



'AN EXTENSIVE STUDY OF SHUNTHI W.S.R. TO AMAVATA' --A REVIEW

Ayurveda

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ABSTRACT

Ayurveda is most ancient life science which aims to maintain the health of healthy person and cure the diseased one. In present scenario peoples are suffering from many types of digestive problems due to lack knowledge about a healthy life style. In *Ayurveda* *Ama* is a root cause of many diseases, *Ama* is a trigger factor for various autoimmune diseases and *Amavata* is one of them, *Amavata* is a disease caused due to vitiation of *Vata* associated with *Ama*. The symptoms of *Amavata* are identical to Rheumatoid arthritis.

Shunthi (*Zingiber officinale*) commonly known as ginger is very popular and useful herbal medicine considering in condition of *Amavata* indicated in *Ayurvedic* classical text.

KEYWORDS

Ama, Amavata, Rheumatoid arthritis, shunthi

INTRODUCTION-

Amavata is a disease in which vitiation of *Vata Dosha* and accumulation of *Ama* take place in joints, which simulate Rheumatoid arthritis (RA) in modern parlance.¹ As per *Acharya Charak* aetiological factor for *Ama* formation are- *Atibhojan* (excessive eating), *Asamaya bhojan* (Irregular eating habits), *Ruksha*, *Guru*, *Shuska*, *Sheet ahara*, *virrudhahar* etc are *aharaj nidan* and *Lobha* (greed), *Lajja* (shame), *Shoka* (sorrow), *Bhaya* (Fear) etc are *Mansika nidana*.²

Due to *vividha nidan sevan* normal function of *Agni* (digestive power) is disturbed and the first *dhatu* namely *Rasa* is not formed properly vitiated by *Doshas* (undergoes fermentation) and retained in *Amashaya* this state of *Dhatu rasa* is called *Ama*.³

Vitiated *vayu* circulates the *Ama* all over body through *Dhamanias*, takes shelter in the *Shleshma sthana* (*Amashaya*, *Sandhi* etc.) producing symptoms such as stiffness, swelling and tenderness in small and big joints, making a person lame.⁴

Shunthi (*Zingiber officinale* Rosc.) can be helpful to reduce symptoms of *Amavata* like pain, inflammation due to its *katu rasa*, *ushna veerya* and *pachan* property.⁵

MATERIAL AND METHODS-

In this critical review information related to the topic have been compiled from various *samhita*, *chikitsa granth*, *nighantu*, Books & Journals.

AIMS & OBJECTIVES-

- To understand the pathogenesis of *Amavata*.
- To detailed study of *Shunthi*.
- To understand role of *Shunthi* in *Amavata*.

Feature and Symptoms of *Amavata*-

When *Ama* and *vata* *doshas* are vitiated simultaneously and enter *Trika sandhi* and renders body into stiffness, such condition is known as *Amavata*, *Angamarda* (body pains), *aruchi* (anorexia), *trishna* (thirst), *alasya* (laziness), heaviness of the body, fever, indigestion of food, swelling over the body, It contracts (*Sankocha*) *manya* (neck region), *prstha* (lumbar area), *kati* (back), *janu* and *trika sandhi* and weakness of the body. These are the features of *Amavata* and food remains undigested because of impaired digestive fire, is called as *Ama* such *Ama* is capable to vitiate all the *doshas* of the body.⁶

Rheumatoid Arthritis (R.A.)

Rheumatoid Arthritis (R.A.) is a multisystem inflammatory disease primarily affecting the synovium and adjacent tissue.⁷

Rheumatoid arthritis is a very common condition, with a prevalence of approximately 1%, It is three to five times more common in women than in men. The peak incidence is in the second to fourth decades of

life but no age is immune.⁸

Introduction of *Shunthi* (*Zingiber officinale* Rosc.)

Shunthi (*Zingiber officinale* Rosc.) belongs to kingdom plantae, order scitaminaea, family zingiberaceae⁹ it's classical names are *shunthi*, *Nagar*, *Mahaushadha*, *Vishwabheshaja*, *shringabera*, *Katubhadra*, *Ardrika*, *Ardraka*, vernacular names are *Sonth*, *Adrak*, *Adarakha* etc. in hindi, *Shuntha*, *Shunthi*, etc. in Beng.

Chukku, Inchi, Erukkilannu in Mal. Sukku, Chukka, Inji, Allam etc. in Tam. Zanjabeel in urdu and ginger in english.

