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Pharmacology of *Shothahara Dravyas* - A Literary Survey

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ABSTRACT

The word *Shotha* refers to oedema and the drugs which relieves the *Shotha* (oedema) called as *Shothahara Dravyas*. Ayurveda enumerated number of *Shothahara* drugs, among them the *Dashamoola* have given prime importance. The *Dashamoola* are *Bilva*, *Agnimantha*, *Shyonaka*, *Patala*, *Kashmari*, *Brihati*, *Kantakari*, *Shalaparni*, *Prishniparni* and *Gokshura*. The roots of these drugs are used to treat oedema. The *Shotha* is caused by vitiated condition, due to aggravation of *Vata*, movement or *Rasa Dhatu* is obstructed. Due to this it gets accumulated in between *Twacha* and *Maamsa*, which is known as *Shotha*, though it is caused by *Tridosha*, *Vatadosha* has predominant role. As the *Dashamoola* is having the *Vatagna* and *Shothagna* property so used in these conditions. The present study reveals the reference regarding *Shothagna* drugs from various classical texts their *Rasa Panchakas*, pharmacological activities and various research works are reviewed systematically. The further scope of the study is that to make available these drugs as a standard drug (Control Drug) to evaluate the *Shothagna* activity with the other available drugs along with the clinical study.

Key words: *Shothahara Dravyas*, *Dashamoola*, *Shotha*, *Oedema*.

INTRODUCTION

The *Rasa* is the first *Dhatu* which rest nourishes all the *Saptadhatus*. After nourishing one *Dhatu*, remaining *Rasa* move towards other *Dhatu* for its nourishment through the *Srotas*. The *Moolasthan* of *Rasa Dhatu* is *Hridaya* and *Rasavahinidhamanis*.^[1] The *Ahararssa* undergoes *Pacahanakriya* produces three parts, the first part is *Sthula* part called *Rasa Dhatu*, *Sookshma* part called *Raktadhatu* whereas the *Mala* part called

Kapha. The *Rasadhatu* is circulated all over body with the help of *Vyanavayu*.^[2] The *Upadhatu* of *Rasa Dhatu* is *Raja* and *Sthanya*.^[3] In vitiated condition, due to aggravation of *Vatadosha*, movement or *Rasadhatu* is obstructed. Due to this it gets accumulated in between *Twacha* and *Mamsa*, which is known as *Shotha*, though it is caused by *Tridosha*, in these *Vatadosha* is predominant. The main function of *Rasa Dhatu* is *Prinana* - gives nourishment.^[4] *Acharya Charaka* has enumerated *Shothahara Dravyas*^[5] are; *Bilva*, *Agnimantha*, *Shyonaka*, *Patala*, *Kashmari*, *Brihati*, *Kantakari*, *Shalaparni*, *Prishniparni*, *Gokshura*. Apart from this some drugs possesses *Shothahara* property are *Vanaharidra*, *Manakanda*, *Vyaghranakhi*, *Adhapushpi*, *Nirgundi*. *Acharya Sushruta*^[6] has enumerated under *Dashamoola*. Due to *Ushnavirya*, *Dashamoola* drugs are *Vatahara* property. And because of *Swadu* and *Balya* property does the *Pitta Shamana*, and due to *Kashaaya* and *Tikta Rasa* does the *Kaphanashana*. Therefore the *Dashamoola* is considered as *Tridoshagna*. But mainly *Vatashamaka*. The *Prabhava* of the *Dashamoola* is to relieve the oedema i.e. *Shotha*.

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OEDEMA

Oedema^[7] is the medical condition where there is swelling of the whole body or pedal regions. It is a general reaction of the body when there will be an injury to the tissues. Which is later followed by infection and inflammation. When the injury takes place there will be release fluid into the tissues which causes accumulation of the fluid and cause swelling of the tissues and the increased fluid from the blood vessels allows more infection-fighting white blood cells to enter the affected area. The Low albumin (hypo-albuminemia), and proteins in the blood act like sponges to keep fluid in the blood vessels which may contribute may to produce oedema. Oedema is also seen in most of the allergic reactions. When the body exposes to allergic factors, the blood vessels to releases fluid into the affected area which results inoedema. In case of emergency illness like burns, severe infections etc a whole body gets reaction and release of body fluids in the tissues. Produces oedema. In case of heart disease (congestive heart failure), when the heart weakens and pumps blood less effectively, fluid can slowly build up, creating leg oedema.

