

## ANALYTICAL STUDY ON EKANGVEER RAS IN THE MANAGEMENT OF PAKSHAGHATA W.S.R. TO CVE (CEREBRO VASCULAR EPISODE)

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### ABSTRACT

*Pakshaghata* is characterised by loss of functions and mobility of half of the body either right or left, pain and disturbed speech. The cause of *Pakshaghata* is *Prakupit vayu*. The pathological phenomenon of *Vata* is playing central role in the manifestation of *Pakshaghata* are *Shuddha vataprakopa*, *AnyadoshSamsirista vataprakopa* and *Dhatukshyajanya vataprakopa*. *Pakshaghata* can be correlated with Hemiplegia of modern medicine. It is caused by a wide spectrum of disease process like vascular disorder, infective disorder of brain tissue, tumours, trauma etc. Among these, vascular disorders or stroke is the most common cause of Hemiplegia. There is no complete cure is available for Hemiplegia till today. In *Ayurveda* disease is treated by two methods as *Shodhana* (Purification of *dosha* by specific procedure) and *Shamana* (Palliative). Many *Ras-aushadhi* has been recommended in *Pakshaghata* in *Ayurvedic* classics as *ShamanaChikitsa*. *EkangveerRas* is one of the Herbo-mineral medicine which showed excellent results in *Pakshaghata*. So, an effort has been made in this paper to explain role and action of *EkangveerRas* in *Pakshaghata*.

**Keywords:** *Pakshaghata*, Hemiplegia, *EkangveerRas*.

### INTRODUCTION

*Pakshaghata* is one among the eighty *Nanatmaja Vatavyadhi*. *Maharshi Charaka* describes *Pakshaghata* as a disease in which morbid *Vata* beholds either side of body, dries up *Sira* (blood vessels) *Snayu* (ligaments) of that part rendering it dead and producing *Cheshta Nivriti* (loss of functions) along with *Ruja* and *Vaksthambha*. It is considered as a disease of *Madhyam Marga Roga*. The disease produced due to the lesion of *Marma*, *Asthi* or *Sandhi* are categorised under *Madhyama Marga Roga*. The cause of *Pakshaghata* is *Prakupit Vayu*. The pathological phenomenon of *Vata* playing central role in the manifestation of *Pak-*

*shaghata* is *Shuddha VataPrakopa*, *AnyadoshaSmashrita VataPrakopa*, *Dhatukshyajanya VataPrakopa*.

The clinical entity of *Pakshaghata* can be correlated with Hemiplegia; the disease with paralysis of one side of the body. Hemiplegia caused by a wide spectrum of disease process like vascular disorders, infective disorders of brain tissue, tumours, trauma etc. Among these vascular disorder or stroke are most common cause and the third leading cause of death in the world. There are two major categories of brain damage in stroke viz ischemia and haemorrhage, which results in the destruction of brain tissue via abnormalities

in the blood supply of brain.

Ayurveda is an ancient science of life with virtue of holistic approach in management of diseases. In Ayurveda disease is treated by two methods as *Shodhana* (Purification of *dosha* by specific procedure) and *Shamana* (Palliative). There are many *Ras-Aushadhi* which are recommended in *Pakshaghata* in Ayurvedic classics as *Shamana Chikitsa*; *Ekangveer Ras* is one of them. It is a Herbo-mineral medicine which shows excellent results in *Pakshaghata*. A large number of patients effectively managed with *Ekangveer Ras* in Government Ayurveda College and Hospital, Nagpur too.

#### AIMS AND OBJECTIVES:

1. To study the literatures of *Ekangveer Ras* and *Pakshaghata*.
2. To evaluate the efficacy of *Ekangveer Ras* with pharmaceutical attributes of ingredients.

#### MATERIAL AND METHODS:

Data were collected from the Authentic Ayurvedic text, scientific journals and using web sources.

#### MERITS OF RASAUSHADHI:

*Rasaushadhies* satisfy each and every criterion of the qualities of an idea drug described by *Charaka Siddhithana*:

1. *Alpamatram* – Minute and Minimum Dosage
2. *Mahavegam* – Quick action
3. *Bahudoshaharanam* – Broad spectrum of activity
4. *Sukham* – Easy to administer
5. *Laghupakam* – Faster assimilation
6. *Sukhswadam* – Palatable
7. *Prinanam* – Pleasant and Agreeable
8. *Vyadhinashanam* – Curative
9. *AvikarichaVyapatam* – Relives complication
10. *Na-Atiglanikaram* – Least complicated
11. *Gandhavarnarasopetam* – Agreeable colour, odour, test.

