



## ROLE OF PANCHAKOLA CHURNA & ERAND SNEHA IN THE MANAGEMENT OF AMAVATA W.S.R.TO RHEUMATOID ARTHRITIS : A REVIEW

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**ABSTRACT** An individuals mental and spiritual development as well as his/her temperament is affected by the quality of *Ahara* consumed by him/her. Ingestion, digestion, absorption, assimilation and metabolism of *Ahara dravyas* have an important roll in health and diseases. It is significantly affected by *Jathargni*. According to *Ayurveda Mandagni* is the main causative factor of all diseases. *Ama* is a incompletely processed toxic like substance which form in GIT due to derangement of *Jathargni*. When the *Ama* combines with *vata dosha* and occupies *Sleshmasthanas* results in painful disease *Amavata*. Sign and Symptoms of *Amavata* and Rheumatoid Arthritis are quite alike. R.A. is a most common chronic auto-immune multisystem inflammatory arthritis of unknown cause. The prevalence of R.A. is approximately 0.8% of the population. The first line of treatment is eliminate *Ama* and also prevent the further formation of *Ama* by *Langhana* and *Ama pachaka* drugs. *Erand Sneha* & *Panchkola churna* is the compound *Ayurvedic* formulation which is used frequently in the management of *Amavata*.

**KEYWORDS** : *Amavata*, Rheumatoid Arthritis, *Panchkola churna*, *Erand Sneha*.

### INTRODUCTION :

All the basic concepts and fundamental principals of all sciences have been established to increase the quality of life. But now-a-days the way of living is very stressful, unhealthy diet plan as well as brings a lots of disturbance in human life both physical and psychological. The ancient science of *Ayurveda* came into existence and developed mainly for maintenance of health & cure of diseases as described by *Acharya Charaka*. The principals of *Ayurveda* science is valuable not only for its antiqueness but it is significant for its scientific superiority also.

According to *Ayurveda* science *Mandagni* is the main causative factor of all diseases.<sup>1</sup> *Amavata* term is made up of two words as *ama* and *vata*. *Ama* is the main causative agent in the origin of *Amavata*. *Ama* is a incompletely processed toxic like substance which form in GIT due to derangement of *Agni*. When the *Ama* combines with *vata dosha* and occupies *Sleshmasthanas* results in painful disease *Amavata*.<sup>2</sup>

*Amavata* is firstly described in *Ayurveda* by *Acharya Madhavakara*.<sup>3</sup> *Amavata* is a major annoying disease which is disturbed patient's life by severe painful inflammation in joints, stiffness, difficulty to move and works etc. In the condition of aggravation *Amavata* become more annoying and painful instead any other diseases.<sup>4</sup> Sign and Symptoms of *Amavata* and Rheumatoid Arthritis are quite alike. Rheumatoid Arthritis is a chronic auto-immune disease which affects not only the joints but also other systems of the body.<sup>5</sup>

**MATERIAL & METHODS** : *Ayurvedic* and Modern literature from *Samhitas* and texts books as well as websites, research papers related to *Amavata*.

### CONCEPTUAL STUDY :

**Formation of *Ama*** : When a person of sedentary habits with hypo functioning digestive mechanism indulges in incompatible diet and regimen or does physical exercise after taking fatty food *Ama* is propelled by *vayu* and reaches the site of *shleshma*.<sup>6</sup>

**Etiopathogenesis of *Amavata*** : The *Ama rasa* on being incompletely processed and very much vitiated by *vata*, *pitta* & *kapha* is circulated all over the body through blood vessels. Then it takes on multiple colors become excessively mucoid and accumulates in the small channels.<sup>7</sup>

It render the patient weak in no time and produce a feeling of heaviness in the precordial region. The substance named *Ama* is the cause of so many distressing diseases.<sup>8</sup>

When the aggravated *Ama* simultaneously afflicts the pelvic & shoulder girdle and other joints making the body stiff the condition is known as *Amavata*.<sup>9</sup>

### *Samprapti chakra*<sup>10</sup> :



### Symptomatology<sup>11</sup> :

- *Angmarda* (Body ache),
- *Aruchi* (Anorexia),
- *Pipasa* (Thirst),
- Malaise,
- *Guru-gatrata* (a feeling of heaviness),
- *Jwara* (Fever),
- *Ajirna* (Indigestion)
- *Sotha* (Inflammation of body parts)

**Exacerbation of *Amavata*** : When *Amavata* gets exacerbated it becomes most distressing of all the diseases, Whenever the *Ama dosha* reaches it produced painful swelling such as in the joints of hands &

feet, cervical region, pelvic & shoulder girdles, knee and thighs.<sup>12</sup>

The affected part is excessively painful as if it is being bitten by Scorpions.<sup>13</sup> It gives rise to hypo functioning of the digestive system excessive salivation, Anorexia and a feeling of heaviness, loss of drive, bad taste of the mouth, Polyuria & a burning sensation, hardness in the abdomen, colicky pain and reversal of normal sleeping habit, Thrust, Vomiting, Vertigo, Fainting, Precordial discomfort, Constipation, Stiffness, Gurgling intestinal sounds, Meteorism and other trouble some complications.<sup>14</sup>

