

A CRITICAL REVIEW OF SHOTHAGHANA DRAVYA MENTIONED IN BHAVPRAKASH NIGHANTU

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ABSTRACT

In the context of *Ayurveda*, "*Shotha*" (शोथ) refers to swelling or inflammation, encompassing a wide range of conditions from minor swellings to internal organ inflammation. *Shotha* is also referred to as *Shopha* or *Shvayathu* in *Ayurvedic* texts. *Shothaghna* drugs refer to a group of medicinal substance in *Ayurveda* that help alleviate *Shotha Roga*. *Acharya Bhavprakash* has described *Shothaghna* (Anti - inflammatory) drugs across all 14 *Vargas* (Categories) in his classical *Ayurvedic text Bhavprakash Nighantu*. *Shothaghna Varg*s are *Haritkyadi Varga*, *Karpuraadi Varga*, *Guduchiyaadi Varga*, *Pushpadi Varga*, *Vatadi Varga*, *Aamradi Varga*, *Dhatvadi Varga*, *Dhanya Varga*, *Shak Varga*, *Dugdha Varga*, *Mutra Varga*, *Tail Varga*, *Sandhan Varga*. *Ayurveda* classifies it based on *Dosha* involvement (*Vataja*, *Pittaja*, *Kaphaja*), underlying causes, and systemic manifestations. These terms are often used interchangeably to described swelling, edema, or inflammation caused by *Dosha*

imbalanced.

KEYWORDS: *Bhav prakash nighantu, Inflammation, Shotha.*

INTRODUCTION

शोफसमुत्थानाग्रन्थिविद्वद्ध्यलजीप्रभृतयः प्रायेणव्याधेयोऽभि-

धास्यन्तेऽनेकोकृतयस्तैर्विलक्षणः पृथुर्यथितः सेमोविषमोवात्वमांसस्थायीदोषैसंघातः शरीरैकदेशोत्थितः शोफेऽइत्युच्यते॥

Aacharya Shushrut Acc. Granthi, Vidhradhi, and Alji are various types of diseases that are usually associated with inflammation. However, distinct from them, there is Diffused, Nodular, Uniform Or Irregular aggregations of *Vata* and other *Doshas* occurring in the skin and muscular tissues in a specific region of the body this condition is known as (edema or swelling) *Shotha*.

Type of *shotha* acc to *acharya kashyep samhita*

1. ***Vataj shotha***- *Vataj Shotha* is black in colour. It arises quickly and also subsides quickly. It feels as if ants are biting, causing pain. When passed with a finger, the swollen area gets depressed. In the lower part of the body. It increases due to veins, nerves, and skin. Oily and warm substance are suitable for it, whereas it is dry in nature.
2. ***Pittaj shotha***- *Pittaj Shotha* is blue, red or yellow in colour and causes severe pain and a burning sensation when exposed to sunlight. It matures quickly and is accompanied by diarrhea, thirst, burning sensation, and fever. There is a significant increase in pain around the navel and bladder area, and cold provides relief. This is known as *Paitika Shotha*.
3. ***Kaphaja shotha***– The *Shotha* that is stable, smooth, pale in colour, and painless, accompanied by loss of appetite and lack of sensation to touch, that increases very slowly significant growth in the chest, cheeks, and eye corners, that causes fever after feeling cold, and in which cold is not comforting is known as *Kaphaja Shotha*.
4. ***Sannipatika shotha***- *Sannipatika* swelling is blue, yellow, and radish in colour, exhibiting symptoms of *Vata*, *Pitta*, *Kapha* doshas. It causes extreme pain and is considered.
5. ***Agantuka shotha*** -*Agantuka Shotha* is blackish – red in colour and causes pain similar to a needle prick or a surgical cut.
6. ***Visha shotha*** -*Visha Shotha* is coppery or black in colour and spreads rapidly throughout

the body. It is accompanied by severe nausea, loss of appetite, excessive thirst fainting, fever, and lethargy.