#### DRUG REVIEW:

*Ekangveer Ras* is a Herbo mineral medicine, it constitute *bhasma* as an ingredient are the most superior form of medicine. *Bhasma* are the most ancient form of administration of the nano medicine. In *Vatvyadhi Prakarana* of *Nighantu Ratnakar Ekangveer Ras* has been mentioned for treatment of *Pakshaghata* and other *Vatvyadhi*.

#### INGREDIENTS OF EKANGVEER RAS:

Table No. 1

Sr. No.	Main contents	Proportion	Bhavana Dravya
1.	<i>Shudha Gandhaka</i>	Each Dravya Samabhaga.	<i>Vara (Haritaki, Amalki, Bhibitaka), Trikatu (Nagara, Maricha, Pippali), Nirgundi, Chitrak, Markav, Shigru, Kushtha, Amalki, Kupilu, Arka, Guduchi, Aadraka.</i>
2.	<i>Shudha Parada</i>		
3.	<i>Shudha Kanta Loha Bhasm</i>		
4.	<i>Vanga Bhasma</i>		
5.	<i>Naga Bhasma</i>		
6.	<i>Tamra Bhasma</i>		
7.	<i>Abhraka Bhasma</i>		
8.	<i>Tikshna Loha Bhasma</i>		
9.	<i>Nagaram</i>		
10.	<i>Marich</i>		
11.	<i>Pippali</i>		

## METHOD OF PREPARATION:

Shudh (purified) Parad 1 Tola and Shudh Gandhak 1 Tola are blended together to form Kajjali. Kant-Loh Bhasma 1 Tola, Vang Bhasma 1 Tola, Naag Bhasma 1 Tola, Tamra Bhasma 1 Tola, Abrakh Bhasma 1 Tola, Tikshna-Loh Bhasma 1 Tola, Shunthi 1 Tola, Marich Phal (Phal = Fruit) 1 Tola and Pippali Phal 1 Tola are pounded to form fine powder which is blended with the Kajjali. The mixture is then processed in following Bhavana-Dravya (Items used for treating the formulation) Triphala Kwaath, Trikatu Kwaath, Kwaath prepared from Chitrak plant, Nirgundi Swaras, Markav plant, Aradrak

Swaras, Kwaath prepared from Shobanjan Twak (Twak=Bark), Kwaath prepared from Kusht, Amalaki Phal, Kuchla Beej (Beej = Seed) , Ark Mul(Mul=Root) and Guduchi Kanda respectively. The Kajjali mixture is given 3Bhavana (treatments) with each of the above mentioned Bhavana-Dravya after which the mixture is dried. This formulation is called Ekangveer Ras. On drying Ekangveer Ras is rolled into tablets each measuring 1Gunja.

**Ayurveda pharmacodynamic properties and other properties of ingredients of Ekangveer Ras:**

**Table No. 2**

Sr . No.	Dravya (Drugs)	Rasa	Vee rya	Vi-paka	Guna	Dosha Karma	Other Properties
1.	GandhakaBhasma	Katu, Madhura, Kashaya	Ushna	Katu	Shita	VataKapha-Shamaka	Yogvahi, Rasayana, Dipana, Aamashoshana, Vishahara.
2.	ParadaBhasma	Shadadrasa	Shitaa	Madhura	Yogvahi	Tridosha-Shamaka	Rasayana, Saptadhatuwardhana.
3.	LohaBhasma(KantaanTikshna)	Tikta, Kashaya, Madhura	Shitaa	Katu	Snigdha Sara,	Tridosha-Shamaka	Rasayana, Bruhana, Medhya, Raktavardhak, Raktashodhak, Ayusthapaka
4.	VangaBhasma	Tikta	Ushna	Katu	Ruksha	KaphaVata-Shamaka	Shukrasthambhaka, Rasayana, Dipana, Vrishya, Netraya
5.	Naga Bhasma	Tikta, Madhura	Ushna	Madhura	Singdha	KaphaVata-Shamaka	Mehanashak, Rasayana, Dipana Mansa, Majja, Shukravardhak
6.	TamraBhasma	Tikta,	An-	Mad	Sara	Kapha Pitta	Malaanuloman,

