

ANALYTICAL STUDY ON EKANGVEER RAS IN THE MANAGEMENT OF PAKSHAGHATA W.S.R. TO CVE (CEREBRO VASCULAR EPISODE)

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ABSTRACT

Pakshaghata is characterised by loss of functions and mobility of half of the body either right or left, pain and disturbed speech. The cause of Pakshaghata is Prakupit vayu. The pathological phenomenon of Vata is playing central role in the manifestation of Pakshaghata are Shuddha vataprakopa, AnyadoshSamsirista vataprakopa and Dhatukshyajanya vataprakopa. Pakshaghata can be correlated with Hemiplegia of modern medicine. It is caused by a wide spectrum of disease process like vascular disorder, infective disorder of brain tissue, tumours, trauma etc. Among these, vascular disorders or stroke is the most common cause of Hemiplegia. There is no complete cure is available for Hemiplegia till to-day. In Ayurveda disease is treated by two methods as Shodhana (Purification of dosha by specific procedure) and Shamana (Palliative). Many Ras-aushadhi has been recommended in Pakshaghata in Ayurvedic classics as Shamana Chikitsa. EkangveerRas is one of the Herbo- mineral medicine which showed excellent results in Pakshaghata. So, an effort has been made in this paper to explain role and action of Ekangveer Ras in Pakshaghata.

KEYWORDS: *Pakshaghata*, Hemiplegia, *Ekangveer Ras*.

INTRODUCTION

The term Pakshaghata, Pakshavadha & Ekang Vata have been used to describe hemiplegia in Ayurveda. Pakshaghata: (Samprapti) "Gruhitva Ardham Tanorvayu: Sira: Sanyurvishoshya Cha | Hatvaikam Maruta Paksham. Dakshinam Vamam. Eva. Va | Kuryatcheshta Nivruti hi rujam Vakstambha Eva Cha | Charak Chi. 28|5" Pakshaghata is mainly caused by Vitiatio

of Vata causing dryness of sira & Snayu & loss of function of one half of body. It is mainly a Vata Vyadhi Causing Specially by Prana Vayu Dushti with Pitta, Kapha, Dosha's Anubandha. Acharya Charak observed that sira snayu Vishoshana leads to pakshaghata but Acharya Sushrut noted the involvement of Dhamani in the pathogenesis of pakshaghata. Chakrapani says that without understanding the Prakuti (Physiology) correct knowledge of Vikruti (Pathology) is not possible. The implications of sira, dhamani & strotas are very essential to understand the pathogenesis of pakshaghata.

There are three types of Type Pakshaghata 1) Vataj 2) Pittanubandhi 3) Kaphanubandhi. The Causes of Pakshaghata is Old age, Vatakar Ahar Vihar, Raktha Duishtikar aharvihara, Pittakar Ahar Vihara, Manodwega (stress).

Maharshi Charaka describes *Pakshaghata* as a disease in which morbid *Vata* beholds either side of body, dries up *Sira* (blood vessels) *Snayu* (ligaments) of that part rendering it dead and producing *Cheshta Nivriti* (loss of functions) along with *Ruja* and *Vaksthambha*. It is considered as a disease of *Madhyam Marga Roga*. The disease produced due to the lesion of *Marma*, *Asthi* or *Sandhi* are categorised under *Madhyama Marga Roga*.

The clinical entity of *Pakshaghata* can be correlated with Hemiplegia; the disease with paralysis of one side of the body. Hemiplegia caused by a wide spectrum of disease process like vascular disorders, infective disorders of brain tissue, tumours, trauma etc. Among these vascular disorder or stroke are most common cause and the third leading cause of death in the world. There are two major categories of brain damage in stroke i.e. ischemia and haemorrhage, which results in the destruction of brain tissue via abnormalities in the blood supply of brain.

According to ayurvedic perspective

Ayurveda provides preventive, curative & rehabilitative measures for the management of pakshaghat. Prevention is the best cure. Identification of risk factors & their treatment can prevent the occurrence of pakshaghat. *Ayurveda* is an ancient science of life with virtue of holistic approach in management of diseases. In *Ayurveda* disease is treated by two methods as *Shodhana* (Purification of *dosha* by specific procedure) and *shaman* (palliative). There are many *Ras-Aushadhi* which are recommended in *Pakshaghata* in *Ayurvedic* classics as *Shamana Chikitsa*; *Ekanerveer Ras* is one of them. It is a Herbo-mineral medicine which

shows excellent results in *Pakshaghata*. A large number of patients effectively managed with *Ekangveer Ras* in my working college department.

