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ALAMBUSHADI CHURNA A GOOD DRUG FOR AMAVATA (RHEUMATOID ARTHRITIS) MANAGEMENT A CLASSICAL REVIEW

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ABSTRACT :

As per Ayurveda any *dravya* (substance) is *ausadha* (drug) but all of them cannot be used everywhere and the use of a particular drug for a particular purpose demands the *yukti* (the planning) and Ayurveda treatment is basically *Samprapti Vighatana* (break down the Pathogenesis). *Ama* (biotoxin) and vitiated *Vata* (bioforce) are the main causative factor in the disease manifestation of *Amavata* (Rheumatoid arthritis). One important plant based Ayurvedic drug i.e. *Alambushadi Churna* have been selected from famous Ayurvedic book (i.e. *Bhava Prakasha*) for its Ayurvedic drug review in context of *Amavata*. It is a poly herbal Ayurvedic drug and thirteen Ayurvedic medicinal plants are used in it as ingredients. Its ingredients have *vata-kapha-shamaka* (vata-kapha-reducing) properties and have mainly *deepan* (enzyme stimulant), *amapachan* (biotoxin neutralizing), *shothaghna* (anti-inflammatory), *vedanasthapaka* (analgesic), *jwaraghna* (anti-pyretic), *rasayana* (rejuvenator), *valya* (power enhancer) and *amavatahara* (anti-rheumatoid) actions which help to break down the *samprapti* (pathogenesis) of *Amavata* (Rheumatoid arthritis) and to reduce the clinical manifestations of *Amavata* (Rheumatoid arthritis).

Key words: *Alambushadi Churna*, *Amavata*, Rheumatoid arthritis.

INTRODUCTION: The drug is any substance or product that is used or intended to be used to modify or explore the physiological systems or pathological status for the benefit of the recipient. Ayurveda accepts all the *dravyas* (substances) as *panchahautika* (five elements) and any *dravya* (substances) has the medicinal properties, as propounded by the *Charakacharya* (writer of *Charak Samhita*). Thus any *dravya* (substance) is *Ausadha* (drug) but all of them cannot be used everywhere and the use of a particular drug for a particular purpose demands the *yukti* (the planning)¹. It is undisputable that the drug is as old as the disease. The ailments have been man's heritage since the beginning of this existence and search for effective remedies

to combat it and both are perhaps equally old. According to Ayurveda treatment is basically *Samprapti Vighatana* (break down the Pathogenesis). So the choice of any drug for the treatment of a particular disorder should be ideally based on a thorough consideration of the *Samprapti Ghataka* (favourable condition of Pathogenesis). *Ama* (Biotoxin) and vitiated *Vata* (Bioforce) are the main causative factor in the disease manifestation of *Amavata*². *Amavata* disease is more simulated to Rheumatoid arthritis according to its clinical manifestations and pathogenesis³. Many plants based drugs are described in Ayurvedic texts in context of treatment purpose of different diseases. One important plant based Ayurvedic drug i.e. *Alambushadi Churna* have been selected

from famous Ayurvedic book (i.e. *Bhava Prakasha*) for its Ayurvedic drug review in context of *Amavata*. The drug is being selected for the present review because it is easy to prepare and its ingredients are easily available and it is very effective medicine in the treatment of *Amavata* (Rheumatoid arthritis) and also it is commonly used in *Amavata* (Rheumatoid arthritis) treatment.

MATERIAL AND METHODS:

Therapeutic effect of any drug on the patient of *Amavata* (Rheumatoid arthritis) depends upon its capacity to neutralize the *Ama* (Biotoxin), correction of vitiated *Vata* (Bioforce), *Rasa dhatu* (Lymph) abnormality, rectifying the abnormality of *Agni* (Enzymes) and ability to pacify clinical manifestations of *Amavata*. *Alambushadi Churna* is an important plant based Ayurvedic drug and it is mainly used in the treatment of disease *Amavata* (Rheumatoid arthritis). *Alambushadi Churna* is a poly herbal Ayurvedic drug and thirteen Ayurvedic medicinal plants are used in it as ingredients. *Alambushadi Churna* drug is mentioned in *slokas* (information in Sanskrit language) no. 69 to 70 of 26th chapter of the *Bhava Prakasha* (Ayurvedic book) and its dose is 3 gm orally twice in a day with luke warm milk after meal⁴. Name of the ingredients (Ayurvedic name and Botanical name), used part of the plant ingredients and quantity of used part of the

