

**REVIEW OF PUNNARNAVA GUGGULU IN THE MANAGEMENT OF AMAVATA -
RHEUMATOID ARTHRITIS w.s.r. BHAISHAJYA RATHNAVALI**

[Swathi K S¹](#), [Veerakumara K²](#)

¹PG Scholar, ²Associate Professor

Department of PG studies in Kayachikitsa, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Kuthpady, Udipi-574118, Karnataka, India

Corresponding Author: swathiksathyendran@gmail.com

<https://doi.org/10.46607/iamj3109122021>

(Published Online: December 2021)

Open Access

© International Ayurvedic Medical Journal, India

Article Received: 30/11//2021 - **Peer Reviewed:** 01/12/2021 - **Accepted for Publication** 02/12/2021

**ABSTRACT**

Introduction: Rheumatoid arthritis (RA) is the most common variety of inflammatory arthritis. The annual incidence of RA worldwide is approximately estimated to be 3 cases per 10,000 populations. Based on the similar signs and symptoms RA can be compared with *Amavata*. It is not described in *Brihatrayi* as a separate disease the first detailed description was given by *Acharya Madhavakar*. The available contemporary treatment modalities are not satisfactory therefore *Ayurvedic* medicines are needed of the hour. *Bhaishajya Rathnavali* has been mentioned *Punnarnava Guggulu* in the management of *Amavata*. **Aim:** To critically study the mode of action of *Punnarnava Guggulu* in the management of *Amavata* w.s.r. *Bhaishajya Rathnavali*. **Methods:** For this study *Ayurveda Samhita-Madhava Nidana*, Authentic publications and modern literature have been reviewed. **Conclusion:** The *Punnarnava Guggulu* is *Shothahara*, *Vedanasthapaka*, *Vatahara*, *Agnivardhaka* and *Amapachaka*. So, it is concluded that *Punnarnava Guggulu* can be used as an effective medicine for *Amavata*.

Keywords: *Punnarnava Guggulu*, *Amavata*, Rheumatoid arthritis

INTRODUCTION

Rheumatoid arthritis (RA) is the most common variety of chronic inflammatory arthritis marked by symmetric, peripheral polyarthritis. It often results in joint damage and physical disability. As it is a systemic disease, Rheumatoid arthritis may result in a variety of extra-articular manifestations, including fatigue, subcutaneous nodules, lung involvement, pericarditis, peripheral neuropathy, vasculitis, and haematological abnormalities.¹ Worldwide, the annual incidence of RA is approximately 3 cases per 10,000 populations, and the prevalence rate is approximately 1%.² Based on similar symptoms Rheumatoid arthritis can be compared with *Amavata*.

In the *Brihatrayi Amavata* is not described as a separate disease. The first detailed description of *Amavata* is available in *Madhava Nidana. Viruddhahara Cheshta* (Incompatible foods and habits), *Mandhagni* (decreased agni), *Nishchalata* (sedentary lifestyle), and doing exercise immediately after taking *Snigdha*

Ahara are the main causative factors of the disease *Amavata*. *Angamarda* (myalgia), *Aruchi* (anorexia), *Trishna* (thirst), *Alasya* (laziness), *Gourava* (heaviness), *Jwara*(fever), *Apaka* (indigestion), *Angashunata* (swelling) are the signs and symptoms of *Amavata*.³ The available contemporary treatment modalities are not satisfactory for the management of Rheumatoid arthritis. In this review paper, a holistic approach is made to evaluate the mode of action of *Punnarnava Guggulu* in the management of *Amavata* - rheumatoid arthritis.

AIM AND OBJECTIVES

To critically study the mode of action of *Punnarnava Guggulu* in the management of *Amavata* - Rheumatoid arthritis as per *Bhaishajya Rathnavali*.

MATERIALS AND METHODS

For this study *Ayurveda Samhita - Madhava Nidana*, Authentic publications and modern literature have been reviewed.