Table no. 1: Drugs of haritakyadi varga for shotha (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Vibhitaki	<i>Terminalia belerica</i>	Combretaceae	Shothghana	B.P.1/36
2	Shunthi	<i>Zingiber officinale</i>	Zingiberaceae	Shothghana	B.P.1/44
3	Ajvayen Jangli	<i>Thymus serpyllum</i>	Labiatae	Shothghana	B.P.1/ 79
4	Parsikyavani	<i>Hyoscyamus niger</i>	Solanaceae	Shothghana	B.P. 1/ 80
5	Methi	<i>Trigonella foenumgraecum</i>	Papilionaceae	Shothghana	B.P. 1/ 93
6	Hingu	<i>Ferula foetida</i>	Umbelliferae	Shothghana	B.P. 1/ 100
7	Vacha	<i>Acorus calamus</i>	Araceae	Shothghana	B.P. 1/ 103
8	Vidang Bhed	<i>Tsjeriam cottam</i>	Myrsinaceae	Shothghana	B.P.1/112
9	Tumbru	<i>Zanthoxylum alatum</i>	Rutaceae	Shothghana	B.P.1/ 113
10	Yashtimadhu	<i>Glycyrrhiza glabra</i>	Leguminosae	Shothghana	B.P.1/ 145
11	Aargvadh	<i>Cassia fistula</i>	Leguminosae	Shothghana	B.P.1/150
12	Kutki	<i>Picrorhiza kurroa</i>	Scrophulariaceae	Shothghana	B.P.1/152
13	Chirayeta	<i>Swertia chirata</i>	Gentianaceae	Shothghana	B.P.1/ 153
14	Rasna	<i>Inula racemosa</i>	Compositae	Shothghana	B.P.1/162
15	Jyotishmati	<i>Celastrus paniculatus</i>	Celastraceae	Shothghana	B.P1/171
16	Pushkarmul	<i>Iris germanica</i>	Iridaceae	Shothghana	B.P1/174
17	Karkatsringi	<i>Pistacia integerima</i>	Anacardiaceae	Shothghana	B.P1/175
18	Katfal	<i>Myrica nagi</i>	Myricaceae	Shothghana	B.P1/ 178
19	Bharngi	<i>Clerodendron serratum</i>	Verbenaceae	Shothghana	B.P1/ 182
20	Pashanbhed	<i>Bergenia ligulata</i>	Saxifragaceae	Shothghana	B.P1/184
21	Manjistha	<i>Rubia cordifolia</i>	Rubiaceae	Shothghana	B.P1/191
22	Haldi	<i>Curcuma longa</i>	Zingiberaceae	Shothghana	B.P1/ 196
23	Rasanjan	<i>Extractum berberis</i>	Berberidaceae	Shothghana	B.P1/203
24	Bakuchi	<i>Psoralea corylifolia</i>	Leguminosae	Shothghana	B.P1/206
25	Ativisha	<i>Aconitum hetrophyllum</i>	Ranunculaceae	Shothghana	B.P1/213
26	Lodhra	<i>Symplocos racemosa</i>	Symplocaceae	Shothghana	B.P 1/ 215

27	Plandu	<i>Allium cepa</i>	Liliaceae	Shothghana	B.P1/ 226
28	Bhilava	<i>Semecarpus anacardium</i>	Anacardiaceae	Shothghana	B.P1/ 232
29	Posta	<i>Papaver somniferum</i>	Papveraceae	Shothghana	B.P1/237
30	Suvarchala	<i>Potassii nitras</i>	-	Shothghana	B.P1/255