ingredients into the 3gm *churna* (powder) medicine are shown in the table-1. As per Ayurveda the action of *Ausadha dravya* (drug) has been explained on the basis of theory of *Rasa* (Taste), *Vipaka* (produced substance after completion of digestion), *Guna* (Quality), *Virya* (Potency) and *Prabhava* (special Property). *Rasa* (Taste) is six types [i.e. *Madhur Rasa* (Sweet taste), *Amla Rasa* (Sour taste), *Lavana Rasa* (Salty taste), *Katu Rasa* (Pungent taste), *Tikta Rasa* (Bitter taste) and *Kasaya Rasa* (Astringent taste)]; *Vipaka* (Produced substance after completion of digestion) is three types [i.e. *Madhur vipaka* (Sweet taste bio-substance produced after Vipak), *Amla vipaka* (Sour taste bio-substance produced after Vipak), *Katu vipaka* (Pungent taste bio-substance produced after Vipak)]; *Guna* (Quality) is twenty types [i.e. *Guru* (Heaviness), *Laghu* (Levity), *Manda* (Dullness), *Teekshna* (Sharpness), *Hima* or *sheeta* (Cold), *Ushna* (Hot), *Singdha* (Viscosity), *Ruksha* (Dryness), *Shlakshna* (Smooth), *Khara* (Rough), *Sandra* (Solidity), *Drava* (Liquidity), *Mridu* (Softness), *Kathina* (Hardness), *Sthira* (Sticky), *Sara* (Fluidity), *Sukshma* (Subtle), *Sthula* (Gross), *Vishada* (Clear) and *Picchila* (Slippery)] and *Virya* (Potency) is two types [i.e. *Ushna Virya* (High Potency) and *Sheet Virya* (Low Potency)]^{5,6,7}

Table-1: Ingredients list of Alambushadi Churna (3 gm)

Ingredients (Ayurvedic name)	Botanical Name	Used part	Quantity (equal part)
<i>Alambusha</i>	<i>Sphaeranthus indicus</i> Linn.	Dried mature whole plant	1
<i>Gokshur</i>	<i>Tribulus terrestris</i> Linn.	Dried mature Fruit	1
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Dried Stem	1
<i>Vridhdharaka</i>	<i>Argyreia nervosa</i> (Burm.f.) Bojer	Dried Root	1

<i>Pippali</i>	<i>Piper longum</i> Linn.	Dried mature Fruit	1
<i>Trivrit</i>	<i>Operculina terpathum</i> Linn.	Dried Root	1
<i>Mustaka</i>	<i>Cyperus rotundus</i> Linn.	Dried Rhizome	1
<i>Varuna</i>	<i>Crataeva nurvala</i> Buch-Ham.	Dried stem Bark	1
<i>Punarnava</i>	<i>Boerhavia diffusa</i> Linn.	Dried mature whole plant	1
<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Dried mature Fruit	1
<i>Amalaki</i>	<i>Embllica officinalis</i> Gaertn.	Dried mature Fruit	1
<i>Vibhitaka</i>	<i>Terminalia bellirica</i> Roxb.	Dried mature Fruit	1
<i>Sunthi</i>	<i>Zingiber officinale</i> Roxb.	Dried Rhizome	1

RESULTS AND DISCUSSION:The ingredients of the *Alambusadi Churna* is containing *katu-tikta rasa* (pungent-bitter taste), *ushna-laghu-ruksha-tikshna guna* (hot-levity-dry-sharp qualities), *ushna virya* (high potency), *katu or madhur vipaka* (pungent or sweet taste bio-substance produced after completion of digestion) and *vata-kapha-shamaka* (vata-kapha reducing) properties and had *deepar* (enzyme stimulant), *ama-pachan* (biotoxin neutralizer), *shothaghna* (oedema

reducing), *vedanasthapaka* (analgesic), *jwaraghna* (anti-pyretic), *rasayana* (rejuvenator), *valya* (power enhancer), *mutrakaraka* (diuretic) and *amavatahara* (antirheumatism) e.t.c. actions which help to enhance the *Agni* (enzymes), to mitigate the *Ama* (bio-toxin), to reduce the clinical manifestations of *Amavata* and to break down the *samprapti* (pathogenesis) of *Amavata* (Rheumatoid arthritis). The Ayurvedic Properties of *Alambushadi Churna* is given in the table-2.

