

REVIEW LITRATURE OFAYURVEDIC DRUGS USED IN AMAVATA

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ABSTRACT

Life comprises of states of health and diseases. Medicinal Plants are assuming greater importance in the primary health care of individuals and communities in many developing countries. Indian medicinal plants and their derivatives have been an invaluable source of therapeutic agents to treat various disorders. Today a substantial number of drugs are developed from plants which are active against a number of diseases. The majority of these involve the isolation of the active ingredient (chemical compound) found in a particular medicinal plants and its subsequent modification. Rheumatoid arthritis is a chronic systemic inflammatory polyarthritis that primarily affects small diarthroidal joints of the hands and feet in a symmetrical pattern. Various medicinal plants like *Erand*, *Guggulu*, *Rasana*, etc. traditionally used for treating *Amavata*. This review is mainly focused on the concept of *Amavata*, different plant resources known to have anti-rheumatic potential. A more scientific investigation on these herbal resources must be performed to develop a potent, safe and reliable therapy.

Keywords: *Amavata*, Ayurvedic drugs, Formulations, natural remedies

INTRODUCTION

Amavata of Ayurveda may be correlated with the Rheumatic diseases, especially rheumatoid arthritis of the modern medicine. Rheumatism is a non-specific term embracing a diverse group of diseases and syndrome which have in common disorders or diseases of connective muscles and joints. The main groups are rheumatic fever, rheumatoid arthritis, ankylosis and spondylitis, non articular rheumatism

osteo-arthritis and gout.¹Rheumatoid arthritis is a chronic, progressive autoimmune arthropathy and characterized by bilateral symmetrical involvement of joints with some systemic features.²*Madhavakar* (700 AD) mentioned first the *Amavata* as a disease entity in Ayurveda and where *Ama* (Biotoxin) as well as *Vata*(biophysical force or kinetics) plays a predominant role in the *samprapti* (pathogenesis)

of the disease Amavata.³The signs and symptoms as described in Ayurvedic text are identical.

Signs and Symptoms⁴

- 1) Pain and inflammation of one or more joints particularly of hand, foot, tarsals, knee, thigh and sacrum
- 2) Scorpion bite like pain in the affected joints
- 3) Loss of appetite
- 4) Indigestion
- 5) Fever
- 6) Vague pain in different parts of the body
- 7) Feeling of heaviness in the body
- 8) Lack of initiative
- 9) Disturbance in sleep habit
- 10) Stiffness in heart area
- 11) Constipation

These are the signs and symptoms of Amavata. The disease ultimately leads to the disability.

Treatment⁴

The main treatment in Amavata is Amadoshapachana and Amavisha-nishkasana. For this external and internal measures have been described.

Classical treatment protocol of Amavata in Ayurveda⁴

Single Drugs

1. Powder of *sunthi* (dried ginger) - 2g to be taken with 50 ml. warm water twice a day.
2. 12 to 24 gm. leaf of *Aragvadha* (cassia) fried in *ghee* or *Sarsapa Taila* (mustard oil), to be taken twice a day.

Simple preparations

1. Decoction of equal part of *Sunthi* (dried ginger) and stem of *Guduci* 14 to 28 ml. is to be taken with 6 g. powder of fruit rind of *Haritaki* (Chebulic myrobalan) twice a day.

Local application⁴

Following local applications are useful for relieving the pain and inflammation.

- 1) Fomentation of the affected joint with *Baluka Pottalik* (Sand bag).
- 2) Fomentation of the joint with Luke warm decoction of root of *Eranda* (Castor) twice a day.
- 3) Hot *Lepa* (poultice) prepared from the seed of *Masa* (Black phaseolus) 250 gm., leave of *Rasana*- 125g.is to be applied on the affected part.
- 4) Take flour of *Godhuma* (wheat) and powdered seed of *Eranda* (castor) in equal parts, mix in sufficient Quantity of goat's milk or old *ghee* and boil to make a *Lepa* (poultice). It is to be applied while hot on the affected joint.
- 5) *Visagarbha Taila*: to be applied on the affected joint.

CLASSICAL DRUGS CLAIMED IN AYURVEDIC TEXTS-

Traditional methods employed in treatment of Amavata were given in Table.1. In addition of these traditional methods, various Ayurvedic drugs mentioned in Ayurvedic texts are listed in Table.2 and 3. The main objective of these tables is to support the physician and researchers to utilize these traditional methods as well as herbal drugs for an effective Amavata treatment.