Table 2: Drugs of karpuraadi varga for shotha (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Chiniya Kapur	<i>Cinnamomum camphora</i>	Lauraceae	Shothghana	B.P 2/4
2	Kasthuri	<i>Moschus</i>	Moschidae	Shothghana	B.P 2/ 8
3	Chandan	<i>Santalum album</i>	Santalaceae	Shothghana	B.P 2/11
4	Red Chandan	<i>Pterocarpus santalinus</i>	Leguminosae	Shothghana	B.P2/16
5	Devdaru	<i>Cedrus deodara</i>	Pinaceae	Shothghana	B.P2/25
6	Tagar	<i>Valeriana wallichii</i>	Valerianaceae	Shothghana	B.P 2/28
7	Guggal	<i>Balsamodendron mukul</i>	Burseraceae	Shothghana	B.P 2/45
8	Saral Niryaas	<i>Oleo resina of pinus longifolia</i>	Pinaceae	Shothghana	B.P2/47
9	Raal	<i>Resina of shorea robusta</i>	Dipterocarpaceae	Shothghana	B.P 2/ 48
10	Shallaki Niryaas	<i>Gum resin of boswellia serrata roxb</i>	Burseraceae	Shothghana	B.P2/ 50
11	Kundru	<i>Gum resin of boswellia carterii birdw</i>	Burseraceae	Shothghana	B.P2/51
12	Lohaban	<i>Styrax Benzoin dryand</i>	-	Shothghana	B.P2/51
13	Shilaras	<i>Liquidamber orientalis miller</i>	Hamamelidaceae	Shothghana	B.P2/52
14	Long	<i>Caryophyllum aromaticus</i>	Myrtaceae	Shothghana	B.P2/ 59
15	Bdi Ilayechi	<i>Amomum subulatum</i>	Zingiberaceae	Shothghana	B.P2/60
16	Sugandhbala	<i>Pavonia odorata</i>	Malvaceae	Shothghana	B.P2/ 83
17	Jatamansi	<i>Nardostachys jatamansi</i>	Valerianaceae	Shothghana	B.P2/ 89
18	Priyangu	<i>Callicarpa macrophylla</i>	Verbenaceae	Shothghana	B.P2/104
19	Renuka	<i>Polygonaceae aviculare</i>	Polygonaceae	Shothghana	B.P2/106
20	Talishpatra	<i>Taxus baccata</i>	Taxaceae	Shothghana	B.P2/114
21	Shital Chini	<i>Piper cubeba</i>	Piperaceae	Shothghana	B.P2/115
22	Lamazzak	<i>Cymbopogon jwarancusa.</i>	Poaceae	Shothghana	B.P2/119