Perenical herb, rhizome stout, tuberous with erect leafy stem, 60-90 cm. tall. leaves sessile, linear lanceolate, 10-25 x 1.5-3 cm. narrowed to the base,

It is cultivated throughout the sub Himalayan tracts of uttar Pradesh, occasionally cultivated in bihar and orrisa, w. Bengal, Himachal Pradesh, Madhya Pradesh, Gujarat etc.¹⁰

Ayurvedic properties¹¹-

Rasa – *katu*
Guna – *Laghu Snigdha* (*shunthi*), *Guru*, *Ruksha*, *Teekshana*

Veerya – (*adraka*)
Ushna
Vipaka – *Madhura*
Doshaghnata – *Vatakaphashamaka*
Part used – *Rhizome*
Doses – *Juice* 5-10 m.l., *powder* 1-2 gm.
Beneficial formulation of *Shunthi* in *Amavata*.¹²⁻¹³

**Kwathas*

- Rasnapanchaka kwatha*, *Rasnadvadasaka kwatha*, *sunthyadi kwatha*, *satyadi kwatha*, *pippalyadi kwath*, *mahaushadhi kwatha* according to *yoga ratnakara*.
- Satyadi kwatha*, *rasnadasmulaka*, *rasnapanchaka*, *ranasaptaka* and *sunthyadi kwatha* according to *chakradatta*.

**Churnas* (powder)-

- Ajamodadya churnam*, *panchasama churna*, *phalatrikadi churna*, *hingvadi churna*, *nagradi churna*, *panchakoladi churna*, *vaisvanara churnam*, *chitrakadi churnam*, *alambusadi churna* mentioned in *yoga ratnakara*.
- Nagar churnam*, *panchakola churnam*, *amrtadi churna*, *vaisvanara churna*, *alambusadya churna*, *bhagottara alambusadya churna*, *pathyadi churna*, *hingvadya churna* are mentioned in *chakradatta*.

**Guggul*, *Vati*, *pinda* etc.

- Maharasana pinda*, other *simhanada guggal* (*vopadevsataka*) are mentioned in *yogaratanakara*.
- Brhat simhanada guggulu*, *ajamodadya vataka* are mentioned in *chakradatta* for *amavata*

***Ghrta and kalka-**

- *Shunthi Ghrta*, *Shunthi kalka* mentioned in yoga ratnakara
- *Nagar-ghrta I*, *Nagara ghrta II*, *Amrta-ghrta*, *kanjikasatpalaka ghrta* are mentioned in *chakradatta*.

Chemical Composition¹⁴-

- Gingerin, gingerol shogaol, zingerone, zingiberene, zingiberol, starch, protein and volatile oil etc.

Pharmacological activities¹⁵-

Antinauseant and antiemetic activity anti coagulant property, anti inflammatory activity, cardiovascular effect, antitumor property antimicrobial activity etc.

Ginger is used in traditional medicines since long back. It is specifically used in '*Amavata*' were predominance at *ama* in the pathology of arthritis is seen patient receiving 3-7gm of powdered ginger daily for about 2 months shows significant reduction in pain and swelling associated with rheumatoid arthritis. Ginger is considered as effective as acetylsalicylic acid in reducing carrageenin induced oedema in rats. It is thought that these anti inflammatory action are a result of inhibition of prostaglandin release and hence ginger may act in a similar manner as NSAID, which interfere with prostaglandin biosynthesis. It is found that 6 gingerol and 6 shagol have analgesic and antipyretic properties. Ginger oil is also known to suppress inflammation in arthritis.

Substitutes and adulterants¹⁶-

There are several commercial varieties of ginger, derived from *Z. officinal*. apart from these, some types are derived from other species viz. Japanese ginger is obtained from *Z. mioga* Rocs. And Martinique ginger from *Z. zerumber* Rosc ex. sm. the rhizomes of *Z. casummar* Roxb. Are sometimes used as substitute to *Z. officinale*.

Drug Interaction¹⁷-

Ginger can interact with anti inflammatory medications such as Ibuprofen. It can also interact with aspirin, warfarin heparin, and other drugs that effect bleeding tendencies or platelet count.

DISCUSSION-

Amavata (Rheumatoid Arthritis) makes humans unable to work. Man experiences unbearable pain in it. As per modern medicine NSAIDS, DMARDS [Hydroxychloroquine, D-penicillamine, Methotrexate], Corticosteroids etc. are used to treat Rheumatoid Arthritis that have many side effects like hypertension, headache, fluid retention, urticaria, G.I. upset, Dizziness, Anorexia, loss of taste, drug induced S.L.E. (systemic lupus erythematosus) etc.¹⁸

While herbal medicines are safe *shunthi* is widely used medicine. we reviewed the classical text and found that *shunthi* is a extensively used in various formulations which are used in *Amavata*.

Shunthi is *Katu* in *Rasa*, *Laghu* in *Guna* and *Ushna veerya*. *Katu* and *Deepan dravya* are mentioned in *samanya chikitsa sutra* of *Amavata*.¹⁹ *Shunthi* has the propertie of *Aam pachan*.²⁰

Due to *ushna veerya* which means dominance of *agni mahabhuta* in it. It is *kaphavata shamak* so it is capable to normalize *vata dosha* and symptoms associated *vata* like pain etc.

CONCLUSION-

By these review study we conclude that *Shunthi* is widely used to treat *Amavata* as well as it is act as NSAID which are extensively use to treat Rheumatoid arthritis but having no side effects, *Shunthi* is very common, well known and cost effective herbal medicine and very useful in *Amavata*.

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