERIALS AND METHODS

This review was conducted through a comprehensive analysis of classical Ayurvedic texts, including *Charaka Samhita* (*Chikitsa Sthana*, *Sutra*

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*Sthana*)<sup>[1]</sup> and *Sushruta Samhita (Uttara Tantra, Chikitsa Sthana)* <sup>[2]</sup>, focusing on allergic disorders such as *Vataja Kasa* or allergic bronchitis, *Tamaka Shwasa*, and *Pratishyaya*. To systematically evaluate the pharmacological properties, mechanisms of action, safety, and paediatric applicability of classical herbal drugs including *Pippali*,<sup>[1,3]</sup> *Shunthi*,<sup>[1,3]</sup> *Karkatshringi*,<sup>[3,4]</sup> *Shati*,<sup>[1,3]</sup> *Draksha*,<sup>[1,8]</sup> *Bharangi*<sup>[5]</sup>, *Pushkarmula*<sup>[6,7]</sup>, *Ativisha*,<sup>[6]</sup> and *Dhanvayasaka*.<sup>[8]</sup>

**Pippali** <sup>[1,2,3]</sup>

Consists of dried immature, catkin-like fruits with bracts of *Piper longum*, slender, aromatic climber with perennial woody roots occurring in hotter parts of India from the Central Himalayas to Assam up to lower hills of West Bengal and ever-green forest of Western Ghats and also cultivated in North East and many parts of the South.

**Latin Name:** *Piper longum* Linn.

**Family:** *Piperaceae*

**Properties and Action**

<b>Rasa</b>	<i>Katu</i>
<b>Guna</b>	<i>Laghu, Snigdha, Tikshna</i>
<b>Virya</b>	<i>Anushnasheeta</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Doshagnata</b>	<i>Vatakaphashamaka</i>
<b>Rogagnata</b>	<i>Shotha, Mastishka Daurbalya, Vatavyadhi, Aruchi, Agnimandya, Ajeerna, Vibandha, Udarashoola, Arsha, Krimiroga, Hrid-daurbalya, Pandu, Raktavikara, Amavata, Vatarakta, Kasa, Kshaya, Yakshma Mootravikara, Kushtha, Samanya Daurbalya, Rajorodha, Kashtaprasava.</i>
<b>Karmas</b>	<i>Medhya, Vatahara, Deepana, Vatanulomana, Shoolaprashamana, Raktavardhaka, Raktashodhaka, Krimighna, Hikkanigrahana, Mootrala, Vrishya, Kushthaghna, Jwaraghna, Balya, Rasayana, Garbhashayasankochaka, Kasahara, Swasahara.</i>

**Part Used:** Fruit

**Synonyms & Sanskrit Name:** *Pippali, Magadhi, Kana, Usana, Magadhi, Kana, Chopal, Ushna, Upkulya, Shaundi, Vaidehi, Tikshna, Tandula*

**Hindi Name:** Pipal, Pipar

**English Name:** Indian long pepper, Long pepper



**Chemical Composition**

Major alkaloids piperine and sesamin (stem and fruits), and two piperidine alkaloids-piperonaline and piperundecalidine (fruit).

