

## Role of Rasaushadhi in Sandhigata Vata

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### ABSTRACT-

The Rasaushadha dravya refers to the herbo-mineral or metal or mineral formulations use for therapeutic purpose. Some of these formulations contain heavy metals like mercury, lead, tin and arsenic etc. Ayurveda is the meeting of medicine and metaphysics and to start with, good health is not only based on three bodily humors that is Vata, Pitta, Kapha but also the Prakrati or body constitution of the person that is connection of the person with environment, with the soul. Sandhigata Vata is the commonest form of articular disorder. It is a type of Vatavyadhi which mainly occurs in Vriddhavastha due to Dhatukshaya, which limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled/handicapped. It being a Vatavyadhi, located in Marmasthisandhi and its occurrence in old age makes it Kashtasadhya. Vata Dosha plays main role in the disease. Rasaushadhi can play major role in current scenario due to its quick action, easy to take, more effective than kashtha aushadhi and lesser duration of treatment in sandhigata vata which is a dhatukshayajanya roga. If the samprapti is of dhatukshayajanya than brinhana and rasayana kalpa like mahayograj guggulu, bruhat vata chintamani rasa shows good results due to use of bhasmas as their ingredients along with guggulu. Brihatvata chintamani Rasa balances vata and pitta doshas and is an excellent regenerative and antiaging medicine. Yogaraj guggulu contains Tridosha Shamaka (pacifier of three Doshas, that is, Vata, Pitta, Kapha) and Rasayana (rejuvenative) actions and it is recommended for the management of all Vata Rogas. Guggulu possesses anti-inflammatory. It helps in prevention against degenerative changes that may be inflammatory and analgesic actions.

### KEYWORDS-

Dhatukshaya, Rasaushadhi, Sandhigata vata, Brihatvata Chintamanirasa, Mahayograj guggulu

### I. INTRODUCTION-

#### Rasashastra-

There is a section in Ayurveda called 'Rasa shastra' which describes the use of metals, minerals with their actions to combat chronic and complicated diseases. Historically, Rasashastra an offshoot of Ayurveda developed around the period when Buddha existed (more than 2500 yrs ago). It has been widely used by Ayurvedic doctors in India. These Rasa medicines have been used as wonderful life saving drugs for thousands of years without any adverse effects. The use of metallic medicines as described in Ayurveda, should not sound scary as the use of dangerous or poisonous ingredients is involved in all major medical system including modern medicine. Rasa shastra can be called 'Vedic chemistry'. As the modern laboratory chemicals were not invented in the Vedic era (3000 yrs ago), herbal juices were used instead. Although the methods of testing these metallic medicines described in Rasashastra, sound outdated or unscientific, they seem to be based on some chemical principles. Because medicines declared non-toxic through these methods do not create any harmful effects in the body. Not only they are harmless, they work like steroids, used in modern medicine and can do miracles in difficult disease conditions or even the 'incurable diseases'.<sup>1</sup>

#### Rasaushadhi-

Among various branches of Ayurveda, Rasashastra is an important branch known for its various formulations called as Rasaushadhi (Mineral or Herbo-mineral medicines).

#### Types of Rasaushadhi –

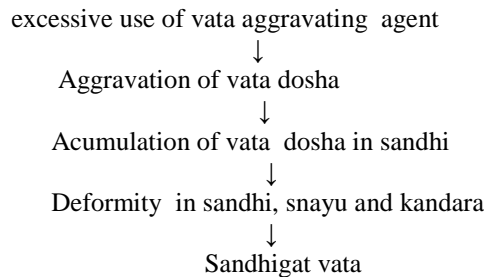
Rasaushadhi is although named after mercury ('Rasa' or 'Parada'), can be classified in two distinct classes Mercurials and Non-mercurials. Based on the method of preparation, the mercury based drugs are classified as Khalvi rasa, Parpati rasa, Kupipakwa rasa/sindura and Pottali rasa. The non-mercurial preparations include Dhatubhasma, Satva and Pishti. Apart from these,

there are some other herbomineral Ayurvedic dosage forms (kalpana) also, where these Rasadravyas are formulated along with herbal drugs.<sup>2</sup>

### Sandhigatavata-

Sandhigata Vata is one of the most common Vatavyadhi, which can be co-related with Osteoarthritis. This disease is more often found after madhyamavastha and in vriddhavastha. In middle age, this disease is aggravated by vata provoking all diet. In Vriddhavastha, all Dhatu undergo Kshaya, thus leading to Vataprakopa and making individual prone to many diseases. Among them Sandhigata Vata stands top in the list. The prevalence of Sandhigata Vata has been found to increase with the advancing age and possibility of women being affected by the disease is greater than

### Samprapti<sup>4</sup>-



### Samprapti ghatak-

**Dosha-** vata

**Dushya** -rasa, rakta, asthi

**Adhisthan-** asthi-sandhi

**Srotas-** asthivaha, majjavaha

**Sroto dusthi-** sangha, granthi, vimargagaman

**Agni sthiti-** vishamagni

**Vyadhi swabhav-** chirkari

**Sadhyasadhya-** krichhasadhya/yapya

### Osteoarthritis<sup>5</sup>-

Osteoarthritis is an abnormality of synovial joints characterized by softening, splitting and fragmentation of articular cartilage not attributable to direct contact with inflammatory tissue. This is usually accompanied by subchondral sclerosis and bone cysts, joints, space narrowing and bony over growth at tissue joint margins. OA occurs when the cartilage that cushions the ends of

men. It mainly affects weight bearing joints of the body specially knee and hips, lumbar spine more often than other joints. Osteoarthritis co- relate with Sandhigata Vata described in Ayurvedic classical texts, which is a disease of Sandhi (joint) characterized by symptoms of Sandhi shoola (pain), Sandhi Shotha (swelling), Akunchana, Prasarana.

