



ORIGINAL RESEARCH PAPER

Ayurveda

“SHUNTHI IN THE MANAGEMENT OF AMAVATA- A LITERATURE REVIEW”

KEY WORDS: Shunthi (Zingiber officinale Rosc), Amavata

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ABSTRACT Shunthi is also called *vishvabhejhaj* (universal medicine) due its many uses. It is a natural pain killer, used in Ayurveda to relieve all types of pain including abdominal colicky pain, joint pain, headaches and menstrual pain as it balances vata dosha in body. It improves digestion, used in bloating, colic pain, acidity - add it in vegetables, in buttermilk or have it with amla powder. Relieves swelling, pain in joints, stiffness, rheumatoid arthritis - consume it, massage with til oil + shunthi. This article focuses on use of Shunthi in Ama vata.

INTRODUCTION

It is cultivated almost throughout India. Shunthi, mahaushdh, vishw, nagar, vishwbheshaj, vishvaushadh, katugranthi, katubhadr, katushn, sauparn, shringver, kafari, aadrak, shoshan, nagar are its various synonyms found in ayurvedic texts. Rasa -Katu, Guna – snigdha, virya – ushna, vipaka – Madhura are properties of this drug. Drug is shothahara and Vata-kaphahara and used as deepana and bhedana. It is used in various disease like **Amavata**, shula, Aadhyamana, Atisara, Shlipada, Kasa, Shwasa, Hridroga, Shopha, Hikka, Vibandha, Rakttapita, Pandu, Vrana, Jvara, Kustha, Agnimandya etc. Shunthi belongs to Zingiberaceae family.¹

Shunthi (Sonth in Hindi), known in Botany with the name of Zingiber officinale, is quite a recognized Ayurvedic herb. It always grows erect to about one meter height and has rhizomes that are tuberous, horizontal and a little aromatic. Drying of ginger after its processing with the help of lime water, Shunthi or Sonth is prepared. It is a commonly used ingredient in Trikatu powder. It is useful in promoting digestive fire and helps in rheumatoid arthritis and aamvata.² Amavata is a **disease in which vitiation of Vata Dosha** and accumulation of Ama take place in joint(s), and it simulates rheumatoid arthritis (RA) at modern parlance.³

Amavata is a disease caused due to the vitiation or aggravation of *Vayu* associated with *Ama*. Vitiating *Vayu* circulates the *Ama* all over the body through *Dhamanies*, 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.

Common name: Ginger

Hindi: Adrak

Marathi: Alha, Aale
English: Ginger root
Gujrati: Sundh, Suntha.

Latin name: *Zingiber officinale Rosc*

Shunthi Properties:³

Rasa/Taste --Kattu/Pungent

Vipak/ Metabolic property: Madhur

Veerya/ Potency :Ushana/ Hot

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

Karma: Anulomana, Deepana, Hridya, Pachana, Vatakaphapaha, amadoshahara

THERAPEUTIC USES - Agnimandya, shvasa, Adhmana, Amavata, Pandu, Udararoga

AIMS

To study Shunthi from literature w.s.r. to Amavata.

OBJECTIVES

To collect information of Shunthi from Literature.

MATERIALS AND METHODS:

Methods: Manual Search.

Effect On Doshas:

Dry ginger powder or shunthi churna is a warm spice with pungent taste, extracted from the dried ginger roots. It helps to pacify Vata and Kapha doshas and increases Pitta dosha.⁴

Nutritional Content Of Shunthi:

Ginger Nutrition Facts Amount: 100 g:

Proteins: 1.8 g

Water: 78.9 g

Ash: 0.8 g

Phytosterols: 15 mg

Ginger is one of the healthiest spices, full of nutrients and bioactive compounds that have many benefits for our body and brain. Dry ginger powder or shunthi churna is a warm spice with pungent taste, extracted from the dried ginger roots. It helps to pacify Vata and Kapha doshas and increases Pitta dosha. Shunthi churna is used as an ingredient in many Ayurvedic formulations because of its healing properties. It helps in digestion, enhances appetite, pacifies stomach disorders, and maintains joint health and respiratory system health. Dried ginger powder is used as a spice during cooking.

Ayurvedic medical text Kaideva Nighantu mentioned that the pungent and hot taste make shunthi churna a good appetizer and digestive. It is also an aphrodisiac, hence treats respiratory disorders, cough, nausea, vomiting, hiccups, and constipation. In Rajanighantu, it is mentioned as an appetizer and cardiac tonic. It also mentioned that dry ginger powder treats inflammation and throat related diseases.⁵

Chemical Constituents:

Shunthi (Zingiber officinale) belongs to Zingiberaceae family.

Its contains Essential oil, **pungent constituents (Gingerol and Shogaol), resinous matter and starch etc.** Shunthi is a one of the very useful drug in the Amavata.⁶

Dosage:⁷

Shunthi Churna powder: 1 - 2 gm.

Uses In Inflammation: Dry ginger powder consumed with a little salt helps in reducing inflammation in the body. It is good in healing swollen joints and fingers. It also gives relief in inflammation caused by injuries.

Improves metabolism: Regular consumption of ginger powder helps in boosting metabolism. You should ensure that you add ginger to your daily diet to have a better metabolism rate.⁸

DISCUSSION

Rheumatoid Arthritis (RA) is known as Amavata in Ayurveda. Amavata is a disease in which vitiation of Vata dosha and accumulation of Ama (toxic remains in the body due to improper digestion) takes place in the joints. Amavata starts with a weak digestive fire which leads to accumulation of Ama. This Ama is carried to different locations through Vata but instead of being absorbed, it gets accumulated in the joints. Ginger helps to correct digestive fire and reduce Ama due to its Deepan (appetizer) Pachan (digestive) properties. It also has Vata balancing property and gives relief from the symptoms of Rheumatoid arthritis like pain and swelling in the joints. Drink this Ginger tea 2-3 times a day to control the symptoms of Rheumatoid Arthritis.⁹

CONCLUSION

From above literature study it can be concluded that shunthi is useful in the management of amavata. This can be further studied by taking trials in the other diseases.

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