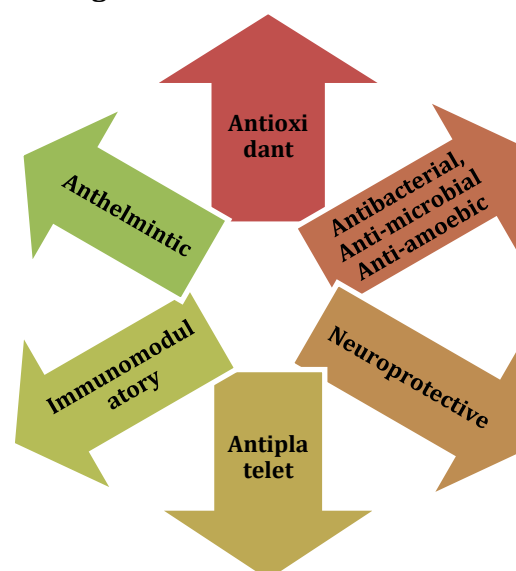
**Therapeutic Uses**

Egestive and emmenagogue. The root is bitter, thermogenic, tonic, diuretic, purgative, expectorant, stomachic, haemorrhagic and as a cholagogue in the bile duct and gall bladder obstruction. The unripe fruit is used as an alternative and tonic. A decoction of immature fruits and roots is used in chronic bronchitis, cough and cold, also used in palsy, gout, rheumatism and lumbago. The fruits are used after childbirth to check postpartum.

**Different varieties**

*Acharya Sushruta* and *Acharya Vagbhatta* have delineated two varieties of *Pippali*, (*P. Longum*) & *Gaja pippali* (*P. chaba*) whereas *Bhavamishra* quoted the fruit of *Chavya/Chavika* as *Gajpipali*.

**Pharmacological activities**



**Draksha** [1,8]

*Kakolyadi, Parushakadi (Acharya Sushruta)*

Consists of dried mature fruits of *Vitis vinifera*, a deciduous climber, mostly cultivated in north-western India in Punjab, Himachal Pradesh and Kashmir for their use as desert fruit.

**Latin name:** *Vitis vinifera* Linn.

**Family:** Vitaceae

**Part used:** Fruit

**Synonyms & Sanskrit Name:** *Mridvika, Gostani*

**Hindi Name:** Munakka

**English Name:** Dry Grapes, Raisins

**Gana:** *Snehopaga, Virechanopaga, Kasahara, Jwarahara (Acharya Charaka)*



**Properties and Action**

<b>Rasa</b>	<i>Madhura</i>
<b>Guna</b>	<i>Snigdha, Guru, Mridu</i>
<b>Virya</b>	<i>Sheeta</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Doshaghnata</b>	<i>Vatapitta Shamaka</i>
<b>Rogaghnata</b>	<i>Trishna, Vibandha, Kasa, Shwasa, Daha, Shosa, Kamala, Pandu, Hriddaurbalya, Vatarakta, Raktapitta, Urahkshata, Madaty, Udavarta, Samanya Daurbalya.</i>
<b>Karmas</b>	<i>Medhya, Trishnanigrahna Snehan, Anulomana, Raktaprasadan, Hridya, Kaphanissaraka, Mutrala, Vrishya, Bramhana, Svarya, Chaksusya.</i>

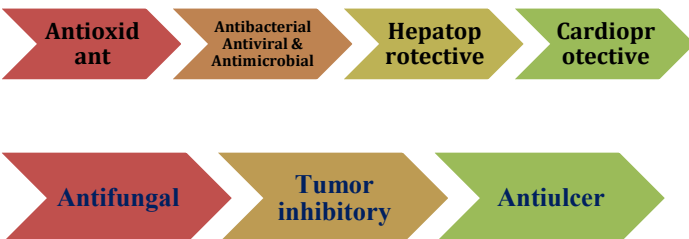
**Chemical Composition**

Palmitic, stearic, oleic, linolele and linolenic acids, cyanidin, petunidin, peonidin, malvidin, acetyl and coumaryl and glycosides, biflavanoides, malic acid, tannic acid. dehydroascorbic acid, cholesterol, ergosterol, glucose, fructose, galactose, rhamnase and amino acids like alanine, arginine and proline, tartaric acid, oxalic acid, tannins and carbohydrates.

**Therapeutic Uses**

The fruits are sweet, laxative, demulcent, cardiogenic, aphrodisiac, rejuvenating, nervine tonic, antispasmodic, digestive, stomachic, respiratory tonic, mucolytic and expectorant. It is useful in cardiac debility, hemoptysis, constipation, anemia, fever, flatulence, cough, asthma, bronchitis, general debility.