### Definition of Sandhigata Vata-

According to Acharya Charaka, Sandhigata Vata is the Vatavyadhi in which Sandhi shoola (joints pain), Atopa (cripitation), Vatapurna drustisparsha, Shotha (swelling) etc. symptoms are seen. According to Acharya Sushruta, it is with symptoms of Hantisandhigata (Degeneration of joints), Shoola (pain), Shopha (swelling) at the joints.<sup>3</sup>

bones in joints gradually deteriorates. Cartilage enables nearly frictionless joint motion. Eventually, if the cartilage wears down completely, bone will be rubbing on bone.

### Sign and symptoms

Pain

Stiffness

Tenderness

Loss of flexibility

Grating sensation

Bone spurs

Swelling

### Role of Rasa aushadhi in Sandhigatavata-

#### Brihatvatachintamani rasa<sup>6</sup>-

Brihat Vata Chintamani Rasa is a unique herbomineral formulation explained in the context of Vatavyadhi in both Bhaisha jyaramavali & Siddha yoga sangraha.

### Ingredients-

SL.NO.	Name of drug	Parts(Bhaishajya Ratnavali)	Parts(Sidha sangraha) yoga
1.	Suvarna bhasma	3	1
2.	Roupya bhasma	2	2
3.	Abhraka bhasma	2	2
4.	Loha bhasma	5	3
5.	Praval bhasma	3	3
6.	Mouktika bhasma	3	3
7.	Parad bhasma/ Rasa sindura	7	7

### Mahayograjuggulu<sup>7</sup>-

#### Ingredients-

Sharangdhara Samhita madhyamakhandha 7/56-69

S.L.NO.	Name of drug	Parts
1.	Ginger	1 shaan
2.	Long pepper	1 shaan
3.	Chavya	1 shaan
4.	Pipalimoola	1 shaan
5.	Hingu	1 shaan
6.	Chitraka	1 shaan
7.	Ajmoda	1 shaan
8.	Sarshapa	1 shaan
9.	Shwetajeeraka or Krishnajeeraka	1 shaan
10.	Renuka	1 shaan
11.	Indrayava	1 shaan
12.	Patha	1 shaan
13.	Pariera	1 shaan
14.	Vidanga	1 shaan
15.	Gajpippali	1 shaan
16.	Katuka	1 shaan
17.	Ativisha	1 shaan
18.	Bharangi	1 shaan
19.	Vacha	1 shaan
20.	Murva	1 shaan
21.	Triphala(haritaki,vibhitaki,amlaki)	40 shaan
22.	Shuddha guggulu	60 shaan
23.	Ropya bhasma	1pala
24.	Naga bhasma	48 pala
25.	Mandura bhasma	48 pala
26.	Rassindhura	48 pala
27.	Abhraka bhasma	48 pala
28.	Loha bhasma	48 pala

## II. DISCUSSION-

Rasoushadhies are palatable and effective even in low doses. Bhasmas, in general, is said to have quick absorption, a wide range of therapeutic effects by which even the major conditions are managed. In long term utility in specified dose, they act as Rasayana (rejuvenation). All the drugs used in the preparation of Brihat vata Chintamani

Rasa are having tridoshagna properties<sup>8</sup>. Swarna bhasma is having properties of vrinhana and rasayan and vata or pitta mitigation. Loha bhasma corrects kshaya. ojovardhan property of Praval bhasma regularizes the body metabolism.. Asthivardhana property of mukta bhasm. Parada bhasma or Rasa sindura is yogavahi which results in the targeted action of the drug.

Kumari is bhedhini, granthihara, vatahara, and Rasayana. Guggulu possesses anti inflammatory and analgesic actions. It helps in prevention against degenerative changes that may occur in bones and joints due to arthritis. Guggulu reduces inflammation and joint stiffness as well as pain associated with arthritis, and increases joint mobility. A study presented at a recent meeting of the American College of Rheumatology, has shown that herbal Ayurvedic therapy consists of Guggulu, which is as effective in treating knee osteoarthritis as a commonly prescribed medication (Celebrex) and Glucosamine, and with fewer side effects. In addition, the Guggulu has been shown to be a potent inhibitor of the enzyme, Nuclear Factor Kappa-light-chain-enhancer of activated B cells (NFkB), which regulates the body's inflammatory response. There are several studies that show decreased inflammation and joint swelling after administration of the extracts of Guggulu resin.<sup>9</sup>

### III. CONCLUSION-

Allopathic management depends on continuous intake of drug having harmful side effects. Allopathic doctors prescribe pain killers and anti-inflammatory drugs that reduce pain and inflammation but cannot prevent pathogenesis. Whereas Rasausadhi shows quick action without side effects and prevents the Dhatukshaya by inhibiting the pathogenesis of Sandhigata Vata.

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