

Vivid Action of *Simhanada Guggulu* in the Management of *Amavata* (Rheumatoid Arthritis): A Review

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ABSTRACT

Introduction: Rheumatoid Arthritis is a common form of inflammatory arthritis, occurring throughout the world and in all ethnic groups and affects approximately 1% of the population worldwide. In *Ayurveda Amavata* has a high resemblance to Rheumatoid Arthritis. *Acharya Madhavakar* was the first to give a detailed description of *Amavata*. Modern treatment of Rheumatoid Arthritis is not satisfactory therefore *Ayurvedic* medicines are the need of the hour.

Aim & Objectives: To explore the mode of action of *Simhanada Guggulu* and to aware about medicinal properties and encourage the use of *Simhanada Guggulu* in the management of *Amavata* (Rheumatoid Arthritis).

Materials and Methods: For this study *Ayurveda Samhitas*, authentic publications, internet and modern medical literature have been reviewed.

Conclusion: The *Simhanada Guggulu* is *Kaphavatahara*, *Pittavardhaka*, *Agnideepaka* and *Amapachaka*. The contents of *Simhanada Guggulu* may act as Disease Modifying Anti Rheumatic Drugs (DMARDS). So it is concluded that *Simhanada Guggulu* can be used as an effective *Ayurvedic* medicine for *Amavata* (Rheumatoid Arthritis).

Keywords: *Simhanada Guggulu*, Rheumatoid Arthritis, *Amavata*.

INTRODUCTION

Rheumatoid arthritis is the second most common joint disorder. It is difficult to treat due to its chronicity, incurability, morbidity and complications. The prevalence of RA is approximately 0.8 to 1% in Europe and Indian subcontinent, with a female to male ratio 3:1.¹ Despite the available of best modern drugs the disease has tendency to progress and cripples the patients. In *Ayurveda Amavata* has a high resemblance to Rheumatoid arthritis. *Amavata* as a separate disease is not described in *Brihatrayi*. First time its detailed description is available in medieval period text *Madhava Nidana*. *Viruddhahara* (Unwholesome Diet), *Viruddhacheshhta*

(Erroneous Habits), *Mandangni* (Diminished Agni), *Nishchalata* (Sedentary Life) and exertion immediately after taking *Snigdha Ahara* are main causative factors for disease *Amavata*. *Angamarda* (myalgia), *Aruchi* (anorexia), *Trishna* (thirst), *Alasya* (laziness), *Gourava* (heaviness), *Jwara* (fever), *Apaka* (indigestion), *Angashunata* (oedema) are sign and symptoms described by *Madhavkar*.² RA affect the quality of life of individuals, availability of many advances the modern management (NSAIDS, DMARDS etc.) is not satisfactory. In this review paper a holistic approach is to evaluated the mode of action of *Simhanada Guggulu* in the management of *Amavata* (Rheumatoid Arthritis) to aware

about medicinal properties and encourage the use of this drug.

AIM AND OBJECTIVES

1. To explore the mode of action of *Simhanada Guggulu* in the management of *Amavata* (Rheumatoid Arthritis).
2. To aware about medicinal properties and encourage the use of *Simhanada Guggulu* in the management of *Amavata* (Rheumatoid Arthritis).

MATERIALS AND METHODS

For this study *Ayurveda Samhitas*, authentic publications, internet and modern medical literature have been reviewed.

DRUG REVIEW

Classical reference of *Simhanada Guggulu* is mentioned in *Amavata Prakaran* of *Bhaishajyaratnavali*.³

Table No.-1: INGREDIENTS OF SIMHANADA GUGGULU

S. No.	Drug	English/Botanical Name	Quantity	Parts used
2.	<i>Shuddha Gandhaka</i>	Purified Sulphur	1 part	-
3.	<i>Amalaki</i>	<i>Emblica officinalis</i>	1 part	<i>Phala</i> (fruit)
4.	<i>Haritaki</i>	<i>Terminalia Chebula</i>	1 part	<i>Phala</i> (fruit)
5.	<i>Bhibitaki</i>	<i>Terminalia Bellirica</i>	1 part	<i>Phala</i> (fruit)
6.	<i>Shuddha Guggulu</i>	Purified <i>Commiphora Mukul</i>	1 part	Gum resin
7.	<i>Eranda</i>	<i>Ricinus communis</i>	1 part	Oil

METHOD OF PREPARATION

Get the materials in the above measures. First of all *Triphala* decoction is prepared, added with castor oil, further heated and then it is added with purified *Gandhaka* and *Guggulu*, rolled into pills. Prepare pills in doses of 500mg each.

