

## A REVIEW OF THERAPEUTIC EFFECT OF PHALTRIKADI CHURNA IN THE MANAGEMENT OF AAMVAT

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### ABSTRACT

*Ayurveda* being ancient holistic medicine System is hope for suffering humanity in today's world. Where no one found complete treatment solution for commonest chronic inflammatory joint disease *AAMVAT* (Rheumatoid Arthritis), *Ayurveda* provides a defensive treatment for the same. In spite of immense struggle and research Modern science has only achieved success in finding solution for symptoms like inflammation. Whereas *Ayurveda* on other hand has described detailed list of Causative factors of *Aamvat* study of which will help scientific society to fight the disease by breaking Pathophysiology of *Aamvat* (samprapti bhang). This *Phaltrikadi Churna* which is a combination of drugs *triphala* & *shunthi* mentioned in *Yogratnakar Purva khand Aamvatadhikar*.

**KEYWORDS:-** Rheumatoid Arthritis, *Aamvat*, *Phaltrikadi churna*, *Ayurveda*.

### INTRODUCTION

Only in *Ayurveda* 4 types of *Ayu* have been defined *Hitayu*, *Ahitayu*, *Sukhayu* and *Dukhayu*. In *Ayurveda* what kind of food should be eaten according to *prakriti*, what kind of thoughts are fruitful or unfruitful for health, the approximation of age (which *prakriti*, what symptoms, which disease, what kind of thoughts and lifestyle oriented) person will live for how long has been described in *Ayurveda*.

In ancient era, people used to consume healthy food, intake of balanced diet, *ghrut*, daily *vyayam* *niyama* was there. They used to follow *dincharya*, *rutu charya*, *pathya*, *apathya*. There were no adulterations, added preservatives or stuffs like wafers, pickles, meats with added masala, salt.

In today's sedentary lifestyle people are more prone to disease at early stages of life. Nowadays, in this fast life people focus more on career than health resulting in loss of health. Sleep patterns are disturbed, the circadian rhythm has changed of almost every person working or non working.

The natural urges are been suppressed as some are in office or travelling. In house, mostly in places like Mumbai women's get up early to fill water or to make food and then sleep at noon to complete their sleep. All these changes lead to *mandagni*, and *mandagni* results in various diseases.

In *Ayurveda*, the cause of every *roga* is described as *Mandagni*. Thus the basic need to cure disease is first to modify or change the sedentary lifestyle which will result in improvement of *Agni*.

*Sandhi* (joint) disorders are becoming more and more common in population. Earlier, every joint disease was considered as arthritis, but now with recent advances they are been differentially diagnosed as RA, SLE, GOUT, MYOPATHIES, MYALGIA etc.

**Aamvat:** *Aamvat* occurs in the ages of 20-60 years. More common in the fourth and fifth decade but can occur at any age group. The gender ratio female: male is 3:1.

Prevalence rate worldwide is 1%. *Aamvat* happens due to *Ama* which is vitiated by *vat* in the *shleshmak* areas resulting in *shoth*, *shoola*, *stabdhata*, *aruchi*, *alasya* and *gauravta*. Various causes of *Aamvat* have been described in *granthas*. As disease of *Aamvat* are increasing because of the lifestyle, food, sleep pattern, suppressed urges a rationale therapy is needed to cure *Aamvat*. Looking at the sign and symptoms of *Aamvat*, they are closely related to rheumatoid arthritis. Many allopathic therapies have evolved best known as DMARDS (disease modifying anti rheumatic drugs). DMARD'S have side effects like aphthous ulcers from methotrexate, QT prolongation, retinopathy from quinine drugs such as HCQ and some DMARD'S require several investigations before and after initiation of drugs like LFT, RFT etc. A similar disease affecting young people is known as "Juvenile Rheumatoid Arthritis". Rheumatoid Arthritis is the disease which keeps Clinical similarity with *Aamvat*. RA is an autoimmune disease that causes Chronic inflammation of the joint's inflammation of tissue around the joins & inflammatory arthritis are cardinal features of RA, further it also causes inflammation & injury in other organs in the body. The other cardinal signs include fatigue, morning stiffness which last for more than an hour, severe muscle & joint pain, anorexia,

weakness. When the joint is unmoved for a while symptoms like tenderness, stiffness, rise in local temperature can also be noted. The inflammation of synovium in turn results in swelling of joint which may affect the wrist, knees, elbows, fingers, toes, ankle or neck. Because of its Potential of effecting multiple organs of body RA is referred as systemic illness. The investigation in modern medicine has primarily focused on mechanism of inflammation & has discovered various biological agents that provides relief by blocking pathway of inflammation. These agents being expensive and having side effects which requires Close monitoring has forced patient to look for better treatment.