Table 1: Classical treatment protocol of Amavata in Ayurveda⁴

Sl. No.	Classical treatment procedures
1.	<i>Ajmodadi Curna</i> : 1 to 3 g., to be taken with 50 ml. warm water twice a day.
2.	<i>Vaisvanara Curna</i> : 3 to 6 g. is to be taken with 50 ml. warm water twice a day.
3.	<i>Guducyadi Kvatha</i> : 14 to 28 ml. to be taken twice a day.
4.	<i>Maha-Rasnadi Kvatha</i> : 28 to 56 ml. to be taken before meal twice a day.
5.	<i>Rasna-Dasamula Kvatha</i> : 18 to 28 ml. to be taken with Eranda Taila (Castor oil) -7 to 14 ml. once a day early in the morning.
6.	<i>Rasnadi Kvatha</i> : 14 to 28 ml. , to be taken twice a day.
7.	<i>Hingulesvara Rasa</i> : 1 to 2 pills, to be taken with 50 ml. warm water twice a day.
8.	<i>Maha Yogaraja Guggulu</i> : 1 to 2 pills, to be taken 50 ml. warm water thrice a day.
9.	<i>Yogaraja Guggulu</i> : 1 to 2 pills, to be taken 50 ml. warm water thrice a day.
10.	<i>Simhanada Guggulu</i> : 1 to 2 1 to 2 pills, to be taken 50 ml. warm water thrice a day.
11.	<i>Visatinduka Vati</i> : 1 to 2 pills, to be taken with 50 ml. warm water twice a day.
12.	<i>Eranda Paka</i> : 12 to 24 g. to be taken with 50 ml. warm water once a day.

Table-2: List of herbs commonly used in Amavata⁵⁻¹⁰

S.N.	Plant name	Latin Name	Family	Useful part
1.	<i>Eranda</i>	<i>Ricinus communis</i>	Euphorbiaceae	Roots/seed
2.	<i>Guggulu</i>	<i>Commiphora mukul</i>	Burseraceae	Exudate
3.	<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome
4.	<i>Kokilaksa</i>	<i>Asteracantha longifolia</i>	Acanthaceae	Whole part/Root
5.	<i>Nili</i>	<i>Indigofera tinctoria</i>	Fabaceae	Leaf/Root
6.	<i>Tejovati</i>	<i>Zanthoxylum armatum</i>	Rutaceae	Stem bark
7.	<i>Bilva</i>	<i>Aegle marmelos</i>	Rutaceae	Root
8.	<i>Mundika</i>	<i>Sphaeranthus indicus</i>	Asteraceae	Leaf
9.	<i>Musta</i>	<i>Cyperus rotundus</i>	Cyperaceae	Rhizome
10.	<i>Nirgundi</i>	<i>Vitex negundo</i>	Verbenaceae	Leaf
11.	<i>Rasna</i>	<i>Pluchea lanceolata</i>	Asteraceae	Leaf
12.	<i>Syonaka</i>	<i>Oroxylum indicum</i>	Bignoniaceae	Root
13.	<i>Daadim</i>	<i>Punica granatum</i>	Punicaceae	Fruit
14.	<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	Fruit
15.	<i>Drawanti</i>	<i>Jatropha glandulifera</i>	Euphorbiaceae	Seeds
16.	<i>Himsra</i>	<i>Capparis spinosa</i>	Capparidaceae	Root
17.	<i>Amragandhi Guggulu</i>	<i>Balsumodendron caudate</i>	Burseraceae	Leaf
18.	<i>Gokshura</i>	<i>Tribulus terrestris</i>	Zygophyllaceae	Whole part
19.	<i>Granthimula</i>	<i>Alpinia calcarata</i>	Zingiberaceae	Rhizome
20.	<i>Kusumbha</i>	<i>Carthamus tinctorius</i>	Astraceae	Fruit
21.	<i>Laghupatra varsabhu</i>	<i>Trianthema decandra</i>	Aizoaceae	Whole part
22.	<i>Madhavi</i>	<i>Hiptage benghalensis</i>	Malpighiaceae	Flower
23.	<i>Nikochak</i>	<i>Pinus gerardiana</i>	Coniferae	Kernel
24.	<i>Pindatagar</i>	<i>Asarum europaeum</i>	Aristolochiaceae	Rhizome
25.	<i>Siva-nili</i>	<i>Indigofera aspalathoides</i>	Fabaceae	Root/Stem

26.	<i>Sukanasa</i>	<i>Corallocarpus epigaeus</i>	Cucurbitaceae	Rhizome
27.	<i>Sweta vetasa</i>	<i>Salix alba</i>	Salicaceae	Leaf
28.	<i>Tripaksi</i>	<i>Coldenia procumbens</i>	Boraginaceae	Whole part
29.	<i>Karpura</i>	<i>Cinnamomum camphora</i>	Lauraceae	Natural camphor

SCIENTIFIC PRINCIPLES OF AYURVEDIC ANTI-RHEUMATIC DRUGS-

Ayurvedic formulation consisting of multiple drugs each possessing tremendous potential for *Amavata* cure are commonly used in

Ayurveda. These formulations are reported to work on multiple biochemical pathways and are capable of influencing several organ systems simultaneously. The various formulation used in *Amavata* are as follows-

