



## Conceptual Study of *Shatpushpadi Lepa* in *Amavata*

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### Review Article

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### Abstract

*Amavata* is most common disorder affecting the general population. Now a days, people have adopted unhealthy life style eating junk and doing vigorous exercise just after eating. In *Ayurveda* the causes of *Amavata* are *Virudhha Ahara-Chesta*, *Mandagni*, *Nishchalata* and doing *Vyayama* immediately after *Snigdha Bhojana*. The clinical presentation of *Pravridhha Amavata* closely resembles the Rheumatoid Arthritis. It is most common inflammatory arthritis and is major cause of disability. In *Ayurveda* various *Deepana-Pachana*, *Aushadhis Sewana*, *Panchkarma* therapies (*Shushka Sweda*, *Virechana*, *Basti* and *Lepa*) are mentioned in the treatment of *Amavata*. *Shatpushpadi Lepa* is one of the polyherbal compound mentioned by *Acharaya Yogaratnakara* in the management of *Amavata*. Almost all the ingredients of *Shatpushpadi Lepa* are having anti-inflammatory and analgesic properties. So, *Lepa* by its local application can combat the pathology in Rheumatoid Arthritis.

**Keywords:** *Amavata*; *Deepana-Pachana*; *Shatpushpadi Lepa*

### Introduction

The changing life style of human being by means of dietetic and behavior pattern (anger, stress etc) plays a major role in causing *Mandagni* (due to hypo secretion of digestive juices). This *Mandagni* leads to formation of *Ama*. *Ama* is considered as toxins produced due to improper functioning of *Agni* therefore *Ama* can be considered as unripe or un-metabolized food material. *Ama* ultimately leads to manifestation of several disorders. *Amavata* was first explained as independent disease in *Madhav Nidana*. *Amavata* comprises of two words- *Ama* and *Vata*. *Ama* when combined with vitiated *Vata* and goes to *Shleshma Sthana* causes the disease *Amavata* [1]. The signs and symptoms of *Amavata* includes *Angamarda* (generalized bodyache), *Aruchi* (anorexia), *Trishna* (excessive thirst), *Alasaya* (lethargy), *Gaurava* (heaviness), *Apaka* (indigestion) and *Angashunta* (edema in different parts of body). Signs and symptoms of *Pravridhha*

*Amavata* includes *Saruja shotha* (pain and swelling in hands, legs, ankle, knee, wrist, shoulder and hip joints) *Vrishchika Danshavata Vedana* (scorpion bite like pain), *Bahumutrata* (polyuria), *Agnidaurbalya* (indigestion), *Praseka* (salivation), *Aruchi* (anorexia), *Gaurava* (heaviness), *Utsah hani*, *Vairasya* (tastelessness), *Daha* (burning sensation), *Kukshikathinya* and *Kukshishool* (abdominal pain), *Nidraviparyaya* (sleep disturbance). These symptoms can be seen in *Pravridhha Awastha of Amavata* [2]. On the basis of its clinical symptoms, it is correlated with Rheumatoid arthritis (RA). It is chronic autoimmune inflammatory disease of unknown cause. Although there are variety of systemic manifestations, the characteristic features of RA are persistent inflammatory synovitis, usually involving peripheral joints in symmetric distribution [3]. Now a days rheumatoid arthritis has been more common and distressing among all joints problem. It affects approximately 0.8% of the population (ranges from 0.3-2.1%) worldwide [4]. The prevalence of RA in India is

0.7% [5]. In recent years, it affects individual of every age i.e., from teenage to adult. Unfortunately, there is no cure for this disease due to its complex and autoimmune nature. DMARDS (Disease Modifying Anti- Rheumatic Drugs), Steroids and NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) are major line of treatment for this disease which offers only symptomatic treatment and prolonged use of these medicine ultimately cause many systemic illnesses. In

*Ayurveda Langhana, Swedana, Katu-Tikta Deepaniya Dravya, Virechana, Basti* and other *Shamana Aushadhis* are described. *Shatpushpadi Lepa* is one of the polyherbal compound mentioned in *Yogaratanakara Amavata Chikitsa Adhikara* [6]. By topical application *Lepa* controls *Doshas* at localized levels and may offers instant relief. It is easy to use and is also cost effective.

## Drug Review

Name	Latin Name	Therapeutic Properties	Quantity
Shatapushpa [7]	<i>Anthevum sowa</i>	Analgesic	1 Part
		Anti-Inflammatory	
Vacha [8]	<i>Acorus calamus Linn.</i>	Analgesic	1 Part
		Anti-Inflammatory	
Vishva [9]	<i>Zingiber officinale Roxb.</i>	Analgesic	1 Part
		Anti-Inflammatory	
Shvadamshttra [10]	<i>Tribulus terrestris</i>	Analgesic	1 Part
Varuna [11]	<i>Crataeva nurvala</i>	Helpful in inflammatory wound, abscess etc.	1 Part
Punarnava [12]	<i>Boerhavia Diffusa</i>	Anti-Inflammatory	1 Part
Devdaru [13]	<i>Cedrus deodara</i>	Analgesic	1 Part
		Anti-Inflammatory	
Mundi [14]	<i>Sphaeranthus indicus Linn.</i>	Analgesic	1 Part
		Anti-Inflammatory	
Tarkari [15]	<i>Premna mucronate Roxb.</i>	Analgesic	1 Part
		Anti-Inflammatory	
Madanphala [16]	<i>Randia spinosa</i>	Analgesic	1 Part
		Anti-Inflammatory	
Shati [17]	<i>Hedychium spicatum</i>	Analgesic	1 Part
		Anti-Inflammatory	
Prasarini [18]	<i>Sida veronicaefolia</i>	Analgesic	1 Part
		Anti-Inflammatory	