**Pharmacological activities**



**Shunthi** [1,2,3,8]

Perennial herb, rhizome stout, tuberous with erect leafy stem, 60-90cm tall. Leaves sessile, linear-lanceolate, 10-25 x 1.5-3cm, narrowed to the base, acute or acuminate, sheath 10-15cm long. Flowers greenish with a small dark purple lip, in oblong, cylindric spikes ensheathed in a few scarious, glabrous bracts, 4 to 7 cm long. Fruits oblong capsules.

**Latin Name:** *Zingiber officinale* Rosc.

**Family:** Zingiberaceae

**Parts used:** Fresh rhizome (*Ardraka*) and dried rhizome (*Shunthi*)

**Synonyms & Sanskrit Name:** *Shunthi, Nagara, Mahaushadha, Vishwabheshaja, Katubhadra, Ardrika, Ardraka*

**Hindi Name:** Sonth, Adarakha, Adrak, Adhruka, Ada

**English Name:** Ginger



**Properties and Action**

<b>Rasa</b>	<i>Katu</i>
<b>Guna</b>	<i>Laghu, Snigdha</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Doshagnata</b>	<i>Vatakaphashamaka</i>
<b>Rogagnata</b>	<i>Amavata, Sandhishotha, Shaitya, Avasada, Shotha, Vatavyadhi, Katishoola, Aruchi, Hrillasa, Chhardi, Agnimandya, Ajeerna, Koshthavata, Adhmana, Grahani. Gulma, Udarashoola, Anaha, Vibandha, Arsha, Hriddaurbalya, Hridroga, Shleepada, Sheetapitta, Kantharoga, Kasa, Shwasa, Hikka, Pratishyaya, Kshata-Ksheena, Vishamajwara, Jeernajwara, Samanya Daurbalya, Prasavottara daurbalya, Karnashoola</i>
<b>Karmas</b>	<i>Sheetaprashamana, Shothahara, Vedanasthapana, Nadiuttejaka, Vatashamaka, Rochana, Deepana, Pachana. Triptighna, Vatanulomana, Shoolaprashamana, Arshoghna, Bhedana, Grahi, Hridya, Svarya, Shleshmahara, Shwasahara, Vrishya, Uttejaka, Jwaraghna</i>

**Chemical Composition**

Heptane, octane, isovaleraldehyde, nonanol, ethyl pinene, camphene,  $\beta$ -pinene, myrcene, limonene,  $\beta$ -phellandrene, 1,8-cineole,  $\alpha$ -curcumene,  $\alpha$ -farnesene,  $\beta$ -farnesene,  $\beta$ -sesquiphellandrene, gingerol, zingerone, shogaol, dihydrogingerol. hexahydrocurcumin (essential oil); diarylheptenones (gingerenone A & gingerenone B). isogingerenone,  $\beta$ -gingerenone,  $\alpha$ -terpinene,  $\alpha$ -terpineol, nerol, 1,8-cineole, neral, geranial, geraniol, geranyl acetate (essential oil from rhizomes); dehydrogingerdione, gingerdione and gingerol (root); aspartic acid, threonine, serine, glycine, cysteine, valine, isoleucine, leucine and arginine (aerial parts and tuber).

**Therapeutic Uses**

The raw ginger is acrid, thermogenic, carminative, laxative and digestive. It is useful in anorexia, coryza, fever, bronchial asthma, cough, diarrhoea, dyspepsia, diseases of the pharynx, inflammations, edema, fainting, urticaria and earache, hyperacidity, abdominal pain, vomiting, elephantiasis, inflammations and rheumatoid arthritis. Dry ginger is an emollient, appetizer, laxative, stomachic, stimulant, rubefacient, expectorant, anthelmintic and carminative. It is prescribed as an adjunct to many tonic and stimulating remedies.

**Pharmacological activities****Bharangi** [2,4,5]

Consists of dried roots of *Clerodendrum serratum* (Linn.); a shrub distributed throughout the country.