Table 3: List of Ayurvedic formulations¹¹⁻¹⁴

S.N.	Ayurvedic formulations	References
1.	<i>Jeerak Modak</i>	AFI-Part-I, 3:12
2.	<i>Dasmula Haritaki</i>	AFI-Part-I, 3:14
3.	<i>Rasnadi Kvatha Curna</i>	AFI-Part-I, 4:27
4.	<i>Rasnadi Kvatha Curna (Maha)</i>	AFI-Part-I, 4:28
5.	<i>Yogaraja Guggulu</i>	AFI-Part-I, 5:7
6.	<i>Vyosadi Guggulu</i>	AFI-Part-I, 5:9
7.	<i>Vatari Guggulu</i>	AFI-Part-I, 5:10
8.	<i>Simhanada Guggulu</i>	AFI-Part-I, 5:12
9.	<i>Amrta Ghrta</i>	AFI-Part-I, 6:1
10.	<i>Nimbadi Curna</i>	AFI-Part-I, 7:20
11.	<i>Pancasama Curna</i>	AFI-Part-I, 7:22
12.	<i>Bhaskara Lavan Curna</i>	AFI-Part-I, 7:27
13.	<i>Vais vanara Curna</i>	AFI-Part-I, 7:30
14.	<i>Kottamcukkadi Taila</i>	AFI-Part-I, 8:10
15.	<i>Brhat saindhavadya Taila</i>	AFI-Part-I, 8:40
16.	<i>Eladi Gutika</i>	AFI-Part-I, 12:3
17.	<i>Sulvajrini Vatika</i>	AFI-Part-I, 12:31
18.	<i>Anandabhairava Rasa</i>	AFI-Part-I, 20:3
19.	<i>Maha Laksmivilasa Rasa</i>	AFI-Part-I, 20:27
20.	<i>Laxmivilasa Rasa (Naradiya)</i>	AFI-Part-I, 20:39
21.	<i>Srinrpativallabha Rasa</i>	AFI-Part-I, 20:48
22.	<i>Svarnabhupati Rasa</i>	AFI-Part-I, 20:51
23.	<i>Ajmodadi Curna</i>	AFI-Part-I, 7:1
24.	<i>Rasa Parpati</i>	AFI-Part-I, 16:3
25.	<i>Louha Parpati</i>	AFI-Part-I, 16:14
26.	<i>Eranda Paka</i>	AFI-Part-II, 3:3
27.	<i>Puga Khanda (APRAH)</i>	AFI-Part-II, 3:5
28.	<i>Punarnava Guggulu</i>	AFI-Part-II, 5:2
29.	<i>Draksadi Gutika</i>	AFI-Part-II, 10:6
30.	<i>Amavatari Rasa</i>	AFI-Part-II, 16:3
31.	<i>Shri ramabana Rasa</i>	AFI-Part-II, 16:62
32.	<i>Guducyarka</i>	AFI-Part-III, 2:3

33.	<i>Triphalarka</i>	AFI-Part-III,2:6
34.	<i>Alambusadi Curna</i>	AFI-Part-III,6:3
35.	<i>Aamvatari Yoga</i>	AFI-Part-III,6:6
36.	<i>Madhyamnayika Curna</i>	AFI-Part-III, 6:26
37.	<i>Yavaksaradi Yoga</i>	AFI-Part-III,6:46
38.	<i>Lepa Guti</i>	AFI-Part-III, 9:21
39.	<i>Nastapuspantaka Rasa</i>	AFI-Part-III,15:35
40.	<i>Raschandrika Vati</i>	AFI-Part-III,15:57
41.	<i>Svarnavatraksasa</i>	AFI-Part-III, 15:94
42.	<i>Aagnimukha Lauha</i>	AFI-Part-III,16:1
43.	<i>Astadashanga Lauha</i>	AFI-Part-III,16:2
44.	<i>Bhasma Vati</i>	AFI-Part-III,10:16
45.	<i>Amrtadi Guggulu</i>	AFI-Part-III,5:4

Large population use Ayurvedic medicine both in single and compound from worldwide, there is an urgent need for additional, carefully conducted, high quality intensive research to evaluate its efficacy and to develop this discipline to meet ever new challenges of modern medicine in the field of *Amavata*. Attention should be given not only to the evaluation of safety and examination of effectiveness in treatment strategy, but also to the consideration of community practice settings, patient expectation, compliance and cost effectiveness.

CONCLUSION

This review provides selective medicinal plant species and compound formulation from Text of Ayurveda for treatment of *Amavata*. From this study, our review result shows that above mentioned medicinal plants could prevent from *Amavata*. However, an overall ranking of the anti-rheumatic strength of these species cannot be determined because of the different experimental methods used in various studies. It requires biological testing of plant extracts, isolation of bioactive components, as well as toxicological pharmacodynamical and, ultimate-

ly, clinical studies. To make Ayurvedic therapies more effective, it is pertinent to isolate anti-rheumatic molecules, define their targets for understanding their modes of action, and establish structure and functional relationship for better efficacy.¹⁵

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