DRUG REVIEW

Table 1: Ingredients and *Rasapanchaka* Of *Punnarnava Guggulu*⁴

S. No.	Drug	Guna (Properties)	Rasa (Taste)	Vipaka (Taste conversion after digestion)	Virya (Potency)	Dosha Karma
1	<i>Punnarnava</i> (<i>Boerhavia diffusa</i>)	<i>Sheeta, Laghu</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kaphapittahara</i> <i>Shodhahara</i>
2	<i>Eranda moola</i> (<i>Ricinus communis</i>)	<i>Guru</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vatahara</i> <i>Angamarda prashamana</i>
3	<i>Shunti</i> (<i>Zingiber officinale</i>)	<i>Laghu, Snigdha</i>	<i>Katu</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kaphavatahara</i> <i>Pachana</i>
4	<i>Shuddha Guggulu</i> (<i>Commiphora mukul</i>)	<i>Vishada, Ruksha, Laghu, Sukshma, Pichila</i>	<i>Tikta, Kashaya, Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridosahara</i> <i>Balya</i> <i>Vedanasthapaka</i>
5	<i>Eranda taila</i> (<i>Ricinus communis</i>)	<i>Theekshna, Sukshma, Pichila, Guru, Sara</i>	<i>Madhura, Kashaya</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vatakaphahara,</i> <i>Srotovishodhana</i>
6	<i>Trivrit</i> (<i>Operculina turpethum</i>)	<i>Ruksha</i>	<i>Madhura</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vatanashaka,</i> <i>Virechaka</i>
7	<i>Danthi moola</i>	<i>Sara, Teekshna</i>	<i>Madhura</i>	<i>Katu</i>	<i>Ushna</i>	<i>Pittakaphahara,</i>

	(<i>Baliospermum montanum</i>)					Shothagna, Rechana
8	Guduchi (<i>Tinospora cordifolia</i>)	Laghu	Katu, Tikta, Kashaya	Madhura	Ushna	Tridoshahara, Balya, Rasayana, Agnideepaka
9	Amalaki (<i>Embllica officinalis</i>)	Laghu, Ruksha	Amla pradhana lavana varjitha pancharasa	Madhura	Sheeta	Tridoshahara, Mrduvirechaka, Mutrala, Rasayana
10	Harithaki (<i>Terminalia chebula</i>)	Ruksha, Laghu	Kashaya pradhana Lavana varjitha Pancharasa	Madhura	Ushna	Tridoshahara, Deepana, Rasayana, Anuloma
11	Vibhithaki (<i>Terminalia bellirica</i>)	Ruksha, Laghu	Kashaya	Madhura	Ushna	Kaphapittahara, Bhedana
12	Pippali (<i>Piper longum</i>)	Anushna, Snigdha, Laghu	Katu	Madhura	Anushna sheeta	Vatakaphahara, Agnideepaka, Ra- sayana
13	Maricha (<i>Piper nigrum</i>)	Ruksha, Theeksh- na	Katu	Katu	Ushna	Kaphavatahara, Deepana
14	Chitraka (<i>Plumbago zeylanica</i>)	Laghu, Ruksha	Katu	Katu	Ushna	Vataghna, Kaphapit- tahara, Pachaka, Vahnikrt
15	Saindhava (<i>Sodium chlo- ride</i>)	Laghu, Snigdha, Sukshma	Lavana	Madhura	Sheeta	Tridoshahara Deepana Pachana
16	Shuddha Bhallathaka (<i>Semecarpus anacardium</i>)	Laghu, Snigdha, Theekshna	Kashaya, Madhura	Madhura	Ushna	Kaphavatahara, Vahnikara
17	Vidanga (<i>Embeliaribes</i>)	Laghu, Theeksh- na, Ruksha	Katu	Katu	Ushna	Kaphavatahara, Vahnikara
18	Swarna Mak- shika (<i>Copper pyrite</i>)	Yogavahi	Madhura, Tikta	Katu	Sheeta	Rasayana Tridoshahara

METHOD OF PREPARATION

➤ GUGGULU SHODHANA⁵

- Raw Guggulu is taken, before doing Shodhana impurities like stone, bark, glass etc. were manually removed.
- Then using Khalwa Yantra Guggulu is pounded into small pieces.