Table 3: Drugs of guduchiyaadi varga for shotha (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Paan	<i>Piper betle</i>	<i>Papveraceae</i>	Shothghana	B.P3/ 12
2	Bel	<i>Egalemar melanz</i>	<i>Rutaceae</i>	Shothghana	B.P3/13
3	Gambhari	<i>Gmelina arborea</i>	<i>Verbenaceae</i>	Shothghana	BP3/14
4	Patla	<i>Sterospermum suaveolens</i>	<i>Bignoniaceae</i>	Shothghana	B.P3/19
5	Shudaraagnim anth	<i>Clerodendron phlomaides</i>	<i>Verbenaceae</i>	Shothghana	B.P/24
6	Brihadagnimath	<i>Premna integrifolia</i>	<i>Verbenaceae</i>	Shothghana	B.P3/24
7	Shyonak	<i>Orcylum indicum</i>	<i>Bignoniaceae</i>	Shothghana	B.P3/25
8	Shalparni	<i>Desmodium gangeticum</i>	<i>Leguminosae</i>	Shothghana	B.P3/30
9	Prishaniparni	<i>Uraria picta</i>	<i>Leguminosae</i>	Shothghana	B.P3/35
10	Brihati	<i>Solanum indicum</i>	<i>Solanaceae</i>	Shothghana	B.P3/36
11	Kantkari	<i>Solanum xunthocanpum</i>	<i>Solanaceae</i>	Shothghana	B.P3/38
12	Gokshura	<i>Tribulus terrestris</i>	<i>Zygophyllaceae</i>	Shothghana	B.P3/44
13	Rakt ark	<i>Calotropis gigantea</i>	<i>Asclepiadaceae</i>	Shothghana	B.P3/70
14	Kaner	<i>Nerium ondorum soland</i>	<i>Apocynaceae</i>	Shothghana	B.P3/82
15	Dhatura	<i>Datura metal</i>	<i>Solanaceae</i>	Shothghana	B.P3/85
16	Adusa	<i>Orocylum indicum</i>	<i>Acanthaceae</i>	Shothghana	B.P3/88
17	Rakt adusa	<i>Justica picta</i>	<i>Acanthaceae</i>	Shothghana	B.P3/89
18	Pitpapra	<i>Fumera parviflora</i>	<i>Fumariaceae</i>	Shothghana	B.P3/91
19	Neem	<i>Exadrrecta indica</i>	<i>Meliaceae</i>	Shothghana	B.P3/95
20	Paribhadra	<i>Erythrina indica</i>	<i>Leguminosae</i>	Shothghana	B.P3/100
21	Sahizan	<i>Moringa</i>	<i>Moringuceae</i>	Shothghana	B.P3/105
		<i>pterygosperma</i>			
22	Aprajita	<i>Clitoria ternatea</i>	<i>Leguminosae</i>	Shothghana	B.P3/112
23	Nirgundi	<i>Vitex negundo</i>	<i>Verbenaceae</i>	Shothghana	B.P3/115
24	Karanj	<i>Pongamia glabra</i>	<i>Leguminosae</i>	Shothghana	B.P3/119
25	Chirbilav	<i>Holoptelia integrifolia</i>	<i>Ulmaceae</i>	Shothghana	B.P3/123
26	Kapikachhu	<i>Mucuna prurita hook</i>	<i>Fabaceae</i>	Shothghana	B.P3/130
27	Jalvetas	<i>Salix tetrasperma</i>	<i>Salicaceae</i>	Shothghana	B.P3/137
28	Sahdevi	<i>Vernonia cinerea</i>	<i>Compositae</i>	Shothghana	B.P3/146
29	Devnal	<i>Lobelia nicotianaefolia</i>	<i>Lobeliaceae</i>	Shothghana	B.P3/157
30	Bhu-trin	<i>Cymbopogoncitratatus</i>	<i>Gramineae</i>	Shothghana	B.P3/169
31	Vidarikand	<i>Pueraria tuberosa</i>	<i>Leguminosae</i>	Shothghana	B.P3/180
32	Asghandh	<i>Withenia somniferum</i>	<i>Solanaceae</i>	Shothghana	B.P3/189
33	Patha	<i>Cissampelos pareira</i>	<i>Menispermaceae</i>	Shothghana	B.P3/193
35	Danti	<i>Boliospermum montanum</i>	<i>Euphorbiaceae</i>	Shothghana	B.P3/197
36	Zmalgotta	<i>Croton tiglium</i>	<i>Euphorbiaceae</i>	Shothghana	B.P3/202
37	Naagdanti	<i>Coroton oblongifolius roxb.</i>	<i>Euphorbiaceae</i>	Shothghana	B.P3/203

38	Vishala	<i>Trichosanthes palmata</i>	Cucurbitaceae	Shothghana	B.P3/204
39	Apamarg	<i>Achyranthes aspera</i>	Amaranthaceae	Shothghana	B.P3/219
40	Talmkhana	<i>Hygrophila spinosa</i>	Acanthaceae	Shothghana	B.P3/225
41	Kumari	<i>Aloe barbadensis</i>	Liliaceae	Shothghana	B.P3/230
42	Purnanva	<i>Boerhaavia diffusa</i>	Nyteaginaceae	Shothghana	B.P3/231
43	Sariva	<i>Hemidesmus indicus</i>	Asclepiadaceae	Shothghana	B.P3/238
44	Tray-maan	<i>Gentiana kurroo</i>	Gentianaceae	Shothghana	B.P3/248
45	Kakmachi	<i>Solanum nigrum</i>	Solanaceae	Shothghana	B.P3/247
46	Madhu-Nashini	<i>Gymnema sylvestre</i>	Asclepiadaceae	Shothghana	B.P3/225
47	Patal-Garudi	<i>Cocculus hirsutus</i>	Menispermaceae	Shothghana	B.P3/260
48	Ark-pushapi	<i>Holostemma</i>	Asclepiadaceae	Shothghana	B.P3/271
		<i>rheedianum spreng</i>			
49	Bhumi-aamla	<i>Phyllanthus niruri</i> <i>senus hook</i>	Euphorbiaceae	Shothghana	B.P3/278
50	Suvarchala	<i>Cleome viscosa</i>	Capparidaceae	Shothghana	B.P3/284
51	Sanai	<i>Cassia angustifolia</i>	Leguminosae	Shothghana	B.P3/289
52	Jalpippli	<i>Lippia nodiflora</i>	Verbenaceae	Shothghana	B.P3/294
53	Cucur-Vanda	<i>Blumea lacera</i>	Compositae	Shothghana	B.P3/305
54	Sudarshan	<i>Crinum latifolium</i>	Amaryllidaceae	Shothghana	B.P3/307