### **Ayurvedic approach towards R. A.**

Though last few year's research has highlighted various pathways of inflammation in RA still etiological factor of disease is Unknown. *Ayurveda* on the other hand has Briefly explained the pathophysiology of disease, thousands of years ago.

According to which the disequilibrium occurring at higher level of physiology which include *agni* (biofire), *Koshta* (GI tract) causes immune response & inflammation.

### **Definition of *aam***

*Agnimandya* results in *aam* formation. It can also be defined as *adya ras* which is incompletely or partially digested.<sup>[8]</sup> Substance by which pressure is created on *srotomukha* by accumulating there.<sup>[9]</sup>

There are the various definition of *Aam* available in different classics. Some of them are given below.

ऊष्मणोऽल्पबलत्वेने धातुमुद्यमपाचितम्]

दुष्टमामाशयगतं रसमामं प्रचक्षते।।<sup>[10]</sup>

Which means Due to hypofunctioning of *Ushma* (*Agni*) the first *Dhatu* '*Rasa*' is not properly digested, instead the *Anna Rasa* undergoes fermentation or putrefaction (*Dusta*) being retained in the *Amashaya*. This *Rasa* is called as *Aam*.

### ***Aam svarupa*<sup>[11]</sup>**

The above properties can be classified in the following ways.

A. Properties which can be felt by touch

a. *Dravatva*.

- b. *Pichchilatva*.
- c. *Snigdhatatva*.
- B. Properties which can be perceived by eyes
  - a. *Tantumatva*
  - b. *Avipakvata*
  - c. *Asamyuktata*
  - d. *Anekavarnayuktata*
  - e. *Pichchilata*
- C. Properties which can be perceived by smell:
  - a. *Durgandha*
- D. Properties which can be known by questioning:
  - a. *Guruta*
  - b. *Avipakvata*

Process of *aam* formation *aam* formation in body take place by two ways.

- 1) Acute *Aam* formation<sup>[12]</sup>
- 2) Gradual *Aam* formation<sup>[13]</sup>

Acute *aam* formation is described in *trividh kukshiya vimana* which is responsible for manifestation of disease like; *Alasaka* and *Visuchika*.

While gradual *aam* formation is responsible for manifestation of systemic disease like *aamvat*.

### **Ayurvedic review of *aamvat***

#### ***Samprapti***

*Aam* & *vata* are two major causative factors of *aamvat*. “*Amena sanitavata Aamvat*”<sup>[2]</sup> which means the virulent *aam* circulates in the whole body propelled by the vitiated *vata doshas* producing block in the body. Channels that Station itself in the *sandhi* giving rise to *aamvat*. The main factor in production of *aam* is Mandagni. The undigested *Adya Ahara* dhatu due to Impairment in digestive fire (*Agni*) is called *Aam*<sup>[3]</sup> The deranged dynamic state doshic equilibrium (especially *Vata dosh*) along with *Aam* (which is produced due to *agnimandya*) and also by virtue of its *Vishkari gun* Quickly moves to all *Kapha sthanas*, via *Dhamanis*.<sup>[4,5,6]</sup>

According to the commentators on *Madhava Nidana* This *Vidhagada Ama*, in *kapha sthana* is further contaminated by *doshas* and assumes different colours, because of the *Atipichhilata*.