- The Guggulu is then bundled in a twofold clean cloth and made a Pottali out of it and subjected to Dolayantra Swedana in Godugdha four times.
- Boiling is continued until all the Guggulu trickles into the Godugdha through the cloth and is collected at the bottom of Dolayantra. The residue in the cloth with physical impurities is discarded.

- After the milk turns cools the *Guggulu* settled at the bottom is collected then it is dried in place of free from dust and kept in a glass jar free from moisture
- This *Shuddha Guggulu* can be used for the preparation of *Punnarnava Guggulu*.

➤ **SWARNA MAKSHIKA SHODHANA**

- The pieces of *Swarna Makshika* are taken in a clean *Khalwa Yantra* and pounded into fine powder form.
- This powder is taken in a clean iron vessel and added with enough quantity of *Kadali Kanda Swarasa*.
- Then the vessel was placed over an intense fire and cooked for one hour with frequent stirring.
- Later, the obtained dry powder (*Shuddha Swarna Makshika*) is stored in an airtight container.

➤ **BHALLATAKA SHODHANA⁶**

- *Bhallathaka* is made into *pottali* and subjected to *Dolayantra Swedana* with *Narikelambu* for one *Yama*.

➤ **PREPARATION OF PUNNARNAVA GUGGULU⁷**

Preparation of *Punnarnava Guggulu* is mentioned in the *Bhaishajya Rathnavali*.

- Prepare the *Sukshma Churna* of all specified ingredients and keep it aside.
- Then prepare *Kwatha* using a prescribed quantity of *Punnarnava* (100 *Pala*), *Eranda moola* (100 *Pala*), *Shunti* (16 *Pala*) and *Jala* (2 *Drona*) and reduced to 1/8th of liquid.
- To the filtered *Kwatha*, *Shudha Guggulu* (8 *Pala*) is added and the boiling is continued till the mixture becomes a thick consistency.
- Then *Eranda taila* (1 *Kudava*) and fine powder of *Trivrit* (5 *Pala*), *Danti moola* (1 *Pala*), *Guduchi* (2 *Pala*) *Triphala* (1/2 *Pala* each), *Trikatu* (1/2 *Pala* each), *Chitraka* (1/2 *Pala*), *Saindhava* (1 *Pala*), *Shuddha Bhallataka* (1 *Pala*), *Vidanga* (1 *Pala*), *Swarna Makshika* (1 *Karsha*), *Punnarnava* (1 *Pala*) are added and mixed homogeneously.

- Then prepare *Gutika* of *Mashatraya pramana* and dry them under shade and preserve them in an airtight container.

DOSE-3 Masha

INDICATIONS

- *Amavata*
- *Vataraktha*
- *Vridhi roga*
- *Grdrasi*

DISCUSSION

Ama Dosha and vitiated *Vata Dosha* are the main causative factor in the pathogenesis of *Amavata*. Each and every ingredient in the *Punnarnava Guggulu* alleviates *Ama* and *Vata Dosha* in the body.

Punnarnava is beneficial to treat a wide range of diseases. *Punnarnava* have *Shothahara* property it is mainly used to alleviate pain and swelling. It is the most commonly used and the best herb to alleviate swelling due to its potent diuretic property.

The roots of *Eranda* are used in the treatment of *Amavata*, *Sotha*, *Katisula* etc. Its roots have also been highlighted for its *Vatahara* actions by *Acharya Charaka* and also possess laxative and anti-inflammatory activities. *Eranda Taila* also acts as a laxative, and it also relieves *Vata* and *Kapha Dosha*.

Guggulu has properties like *Vata Nashaka* and *Vedanasthapaka* (analgesic action). It contains essential oil consisting of myrcene, dimyrcene, polymyrcene, z-guggulusterone, E-guggulusterone. These isolates have been found useful in treating diseases like rheumatism, arthritis, inflammation. The *Katu*, *Tikta*, *Kashaya Rasa* of *Guggulu* possess antagonistic properties to that of *Ama* and *Kapha Dosha* which are the chief causative factor of *Amavata* and the *Ushna Virya* of *Guggulu* alleviates vitiated *Vata dosha*. Due to its *Lekhana* property *Guggulu* scraps away from the excessive *Jalamsha* and *Aamatva* which has got accumulated in the joints.

