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ANTI-INFLAMMATORY POTENTIAL OF ARDHABILVA KWATHA CHURNA, A POLYHERBAL FORMULATION – A REVIEW

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ABSTRACT

Inflammation is a healthy process resulting from some disturbance or disease. Anti-inflammatory drugs. The signs of inflammation are redness elevated heat, swelling, pain, loss of function. Inflammation process plays a protective role in our body and in some conditions produces some negative effects such as conditions include the inflammatory dirsorders. Anti-inflammatory drugs are agents that reduce inflammation. These NSAIDs are also known to cause liver and kidney damage with long-term use. In *Ayurvedic* polyherbal formulations are widely prescribed for a wide range of inflammatory conditions. The easy availability, low cost and negligible side effects, natural products are popular in the nowadays in the world. Hence the anti -inflammatory potential of *Ardhabilva kwatha churna*, polyherbal formulation mentioned in the text is taken for review. Different research and review article were searched in different journals to establish the anti-inflammatory potential of *Ardhabilva kwatha churna.* This enables practitioners to use these formulations in a safe and responsible way.

KEYWORDS: Inflammation, anti-inflammatory, *bilva, punernava*, polyherbal, *sphoa.*

INTRODUCTION

Inflammation is a host defence mechanism of the body and it's an essential immune response that enables the body to survival during infection or injury and maintains tissue homeostasis in noxious conditions. According to the modern concept, inflammation is a healthy process resulting from some disturbance or disease. Inflammation is a normal response to any noxious stimulus that threatens the host and may vary from localized response to a generalized one.[1] Inflammation represents a highly coordinated sequence of events in which tissues respond to physical trauma, noxious chemicals, or pathogens.[2] Inflammatory processes are involved in immune surveillance and optimal repair and regeneration, following injury.[3] Inflammation can be correlated to Shotha on the basis of equivalent symptoms mentioned in the concerned literature. To overcome this problem different kind of safe and effective anti-inflammatory agents are available, including aspirin and other nonsteroidal anti-inflammatories.[4] Use of herbal plants for treatment of inflammatory diseases is well documented in *Ayurveda*, the medicinal system of ancient India.[5] *Ayurveda* is a very ancient medicinal Practice deep-rooted in ancient Indian culture. According to WHO, nearly 80% of global population believe primarily in herbal based folk treatment for main health care requirements.[6] Ancient medicinal systems all over the world practice herbal preparations as an important resource for finding of modern drugs.[7] The conventional drug available in the market to treat inflammation produces various side-effects.[8] During the screening out of many polyherbal formulations mentioned in the text *Ardhabilva kwatha churna*[9] is taken for study to establish its ant inflammatory potential.

Method of preparation of *Ardhabilva kwatha churna* [10]

Following ingredients are used for the preparation of *Ardhabilva kwatha churna*

S.no	Ingredients	Latin name	Family	Part used	Quantity
1	*Shunthi*	Zingiber officinale	Zingiberaceae	Rhizome	1 part
2	*Bhunimba*	Swerita chirata	Gentianaceae	Roots	1 part
3	*Apamarga*	Achyranthes aspera	Amaranthaceae	Roots	1 part
4	*Duralabha*	Fagonia Arabica	Zygophyllaceae	Roots	1 part
5	*Bilva*	Aegle marmelos	Rutaceae	Roots	½ part
6	*Punernava*	Boerhaavia diffusa	Nyctaginaceae	Roots	½ part

The coarse powder of all the ingredients are prepared separately and mixed together in the prescribed quantity. It is administered in the form of decoction as prescribed in the Ayurveda classics.[11]

Ingredients and their pharmacological and therapeutic properties

S. no.	Name of the Drug	Rasadi Panchak & Ayurvedic properties	Pharmacological properties
1	*Shunthi*	*Rasa - Katu* *Guna - Laghu, Snigdha (Shunthi), guru, Ruksha, Teekshna Ardraka).* *Virya - Ushna, Vipak - Katu (Ardraka), Madhur(Shunthi),* *Doshaghnata - Kaphavatashamak,* *Rogaghnata – Amavata, Aruchi, Chhardi, agnimandya, Koshthavata, sheetpitta, Kasa, Shwasa, pratishyay.* *Karma - Shothahara, vednasthapana, Nadiuttejak, rochana, Dipan, Pachana, vatashamak, Triptighna, vatanulomak, Grahi, Bhedana, kaphahara, Shwasahara, vrishya.*[12]	Anti inflammatory [13,14,15,16,17,18,19,20,21]
2.	*Bhunimba*	*Rasa – katu, tikta* *Guna- ruksha, sheeta, laghu, saraka* *Rogaghanta- shwasa, kasa, sannipataja jwara, Kapha, pitta, rakta doshahara, daha, shotha, Kushta, jawara, vrana, krimi*[22]	Anti inflammatory[23,24,25,26, 27,28,29]
3	*Apamarga*	*Rasa – katu, tikta* *Guna- saraka,teekshna* *Rogaghanta and karma – agnideepaka, Pachaka, rochaka, vaman, kapha, meda, vayu, hrudyaroga, aadhman, arsha kandu, shoola, udar roga nashak*[30]	Anti inflammatory[31,32,33]
4	*Duralabha*	*Rasa – madhura,tikta,kashaya* *Guna- saraka, laghu* *Veerya- sheeta* *Rogaghanta and karma –kapha, meda, madya, branti, raktapitta, kushta, Kasa, trushna, visarpa, vatarakta, vaman and jawar nashak*[34]	Anti inflammatory[35,36]
5	*Bilva*	*Rasa –katu, tikta ,kashaya* *Guna- snigdha, ushna* *Virya- ushna* *Rogaghanta- atisara, pravahika, grahni, Madumeha, karnaroga, vataroga, kamla, arsha, shotha, jwara* *Karma- agnideepka, pachaka, grahi*[37]	Antibacterial[38] Antiinflammatory[39,40,41]
6	*Punernava*	*Rasa –tikta* *Guna- laghu, sheeta* *Vipaka-katu*	Antiinflammatory[43,44,45,46,4 7,48,49,50,51,52,53]

		Rogaghanta- vatkaraka, malasangrahi, shotha, visha, udarroganashak[42]	

CONCLUSION

This review has presented a collective knowledge on therapeutic, pharmacological property as anti inflammatory. So this review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of *Ardhabilva kwatha churna* polyherbal formulation which helps the researcher to explore this formulation for experimental, clinical studies and also for the promotion of health.

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