

AYURVEDIC REVIEW ON SIMHANAD GUGGULU IN CONTEXT OF AMAVATA (RHEUMATOID ARTHRITIS)

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ABSTRACT

One important and commonly used plant based Ayurvedic drug i.e. *SimhanadGuggulu* have been selected from famous Ayurvedic book (i.e. *BhaishajyaRatnavali*) 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. It is easy to prepare and its ingredients are easily available. Its dose is 1.5 gm orally twice in a day with luke warm water after meal. Its ingredients are containing mainly *katu-tikta rasa* (pungent-bitter taste), *ushna-laghu-ruksha-tikshnaguna* (hot-levity-dry-sharp qualities), *ushnavirya* (high potency), *katu or madhurvipaka* (pungent or sweet taste bio-substance produced after completion of digestion) and its ingredients have mainly *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-rheumtoid) actions which help to break down *samprapti* (pathogenesis) of *Amavata* (Rheumatoid arthritis) and to reduce clinical manifestations of *Amavata* (Rheumatoid arthritis).

Keywords: *SimhanadGuggulu*, *Amavata*, Rheumatoid arthritis.

INTRODUCTION

Treatment is basically *SampraptiVighatana* (break down the Pathogenesis) according to Ayurveda. So the choice of any drug for treatment of a particular disorder should be ideally based on a thorough consideration of *SampraptiGhataka* (favourable condition of Pathogenesis). *Ama* (Biotoxin) and vitiated *Vata* (Bioforce) are main pathological factors in disease manifestation of *Amavata*¹. *Amavata* disease is more simulated to Rheumatoid arthritis on basis of its clinical

manifestations and pathogenesis². A drug is defined as any predicament used for the purpose of diagnosis, prevention, relief or cure of the disease. Ayurveda accepts all the *dravyas* (substances) are *panchahautika* (five elements) and any *dravya* (substances) has the medicinal property. 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* (logic)³. 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. *SimhanadGuggulu* have been selected from famous Ayurvedic book (i.e. *BhaishajyaRatnavali*) 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 it is commonly used in *Amavata* (Rheumatoid arthritis) treatment.

MATERIAL AND METHODS

SimhanadGuggulu is a herbo-mineral Ayurvedic drug and six ingredients are used in it. Out of six ingredients five are plant based ingredients and one is mineral based ingredient. *SimhanadGuggulu* drug is mentioned in *slokas* (Information in Sanskrit language) no. 190 to 195 of 29th chapter of *BhaishajyaRatnavali* (Ayurvedic book) and its dose is 1.5gm orally twice in a day with luke warm water 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 500 mg medicine are shown in the table-1. As per Ayurveda the action of *Ausadhadravya* (drug) has been explained on the basis of theory of *Rasa* (Taste), *Vipaka* (Post digestion effect)

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* (Post digestion effect) is three types [i.e. *Madhur vipaka* (Sweet taste bio-substance produced after completion of digestion)]; *Guna* (Quality) is twenty types [i.e. *Guru* (Heaviness), *Laghu* (Levity), *Manda* (Dullness), *Teekshna* (Sharpness), *Hima* (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)]. 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*^{5,6,7}.

Table-1: Ingredients list of *SimhanadGuggulu* (500mg)

Ingredients (Ayurvedic name)	Botanical Name or Scientific Name	Used part	Quantity (part)
<i>Haritaki</i>	<i>Terminaliachebula</i> Retz.	Dried mature Fruit	1
<i>Amalaki</i>	<i>Emblicaofficinalis</i> Gaertn.	Dried mature Fruit	1
<i>Bibhitaka</i>	<i>Terminaliabellirica</i> Roxb.	Dried mature Fruit	1
<i>Guggulu (Shodhita) (Purified)</i>	<i>Commiphorawightii</i> (Arnott) Bhandari	Gum exudates	1
<i>Gandhak (Sho-</i>	Sulphar	Mineral	1

dhita) (Purified)			
Erandataila	<i>Ricinuscommunis</i> Linn.	Seed oil	4

RESULTS AND DISCUSSION

The ingredients of the *SimhanadGuggulu* are containing mainly *katu-tikta rasa* (pungent-bitter taste), *ushna-laghu-ruksha-tikshnaguna* (hot-levity-dry-sharp qualities), *ushnavirya* (high potency), *katu or madhur vipaka* (pungent or sweet taste bio-substance produced after completion of digestion) and so it has mainly *vata-kapha-shamaka* (vata-kapha-reducing) properties and has mainly *deepan* (enzyme stimulant),

ama-pachan (biotoxin neutralizer), *shothaghna* (oedema reducing), *vedanasthapaka* (analgesic), *jwaraghna* (anti-pyretic), *rasayana* (rejuvenator), *valya* (power enhancer), *mutrakaraka* (diuretic) and *amavatahara* (antirheumatism) actions. The Ayurvedic Properties of *SimhanadGuggulu* is given in the table-2.

Ayurvedic Properties of *SimhanadGuggulu*:

Ingredients	parts	Rasa	Guna	Virya	Vipaka	Vata	Pita	Kapha
Haritaki	1	M,A,K, T, Ka	L, Ru	Ushna	Madhura	↓↓	↓	↓
Amalaki	1	M,A,K, T, Ka	G,Ru, Sh	Sheeta	Madhura	↓	↓↓	↓
Vibhitaka	1	Ka	L, Ru	Ushna	Madhura	↓	↓	↓↓
Guggulu (Shodhita) (Purified)	1	K,T	L,Ru, Tik,Vi, Sa,Su	Ushna	Katu	↓		↓
Gandhak(Shodhita) (Purified)	1	M	Sn,Sa	Ushna	Katu	↓		↓
Erandataila	4	M,K,Ka	G,Sn, Tik,Su	Ushna	Madhura	↓		↓

M=Madhura, A=Amla, La=Lavana, K=Katu, T=Tikta, Ka=Kashaya, G=Guru, L=Laghu, Ru=Ruksha, Sn=Snigdha, Sh=Sheeta, Tik=Tikshna, Sa=Sara, V=Visada, Su=Sukshma.

