

MODE OF ACTION OF PARIBHADRADI PRALEPA IN SANDHIGATA VATA

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Article Received on 15 April 2026,

Article Revised on 05 May 2026,

Article Published on 16 May 2026,

<https://doi.org/10.5281/zenodo.20204493>

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How to cite this Article: Nikita Sharma*¹, Dr. Rakesh Pawar², Kusum Mahajan³, Dr. Amitabh Singh⁴. (2026). Mode of Action of Paribhadradi Pralepa In Sandhigata Vata. World Journal of Pharmaceutical Research, 15(10), 752-755.

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ABSTRACT

Sandhigata Vata is one of the common Vatavyadhi conditions described in Ayurveda, characterized by pain, swelling, stiffness, crepitus, and restricted movement of joints. It is comparable to osteoarthritis in modern medicine. Among the external treatment modalities, *Pralepa* (medicated paste application) plays an important role in reducing pain and inflammation. *Paribhadradi Pralepa* is a classical Ayurvedic formulation indicated in Vata disorders associated with pain and swelling. The formulation acts through Vatahara, Shothahara, Vedanasthapana, and Srotoshodhana properties. The present article explains the probable mode of action of Paribhadradi Pralepa in the management of Sandhigata Vata.

INTRODUCTION

Sandhigata Vata is caused mainly due to aggravation of Vata Dosha in the joints leading to degeneration of Asthi and Majja.

Dhatu. Clinical features include:

- Sandhi Shoola (joint pain)
- Sandhi Shotha (swelling)
- Atopa (crepitus)
- Stambha (stiffness)

- Akunchana-Prasarana Vedana (painful movements)

Ayurveda recommends both internal and external therapies for its management. *Pralepa* therapy provides localized action and helps in reducing symptoms effectively.

Paribhadradi *Pralepa* is widely used because of its Ushna, Tikshna, Vata-Kapha Shamaka, and anti-inflammatory properties.

Ingredients of Paribhadradi *Pralepa*

The formulation generally contains drugs such as:

- Paribhadra
- Nirgundi
- Arka
- Eranda
- Shunthi
- Lashuna
- Saindhava Lavana

Pharmacological Properties of Ingredients

Ingredient	Properties	Therapeutic Action
Paribhadra	Tikta, Katu, Ushna	Reduces Vata and Kapha
Nirgundi	Vedanasthapana, Shothahara	Relieves pain and inflammation
Eranda	Snigdha, Ushna	Pacifies aggravated Vata
Shunthi	Deepana, Pachana	Improves circulation and reduces Ama
Lashuna	Vatahara, Balya	Improves joint mobility
Saindhava	Sukshma, Snigdha	Enhances penetration of drugs

Mode of Action of Paribhadradi *Pralepa* in Sandhigata Vata

1. Vata Shamaka Action

Sandhigata Vata occurs predominantly due to vitiated Vata Dosha. Most ingredients in Paribhadradi *Pralepa* possess:

- Ushna Veerya (hot potency)
- Snigdha Guna
- Vata hara

These qualities counteract the Ruksha and Sheeta properties of aggravated Vata, thereby reducing pain and stiffness.

2. Shothahara (Anti-inflammatory) Effect

Inflammation in joints produces swelling and tenderness. Drugs like Nirgundi and Shunthi possess anti-inflammatory activity that helps in:

- Reduction of edema
- Improved local circulation
- Decrease in inflammatory mediators

This helps relieve Sandhi Shotha.

3. Vedanasthapana (Analgesic) Action

The warm and penetrating nature of the formulation helps reduce pain by:

- Relaxing local muscles
- Improving blood flow
- Reducing nerve irritation
- Alleviating joint tenderness

Thus, Sandhi Shoola is relieved effectively.

4. Srotoshodhana (Channel Cleansing)

Accumulation of Ama and obstruction in microchannels aggravate pain and stiffness. Tikshna and Ushna drugs help in:

- Removing obstruction in Srotas
- Enhancing tissue metabolism
- Improving nourishment to joints

This restores proper joint function.

5. Improved Local Drug Absorption

Pralepa applied externally gets absorbed through skin pores and hair follicles. Saindhava Lavana enhances transdermal penetration of active components, increasing therapeutic efficacy at the affected joint.

6. Reduction of Stiffness

Snigdha and Ushna properties help lubricate the joints and reduce stiffness. This improves:

- Flexion and extension movements
- Joint mobility
- Functional capacity

Probable Modern Correlation

From a modern perspective, Paribhadradi Pralepa may act through:

- Anti-inflammatory mechanisms
- Counter-irritant effect
- Increased local blood circulation
- Muscle relaxant action
- Reduction of oxidative stress

The herbal constituents may inhibit inflammatory pathways responsible for osteoarthritic pain.

Advantages of Paribhadradi Pralepa

- Non-invasive therapy
- Minimal systemic side effects
- Effective localized action
- Easy application
- Useful in chronic joint disorders

CONCLUSION

Paribhadradi Pralepa is an effective Ayurvedic external therapeutic formulation for the management of Sandhigata Vata. Its Vatahara, Vedanasthapana, Shothahara, and Srotoshodhana properties help reduce pain, swelling, stiffness, and restricted movements. The formulation provides localized relief and improves joint function through both Ayurvedic and probable modern pharmacological mechanisms.

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