		<i>Ka-shaya,</i>	<i>ushna</i>	<i>hura</i>		<i>Shamaka</i>	<i>Di-pana, Pachana, Yogavahi, Lekhan, YakrutaPlihaVridhinashak</i>
7.	<i>AbhrakaBhasma</i>	<i>Ka-shaya, Mad-hura</i>	<i>Shit a</i>	<i>Mad hura</i>	<i>Snigdha</i>	<i>Tridosha-Shamaka</i>	<i>Saptadhatu-wardhak, Mastishkavarkarya</i>
8.	<i>Nagaram</i>	<i>Katu</i>	<i>Ushna</i>	<i>Mad hura</i>	<i>Tikshna</i>	<i>VataKapha-Shamaka</i>	<i>Dipana, Pachana Nadiuttejaka, Raktashodhana</i>
9.	<i>Marich</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikshna</i>	<i>VataKapha-Shamaka</i>	<i>Swasaghana, Srotosankochnashak, Nadiuttejaka, Balya, Vataaulomana, Deepana, Pachana</i>
10.	<i>Pippali</i>	<i>Katu</i>	<i>Ushna</i>	<i>Mad hura</i>	<i>Laghu, SingdhaTikshna</i>	<i>VataKapha-Shamaka</i>	<i>Dipan, Rasayana, Balya, Medhya, Yogvahi, Shula prashamana, Vata anulomana</i>

**Ayurveda pharmacodynamic properties and other properties of BhavanaDravya of Ekangveer Ras:**

**Table No. 3**

Ingredient	Rasa	Veerya	Vi-paka	Guna	Dosha Karma	Other Properties
1. <i>Triphala (Vara)</i>	<i>KashyayPradhan-Pancharasa (LavanaVarjit)</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Laghu, Ruksha, Anushna Sara</i>	<i>Tridosha-Shamaka</i>	<i>Dipana, Pachana, Ruchya, Rasayana, Balya, Medhya</i>
2. <i>Trikatu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu, Ruk-</i>	<i>VataKapha-Shamaka</i>	<i>Dipana, Lekhana, Grahi,</i>

				sha, Tik- shna		Vrishya
3. Nir- gundi	Tikta, Katu, Ka- shaya	Ushn a	Katu	Lagh u, Ruk- sha	VataKapha- Shamak	Vedanast- hapana, Medhya, Balya, Rasayana
4. Chi- traka	KatuTikta	Ushn a	Katu	Tik- shna, Lagh u, Ruk- sha	VataKapha- Shamak	Madak, Medhya, Dipana, Pachana
5. Brin- garaj (Mark ava)	Katu, Tikta	Ushn a	Katu	Ruk- sha, Lagh u	VataKapha- Shamak	Rasayana, Balya, Ke- shya, Shothahar
6. Shigru	Katu	Ushn a	Katu	Lagh u, Ruk- sha, Tik- shna, Sara	VataKapha- Shamak	Shothahar
7. Ku- shtha	Tikta, Katu, Mad- hura	Ushn a	Katu	Lagh u, Ruk- sha, Tik- shna	VataKapha- Shamak	Akshepak- Shamaka
8. Am- laki	Kashaya, Amla, Katu, Tikta, Madhura	Shita	Mad- hura	Lagh u	Tridosha Shamaka	Medhya, Nadi balakaraka, Deepana, Rochana, Vataanulo- mana, Yak- rututtejaka
9. Kupilu	Tikta, Katu	Shita	Mad- hura	Lagh u, Ruk- sha, Tik-	VataKapha- Shamak	Vedanast- hapana, Madaka (Atimatra),

				shna		
10. Arka	Katu, Tikta	Ushna	Katu	Laghu, Ruksha, Tikshna	VataKapha-Shamak	Hridyauttejaka, Raktashodhaka
11. Guduchi	Tikta, Kashaya	Ushna	Madhura	Guru, Snigdha	Tridosha-Shamaka	Vedanasthapana, Deepana, Pachana, Vata anulomana, RaktaShodhana
12. Adraka	Katu	Ushna	Katu	Snigdha	VataKapha-Shamak	Nadiuttejaka, Deepana, Pachana, Raktashodhana