**Botanical name:** *Clerodendrum serratum* Linn.

**Family:** *Verbenaceae*

**Part used:** Root

**Classical name:** *Bharangi, Bhargavi, Bhargi, Padma, Angarvalli, Brahmani, Kharshak, Phanji, Bhrugubhava, Hanjika.*

**Gana**

*Acharya Sushruta: Pippalyadi*

*Bhava Prakasha: Haritakyadi*

**Properties and Action**

<b>Rasa</b>	<i>Katu, Tikta, Kashaya</i>
<b>Guna</b>	<i>Laghu, Ruksha</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Doshagnata</b>	<i>Kaphahara, Vatahara</i>
<b>Rogagnata</b>	<i>Gulma, Raktadosha, Shotha, Swasa, Kasa, Hikka, Yakshma, Pinasa, Jwara</i>
<b>Karmas</b>	<i>Deepana, Pachana, Swasahara, Ruchya</i>

**Chemical Constituents**

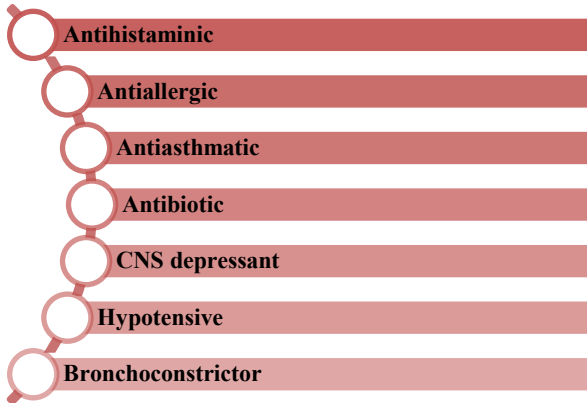
Serratagenic acid, queretaroic acid, some phytosterols, saponins, two iridiod glycosides, feralic acid, arabinose, scutellarcin, baicalein are some important chemical constituents reported.

**Therapeutic Uses**

The roots are bitter, acrid, thermogenic, anti-inflammatory, digestive, carminative, stomachic,

depurative, expectorant, antispasmodic, stimulant and are useful in inflammations, dyspepsia, anorexia, colic, flatulence, cough, asthma, helminthiasis, bronchitis, hiccup, tumors and fever.

**Pharmacological activities**



**Karkatashringi** [1,4,5]

*Karkatashringi* consists of gall like excrescences formed by insects on the leaf. Petiole and branches of the plant during autumn season, growing on the steps of Western Himalayas from Indus to Kumaon at an altitude of 350-2400m, often cultivated in Punjab plains.

**Latin Name:** *Pistacia integerrima*

**Family:** *Anacardiaceae*

**English Name:** Crab's claw

**Hindi Name:** Kakadasingi, Kakarasingi, Gheekadava, Kakra

**Classical Name:** *Karkatashringi, Shringi, Kuliravishanika, Ajashringi, Chakra, Karkatakhyia*

**Part used:** Galls or *Shringakaara kosha*

**Dose:** 3-6 gm



**Properties & Actions**

<b>Rasa</b>	<i>Kashaya, Tikta</i>
<b>Guna</b>	<i>Laghu, Ruksha</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Doshaghnata</b>	<i>Kapha Vatashamaka</i>
<b>Rogaghnata</b>	<i>Kasahara, Shothahara, Hikka, Atisara, Shwasa, Raktapittahar, Deepan, Vatanulomana</i>
<b>Karmas</b>	<i>Jvara, Kasa, Shwasa, Hikka, Aruchi, Chardi</i>

**Chemical constituents**

Tanin 60-70%, Rala - 5%, Resinous matter (gum mastic 5.0%)

Taila (essential oil - 1.3%)

**Therapeutic Uses**

The galls are bitter, acrid, astringent, anti-inflammatory, digestive, tonic, aromatic and expectorant.

**Pharmacological activities**



**Pushkarmula** [1,5,6]

Consists of dried root of *Inula racemosa*, a stout herb 0.5 to 1.5 metre high, mostly found in western Himalayas upto 2600 metre.