INDICATIONS

Amavata (Rheumatoid Arthritis), *Vatarakta* (Gout), *Sandhivata* (Osteoarthritis), *Kushta* (Skin Diseases) and *Udara Roga* (Diseases of abdomen) etc.

METHOD OF ADMINISTRATION

Consume pills of 500mg to 6gm (as advised by physician) in divided doses such as twice or thrice a day with lukewarm water after meal.

Table No.-2: RASAPANCHAKA OF SIMHANADA GUGGULU⁴

S.No.	Drug	Guna (Properties)	Rasa (Taste)	Vipaka (Taste conversion after digestion)	Virya (Potency)	Dosha Karma (Effect on body humors)
1.	<i>Amalaki (Emblica officinalis)</i>	<i>Guru</i> (heaviness), <i>Sheeta</i> (coolant)	<i>Panchrasa</i> (all the five tastes, excluding salt), sour is dominant	<i>Madhura</i> (sweet)	<i>Sheeta</i> (cold)	<i>Tridosahara</i> (balances body humors)
2.	<i>Haritaki (Terminalia Chebula)</i>	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Panchrasa</i> (five tastes except salt, astringent dominant)	<i>Madhura</i> (sweet)	<i>Ushna</i> (hot)	<i>Tridosahara</i> (balances body humors)
3.	<i>Bhibitaki (Terminalia Bellirica)</i>	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Kashaya</i> (astringent)	<i>Madhura</i> (sweet)	<i>Ushna</i> (hot)	<i>Tridosahara</i> (balances body humors)
4.	<i>Shuddha Guggulu (Purified Commiphora Mukul)</i>	<i>Tikta</i> (bitter), <i>Katu</i> (pungent)	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness), <i>Vishada</i> (clears channels), <i>Sookshma</i> (minute), <i>Sara</i> (brings about movement)	<i>Katu</i> (pungent)	<i>Ushna</i> (hot)	<i>Tridosahara</i> (balances body humors)
5.	<i>Eranda (Ricinus communis)</i>	<i>Snigdha</i> (unctuous), <i>Shushka</i> (minute), <i>Teekshna</i> (piercing)	<i>Madhura</i> (sweet), <i>Katu</i> (pungent), <i>Kashaya</i> (astringent)	<i>Madhura</i>	<i>Ushna</i> (hot)	<i>Kaphavatashamaka</i> (balances <i>Vata</i> and <i>Kapha</i>)

DISCUSSION^{5, 6, 7, 8, 9, 10}

Ama Dosha and vitiated *Vata* are main causative factors in the pathogenesis

of *Amavata*. Each ingredient of *Simhanada Guggulu* alleviates *Ama* and *Vata Dosha* in the body. *Triphala* consist valuable

phytochemicals such as tannin, alkaloid – quinone, flavonoids, phenol – gallic acid, ascorbic acid, hydrolysable tannin – chebulinic acid, epicatechin, soluble sugar, ellagic acid, saponins, sterols, diterpenes and terpenoids. So *Triphala* has antimicrobial, antibacterial, antioxidant and immunomodulatory properties. It is an excellent *Rasayan*, having rejuvenating components. *Eranda Taila* (castor oil) possesses properties which act as *Agnivardhaka* (increase in digestive fire), *Bhedhaka* (penetrate into micro channel), *Srotoshodhaka* (remove obstruction from the micro channels), balances *Vata-Kapha Doshas* and eliminate them by purgation. Bitter and pungent tastes present in Guggulu possess the antagonistic properties to that of *Ama* and *Kapha Dosha* which are the chief causative factors in this disease. Hot potency of *Guggulu* alleviates vitiated *Vata* and does not allow the *Ama Dosha* to linger at the site of pathogenesis and to create *Srotorodha* (obstruction). It has also the antagonistic action of cold and dryness properties of *Vata* (vitiating air). The scraping nature and bitter taste of *Guggulu* remove the adhered *Dosha* from the micro channels of body. Thus it controls *Ama* and *Vata* together and minimizes the process of pathogenesis. All these above powerful ingredients in combination can give excellent result to control symptoms of *Amavata* (Rheumatoid Arthritis).

CONCLUSION

Simhanada Guggulu is *Kapha-vatahara*, *Pittavardhaka*, *Agnideepaka* and *Amapachaka*. The contents of *Simhanada Guggulu* may act as Disease Modifying Anti Rheumatic Drugs (DMARDS). It has analgesic and anti-inflammatory properties and it modifies the immune response to autoantigens. So it is concluded that *Simhanada Guggulu* can be used as an effective *Ayurvedic* medicine for *Amavata* (Rheumatoid Arthritis). This paper is based on classical and modern review of *Simhanada Guggulu*, there is need of clinical trial of this drug on large number of

sample size, which is scope for further research.

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