



Ayurveda

ROLE OF RASNASAPTA K WATH IN VATA-VYADHI W.S.R TO GRIDHRASI

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ABSTRACT Ayurveda is a system, which prevailed 5000 years ago, which has its chief objects – preservation of health and prevention of disease. In this era Ayurveda has a different and specific role in diseases of Vata-Vyadhi which considered under Vatnadsansthana and Asthisandhisnsthana. These are one of those systems which have accurate diagnosis and management only in Ayurvedic approach. Ayurvedic medicines have great importance to keep us free from these diseases. Modern medicines which are being used like pain killers and steroids for presenting problems are hazardous to health as these medicines have great side effects and toxicity if are used for prolonged time. So Ayurvedic medicines play a unique role in these circumstances which provide better cure without any side effect. In this paper the role of *Rasna Saptak Kwath* has been described with its modes of action and medicinal value, in the disease 'Gridhrasi'.

KEYWORDS : vatvyadhi, rasnasaptak kwath, gridhrasi

INTRODUCTION

In Ayurvedic text importance of 'Vata' has been described enormously. If 'Vata' is in stage of equilibrium then it regulates all the systems in the human body and gives long life. Vitiation of Vata in different aspects gives rise to Vata-Vyadhi.

Gridhrasi is one of the well known Vata-Vyadhi which is frequently faced by Ayurvedic practitioners. In this context few descriptions are found in Ayurvedic literature. It is one of the nanatmaja vikaras which is characterized by piercing pain, stiffness and cramps beginning from the Sphika region and radiating gradually down to Kati, Janu, Jangha and Foot region. Leading disability in walking. *Gridhrasi* is of 2 types Vataj and Vat-Kaphaj. Symptoms of Vataj type are described above whereas symptoms of Vata-Kaphaj are heaviness, drowsiness and anorexia.

'Sciatica' is pain in the leg generally unilaterally caused by irritation of sciatic nerve. There may be numbness and difficulty in moving leg. Pain in the lumbar or sacral root often due to disc protrusion. It also may be due to spinal tumor, malignant disease in the pelvis and tuberculosis of vertebral bones. Acute lumbar disc herniation is often precipitated by trauma or pressure on nerve roots. The roots most frequently affected are S1, L5 and L4. Pain is exacerbated by coughing or straining but may be relieved by lying flat.

REVIEW OF DRUG

Rasnasaptak kwath is made up of seven ingredients which are named as *Rasna*, *Gokshur*, *Erand*, *Devdaru*, *Punarnava*, *Guduchi*, *Aragvadh*^{1,2}. It is exclusively described in 'Sharangdhara Samhita'

TABLE no.1 Ingredients of Rasna saptak Kwatha³

S.NO.	NAME OF DRUG	LATIN NAME	PART USED	MAIN FUNCTION
1.	Rasna	<i>Pluchea lenceolata</i>	Root	Vatashmaka
2.	Gokshur	<i>Tribulus terrestris</i>	Seed	Mutraviracheniya
3.	Erand	<i>Ricinus communis</i>	Root	Vednashamak
4.	Devdaru	<i>Cedrus deodara</i>	Root	Vatashamak
5.	Punarnava	<i>Borrhevia diffusa</i>	Root	Mutravirechniya
6.	Guduchi	<i>Tinospora cordiafolia</i>	Stem	Rasayan
7.	Aragvadh	<i>Cassia fistula</i>	Pericarp	Virechak

TABLE no. 2 Ayurvedic pharmacological properties of ingredients of Rasnasaptak kwath

S.no.	Name Of Drug	Rasa	Guna	Virya	Vipaka	Dosha-karma
1.	Rasna	Tikta	Guru, Ushana	Ushana	Katu	KV-shamak
2.	Gokshur	Madhur	Guru, Snigdha	Sheeta	Madhur	VT-shamak
3.	Erand	Madhur	Guru, Snigdha	Ushana	Madhur	VK-shamak
4.	Devdaru	Tikta	Laghu, Snigdha	Ushana	Katu	VK-shamak

5.	Punarnava	Madhur	Laghu, Ruksha	Ushana	Madhur	TR-shamak
6.	Guduchi	Tikta, Kashaya	Laghu, Snigdha	Ushana	Madhur	TR-shamak
7.	Aragvadh	Madhur	Guru, Snigdha	Sheeta	Madhur	TR-shamak

DISCUSSION

Showing the review of all contains most of these having property of Vata- Kapha Shamak which will definitely help in samprapti-vighatan of the disease. Except all these properties every drug has some peculiar qualities so that their mode of action is contributing to treat the disease, which are proved in various research,^{5,6}

1. **Rasna** – It has a chemical constituent 'diaryl-heptanoids' which exhibits prostaglandin biosynthesis inhibiting activity, therefore showing anti-inflammatory effect. Methanol extract of the whole plant showed significant analgesic activity.
2. **Gokshur**- Its major constituent 'Tribestan terrestris' administration leads to increased muscle mass in active sports by activating the enzyme associated with energy metabolism.
3. **Erand**- The seed of the plant, which yields the oil, contains alkaloid ricinoleic and arachidic, which has anti-inflammatory, analgesic and carminative properties.
4. **Devdaru** – Its stem bark extract: deodarin and toxifolin exhibit anti-inflammatory effect.
5. **Punarnava**- Punarnava has diuretic, anti-inflammatory and carminative properties in its aqueous and acetone extract of roots. For anti-inflammatory effect, it should be used with Sunthi.
6. **Guduchi** - The plant is credited with anti-viral, anti-bacterial, anti-inflammatory and immune-modulatory properties. The plant extract is diuretic and useful in chronic rheumatism. It also has antipyretic action and is a morphine potentiator.
7. **Aragvadh** – Its fruit pulp is found to possess significant antipyretic and analgesic properties.

CONCLUSION

This is one of the best supportive therapies in the management of *Gridhrasi*. As the drug used is enriched with useful medicinal plants. Their properties are beneficial to overcome the pathogenesis of the disease and providing proper relief and cure.

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