Table 4: Drugs of pushpadi varga for shotha (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Sthalpadam	<i>Lonidium suffruicosum</i>	Violaceae	Shothghana	B.P4/14
2	Jalkumbhi	<i>Ceratophyllum</i>	Ceratophyllaceae	Shothghana	B.P4/19
3	Gulab	<i>Rosa centifolia</i>	Rosaceae	Shothghana	B.P4/21
4	Mogara	<i>Jasminum sambar</i>	Oleaceae	Shothghana	B.P4/25
5	Champa	<i>Michelia champaca</i>	Magnoliaceae	Shothghana	B.P4/31
6	Sereyak	<i>Barleria prionitis</i>	Acanthaceae	Shothghana	B.P4/51
7	Agastya	<i>Sesbania grandiflora</i>	Leguminosae	Shothghana	B.P4/60

Table 5: Drugs of vataadi varga for shotha (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Gular	<i>Ficus glomerata</i>	Moraceae	Shothghana	B.P5/8
2	Kaak-Udumbar	<i>Ficus hispida</i>	Moraceae	Shothghana	B.P5/10
3	Arjuna	<i>Terminalia arjuna</i>	Combretaceae	Shothghana	B.P5/26
4	Vijaysaar	<i>Pterocarpus marsupium</i>	Febaceae	Shothghana	B.P5/28
5	Reetha	<i>Sapindus mukorossi</i>	Sapindaceae	Shothghana	B.P5/38
6	Jingini	<i>Odina woodler</i>	Anacardiaceae	Shothghana	B.P5/42
7	Semal	<i>Bombax malabaricum</i>	Bombacaceae	Shothghana	B.P5/54
8	Shwet shalmali	<i>Ceiba pentandra</i>	Bombacaceae	Shothghana	B.P5/58
9	Karir	<i>Capparis aphylla</i>	Capparidaceae	Shothghana	B.P5/63
10	Varun	<i>Crataeva nurrula</i>	Capparidaceae	Shothghana	B.P5/65
11	Kumbhi	<i>Careya arborea</i>	Lecythidaceae	Shothghana	B.P5/67
12	Krishan-Moshak	<i>Elceodendron glaucum</i>	Celastraceae	Shothghana	B.P5/69
13	Sagvaan	<i>Tectona grandis</i>	Verbenaceae	Shothghana	B.P5/77

Table 6: Drugs of *aamradi phala varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Khira	<i>Cucumis sativus</i>	<i>cucurbitaceae</i>	Shothghana	B.P6/47
2	Mahua	<i>Bassia latifolia</i>	<i>sapotaceae</i>	Shothghana	B.P6/95
3	Akhrot	<i>Juglans regia</i>	<i>juglandaceae</i>	Shothghana	B.P6/129
4	Imli	<i>Tamarindus indica</i>	<i>leguminosae</i>	Shothghana	B.P6/142

Table 7: Drugs of *Dhatvadi Varga* for *Shotha* (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Action	Ref.
1	Kaant-loha	Iron oxide	Shothghana	B.P7/49
2	Swarnmakshik	Iron sulfide	Shothghana	B.P7/55
3	Shilajeet	Mineral pitch/black bitumen	Shothghana	B.P7/78
4	Abhrak bhasm	Mica ash/ calcined mica	Shothghana	B.P7/113
5	Kardam	Mud/ clay	Shothghana	B.P7/157