**Table 1 : Features of Dosha predominance in Amavata<sup>15</sup> :**

| S.no. | Dosha <sup>a</sup> | Symptoms <sup>b</sup>  |
|-------|--------------------|--|
| 01.   | VATA               | Severe pain  |
| 02.   | PITTA              | Local Redness & Heat   |
| 03.   | KAPHA              | Feeling of being covered with wet clothes, Heaviness & Itching sensation |
| 04.   | SANNIPATAJA        | Combine all types of symptoms  |

**Table 2 : Prognosis<sup>16</sup> :**

| S.no. | Conditions               | Curability        |
|-------|--------------------------|-------------------|
| 1.    | Only one dosha involved  | Curable           |
| 2.    | Involvement of two dosha | Relievable        |
| 3.    | Involvement of all dosha | Difficult to cure |
| 4.    | Inflammation whole body  | Difficult to cure |

**MODERN CONCEPT :** According to modern medical science Amavata can be co related with Rheumatoid Arthritis. R.A. is a most common chronic auto-immune multisystem inflammatory arthritis of unknown cause. R.A. primarily affecting the synovium and adjacent tissue and hence an important cause of potentially preventable disability.<sup>17</sup>

Factor producing R.A. includes infectious triggers, genetics predisposition and auto-immune response. The characteristic feature of R.A. is persistent inflammatory synovitis usually involving peripheral joints in symmetric distribution. The potential of the synovial inflammation to cause cartilage damage and bone erosions.<sup>18</sup>

**EPIDEMIOLOGY & GENETICS :** The prevalence of R.A. is approximately 0.8% of the population. Women are more affected approximately 03 times more than man. The onset is most frequent during the 4<sup>th</sup> to 5<sup>th</sup> decades of life, with 80% of all patients developing the disease between the age of 35 to 50 years. Family studies indicate a genetic predisposition.<sup>19</sup>

**INCIDENCES :** The incidence of R.A. is more than six time greater in

**Table 4 ; Panchkola churna<sup>28</sup> :**

| S.no. | Name                         | Botanical Name      | Rasa | Guna           | Virya | Dosha-karma                    | Used Part       | Quantity |
|-------|------------------------------|---------------------|------|----------------|-------|--------------------------------|-----------------|----------|
| 1.    | Pippali <sup>(a)</sup>       | Piper longum        | Katu | Laghu, Snigdha | Ushna | Vata-kapha shamak              | Fruit           | 1part    |
| 2.    | Pippali moola <sup>(b)</sup> | Piper longum        | Katu | Laghu, Ruksh   | Ushna | Vata-kapha shamak, Pittakaraka | Root            | 1part    |
| 3.    | Chavya <sup>(c)</sup>        | Piper retrofractum  | Katu | Laghu, Snigdha | Ushna | Vata-kapha shamak, Pittakaraka | Root            | 1part    |
| 4.    | Chitrak <sup>(d)</sup>       | Plumbago zeylanica  | Katu | Laghu, Ruksh   | Ushna | Tridoshghna                    | Fresh Root bark | 1part    |
| 5.    | Shunthi <sup>(e)</sup>       | Zinziber officinale | katu | Snigdha        | ushna | Vata,kapha shamak              | Tubercle        | 1part    |

**Table 5 : ERANDSNEHA<sup>29</sup>**

| Botanical Name   | Rasa    | Guna                       | Virya | Dosh-Karma          | Used Part |
|------------------|---------|----------------------------|-------|---------------------|-----------|
| Ricinus communis | Madhura | Snigdha, Sukshma, Teekshna | Ushna | Vata- kapha Shamaka | Seed Oil  |

**PATHYA<sup>30</sup> :**

| S.no. | Food         | Name  |
|-------|--------------|---|
| 01.   | Cereals      | Old cereals, Shaali rice, Barley, Kodo,                                     |
| 02.   | Lentils soup | Horse gram lentil's, Peas, Split Chickpeas soup                             |
| 03.   | Vegetables   | Bathua, Punarnava, Vaasa, Gokkshura, Pointed Guard, Bitter guard, Drumstick |

60 to 64 year old women compared to 18 to 29 year old woman.<sup>20</sup>

**AYURVEDIC TREATMENT :** The line of treatment of Amavata is described in Chakradatta.<sup>21</sup> The first line of treatment is eliminate Ama and also prevent the further formation of Ama by Langhana and Amapachaka drugs.<sup>22</sup>

Deepana drugs also used which having Katu & Kashaya rasa helps to promote the function of Agni.<sup>23</sup>

According to Acharya Charaka Virechana is the only treatment of diseases which are arising due to viruddha ahara. Virechana helps to eliminate the unwanted toxin from the body.<sup>24</sup>