Table-2: Ayurvedic Properties of Alambushadi Churna (3 gm)

Ingredients	Part	Rasa	Guna	Virya	Vipaka	Vata	Pitta	Kapha
<i>Alambusha</i>	1	M,K,T	L,Ru	<i>Ushna</i>	<i>Katu</i>	↓		↓
<i>Gokshur</i>	1	M	G,Sn	<i>Sheeta</i>	<i>Madhura</i>	↓	↓	
<i>Guduchi</i>	1	T, Ka	Sn, G	<i>Ushna</i>	<i>Madhura</i>	↓	↓	↓
<i>Vridhdharaka</i>	1	K,T,Ka	L,Sn	<i>Ushna</i>	<i>Madhura</i>	↓		↓
<i>Pippali</i>	1	K	L,Sn, Tik	<i>Anushna-sheeta</i>	<i>Madhura</i>	↓		↓
<i>Trivrit</i>	1	K,T	L,Ru, Tik	<i>Ushna</i>	<i>Katu</i>		↓	↓
<i>Mustaka</i>	1	K,T, Ka	L,Ru	<i>Sheeta</i>	<i>Katu</i>	↓	↓	
<i>Varuna</i>	1	M,T, Ka	L,Ru	<i>Ushna</i>	<i>Katu</i>	↓		↓
<i>Punarnava</i>	1	M,T, Ka	L,Ru, Sa	<i>Ushna</i>	<i>Madhura</i>	↓	↓	↓
<i>Haritaki</i>	1	M,A,K, T, Ka	L, Ru	<i>Ushna</i>	<i>Madhura</i>	↓↓	↓	↓
<i>Amalaki</i>	1	M,A,K, T, Ka	G,Ru, H	<i>Sheeta</i>	<i>Madhura</i>	↓	↓↓	↓
<i>Vibhitaka</i>	1	Ka	L, Ru	<i>Ushna</i>	<i>Madhura</i>	↓	↓	↓↓
<i>Sunthi</i>	1	K	L,Sn	<i>Ushna</i>	<i>Madhura</i>	↓		↓

M=Madhura(sweet), A=Amla(sour), La=Lavana(salt), K=Katu(punjent), T=Tikta(bitter), Ka=Kashaya(astringent), G=Guru(heaviness), L=Laghu(levity), Ru=Ruksha(dryness), Sn=Snigdha(viscosity), H=Hima(cold), Tik=Tikshna(sharpness), Sa=Sara(fluidity), V=Visada(clear), Su=Sukshma(subtle).

The Ayurvedic pharmaco-therapeutical action of the Ayurvedic drug *Alambushadi Churna* on *Amavata* (Rheumatoid arthritis) can be explained that the first stage of the disease *Amavata*, *Amotpatti* (synthesis of biotoxin) is occurred due to *Agnimandya* (disturbed enzymatic system) and this drug helps in *Amapachana* (biotoxin neutralize) of produced *Ama* (bio-toxin) into the body by its *Amapachaka* (biotoxin neutralizing) action and it also prevents further *Ama* (biotoxin) formation in to the body by enhancing the *pachakagni* (gastric enzymes), *dhtwagni* (tissue enzymes) and *bhutagni* (cellular enzymes) by its *Agnideepaniya* (enzyme stimulant) action. Again all the pharmacodynamic properties of *Alambusadi Churna* i.e. *Katu-Tikta Rasa* (pungent-bitter taste), *Ushna-Laghu-Tikshna-Ruksha Guna* (hot-levity-dry-sharp qualities), *Ushna Virya* (high potency) are against the *Guru, Snigdha, Pichchila, Sheeta* (heavy, viscosity, slippery, cold) properties of *Ama* (bio-toxin) and so the drug *Alambusadi Churna* easily alleviate the *Ama* (biotoxin) from the body. Antioxidant property of *Alambusadi Churna* inactivates or neutralizes the *Ama* (i.e free radical like substance) by its free radical scavenger action due to *rasayana* (rejuvenator) effect of some ingredients of the drug. *Alambusadi Churna* also replenishes and rejuvenates the impaired *dhatu*s (tissues) by *rasayana* (rejuvenator) effect of its some ingredients and also gives nourishment to *dhatu*s. The *Yugapata prakopa* (simultaneous augmentation) of *Vata* (bio-force) and *Ama* (bio-toxin) are checked by *Vata-kaphahara* (vata-kapha-