Table 8: Drugs of *visha varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Shringik visha	<i>Aconite/ aconitum chasmanthum</i>	<i>Ranunculaceae</i>	Shothghana	B.P8/197

Table 9: Drugs of *dhanya varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Karma	Ref.
1	Nishpav	<i>Dolichos loblab</i>	<i>Leguminosae</i>	Shothghana	B.P9/46
2	Arhar	<i>Cajanus indicus</i>	<i>Leguminosae</i>	Shothghana	B.P9/51
3	Tisi	<i>Linum usitatissimum</i>	<i>Linaceae</i>	Shothghana	B.P9/66
4	Raai	<i>Brassica juncea</i>	<i>Cruciferae</i>	Shothghana	B.P9/73

Table 10: Drugs of *shak varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Lattin Name	Family	Action	Ref.
1	Palak	<i>Spinacia oleracea</i>	<i>Chenopodiaceae</i>	Shothghana	B.P10/16
2	Badi lona	<i>Portulaca oleracea</i>	<i>Portulacaceae</i>	Shothghana	B.P10/21
3	Chukrika	<i>Rumex vesicarius</i>	<i>Polygonaceae</i>	Shothghana	B.P10/25
4	Mulike patte	<i>Raphanus sativus</i>	<i>Cruciferae</i>	Shothghana	B.P10/33
5	Thuhar	<i>Euphorbia nerlifolia</i>	<i>Euphorbiaceae</i>	Shothghana	B.P10/37
6	Kasundi	<i>Cassia occidentalis</i>	<i>Leguminosae</i>	Shothghana	B.P10/43
7	Chana	<i>Cicer arietinum</i>	<i>Leguminosae</i>	Shothghana	B.P 10/45
8	Sahjana	<i>Moringa oleifera</i>	<i>Moringaceae</i>	Shothghana	B.P10/50
9	Karela	<i>Momordica charantia</i>	<i>Cucurbitaceae</i>	Shothghana	B.P10/63
10	Gajar	<i>Daucus carota</i>	<i>Umbelliferae</i>	Shothghana	B.P10/104
11	Maankand	<i>Alocasia indica</i>	<i>Aracaceae</i>	Shothghana	B.P10/106

Table 11: Drugs of *dugdha varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Action	Ref.
1	Ushtra Dugdha	Shothghana	B.P11/21

Table 12: Drugs of *mutra varga* for *shotha* (Inflammation) with ref.

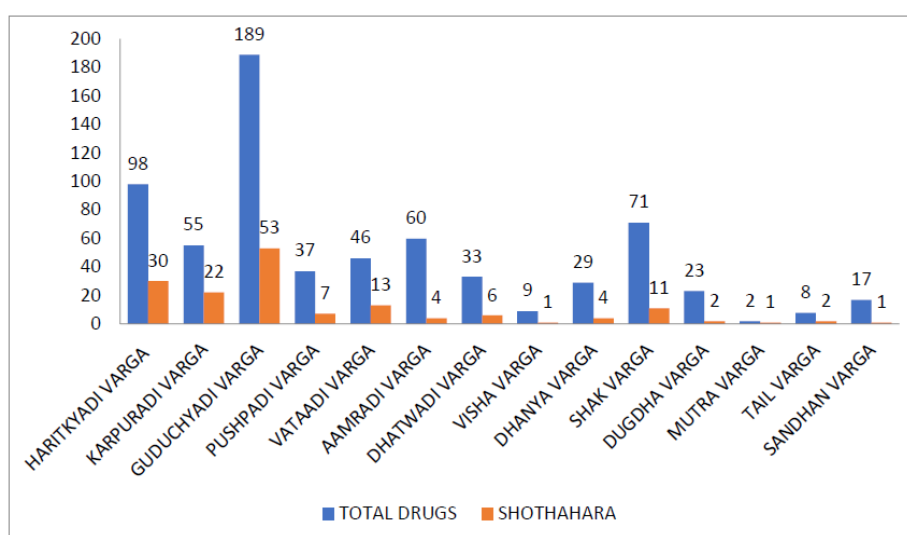
Sr. No.	Name	Action	Ref.
1	<i>Gau Mutra</i>	<i>Shothghana</i>	B.P12/1

Table 13: Drugs of *Tail Varga* for *Shotha* (Inflammation) with ref.