**Botanical name:** *Inula racemosa*

**Family:** *Compositae*

**Sanskrit Name:** *Kasmira, Pouskara*

**English Name:** Orris root

**Hindi Name:** Pohakar mul

**Dose:** 1-3 gm (powder form)



**Chemical constituents:** Essential oil

**Properties and Action**

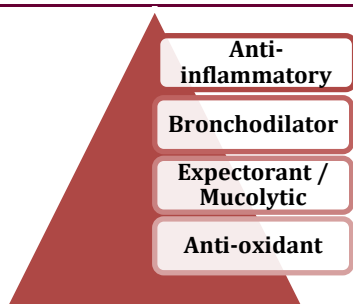
<b>Rasa</b>	<i>Katu, Tikta</i>
<b>Guna</b>	<i>Laghu</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Doshaghanta</b>	<i>Kaphavatajit</i>
<b>Rogaghanta</b>	<i>Aruchi, Adhmana, Hikka, Jwara, Shwasa, Parsvasula, Shopha, Ardita, Pandu.</i>

**Classical categorization**

**Acharya Charaka:** *Shwashar, Hikka nigrahana* (च.सू. 4)

पूष्करमूलं हिककाश्वास कासपाश्वशूलहराणाम्। (च. सू. 25)

**Pharmacological activities**



**Sati** [1,2,3]

Rhizomes 15-20cm long, 20-25mm in diameter, externally yellowish-brown hut changed to dark brown on storage, drug available in pieces 2.5 cm diameter, edge of each piece covered by a rough reddish-brown layer marked with scars and circular rings. Found in Western and central regions of sub-tropical Himalayas at an altitude of 1500-2000m, grows abundantly in Kumaon and Punjab.

**Botanical name:** *Hedychium spicatum*

**Family:** *Zingiberaceae*

**Hindi name:** Shati

**English name:** Spiked ginger lily

**Sanskrit name:** *Shati, Gandhmulika, palash*

**Classical categorization:**

**Acharya Charaka:** *Shwashara, Hikkanigrahana Mahakashaya*

**Dose:** 1-3 gm (powder form)



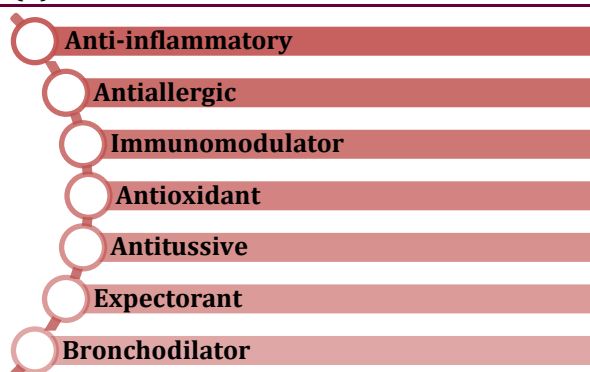
**Chemical constituent**

Essential oil (ethylester of P-methoxy cinnamic acid, D-sabirene cincole, sesquiterpenes), starch, resins, organic acids, glycoside (sitosterol -D-glycoside), albumin, saccharine.

**Properties & Action**

<b>Rasa</b>	<i>Kashaya, Tikta, Katu</i>
<b>Guna</b>	<i>Laghu, Tikshna</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Doshaghnata</b>	<i>Tridoshashamka predominantly Kapha-vata shamaka</i>
<b>Rogaghnata</b>	<i>Shwasa, Shula, Kasa, Kandu, Mukhroga</i>
<b>Karma</b>	<i>Deepana, Pachana, Shwashara, Kasahara, Shothahara, Hikkanigrahana</i>

**Pharmacological activities**



**Ativisha** [1,3,6]

Consists of dried, tuberous roots of *Aconitum heterophyllum* Wall. ex. Royle, a perennial herb, native of western Himalayas and found in Garhwal, Kumaon and Kashmir at altitude between 2,500-4,000 metres. Roots, ovoid-conical, tapering downwards to a print, gradually decreasing in thickness towards tapering end, externally light ash-grey, white or grey-brown, while internally starch white, external surface wrinkled marked with scars of fallen rootlet and with a rosette of scaly rudimentary leaves on top, bitter with no tingling sensation.