reducing) action of the drug, because properties of *Ama* (bio-toxin) are more similar to *Kapha dosha* (improper bio-fluid). Further *Ama* (bio-toxin) formation is stopped in to the body by the *Deepaniya* (enzyme stimulant) action of the drug. Drug does *Srotashodhana* (channel cleansing) by the help of *lekhana* (scraping) action of its some ingredients to remove the *Srota-abhishyanda* (channel blocking) by the *Ama* (bio-toxin). It relieves the *Pratyatma Lakshana* (cardinal clinical manifestation) of *Amavata* i.e. *Sandhi-shula* (Joint-pain), *Sandhi-sotha* (Joint-swelling), *Sandhi-sparsha-asahyata* (Tenderness over joint) and *Sandhi-stabdhatata* (Joint-Stiffness) by its *Vedanasthapan* (Analgesic), *Shothahara* (Anti-inflammatory) and *Mutrakaraka* (Diuretic) action. *Angamarda* (body ache), *Aruchi* (anorexia), *Trishna* (thirst), *Alasya* (lazyness), *Gaurava* (heaviness), *Jwara* (fever), *Avipaka* (indigestion) etc *Samanya lakshana* (General clinical manifestation) of *Amavata* are relieved by *Angamardanashaka* (body ache reducing), *Aruchinashaka* (appetizer), *Trishnanashaka* (thirst reducing), *Balya* (power enhancer), *Jwaraghna* (anti-pyretic), and *Deepaniya* (enzyme stimulant) action of the drug. It relieves the *Pravriddhavastha Lakshana* (manifestations during aggravated stage) and *Dosanubandha lakshana* (dosh related manifestations) of *Amavata* i.e. *Utsaha-haani* (loss of interest), *Agni-daurbalya* (enzyme deprivation), *Daha* (burning sensation), *Kukshi-shula* (epigastric pain), *Chhardi* (vomiting), *Hrid-graham* (pre-

cordial pain), *Vid-vibaddhata* (constipation), *Antrakujana* (peristaltic sound), *Kukshi kathinataa* (epigastric tightness), *Anaha* (abdominal flatulence), *Kandu* (itching) by its *Balya* (power enhancer), *Deepaniya* (enzyme stimulant), *Dahanasaka* (burning sensation reducing), *Shulaghna* (antispasmodic), *Chhardinasaka* (antiemetic), *Hridya* (cardiotonic), *Anulomana* (carminative), *Kandughna* (antipruritic) action. As most of the ingredients of the drug are *Agnivardhaka* (enzyme stimulant), *Amapachaka* (biotoxin neutralizing) and *Vata-kapha-shamaka* (vata-kapha-reducing), so *Alambusadi Churna* is very much effective for the *Samprapti Vighatana* (breakdown the pathogenesis) of the disease *Amavata* and to combat the main causative factors such as *Mandagni* (loss of enzyme), *Ama* (bio-toxin), aggravated *Vata* (bioforce) and *Kapha* (biofluid) which are the root causes of the disease *Amavata* (Rheumatoid arthritis).

CONCLUSION: *Alambushadi Churna* is easy to prepare and its ingredients are easily available. Its ingredients are mainly containing *katu-tikta rasa* (pungent-bitter taste), *ushna-laghu-ruksha-tikshna guna* (hot-levity-dry-sharp qualities), *ushna virya* (high potency), *katu or madhur vipaka* (pungent or sweet taste bio-substance produced after metabolism) and *vata-kapha-shamaka* (vata-kapha-reducing) properties and it's have mainly *deepan* (enzyme stimulant), *amapachan* (biotoxin neutralizing), *shothaghna* (anti-inflammatory), *vedanasthapaka* (analgesic), *jwaraghna* (anti-pyretic), *rasayana* (rejuvenator), *valya* (power enhancer), *mutrakaraka* (diuretic) and *amavatahara* (anti-rheumtoid) actions which help to en-

hance the *agni* (enzymes), to mitigate the *ama* (biotoxin), to break down the *samprapti* (pathogenesis) of *Amavata* (Rheumatoid arthritis) and to reduce the clinical manifestations of *Amavata* (Rheumatoid arthritis).

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