Sr. No.	Name	Action	Ref.
1	<i>Tuvari Tail</i>	<i>Shothghana</i>	B.P13/16
2	<i>Erand Tail</i>	<i>Shothghana</i>	B.P13/23

Table 14: Drugs of *sandhan varga* for *shotha* (Inflammation) with ref.

Sr. No.	Name	Action	Ref.
1	<i>Sura</i>	<i>Shothghana</i>	B.P14/23

**Graph 1: Varga wise distribution of dravyas.****Samprapti (Pathogenesis) of *Shotha* (Edema) in *Ayurveda***

Shotha (Edema or swelling) is described in *Ayurveda* as a pathological condition caused by an imbalance in the three *doshas* *Vata*, *Pitta*, and *Kapha* affecting the *Rasa* and *Rakta Dhatus*, leading to an accumulation of fluid in tissues. The *Samprapti* (Pathogenesis) of *Shotha* can be understood in six stages:

1. Samprapti ghataka (Pathogenic factors)

I. Dosh:- *Vata*, *Pitta*, *Kapha* (Either individually or in combination).

II. Dushya (Affected tissues):- *Rasa*, *Rakta*, *Mansa*, and *Meda Dhatus*.

III. Srotas (Channels):- *Rasa Vaha Srotas*, *Rakta Vaha Srotas*, and *Mutra Vaha Srotas*.

IV. Agni (Digestive fire):- *Jatharagni* and *Dhatvagni Mandya* (Weakened metabolic fire).

V. Sroto dushti (Channel impairment):- *Sanga* (Blockage), *Atipravritti* (Excess flow), *Vimarga Gamana* (Abnormal passage).

VI. Adhithana (Location):- Whole body or specific organs.

2. Samprapti krama (Pathogenesis process)

2.1. Dosha dushti (Vitiation of doshas)

Nidana (causative factors) like excessive salt intake, sedentary lifestyle, or trauma aggravate specific doshas.

Vataj Shotha: Due to excessive movement, dehydration, or dry foods.

Pittaj Shotha: Due to excessive heat, spicy foods, or infections.

Kaphaja Shotha: Due to excessive water retention, sedentary habits, and heavy foods.

2.2. Srotodushti (Impairment of channels)

Vitiated *Doshas* affect *Rasa* and *Rakta Dhatus*, leading to improper circulation and accumulation of fluids in tissues.

2.3. Dhatu dushti (Tissue impairment)

Impaired metabolism (*Dhatvagni Mandya*) results in improper tissue nourishment, leading to edema formation.

2.4. Accumulation of mala (Waste products)

Due to *Srotorodha* (obstruction in channels), waste materials like excess fluid get trapped, causing swelling.

2.5. Shotha prakopa (Aggravation of swelling)

Localized or generalized swelling manifests, depending on the doshic involvement. Pain (in *Vataja Shotha*), burning sensation (in *Pittaja Shotha*), or heaviness (in *Kaphaja Shotha*) may be present.

2.6. Vyakti (Full manifestation)

Visible edema appears, affecting different parts of the body. May be associated with underlying conditions like kidney disorders, liver dysfunction, or heart disease.

Acc to acharya kashyep samhita

Apathya in *Shotha* - in swelling (*Shotha*), one should avoid consuming curd, alcohol, fermented drinks, oily substance, vegetable, black gram, milk, sour foods, and other unsuitable or causative factors mentioned in the scriptures.