**Bioactivities of ingredient and bhavanadravyas:**

**Table No. 4**

Hepatoprotective	<b>AbhakraBhasma</b> , Amlaki, Kupilu, Pippali, Chitraka, Marich, Shigru, Haritaki
Antioxident	<b>LohaBhasma</b> , Amalaki, Guduchi, Marich, Hritaki
Immunomodulator	Amalaki, GuduchiPippali, Haritaki
Anti-inflammatory	Amalaki, Pippali, Nirgundi, Marich, Shigru
Hypolipidemic or Lipid Peroxidation	<b>TamraBhasma</b> , Adraka
Hypocholesteromic and Hypotriglyceridemic	Adraka, Bibhitaka
Analgesic	Kupilu, Marich
Anti atherosclerotic	Amalaki, Bibhitaka
Antibacterial	<b>TamraBhasma</b> , Amalaki, Guduchi, Pippali, Chitraka, Marich, Shigru
Free Radical Scavenging Properties	<b>TamraBhasma</b>
Anti coagulant	Chitraka

**INDICATION OF EKANGVEER RAS:**

In the *Vatvyadhiprakarana* of *Nighantu Ratnakara Ekangveer ras* is advice to give for treatment of *Pakshaghata, Ardita*, and other *Vatvyadhi*.

**DOSAGE OF EKANGVEER RAS:**

125mg tablet of *EkangveerRas* twice daily for 40 days.

**CONTRAINDICATION OF EKANGVEER RAS:**

As in *Ekangveer ras* all *Bhavana Drayva* has *Ushna Veerya* and *Katu Vi-*

paka; it may cause Pittavidhi. So, it should not be used in Pittanubandhi Pakshaghata.

## DISCUSSION

*Pakshaghata* is a disease occurred due to vitiation of *Vata* and *Kapha Dosh*. In the treatment of *Pakshaghata* it is essential to pacify vitiated these *Dosh*s. According to Ayurveda pharmacodynamic properties, *EkangveerRas* ability to pacifying vitiated *VataDosh*as it is having *Madhura Rasa*, *SnigdhaGuna*, *UshnaVeerya* and *MadhuraVipaka*. It pacifies vitiated *Kapha Dosh*a by *Tikta, Katu, Kashaya Rasa*, *LaghuGuna*, *RukshaGuna*, *UshnaVeerya*and *KatuVipaka*.

In the *Samprapti* (Pathogenesis) of *Vatvyadhi*itis described that the *Vatvyadhi*is a resultant of *Srotorodha*(obstruction of body channels), *Dhatukshaya* (emaciation) or *Marmaabhighata* (damageto the vital points). In *Pakshaghata* increased *KaphaDosh*aan-dAmalead to obstruction of the *Srotas*. Due to its *Tikta Rasa*, *LaghuGuna*and *UshnaVeerya*itperforms *Amapachana* effect in the body. Then it eliminates *Srotorodha* (obstruction of body channels), occurred due to *Ama*as well as *Kapha*. The properties of ingredients of *EkangveerRas* would be instrumental in restoring the *Gati* (motor activities) and *Gandhana* (Sensation).Symptoms of aggravated *Vata*in *Vatavahasrotas* and *Nadi* such as *Chesh-tanasha* (Loss of activities), *Sandhishaitilya* (Loosens of the joints), *Mukhavakrata* (Deviation of mouth), *Vakagraha* (Stammering of speech) and *Sagnyanahani* (Loss of sensation) would be subsided.

Phytochemicals of *Bhavana Dravyas* are also affecting the action of *EkangveerRas*, as *BhavanaDravya* enhances the properties of main ingredient.

*Amalaki*, *Pippali*, *Shigru*, *Marichhas* the ability to minimize nerve damagedue to its anti-inflammatory action. *Piperine* helps to improve the outcome of patientsby reducing inflammatory features at the site ofthe brain damage. Anti oxidants and Atherosclerotic Properties of ingredients and *BhavanaDravya* which are capable of relieving theoxidative stress occurred due to free radicals. Theyreduce the risk of atherosclerosis, stroke andhypertension by neutralizing the damaging effectsof free radicals. *TamraBhasma* and *Sunthi*are having hypolipidaemic action reduce coagulation time and acts against the formation of *Atheroma*. All these bioactivities may be beneficial in the management of *Pakshaghata* (*Hemiplegia*) where the lesion is *Haemorrhagic*, *Thrombotic* or *Embolic*.

## CONCLUSION

It can be justified that due to its Ayurvedic pharmacodynamic properties and scientifically proved bioactivities of different phytochemicals of the ingredients and *Bhavana Dravya* of *EkangveerRas* can be used effectively in the management of *Pakshaghata* (*Hemiplegia*).

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