AIMS AND OBJECTIVES

1. To study the literatures of *Ekangveer Ras* and *Pakshaghata*.
2. To evaluate the efficacy of *Ekangveer Ras* with pharmaceutical attributes of ingredients.

MATERIAL AND METHODS

Data were collected from the Authentic *Ayurvedic* text, scientific journals and using web sources.

Merits of rasaushadhi

Rasaushadhis satisfy each and every criterion of the qualities of an idea drug described by *Charaka Siddhisthana*:

1. *Alpamatram* – Minute and Minimum dosage
2. *Mahavegam* – Quick action
3. *Bahudoshaharanam* – Broad spectrum of activity
4. *Sukham* – Easy to administer
5. *Laghupakam* – Faster assimilation
6. *Sukhswadam* – Palatable
7. *Prinanam* – Pleasant and Agreeable
8. *Vyadhinashanam* – Curative
9. *AvikarichaVyapatam* – Relieves complication
10. *Na-Atiglanikaram* – Least complicated
11. *Gandhavararnarasopetam* – Agreeable colour, odour, test.

Drug review

Ekangveer Ras is a Herbo mineral medicine, it constitute *bhasma* as an ingredient are the most superior form of medicine. *Bhasma* are the most ancient form of administration of the nano medicine. In *Vatvyadhi Prakarana* of *Nighantu Ratnakar* *Ekangveer Ras* has been mentioned for treatment of *Pakshaghata* and other *Vatvyadhi*.

Ingredients of ekangveer ras**Table no. 1**

Sr. No.	Main contents	Proportion	Bhavana Dravya
1	Shudha Gandhaka	Each Dravya Samabhaga	Trifala. Trikatu, nirgundi, chitrak, shigru, kustha, kupilu, arka, guduchi, aadraka.
2	Shudha Parada		
3	Shudha Kanta Loha Bhasm		
4	Vanga Bhasma		
5	Naga Bhasma		
6	Tamra Bhasma		
7	Abhraka Bhasma		
8	Tikshna Loha Bhasma		
9	Nagaram		
10	Marich		
11	Pippali		

Method of preparation

Shudh (purified) Parad 1 Tola and Shudh Gandhak 1 Tola are blended together to form Kajjali. Kant-Loh Bhasma 1 Tola, Vang Bhasma 1 Tola, Naag Bhasma 1 Tola, Tamra Bhasma 1 Tola, Abrakh Bhasma 1 Tola, Tikshna-Loh Bhasma 1 Tola, Shunthi 1 Tola, Marich Phal (Phal = Fruit) 1 Tola and Pippali Phal 1 Tola are pounded to form fine powder which is blended with the Kajjali. The mixture is then processed in following Bhavana- Dravya (Items used for treating the formulation) Triphala Kwaath, Trikatu Kwaath, Kwaath prepared from Chitrak plant, Nirgundi Swaras, Markav plant, Aradrak Swaras, Kwaath prepared from Shobanjan Twak (Twak=Bark), Kwaath prepared from Kusht, Amalaki Phal, Kuchla Beej (Beej = Seed), Ark Mul(Mul=Root) and Guduchi Kanda respectively. The Kajjali mixture is given 3Bhavana (treatments) with each of the above mentioned Bhavana-Dravya after which the mixture is dried. This formulation is called Ekangveer Ras. On drying Ekangveer Ras is rolled into tablets each measuring 1Gunja.

Ayurveda pharmacodynamic Properties and Other properties of ingredients of ekangveer ras**Table no. 2**

Sr. no.	Dravya	Rasa	Veerya	Vipaka	Guna	Doshha Karma	Other Properties
1	Gandhaka Bhasma	Katu, madhura, kashaya	ushna	katu	Shita	Vatakapha shamaka	Yogvahi, Rasayana, deepana, aamashoshana, vishahara
2	Parada	Shada	shita	madhura	Yogvahi	Tridosha	Rasayana,