The efficacy of Ayurvedic drug *SimhanadGuggulu* on *Amavata* (Rheumatoid arthritis) can be explained according to Ayurvedic pharmacotherapeutic action. *Amotpatti* (synthesis of biotoxin) is occurred at initial stage of the disease *Amavata* (Rheumatoid arthritis) due to *Agnimandya* (disturbed enzymatic system) and it helps in *Amapachana* (biotoxin neutralize) of pro-

duced *Ama* (biotoxin) 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) into the Gastrointestinal level, *Dhtwagni* (tissue enzymes) into the tissue level and *Bhutagni* (cellular enzymes) into the cellular level by its *Agnideepaniya* (enzyme stimulant) action. The maximum ingredients of the *SimhanadaGuggulu* are *Katu-Tikta rasa* (pungent-bitter taste), *Ushna-Laghu-Tikshna-Rukshaguna*, *ushnavirya* (hot-levity-dry-sharp qualities). These properties of the drug

are against the *Guru*, *Snigdha*, *Pichchil*, and *Sheeta* (heavy, viscosity, slippery and cold) properties of *Ama* (biotoxin) and these properties help to mitigate the *Ama* (biotoxin) in to the body. Properties of *Ama* (biotoxin) are more similar to *Kaphadosha* (improper bio-fluid) and it controls the *Yugapataprakopa* (simultaneous augmentation) of *Vata* (bioforce) and *Ama* (biotoxin) by its *Vata-kaphashamaka* (vata-kapha-reducing) property. *Ama* (biotoxin) has *Srotoabhishtyanda* (obstruction into the channels) property and this drug helps *Srotoshodhana* (cleansing of channels) by its *lekhana* (scraping) action. It mitigates the free radical like *Ama* (biotox) from the body and it also helps to replenish and rejuvenate the impaired *Dhatus* (tissue) into the body with *Rasayana* (rejuvenator) effect of its some ingredients. It reduces the *Pratyatma-Lakshana* (Cardinal clinical manifestations) of *Amavata* (Rheumatoid arthritis) i.e. *Sandhishhula* (joint pain), *Sandhisotha* (joint swelling), *Sandhisparshasahyata* (tenderness over joint) and *Sandhistabdhatata* (joint-stiffness) by its *Vedanasthapana* (analgesic), *Shothahara* (anti-inflammatory) and *Mootrakaraka* (diuretic) action. It helps to reduce the *Samanyalakshana* (General clinical manifestations), *Pravridhdhavasthalakshana* (manifestations during aggravated stage) and *Dos-anubandhalakshana* (dosh related manifestations) of *Amavata* (Rheumatoid arthritis) i.e. *Angamarda* (bodyache), *Jwara* (fever), *Gaurava* (heaviness), *Alasya* (lazyness), *Aruchi* (anorexia), *Trishna* (thirst), *Avipaka* (indigestion), *Agni daurbalya* (enzyme deprivation), *Utsahahaani* (loss of interest), *Daha* (burning sensation), *Hrid-gra-*

ham (precordial pain), *Kandu* (itching) etc by its *Angamardanashaka* (body ache reducing), *Jwaraghana* (antipyretic), *Aruchinashaka* (appetizer), *Trishnanashaka* (thirst reducing), *Deepaniya* (enzyme stimulant), *Balya* (power enhancer), *Dahanashaka* (burning sensation reducing), *Hridaya* (cardio tonic) and *Kandughna* (antipruritic) action. It also reduces *Vidvibaddhata* (constipation), *Anaha* (abdominal flatulence), *Kukshikathinataa* (epigastric tightness), *Kukshishhula* (epigastric pain), *Antrakujana* (peristaltic sound) by its *Shulaghna* (antispasmodic) and *Anulomana* (carminative & purgative) like action. Hence, *SimhanadGuggulu* is effective drug for *SampraptiVighatana* (breakdown the pathogenesis) of disease *Amavata* (Rheumatoid arthritis) by mitigating *Mandagni* (loss of enzyme), *Ama* (biotoxin), vitiated *Kapha* (biofluid) and aggravated *Vata* (bioforce) which are main pathological factors of disease *Amavata* (Rheumatoid arthritis).

CONCLUSION

SimhanadGuggulu has mainly *vata-kapha-shamaka* (vata-kapha-reducing) properties and it has mainly *deepan* (enzyme stimulant), *amapachan* (biotoxin neutralizing), *shothaghna* (anti-inflammatory), *vedanasthapaka* (analgesic), *jwaraghna* (antipyretic), *rasayana* (rejuvenator), *valya* (power enhancer), *mutrakaraka* (diuretic) and *amavatahara* (anti-rheumatoid) actions. It enhances *Agni* (enzymes), mitigates *Ama* (biotoxin) and vitiated *Kapha* (bio fluid), reduces aggravated *Vata* (bio force) into the body and helps to relief the clinical manifestations of *Amavata* (Rheumatoid arthritis).

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