Pathya in shotha

- * Upon waking up in the morning, the patient should consume *Shunthi* or *Haritaki* mixed with jaggery. Alternatively, an equal mixture of *Haritaki*, *Giloy*, and *Shunthi Churna* can be used.
- * For the relief of swelling (*Shotha*), one should drink the urine of a Cow, Buffalo, or Camel. Alternatively, an appropriate amount of milk can be mixed with the mentioned urine and consumed.
- * Prepare a powder using *Triphala*, *Trivrita*, *Danti*, *Vidang*, *Gajpipili*, *Trikatu*, *Rohini*, *Daruhaldi*, and *Chitraka*. Mix twice the amount of *Loha Churna* with this mixture. Consuming it with milk helps the patient recover from the disease.

DISCUSSION

Samanye Chikitsa of Shotha If *Shotha* (Edema) is caused by *Aam Dosha* (toxins due to undigested food), the primary treatment should be *Langhana* (Fasting) and digestion-promoting medicines. If *Shotha* occurs due to excessive aggravation of *Doshas*, the initial treatment should be *Vishodhana* (purification therapies). If *Shotha* is present in the head region, it should be treated with *Shiro-virechana* (Nasal cleansing therapy) through *Nasya* (Nasal administration of medicines). If *Shotha* occurs in the lower part of the body, *Virechana* (Purgation therapy) should be administered, whereas if it appears in the upper part of the body, *Vamana* (Therapeutic emesis) should be used for treatment. If *Shotha* is caused by excessive intake of *Sneha* (Unctuous substances like oils and fats), it should be treated with *Ruksha* (Drying therapies). Conversely, if *Shotha* is due to excessive intake of dry substances, it should be treated with *Snehan* (Oleation therapy). In *Vataja Shotha*, if there is constipation or improper bowel movement, *Niruha Basti* (Medicated Enema) should be administered for treatment.

According to *Bhavprakash Nighantu* the *Haritkyadi Varga* consists of a total of 98 drugs out of which 30 drugs are effective in treating *Shotha*. In the *Karpuraadi Varga* there are a total of 55 drugs, out of which 22 drugs work on *Shotha*. In the *Guduchiyaadi Varga* there are a total of 189 drugs, out of which 53 drugs work on *Shotha*. In the *Pushpadi Varga* consists of a total of 37 drugs, out of which 7 drugs are effective in treating *Shotha*. In the *Vatadi Varga* there are a total of 46 drugs out of which 13 drugs work on *Shotha*. In the *Aamradi Varga* there are a total of 60 drugs out of which 4 drugs work on *Shotha*. In the *Dhatvadi Varga* there are a total of 33 drugs out of which 5 drugs work on *Shotha*. In the *Visha*

Varga there are a total of 9 drugs out of which 1 drug works on *Shotha*. In the *Dhanya Varga* there are a total of 29 drugs out of which 4 drugs work on *Shotha*. In the *Shak Varga* there are a total of 71 drugs out of which 11 drugs work on *Shotha*. In the *Dugdha Varga* there are a total of 23 drugs out of which 2 drugs work on *Shotha*. In the *Mutra Varga* there are a total of 2 drugs out of which 1 drug works on *Shotha*. In the *Tail Varga* there are a total of 8 drugs out of which 2 drugs work on *Shotha*. In the *Sandhan Varga* there are a total of 17 drugs out of which 1 drug works on *Shotha*. In *Bhavaprakash Nighantu* total *Shothahara* 157 Drugs out of 677 total drugs. At basic level we have seen how *Shotha Rog* is formed, After *Dosh-dushya-Samurchna* goes to *Agnimandya* takes place and form *Aam* and *Aam* goes to *strotorodh* and it forms *Shotha*. According to *Charak Acharya* in *Shothhar Gana* Medicine's are *Ushna virya Tri-doshghan* who we get *Aam-pachan* And *Agni Pradipan* so *Strotorodh* can be released, it's work as *Deepan-pachan*.

CONCLUSION

Shotha is a complex disorder that requires a holistic approach to treatment. *Ayurvedic* interventions, including dietary restrictions, herbal formulations, and detoxification therapies, help in effective management and long-term relief. Early diagnosis and appropriate treatment can prevent complications and improve patient outcomes.

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