	<i>Bhasma</i>	<i>rasa</i>				<i>shamaka</i>	<i>saptadhatuwardhana</i>
3	<i>Shudha Kanta Loha Bhasm</i>	<i>Tikta, kashaya, madhura</i>	<i>Shita</i>	<i>Katu</i>	<i>Snigdha, sara</i>	<i>Tridosha shamaka</i>	<i>Rasayana, bruhana, medhya, raktavardhak, raktashodhaka, ayusthapak</i>
4	<i>Vanga Bhasma</i>	<i>Tikta</i>	<i>ushna</i>	<i>Katu</i>	<i>Ruksha</i>	<i>Vatakapha shamaka</i>	<i>Rasayana, deepana, vrishya, shukrastambhaka, ne trya, vrishya.</i>
5	<i>Naga Bhasma</i>	<i>Madhura Tikta</i>	<i>Ushana</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Vatakapha shamaka</i>	<i>Mansa majja shukra vardhaka, Rasayana, deepana,</i>
6	<i>Tamra Bhasma</i>	<i>Tikta</i>	<i>anushna</i>	<i>Madhura</i>	<i>Sara</i>	<i>pittakapha shamaka</i>	<i>Pachana, malanulomana, lekhanaya, Yogvahi, yakruta pleeha vruddhi nashaka deepana,</i>
7	<i>Abhraka Bhasma</i>	<i>Madhura kashaya</i>	<i>Shita</i>	<i>Madhura</i>	<i>snigdha</i>	<i>Tridosha shamaka</i>	<i>Saptadhatu vardhaka,</i>
8	<i>Nagaram</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tikkshna</i>	<i>Vatakapha shamaka</i>	<i>Raktashodhaka, nadiuutejeka, deepana, pachana</i>
9	<i>Marich</i>	<i>Katu, tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikkshna</i>	<i>Vatakapha shamaka</i>	<i>deepana, pachana, balya, vatanulomaka, Swasaghana,</i>
10	<i>Pippali</i>	<i>Katu</i>	<i>ushna</i>	<i>Madhura</i>	<i>Laghu, snigdha, tikshna</i>	<i>Vatakapha shamaka</i>	<i>balya, rasayana, medhaya, yogvahi, shula prashamana</i>

Ayurveda pharmacodynamic Properties and Other properties of bhavana dravya of ekangveer ras

Table no. 3

Sr. no.	Ingredient	Rasa	Veerya	Vipaka	Guna	Doshha Karma	Other Properties
1	<i>Triphala</i>	<i>Kashyay Pradhan-Pancharasa (LavanaVarjit)</i>	<i>anushana</i>	<i>Madhura</i>	<i>Laghu, ruksha, anushna, sara</i>	<i>Tridosha shamaka</i>	<i>Deepana, pachana, ruchaya, rasayana, balya, medhya</i>
2	<i>Trikatu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Ruksha, laghu, tikshna</i>	<i>Vatakapha shamaka</i>	<i>Deepana, lekhanaya, grahi, vrishya</i>
3	<i>Nirgundi</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu,</i>	<i>Vatakapha shamaka</i>	<i>Vedanastapak, medhya, balya, rasayana</i>
4	<i>Chitraka</i>	<i>Tikta, Katu,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu,</i>	<i>Vatakapha shamaka</i>	<i>Deepana, pachana, madaka, medhya</i>

					<i>tikshna</i>		
5	<i>Bringaraj</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu,</i>	<i>Vatakapha shamaka</i>	<i>balya, rasayana, keshya, shothahar</i>
6	<i>Shigru</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu, tikshna, sara</i>	<i>Vatakapha shamaka</i>	<i>Shothahar</i>
7	<i>Kushtha</i>	<i>Tikta, Katu, Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu, tikshna,</i>	<i>Vatakapha shamaka</i>	<i>Akshepak Shamaka</i>
8	<i>Amalaki</i>	<i>Tikta, Katu, Madhura, amla, kashaya</i>	<i>Shita</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Tridosha shamaka</i>	<i>Nadi Balyakaraka, deepana, medhya, vatanulomaka, yakrutauttejaka</i>
9	<i>Kupilu</i>	<i>Tikta, Katu,</i>	<i>Shita</i>	<i>Madhura</i>	<i>Ruksha, laghu, tikshna,</i>	<i>Vatakapha shamaka</i>	<i>Vedanathapaka, madaka</i>
10	<i>Arka</i>	<i>Tikta, Katu,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, laghu, tikshna</i>	<i>Vatakapha shamaka</i>	<i>Rakta shodhaka, hridya uttejaka</i>
11	<i>Guduchi</i>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Guru, snigdha</i>	<i>Tridosha shamaka</i>	<i>Vedanathapaka, vatanulomaka, deepana, pachana, Rakta shodhaka,</i>
12	<i>Adaraka</i>	<i>Katu,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Snigdha</i>	<i>Vatakapha shamaka</i>	<i>deepana, pachana, nadi uttejaka, Rakta shodhaka,</i>