DISCUSSION

The *Samanya Lakshanas* of *Shotha* is *Saguravam* (heaviness at the site), *Anavasthita* (instability), *Utsedha* (swelling), *Ushnam* (rise in the temperature), *Siratanutwa* (thinning or visible of veins), *Lomaharsha* (horripilation). The *Samprapti* happens because of aggravated *Vata* due to *Jwara*, *Atisevana* of *Kshara*, *Amla*, *Lavana*, *Tikshna Dravyas*, *Avyayama*, *Virudhha Ahara Sevana*, *Marmaaghata*, abnormal delivery, *Garavisha*, *Arsha*, *Shwasa*, *Kasa* etc. are causes *Shotha*. Due to this the aggravated *Vatadosha* will move towards external *Siras* and vitiate the *Kapha*, *Rakta* and *Pitta* and it will leads to the obstruction of *Strotas* (channels)., produces *Shotharoga*.^[8] The main *Samprapti Ghatakas* of *Shotha* are; *Dosha* - *Vyanavayu*, *Samanavayu*, *Pacahaka Pitta*, *Kledaka Kapha*, *Shleshmaka Kapha*. *Dushya* - *Rasa* and *Rakta*, *Agni* - *Jatharagni* and *Dhatvagni*. *Aam-Jatharagnijanya* and *Dhatwagnijanya*, *Udbhavasthana*

- *Kostha*, *Adhithana* - *Twak* and *Mamsa*. *Strotas* - *Rasa*, *Rakta*, *Udaka*, *sweda*. The *Dashamoola* viz; *Bilva*, *Agnimantha*, *Shyonaka*, *Patala*, *Kashmari*, *Brihati*, *Kantakari*, *Shalaparni*, *Prishniparni*, *Gokshura* drugs possesses *Kashaya*, *Tikta* and *Madhura Rasas*, *Ushna Virya*, and *Katuvipaka* and *Laghu*, *Rukshaguna*.

According to *Bhavaprakasha Nighantu* the *Shothahara* drugs are;

1. Haritakyadi Varga^[9]

Haritaki (*Terminalia chebula* Retz), *Shunthi* (*Zingiber officinale* Rosc), *Chitraka* (*Plumbago zeylanica* Linn), *Yasthimadhu* (*Glycyrrhiza glabra* Linn), *Kiratatikta* (*Swertia chirayita* Roxb. Ex Flem), *Madana* (*Randia spinsa* Poir), *Rasna* (*Pluchea lanceolata* C.B Clarke), *Pushakaramoola* (*Inula racemosa* Hook), *Bharangi* (*Clerodendrum serratum* Linn), *Manjistha* (*Rubia cordifolia* Linn), *Haridra* (*Curcuma longa* Linn), *Bakuchi* (*Psoralea corylifolia* Linn), *Lodhra* (*Symplocos racemosa* Roxb), *Lashuna* (*Allium sativum* Linn), *Bhallataka* (*Semicarpus anacardium* Linn).

2. Karpuradi Varga^[10]

Devadaru (*Cedrus deodara* Roxb. Loud), *Guggulu* (*Basamodendron mukul* Hook. Ex Stocks), *Shati* (*Curcuma zedoria* Rosc).

3. Guduchyadi Varga^[11]

Patala (*Stereospermum sualeolens* DC), *Agnimantha* (*Clerodendrum phlomidis* Linn), *Mudgaparni* (*Phaseolus trilobus* Ait), *Mashaparni* (*Teramnus labialis* Spreng), *Eranda* (*Ricinus communis* Linn), *Arka* (*Calotropis gigantean* Linn), *Arkapushpi* (*Holostemma rheedianum* Spreng), *Snuhi* (*Euphorbia neriifolia* Linn), *Shatala* (*Acacia concinna* DC), *Langali* (*Gloriosa superba* Linn), *Paribhadra* (*Erythrina indica* Lam), *Shigru* (*Moringa pterygosperma* Gaertn), *Aparajita* (*Clitoria ternatea* Linn), *Sindhuvara* (*Vitex negundo* Linn), *Karanja* (*Caesalpinia bonducella* Fleming), *Tankari* (*Physalis mimima* Linn), *Vetasa* (*Calamus tenuis* Roxb), *Ankota* (*Alangium lamarckiith* waites), *Vamsha* (*Bambusa arundinacea* Willd), *Punarnava* (*Boerhaavia diffusa* Linn), *Bringaraja* (*Eclipta alba* Hassk), *Shatavari* (*Asparagus racemosus* Willd), *Ashwagandha* (*Withania somnifera* Dunal), *Danti*

(*Baliospermum montanum* Muell-Arg), *Vridhdharu* (*Ipomoea petaloidea* Chois), *Shravani*, *Kokilaksha* (*Hygrophila spinosa* T.And / *Astercantha longifolia* Nees), *Kakamachi* (*Solanum nigrum* Linn), *Mandukaparni* (*Centella asiatica* Linn), *Dronapushpi* (*Leucas cephalotes* S. preng), *Devadali* (*Luffa echinata* Roxb), *Sudarshana* (*Crinum latifolium* Linn.)

