



## ROLE OF RASNADI KWATHA IN ASTHIMAJJAGATA VATA (AVASCULAR NECROSIS OF HIP JOINT)

<b>Dr. Pankaj Singh</b>	PG Scholar Panchakarma Department, Patanjali Bhartiya Ayurvigyan Evum Anusandhan Sansthan, Haridwar.
<b>Dr. Shivani Mahajan</b>	Professor Panchakarma Department, Patanjali Bhartiya Ayurvigyan Evum Anusandhan Sansthan, Haridwar.
<b>Dr. Praphull Goyal</b>	Assistant Professor Panchakarma Department, Patanjali Bhartiya Ayurvigyan Evum Anusandhan Sansthan, Haridwar
<b>Dr. Ketan Mahajan</b>	Professor & HOD Panchakarma Department, Patanjali Bhartiya Ayurvigyan Evum Anusandhan Sansthan, Haridwar.

**ABSTRACT** *Ayurveda* is a Science of life. It proposes the concept of *Dosha- Dhatu-Mala* as one of its basic principles. *Ayurvedic* medicines have a significant role to keep us free from diseases. Among these, *Kwatha Kalpana* is the most significant and widely used dosage form in *Ayurvedic* pharmaceuticals. In *charaka samhita acharya* has mentioned *asthimajjagata vata* in *vata vyadhi* chapter which resembles the symptoms of avascular necrosis. In modern medicine administration of muscle relaxants, NSAIDS, physiotherapy etc give temporary relief from the pain and last option seems to be surgery which is quite expensive and has several complications. The role of *Rasnadi kwatha* has been depicted with its mode of action and medicinal value in the disease *saptadhatugata vata*.

**KEYWORDS :** *Asthimajjagata vata, Rasnadi kwath, Avascular necrosis, Saptadhatugata vata.*

### INTRODUCTION

*Vata* appears to be the body's major driving force, that maintains the body in an equilibrated and steady state. It controls all types of sensations and motor actions and is responsible for all neuro-muscular and psychological activities. Avascular necrosis (AVN) also called osteonecrosis, aseptic necrosis, bone infarction and ischemic bone necrosis, is cellular death of bone components due to interference of blood supply because of which the bone tissue dies and the bone collapse.

Pathology of Avascular necrosis is not clearly mentioned but it can be said that osteonecrosis /aseptic necrosis occurs due to various traumatic and non-traumatic causes which impairs blood circulation to the bone leading to the death of bone marrow and osteocytes, generally causing the collapse of the necrotic segment.

The clinical features of *Asthi Majja Gata Vata* are *Bhedoasthiparvanam* (breaking type of pain in bones), *Sandhishoola* (joint pain), *Mansabalaksaya* (loss of strength and muscles weakness) and *Aswapna* (disturbed sleep), *Satararuk* (continuous pain)<sup>1</sup> which can be correlated with symptoms of AVN.

The role of *Rasnadi kwatha* has been depicted with its mode of action and medicinal value in the disease *saptadhatugata vata*.<sup>2</sup>

### REVIEW OF DRUG

*Rasnadi kwatha* comprises of five ingredients namely *Rasna, Punarnava, Guduchi, Shunthi* and *Eranda*. It is solely described in *Bhavaprakasha Madhyama Khanda Chikitsa Prakaranam* 8/342<sup>3</sup>.

**Table-1 Ingredients Of Rasnadi Kwatha**

S.NO.	DRUG NAME	BOTANICAL NAME	PART USED	MAIN FUNCTION
1.	<i>Rasna</i>	<i>Pluchea lanceolata</i>	Whole plant	<i>Vata shamaka</i>
2.	<i>Punarnava</i>	<i>Boerhavia diffusa</i>	Root	<i>Mutravirechniya</i>
3.	<i>Guduchi</i>	<i>Tinospora cardifolia</i>	Stem	<i>Vayasthapana</i>
4.	<i>Shunthi</i>	<i>Zingiber officinale</i>	Rhizome	<i>Shoolaprasamana</i>
5.	<i>Eranda</i>	<i>Ricinus communis</i>	Root	<i>Vednashamaka</i>

**Table-2 Ayurvedic Pharmacological Properties Of Ingredients Of Rasnadi Kwatha<sup>4</sup>**

S. NO.	DRUG	RASA	GUNA	VIRYA	VIPAK A	DOSHKAR MA
1.	<i>Rasna</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamaka</i>

2.	<i>Punarnava</i>	<i>Tikta, madhur, kashaya</i>	<i>Lagu, ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha shamaka</i>
3.	<i>Guduchi</i>	<i>Tikta</i>	<i>Guru, snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha shamaka</i>
4.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha vata shamaka</i>
5.	<i>Eranda</i>	<i>Madhura</i>	<i>Guru, snigdha, sukshma, teekshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kapha shamaka</i>

**Table -3 Chemical Composition And Pharmacological Activity Of Ingredients Of Rasnadi Kwatha**

DRUGS	CHEMICAL COMPOSITION	PHARMACOLOGICAL ACTIVITY
<i>Rasna</i>	Diaryl-heptanoids	Anti-inflammatory
<i>Punarnava</i>	Punarnavine	Anti-inflammatory, diuretic
<i>Guduchi</i>	Diterpenes and alkaloids	Antioxidant, immunomodulatory
<i>Shunthi</i>	Gingeorol, oleoresin	Carminative, stimulant
<i>Eranda</i>	Ricinoluc, arachidic	Anti-inflammatory, analgesic

### DISCUSSION

In the review, most of the drugs have *Vata Shamak* property and have *tikta rasa, ushna Virya* which helps to treat the disease. According to *Acharya's*, *Tikta* drugs are mentioned in the management of *Asthyashrita vyadhi*.<sup>5</sup>

*Rasna*- Diaryl-heptanoids is the main chemical constituent of *Rasna* which has anti-inflammatory effect.

*Punarnava*- Its major chemical constituent is Punarnavine which acts like Anti-inflammatory and diuretic.

*Guduchi*- Diterpenes and alkaloids is main chemical constituent of *Guduchi* having Antioxidant, immunomodulatory effect.

*Shunthi*- Gingeorol, oleoresin is the main chemical constituent of *Shunthi* which acts as carminative and stimulant.

*Eranda*- *Eranda* contains alkaloid Ricinoluc, arachidic which has Anti-inflammatory, analgesic effect.

### CONCLUSION

It is one of the most effective therapies in the management of *asthimajjagata vata*. According to acharyas the formulation used in this

are enriched with useful medicinal plants and plenty of the effects. Their properties are extremely useful to overcome the pathogenesis of above mentioned disease and provide good cure and relief.

#### REFERENCES

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