Snehapana is the best way to treat Vata dominating diseases, Snehana helps to stimulate the functions of Jatharagni. It should be administered after Amapachana.<sup>25</sup>

Basti karma is the complete treatment of Vata dominant diseases. Unctuous enema with Saindhavadi oil followed by Anuvasana Basti and Ksharabasti is also prescribed.<sup>26</sup>

Ruksha swedana relieve Ama dosha. it may be performed by Baluka, Saindhava etc.<sup>27</sup>

**Table 3 : Treatment Protocol ;**

| S.no. | Medicine  | Dose  | Anupana                          |
|-------|---|---|----------------------------------|
| 01.   | Erand Sneha   | 15-20 ml. - HS                                    | With 50 ml. of Lukewarm milk     |
| 02.   | Amavatari rasa<br>Mahavata vidhvanshaka rasa<br>Godanti bhasma<br>Gloy Sattva<br>Pravala pishti | 250mg<br>125mg<br>250mg<br>250mg<br>1x2 dose - BD | Combine to all & take with honey |
| 03.   | Panchakola churna   | 02Gram -BD  | Tap water                        |
| 04.   | Sinhnaad Guggulu  | 500mg x 2 - BD                                    | Luke warm water                  |
| 05.   | Chitrakadi vati   | 500mg x 2 - BD                                    | Tap water                        |
| 06.   | Rasnasaptaka kwatha   | 20ml x 2 - BD                                     | Tap water                        |
| 07.   | Ruksha sweda with sand or rock salt   | Twice a day                                       | -----                            |

**PHARMACODYNAMIC PROPERTIES OF PANCHAKOLA CHURNA & ERANDSNEHA :**

|     |        |   |
|-----|--------|---|
| 04. | Liquid | Butter milk, Old liqueur, Go-mutra, Luke warm water |
| 05. | Others | Garlic, Ginger,                                     |
| 06. | Meat   | Desert Habitat animal's meat                        |

**APATHYA<sup>31</sup> :**

| S.no. | Facts          | Name                                |
|-------|----------------|-------------------------------------|
| 01.   | Nature         | Heavy, Fatty, Oily food             |
| 02.   | Lentils        | Black gram                          |
| 03.   | Vegetables     | Poi (Malabar spinach)               |
| 04.   | Dairy Products | Milk & all milk products; Curd etc. |
| 05.   | Liquid         | Contaminated water                  |
| 06.   | Meat           | Fish & Aanup mansa                  |
| 07.   | Other          | Geggergy                            |
| 08.   | Weather        | Direct wind of Easten direction     |
| 09.   | Habbit         | Suppression of natural urges        |

**DISCUSSION :** Erand Sneha & Panchakola churna is the compound ayurvedic formulation which is used frequently in the management of Amavata.

**Mode of action of Panchkola churna :** Panchkola churna is a combination of five *Katu rasa pradhana* drugs that Pippali , Pippali moola, Chavya, Chitraka & Shunthi.<sup>32</sup>

Panchakola churna is *Katu* in *rasa & paka* , *Ushna* , *Teekshna* and eminent in digestion , very good Appetizer , *Kapha-Vata nashaka* & *Pitta kopaka*.<sup>33</sup>

Panchakola works as *Ama-pachaka* by its *Katu rasa & Teekshna guna*. also *Vata shamana* due to its *Ushna virya*.<sup>34</sup>

**Mode of action of Erand Sneha :** Erand Sneha having *Katu rasa*, *Ushna virya* so due to its properties it potentiate *Jatharagni* which act *Deepana karma*. Also due to its *Sukshma* property penetrate into micro channels and works as *Shrotomarga vishodhaka*.<sup>35</sup> Erand Sneha is capable to ravage to *Vata roga* which combined with *Meda* , *kapha dosha* due to its *Snigdha* temperament , Conjoint & Laxative properties.<sup>36</sup> According to *Acharya Charaka Erand Sneha* is Best for Laxation<sup>37</sup> also mentioned as in *Bhedneeya* , *Swedopaga & Angmard-prashmana Mahakashya* and *Madhura skandha*.<sup>38</sup>

According to *Chakradatta* in the treatment of *Amavata* ; Severe *Amavata* is curable with the combination of *Dashmoola rasna kwatha*, *Giloy-Sunthi-Devdaru kwatha* to take with *Erand Sneha* .<sup>39</sup> Erand Sneha finally enters at *Dhatu* level where it acts as *Ama pachaka & kapha shamaka*.<sup>40</sup>

**CONCLUSION :** Mandagni is the main causative factor of all diseases. Amavta mainly caused due to derangement of *Agni* as *Jatharagni* , *Dhatvagni* & *Bhootagni*. *Deepana* and *Ama-pachana* is the first line of treatment of *Amavata*. *Panchakola churna* act as *Pachana & Agni-deepana* that's correct the *Agnimandhya* and maintain *Dhatvagni* also. *Erand Sneha* is a best drug for *Amavata* also effective in the *sama* stage of *Amavata*.<sup>41</sup>

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