4. **Vatadi Varga**^[12]

Panchvalkala (*Vata* [*Ficus bengalensis* Linn], *Udumbara* (*Ficus glomerata* Roxb), *Ashwattha* (*Ficus religiosa* Linn), *Plaksha* (*Ficus infectoria* Roxb), *Parisha* (*Thespesia populnea* Soland ex Correa), *Khadira* (*Acacia catechu* Willd), *Karira* (*Capparis aphylla* Roth), *Shirisha* (*Albizia lebeck* Benth).

5. **Pushpa Varga**^[13]

Kamala (*Nelumbium speciosum*), *Bakula* (*Shivamalli*, *Karnikara* (*Abroma augusta*), *Kinjalka* (*Keshara*), *Maulasiri* (*Mimosa pselangi* Linn)

6. **Aamradiphala Varga**^[14]

Koshamra (*Schleichera trijuga* Willd)

According to *Sushruta Samhita* drugs acting on *Shotha*^[15]

1. **Valli Panchamula** - *Vidari* (*Pueraria tuberosa* DC), *Sariva* (*Hemidesmus indicus* R.Br), *Manjistha* (*Rubia cordifolia* Linn), *Guduchi* (*Tinospora cordifolia* Willd), *Meshashringi* (*Gymnema sylvestre* R.Br).
2. **Kantaki Panchamula** - *Karamarda* (*Carissa carandus*), *Gokshura* (*Tribulus terrestris* Linn), *Saireyaka* (*Barleria prionitis* Linn), *Shatavari* (*Asparagus racemosus* Willd), *Himsra* (*Capparis sepia* Linn).

General action of Shothahara Dravyas on the various systems

1. **Dosha Karma** - As these possess *Laghu*, *Rukshaguna*, acts as *Kaphashamaka*. Due to *Tikta* and *Kashaya* Rasa acts as *Pitta Shamaka*, Due to *Ushna Virya* elliveates *Vatadosha*. Therefore can be used in *Tridoshajanya Vikaras*.

2. **Sansthanika Karma** - Externally acts as *Vedanasthapana*, and *Vrinaropana*. Therefore the *Patrakalka* and *Kashaya* are used as *Lepana* and *Vrinaprakshalana*.

3. **Internally - Nadisamsthana** - Acts as *Vedanasthapana*, therefore advised in *Vatavyadhi*.

4. **Pachanasamsthana** - It is *Ruchivardhaka*, *Trishnashamaka*, *Grahi* and *Yakrututtejaka* therefore advised in *Aruchi*, *Trishna*, *Atisara* and *Arsha*.

5. **Raktavahasamstana** - Acts as *Shothahara* and *Hridya*, therefore given in *Shotharoga* and *Hridroga*.

6. **Shwasanasamsthana** - It is *Kaphagna* and *Hikkanigrahana*. Therefore advised in *Shwasa-Kasa* and *Hikkaroga*.

7. **Mutravahasamsthana** - It is *Mutrala* and *Ashmarinashaka*. Therefore advised in *Mutraghata*, *Ashmariroga*.

8. **Prajananasamsthana** - It is *Balya* and *Vajikara*. Therefore used in *Daurbalya* especially *Shukradaurbalya*.

9. **Tapakrama** - It is *Jwaragna* and *Dahaprashamana*. Therefore used in *Jwara* and *Daha*.

10. **Satmikarana** - It is *Pausthika*, *Brimhana*, and *Rasayana*. Therefore advised in *Daurbalya*, *Jwarottara Daurbalya*.

Management of Oedema

- Treatment of oedema often means treating the underlying cause of oedema. For example, allergic reactions causing oedema may be treated with antihistamines and corticosteroids.
- Oedema resulting from a blockage in fluid drainage can sometimes be treated by eliminating the obstruction: A blood clot in the leg is treated with blood thinners, and the clot slowly breaks down; leg oedema then resolves as fluid drainage improves.

- A tumour obstructing a blood vessel or lymph flow can sometimes be reduced in size or removed with surgery, chemotherapy, or radiation.
- Leg oedema related to congestive heart failure or liver disease can be treated with a diuretic like furosemide, torsemide. When urine output increases, more fluid drains from the legs, and the oedema is reduced.

CONCLUSION

By the above review all the *Shothagna* drugs are having *Tikta, Kashaya, Madhura Rasa, Ushna Virya* and *Katu Vipaka* and *Laghu Ruksha Gunas* which mainly take part in the *Samprapti Vighatana* of *Shotha*. Therefore the further scope of the study is that to make standard of these drugs as per SOPs to evaluate the *Shothagna* activity with the other allopathic drugs along with the clinical study.

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