



"A LITERATURE REVIEW -ROLE OF ASHWAGANDHA IN THE MANAGEMENT OF SANDHIGATA VATA."

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ABSTRACT

Withania somnifera, known commonly as **Ashwagandha**, **Indian ginseng**, **poison gooseberry**, or **winter cherry**, is an annual evergreen shrub in the Solanaceae or nightshade family that grows in India, the Middle East, and parts of Africa. Its botanical name is *Withania somnifera*, and it's also known by several other names, including Indian ginseng and winter cherry. The ashwagandha plant is a small shrub with yellow flowers that's native to India and North Africa. Extracts or powder from the plant's root or leaves are used to treat a variety of conditions. Ashwagandha is an ancient medicinal herb with multiple health benefits. Supplementing with ashwagandha may be an easy and effective way to improve your health and quality of life. Ashwagandha useful for dhatukshay as a balya property and it is one of the rasayan. This article focuses on use of Ashwagandha in Sandhigata vata (Osteoarthritis).

KEYWORDS : Ashwagandha (*Withania somnifera*), Sandhigata vata

INTRODUCTION

Ashwagandha is an evergreen shrub that grows in India, the Middle East, and parts of Africa. It has a long history of use in traditional medicine.

For hundreds of years, people have used the roots and orange-red fruit of ashwagandha for medicinal purposes. The herb is also known as Indian ginseng or winter cherry.

The name "ashwagandha" describes the smell of its root, meaning "like a horse." By definition, ashwa means horse.

Practitioners use this herb as a general tonic to boost energy and reduce stress and anxiety. Some also claim that the herb may be beneficial for certain cancers, 'Alzheimers disease, and anxiety.¹

Ashwagandha is an important herb in Ayurvedic medicine. This is one of the world's oldest medical systems and one of India's healthcare systems.

In Ayurvedic medicine, ashwagandha is considered a Rasayana. This means that it helps maintain youth, both mentally and physically.

There is some evidence to suggest that the herb can have neuroprotective and anti-inflammatory effects. Inflammation underpins many health conditions, and reducing inflammation can protect the body against a variety of conditions.²

Ashwagandha may act as a pain reliever, preventing pain signals from traveling along the central nervous system. It may also have some anti-inflammatory properties.

For this reason, some research has shown it to be effective in treating forms of arthritis.

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.³

Sandhi-Vata is a very common and most debilitating clinical condition of old age especially during 4th and 5th decade of life. It is particularly a **degenerative disorder caused by vitiated Vata** in weight-bearing joints of the body.

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of the bones wears down over time. Although osteoarthritis can damage any joint, the disorder most commonly affects joints in hands, knees, hips and spine.

Osteoarthritis symptoms can usually be managed, although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and receiving certain treatments might slow progression of the disease and help improve pain and joint function.

Common name: Ashwagandha Family: Solanaceae

Hindi: Ashwagandha, Asagandha

Marathi: Ashwagandha, Askhanda

English: Indian ginseng or winter cherry

Latin name: *Withania somnifera*

Shunthi Properties:³

Rasa/Taste - Madhura, tikta, kashay

Vipak/Metabolic property: Madhur

Veerya/Potency: Ushana/Hot

Guna/Physical property: Laghu/Small and Sanigadha/Oily

Karma: Anulomana, Deepana, Vatakaphaghana, Balya, bruhan, Rasayan.

THERAPEUTIC USES - Agnimandya, Sandhigata vata , Balya, Amavata, krumi.

AIMS

To study Ashwagandha from literature w.s.r. to Sandhigat vata.

OBJECTIVES

To collect information of Ashwagandha from Literature.

MATERIALS AND METHODS

Methods: Manual search.

Effect On Doshas: Kapha vata shamak⁴

Nutritional Content Of Ashwagandha: per 100 gm.

Energy- 250
kcal, Carbohydrate- 75 g,
Fiber, total dietary 25 g,

Ashwagandha, or *Withania somnifera*, is an herb native to Asia and Africa. Also called "Indian ginseng," it's been used in traditional Indian Ayurvedic medicine for thousands of years to ease pain and inflammation, treat insomnia, and boost nutrition, along with other conditions.

Ashwagandha is also considered an adaptogen. That means it helps your body better manage stress. 5

Ashwagandha is an analgesic that soothes nervous system from pain response (Twajji et al., 1989). The powerful anti-arthritis properties (Singh et al. 1984, 1986) of Ashwagandha are now widely accepted and documented; it is furthermore found to be effective as antipyretic as well as analgesic also.⁶

Chemical Constituents:

Alkaloids, steroidal lactones, saponins, and withanolides are considered the biologically active components of ashwagandha. Anti-arthritis effects are attributed to cyclooxygenase (COX) inhibition. In animal studies, anti-inflammatory activity by ashwagandha was comparable to hydrocortisone.⁷

Dosage:⁸

Ashwagandha Churna powder: 3-6 gm

Ashwagandha can help normalize cortisol levels, thus reducing the stress response. In addition, ashwagandha has also been associated with reduced inflammation, reduced cancer risks, improved memory, improved immune function and anti-aging properties.⁹

DISCUSSION

Ashwagandha may act as a **pain reliever**, preventing pain signals from traveling along the central nervous system. It may also have some anti-inflammatory properties. For this reason, some research has shown it to be effective in treating forms of arthritis, including rheumatoid arthritis.¹⁰

Ashwagandha root extract exerts anti-inflammatory effects in HaCaT cells by inhibiting the MAPK/NF- κ B pathways and by regulating cytokines.¹¹

CONCLUSION

From above literature study it can be concluded that Ashwagandha is useful in the management of Sandhigata vata. Large scale clinical studies are needed to prove the clinical efficacy.

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