Bioactivities of Ingredient and *Bhavanadravyas*

Table no. 4

Immunomodulator	Amalaki, Guduchi Pippali, Haritaki
Analgesic	Kupilu, Marich
Anti atherosclerotic	Amalaki, Bibhitaka
Hepatoprotective	Abhraka Bhasma, Amlaki, Kupilu, Pippali, Chitraka, Marich, Shigru, Haritaki
Antibacterial	Tamra Bhasma, Amalaki, Guduchi, Pippali, Chitraka, Marich, Shigru
Anti coagulant	Chitraka
Free Radical Scavenging Properties	Tamra Bhasma
Antioxident	LohaBhasma, Amalaki, Guduchi, Marich, hareetaki
Anti-inflammatory	Amalaki, Pippali, Nirgundi, Marich, Shigru
Hypolipidemic or Lipid Peroxidation	TamraBhasma, Adraka
Hypocholesteromic and Hypotriglyceridemic	Adraka, Bibhitaka

Indication of *ekangveer ras*

In the *vata vyadhi prakarana Nighantu Ratnakara Ekangveer ras* is advice to give for treatment of *Pakshaghata, Ardita*, and other *Vatvyadhi*.

Dosage of *ekangveer ras*

125mg tablet of *Ekangveer Ras* twice daily for 40 days.

Contraindication of *ekangveer ras*

As in *Ekangveer ras* all *Bhavana Dravya* has *Ushna Veerya* and *Katu Vipaka*; it may cause *Pittavidhi*. So, it should not be used in *Pittanubandhi Pakshaghata*.

DISCUSSION

Pakshaghata is a disease occurred due to vitiation of *Vata* and *Kapha Dosha*. In the treatment of *Pakshaghata* it is essential to pacify vitiated these Doshas. According to Ayurveda pharmacodynamic properties, *EkangveerRas* has ability to pacifying vitiated *Vata Dosha* as it is having madhura rasa, snigdha guna, ushna veerya and madhura vipaka. It pacifies vitiated *Kapha Dosha* by Tikta, Katu, Kashaya Rasa, LaghuGuna, Ruksha Guna, UshnaVeerya and KatuVipaka.

In the Samprapti (Pathogenesis) of *Vatvyadhi* it is described that the *Vatvyadhi* is a resultant of srotorodha (obstruction of body channels), Dhatukshaya (emaciation) or Marmaabhighata (damaging to the vital points). In *pakshaghata* increased kapha dosha may lead to obstruction of the srotas. Due to its Tikta Rasa, Laghu Guna and Ushna Veerya it performs Amapachana effect in the body. Then it eliminates Srotorodha (obstruction of body channels), occurred due to Ama as well as Kapha. The properties of ingredients of *EkangveerRas* would be instrumental in restoring the Gati (motor activities) and Gandhana (Sensation). Symptoms of aggravated *Vata* in *Vatavahasrotas* and Nadi such as Cheshtanasha (loss of activities) sandhishaitilya (Loosening of the joints), Mukhavakrata (Deviation of mouth), Vakagraha (Stammering of speech) and Saghy-nahani (Loss of sensation) would be subsided.

Phytochemicals of *bhavana dravyas* are also affecting the action of *Ekangveer Ras*, as *BhavanaDravya* enhances the properties of main ingredient. Amalaki, Pippali, Shigru, Marich has the ability to minimize nerve damage due to its anti-inflammatory action. Piperine helps to improve the outcome of patients by reducing inflammatory features at the site of the brain damage. Antioxidants and Atherosclerotic Properties of ingredients and *Bhavana*

Dravya which are capable of relieving the oxidative stress occurred due to free radicals. They reduce the risk of atherosclerosis, stroke and hypertension by neutralizing the damaging effects of free radicals. TamraBhasma and Sunthi are having hypolipidaemic action reduce coagulation time and acts against the formation of Atheroma. All these bioactivities may be beneficial in the management of Pakshaghata (Hemiplegia) where the lesion is Haemorrhagic, Thrombotic or Embolic.

CONCLUSION

It can be justified that due to its Ayurvedic pharmacodynamic properties and scientifically proved bioactivities of different phytochemicals of the ingredients and Bhavana Dravya of *Ekanagveer Ras* can be used effectively in the management of *Pakshaghata* (Hemiplegia).

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