**Botanical name:** *Aconitum heterophyllum*

**Family:** *Ranunculaceae*

**Sanskrit name:** *Aruna, Ghunapriya, Visa.*

**English name:** Atis Root

**Hindi name:** Atis

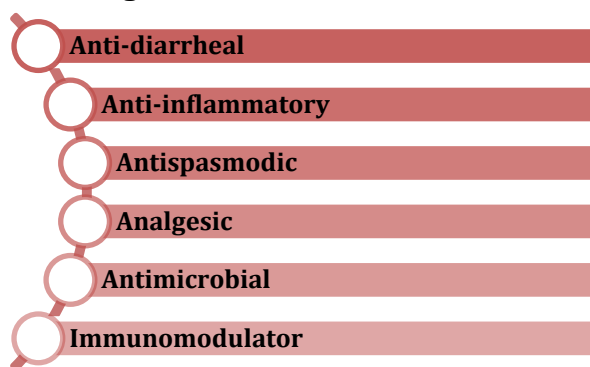
**DOSE:** 0.6-2.0 g of the drug in powder form

**Chemical Constituents-** Alkaloids (atisine, dihydroatisine, hetisined and heteratisine).

**Properties and Action**

<b>Rasa</b>	<i>Tikta, Katu</i>
<b>Guna</b>	<i>Laghu, Ruksha</i>
<b>Virya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Doshaghnata</b>	<i>Kapha-pitta shamaka</i>
<b>Rogaghanta</b>	<i>Jwara, Kasa, Chardi, Amatisara, Krimiroga</i>
<b>Karma</b>	<i>Deepana, Pachana, Sangrahika</i>

**Pharmacological activities**



**Dhanvayasa** [1,6,8]

Consists of dried whole plant of *Fagonia cretica* Linn. a small spiny under shrub with stiff, more or less prostrate branches found in north-west India and Deccan. Tap root externally brownish green, rough, with longitudinal striations, core yellowish-green; fracture, fibrous. Stem young green, mature brown, bark peeling from stem, small, subsessile, linear, oblong, leaflets entire, flowers are small, pale rose or purple, pedicels slender, ovate, aristate; petals twice as long as the sepals.



**Botanical name:** *Fagonia cretica*

**Family:** *Zygophyllaceae*

**Sanskrit name:** *Duralabha, Dhanvayasakah, Virupa, Duhsparsha*

**English name:** Khorasan thorn

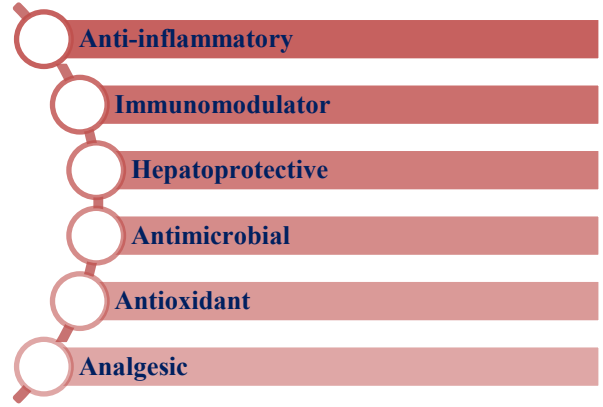
**Hindi name:** Damahan, Dhamaasa, Hinguaa, Dhanhare

**Dose** - 5-10 g powder,  
40-80 ml *phanta*

**Chemical Constituents** - Alkaloids (Harmine); amino acids (alanine, glycine, leucine, arginine, isoleucine, lysine, phenylalanine, proline, tyrosine and valine); terpenoids of oleanane group.