**Table 1:** Therapeutic Properties of Shatpushpadi Lepa Drugs.

Name	Rasa	Guna	Veerya	Vipaka	Dosha-Karma
Shatapushpa	Katu, Tikta	Laghu Ruksha, Tikshna	Ushna	Katu	KV-Shamaka
					P-Vardhaka
Vacha	Katu, Tikta	Laghu, Ruksha,	Ushna	Katu	KV-Shamaka
					P-Vardhaka
Vishva	Katu	Laghu, Snigdha	Ushna	Madhur	KV-Shamaka
Shvadamshttra	Madhur	Guru, Snigdha	Sheeta	Madhur	VP- Shamaka
Varuna	Tikta, Kashaya	Laghu, Ruksha,	Ushna	Katu	KV-Shamaka

<i>Punarnava</i>	<i>Madhur, Tikta, Kashaya</i>	<i>Laghu, Ruksha,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshhara</i>
<i>Devdaru</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>VP-Shamaka</i>
<i>Mundi</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha-Shamaka</i>
<i>Tarkari (Agnimantha)</i>	<i>Tikta, Katu,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP-Shamaka</i>
	<i>Kashaya, Madhur</i>				
<i>Madanphala</i>	<i>Kashaya, Madhur</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV-Shamaka</i>
	<i>Tikta, Katu,</i>				
<i>Shati (Kuchar)</i>	<i>Tikta, Katu, Kashaya,</i>	<i>Laghu, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV-Shamaka</i>
<i>Prasarini</i>	<i>Madhur</i>	<i>Laghu, Snigdha, Pichala</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>VP-Shamaka</i>

**Table 2:** Rasa Panchaka of Contents of Lepa [19].

**Preparation of Lepa:** All the ingredients are taken in equal amount and mixed *Kanji (Dhanyaamla)* and applied *Sukhoshna* (luke warm) to the affected joint. The *Lepa* is removed after it get dried and affected joint is washed with lukewarm water.

### Rules for Application of Lepa

- According to *Acharaya Sushruta* the thickness of ideal *Lepa* should be *Ardramahishcharmotsedha* i.e., moist buffalo's skin which is considered approximately 4-5 mm.
- *Lepa* should not be applied during night.
- *Lepa* should be prepared fresh and never be applied stale.
- The *Lepa* should not be left in-situ after drying because it loses their potency and cause irritation to the skin.
- The *Lepa* should not be applied over the previous one [20].

### Discussion

Most of the drugs in *Shatpushpadi Lepa* are of *Katu-Tikta Rasa* (Pungent-bitter taste), *Laghu-Tikshana Rukhsa Guna* (levity-sharp-dry properties), *Ushna Veerya* (hot in potency) and of *Katu Vipaka* (pungent taste after digestion). These properties are against the properties of *Ama (Guru, Snigdha, Pichchil and Sheeta)* hence alleviates *Ama* locally from affected joints by application of *Lepa*. Properties of *Ama* are much similar to *Kapha* so it helps to reduce the *Sthanika Prapoka* of *Ama* and *Vata* due to its *Vata Kapha Shamaka* properties. Almost all the drugs in *Shatpushpadi Lepa* have *Vednashamaka* (analgesic) and (*Shothahara*) anti-inflammatory in nature so help relieve *Sandhi-Shula* (joint pain), *Sandhi-Shotha* (joint swelling) and *Sandhi-Saprshaashayata* (joint tenderness). When *Lepa* is applied over the affected joints, the active ingredients of *Lepa* enter the skin through *Romkupa* and further get absorbed through the *Swedvahi Srotas* and *Siramukha* it does the cutaneous biotransformation and which will pacify the *Doshas* and

helps in *Samprapti-Vighatana* (breakdown of pathogenesis) of the disease locally.

### Conclusion

*Amavata* is a condition where stiffness of body occurs due to lodging of vitiated *ama* and *Vata* in *Trika Sandhi* because of diminished *Agni* at *Jatharagni, Bhutagni,* and *Dhatwagni* level. *Pravridha Awastha* of *Amavata* closely resembles Rheumatoid Arthritis in accordance with their similarities on clinical features like pain, swelling, stiffness, fever, general debility and fatigue. *Shatpushpadi Lepa* is useful for local application over joints where there is swelling of synovial membrane and destruction of cartilage. It has *Vednasthapaka* (analgesic), *Shothahara* (anti-inflammatory) karma and has *Vata-Kapha Shamaka* properties. Hence, helps to reduce pain, swelling and tenderness of the affected joints and alleviates symptoms of *Amavata* by its local application over the affected joints. It is also cost effective and easy to use so can be used as ayurvedic pain reliever in the management of *Amavata*.

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