Triphala added will reduce the *Ushnata* and *Ugrata* of *Guggulu*. *Plumbagin* an alkaloid present in *Chitraka* is a known stimulant of muscle tissue. *Deepana* and *Pachana Dravya* like *Trikatu* help the medicine to get metabolised easily and completely.

Saindhava Lavana also helps to boost metabolism. *Guduchi* act as a general tonic, anti-spasmodic, and anti-inflammatory. *Bhallathaka* has anti-inflammatory and analgesic properties. Both the *Trivrit* and *Dantimoola* have a laxative property. *Swarna Makshika* has *Yogavahi* property which accelerates the properties of others it also has anti-inflammatory action. *Vidanga* is a mild laxative and also alleviates *Kapha* and *Vata Dosha*.

Punnarnava Guggulu has main therapeutic action is *Shothahara* and *Vedhanasthapaka* which is attributed to the presence of *Punnarnava*, *Eranda Moola* and *Guggulu* being the major content of this formulation. Most of the drug's act as *Vatahara*, these drugs also act as *Agnivardhaka*, *Vedanasthapaka* which is most essential in promoting relief in *Amavata*.

CONCLUSION

The *Punnarnava Guggulu* mentioned in *Bhaishajya Rathnavali* is *Shothahara*, *Vedhanasthapaka*, *Vatahara*, *Agnivardhaka* and *Amapachaka*. The contents of *Punnarnava Guggulu* directly took part in the *Samprapti Vighatan* by their individual properties of each drug. It also has anti-inflammatory and analgesic properties. So, it is concluded that *Punnarnava Guggulu* can be used as an effective medicine for *Amavata - Rheumatoid arthritis*.

REFERENCES

1. Dan L Longo, Anthony S Fauci, Dennis L Kasper, Stephen L Hauser, J Larry Jameson, Joseph Loscalzo. Harrison's Principles of Internal Medicine. 18th ed. Volume 2. New York: McGraw Hill Medical; 2012. 2738
2. Smith HR. What is the global prevalence of rheumatoid arthritis (RA) among different age groups and ethnicities? [Internet]. Latest Medical News, Clinical Trials, Guidelines - Today on Medscape. 2021 [cited 2021Nov28]. Available from: <https://www.medscape.com/answers/331715-5335/what-is-the-global-prevalence-of-rheumatoid-arthritis-ra-among-different-age-groups-and-ethnicities#:~:text=Worldwide%2C%20the%20annual%20incidence%20of,of%2035%20and%2050%20years>.

3. Murthy K R S, English translation on Madhava Nidanam (RogaViniscaya) of Madhavakara. Nidanasthana; Amavatanidanam: Chapter 25, Verse 1,6. Varanasi: Chaukhamba Orientalia,2013:95
4. K C Chunekar, Edited by G S Pandey. Bhavaprakasha Nighantu ofBhavamisra, ChaukhambaBharatiAcademy,2010;406,286,13,195,765,383,386,257,10,5,9,16,21,149,134,50
5. Ravindra Angadi, English translation on Rasa Tarangini. 1st ed. Chaukhamba Surbharati Prakashan; 2015:496, 342
6. P Sekhar Reddy, A Textbook of Rasashastra. 1st ed. Chaukhamba Orientalia; 2011:432
7. Siddhi Nandan Mishra, Bhaishajya Ratnavali of Kaviraj Govind das Sen. Chaukhamba Surbharati Prakashan; 2009;583

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Swathi K S & Veerakumara K: Review Of Punnarnava Guggulu In The Management Of Amavata-Rheumatoid Arthritis W.S.R. Bhaishajya Rathnavali. International Ayurvedic Medical Journal {online} 2021 {cited December 2021} Available from: http://www.iamj.in/posts/images/upload/03113_03117.pdf