#### Properties and Action

<b>Rasa</b>	<i>Madhura, Tikta, Katu, Kashaya</i>
<b>Guna</b>	<i>Laghu, Sara</i>
<b>Virya</b>	<i>Sheeta</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Doshaghanata</b>	<i>Tridosha shamaka</i>
<b>Rogaghanta</b>	<i>Atisara, Grahani, Daha, Jwara, Trishna, Prameha, Moha, Murchha, Madaroga, Raktapitta, Raktavikara, Kushtha, Visarpa, Vatarakta, Bhrama, Gulma, Chardi, Kasa, Mutraghata</i>
<b>Karma</b>	<i>Kaphahara, Vatahara, Pittahara, Medohara</i>



#### DISCUSSION

Children are particularly susceptible to respiratory and allergic conditions due to their developing immune systems, smaller airway diameters, and increased exposure to environmental allergens. Common manifestations include cough, wheezing, nasal congestion, dyspnoea, and recurrent bronchitis, which can significantly affect growth, daily activity, and quality of life. Allergic respiratory disorders, such as allergic bronchitis and asthma, often present with episodic wheezing, chest tightness, and mucus hypersecretion, making early and effective management essential.

Ayurveda offers a holistic framework for managing these conditions by addressing both *dosha* imbalance and symptomatic relief. Disorders of the *Pranavaha Srotas*, including *Vataja Kasa* and *Kapha*-related airway congestion, are considered central in paediatric respiratory pathology. Classical herbs provide targeted therapeutic effects:

- *Pippali* (*Piper longum*) and *Shunthi* (*Zingiber officinale*) improve airway patency and modulate immune response. [1,3]
- *Karkatshringi* (*Pistacia integerrima*) and *Shati* (*Hedychium spicatum*) aid in clearing respiratory obstructions, reducing cough, and restoring balance in *Dosha*. [1,3,4]
- *Draksha* (*Vitis vinifera*), *Bharangi* (*Clerodendrum serratum*), and *Pushkarmula* (*Inula racemosa*) act as expectorants, anti-inflammatories, and bronchodilators, facilitating mucus clearance and airway relaxation. [1,2,5,6]
- *Ativisha* (*Aconitum heterophyllum*) and *Dhanvayasaka* (*Fagonia cretica*) provide anti-inflammatory, immunomodulatory, and *Vata-Kapha* [6,8] pacifying effects, particularly beneficial in recurrent bronchitis and hypersensitivity-related respiratory conditions.

The synergistic use of these herbs in pediatric formulations can mitigate allergic responses, improve airway function, and reduce recurrence of bronchial and upper respiratory diseases. Their *Vata-Kapha*

#### Pharmacologic activities

balancing *Madhura, Katu, Tikta Rasa* and *Ushna virya*, ensure symptom relief while targeting the underlying imbalance, highlighting the integrative potential of Ayurvedic pharmacotherapy in children.

## CONCLUSION

Paediatric respiratory and allergic conditions, including bronchitis, wheezing, and recurrent cough, require careful, age-appropriate management to prevent long-term complications. Ayurvedic interventions offer a complementary and preventive approach by addressing dosha imbalances, airway obstruction, and systemic immunity rather than focusing solely on symptomatic relief. Classical herbs such as *Pippali, Shunthi, Karkatshringi, Shati, Draksha, Bharangi, Pushkarmula, Ativisha*, and *Dhanvayasaka* provide multi-dimensional therapeutic benefits, including bronchodilation, expectoration, anti-inflammatory action, and immunomodulation, which are particularly suitable for children.

The integration of these herbs in carefully prepared formulations allows for holistic management of respiratory and allergic disorders, reducing the frequency and severity of episodes while supporting overall respiratory health. Incorporating Ayurvedic pharmacology with modern paediatric care may enhance treatment outcomes, minimize adverse effects, and improve quality of life. Future clinical studies and standardized protocols are needed to establish dosage, efficacy, and safety in the pediatric population, paving the way for evidence-based integrative management strategies.

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