If *Aam* gets obstructed in to channels and promotes further vitiation of *vata dosha*, this morbid *Aam* circulates ubiquitously in the body propelled by vitiated *vata* with predilection for *sleshma sthana*. On the *dhamanies* with the other doshas it facilitates sroto *abhisyanda* and *srotorodha* causing *sthanasmsraya* manifested *stabdhata* (stiffness), *sandhisula* (joint-pain), *sandhishotha* (swelling), *Anga-marda* (bodyache), *Apaka* (indigestion), *Jwara* (fever), *Anga gourava* (heaviness of body), *Alasya* (laoghess) etc symptoms of *Aamvat*.

### Symptoms<sup>[15]</sup>

Initially the symptoms appear like those of indigestion. In this condition, the disease process has just begun and the morbidity has not reached the joints.

#### These symptoms are

**Angamarda** – Pain in body parts, general body ache

**Aruchi** – Anorexia, tastelessness

**Trishna** – Thirst

**Alasya** – Lethargy, weakness

**Gaurava** – Heaviness of the body

**Jwara** – Fever

**Apaka** – Indigestion

**Shunata** – Swelling of body parts

In the later stages when the disease spreads to the joints, tissues and organs the symptoms of multiple tissue and organ damage occur.

#### They are

**Saruja shopha** – Painful swelling in the joints of *hasta* (hand), *pada* (foot), *shira* (head and neck), *gulpha* (ankle), *trika* (sacrum and coccygeal), *janu* (knee), *uru* (thigh, i.e. hip)

**Vrishika damshavat peeda** – pain mimicking that of a scorpion sting

**Agni dourbalya** – Sluggish digestion

**Praseka** – Excessive salivation, nausea

**Aruchi** – Tastelessness, anorexia

**Gouravam** – Heaviness of the body

***Utsaha hani*** – Lack of enthusiasm

***Vairasyam*** – Feeling of perverted and abnormal tastes in the mouth

***Daaha*** – Burning sensation

***Bahumutrata*** – Excessive urination

***Grahani dosha*** – Contamination of intestines

***Apakwa mala*** – Stools comprise of indigested food

***Kukshi kathinata*** – Hardness of abdomen

***Shulam*** – Pain

***Nidra viparyaya*** – Sleep disturbances

***Trishna*** – Thirst

***Chardi*** – Vomiting

***Bhrama*** – Giddiness

***Murcha*** – Fainting

***Hrid graham*** – Feeling of tightness of chest

***Antra kujana*** – Gurgling sounds in the abdomen

***Anaha*** – Flatulence

*Phaltrikadi churna* is a combination mentioned in *purva khand aamvat* chapter of *Yogratnakar Shunthi* have *Katu rasa* - *Aampachak*, *Lagu guna*- Reduces *guru guna* of *aam*, *Ruksha* – Reduces *snigdha guna* of *Kapha*, *Ushna virya* - *Aampachak* , *Madhur vipaka* - *Vata shamak*, *Katu rasa* + *laghu guna* = *Aam pachak*, *Madhura vipaka* + *snidgha guna* = *Vata shamak*. 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 specially used in '*Aamvat*' were predominance at *aam* 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 actions 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. so due the above all properties *Shunthi* is considered main drug for *Aamvat Triphala* consist valuable phytochemicals such as tannin, alkaloid – quinone, flavonoids, phenol – gallic acid, ascorbic acid, hydrolysable tannin – chebulinic acid, epicatechin, soluble sugar,

ellagic acid, saponins, sterols, diterpenes and terpenoids. So Triphala has antimicrobial, antibacterial, antioxidant and immunomodulatory properties. It is an excellent *Rasayan*, having rejuvenating components.

### **This combination as whole is of ras**

*Gun-tridosahat Virya-sheet Vipak-madhur*, which helps to correct the biofire (*agnimandya*), increase digestion (*deepan, pachan*), eliminate the toxin and helps to digest aam which in turns breaks the pathophysiology of the disease. Hence the above combination is one of the finest combinations to fight against the disease.

### **CONCLUSION**

*Aamvat* is an age old inflammatory joint disease which if left unattended can not only cause severe bone deformity but also damages various other systems like cardiovascular system, respiratory system etc. Using the principles of ayurvedic text we can help reduce the suffering of humanity as whole. *Phaltrikadi churna* is one of the combination mentioned in *ayurveda* which can prove to be potential drug against *Aamvat*.

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