Classical review on Shatapushpadi lepa: A good local application in Amavata (Rheumatoid arthritis)

Saroj Kumar Debnath and Sudhaben N Vyas

Abstract

Shatapushpadi lepa is poly herbal locally applied Ayurvedic medicine. It is selected from famous Ayurvedic book (i.e. Bhaishajya Ratnavali) for its Ayurvedic drug review in context of Amavata. It is used locally over affected joints with lukewarm water as a pest preparation. Maximum ingredients of the Shatapushpadi Lepa are containing katu-tikta rasa (pungent-bitter taste), ushna-laghu-ruksha-tiksha guna (hot-levity-dry-sharp qualities), ushna virya (potency in hot nature) and katu vipak (pungent taste like substance produced after completion of digestion or post digestion effect) properties. It has mainly vata-kapha-samaka (vata-kapha-reducing) property and shothahara (anti-inflammatory) and vedanasthapana (analgesic) karma (pharmacological action). It helps to reduce local pain, swelling, tenderness and stiffness of affected joints of Amavata (Rheumatoid arthritis) patient.

Keywords: Shatapuspadi lepa, Amavata, Rheumatoid arthritis

1. Introduction

Ama (Bio toxin) and vitiated Vata (Bio force) are main pathological factors in disease manifestation of Amavata [1]. Amavata disease is more simulated to Rheumatoid arthritis on basis of its clinical manifestations and its pathogenesis [2]. As per Ayurveda treatment is basically Samprapti Vighatan (break down the Pathogenesis), so the choice of any drug for treatment of a particular disorder should be ideally based on thorough consideration of Samprapti Ghataka (favourable condition of Pathogenesis). A drug is defined as any predicated used for the purpose of diagnosis, prevention, relief or cure of the disease. Ayurveda accepts all the dravyas (substances) are panchabhautika (five elements) and any dravya (substances) has the medicinal property. Thus any dravya (substance) is ausadha (drug) but all of them cannot be used everywhere and the use of a particular drug for a particular purpose demands the dravya (substance) has the medicinal property. Any drug (drug) has been explained with the yukti (logic) [3]. Many plants based drugs are described in Ayurvedic texts in context of treatment purpose of different diseases. The important plant based Ayurvedic drug i.e. Shatapushpadi lepa have been selected from famous Ayurvedic book (i.e. Bhaishajya Ratnavali) for its Ayurvedic drug review in context of Amavata because it is easy to prepare and its ingredients are easily available and it is used locally over the affected joints of Amavata (Rheumatoid arthritis) patient to relief pain and swelling [4].

2. Material and Methods

Shatapushpadi lepa is poly herbal locally applied Ayurvedic medicine. It has eleven Ayurvedic herbal ingredients. Shatapushpadi lepa is mentioned in Bhaishajya Ratnavali (Ayurvedic book) [5]. Name of the ingredients (Ayurvedic name and Botanical name), used part of the plant ingredients and quantity of used part of the ingredients into the 5 gm medicine are shown in the table-1. Pharmacological effect of Ausadha dravya (drug) has been explained in Ayurveda on the basis of theory of Rasa (taste), Vipaka (post digestion effect), Guna (quality), Virya (potency) and Prabhava (special effect). Rasa (Taste) is six types [i.e. Madhur Rasa (sweet taste), Amla Rasa (sour taste), Lavana Rasa (salty taste), Katu Rasa (Pungent taste), Tikta Rasa (bitter taste) and Kasaya Rasa (astringent taste)]; Vipaka (post digestion effect) is three types [i.e. Madhur vipaka (sweet taste bio-substance produced after completion of digestion), Amla vipaka (sour taste bio-substance produced after completion of digestion), Katu vipak (pungent taste bio-substance produced after completion of digestion)]; Guna (quality) is twenty types [i.e. Guru (heaviness), Laghu (levity), Manda (dullness), Teekshna (sharpeness), Sheeta or Hima (cold), Ushna (hot), Sindha (viscosity), Raksha (dryness), Shlakshna (smooth), Khara (rough), Sandra (solidity), Drava (liquidity), Mridu (softness), Kathina (hardness), Sthira (sticky), Sara (fluidity), Sukshma (subtle), Sthula (gross), Vishada (absolute), Maha (vast), Mahabhuta (five elements); kayachikitsa (special effect).
(clear) and Picchila (slippery)] and Virya (potency) is two types [i.e. Ushna Virya (potency in hot nature) and Sheet Virya (potency in cold nature)]. According to Ayurveda therapeutic effect of any drug on patient of Amavata (Rheumatoid arthritis) depends on its capacity to neutralize the Ama (Bio toxin), correction of vitiated Vata (Bioforce), rectifying the abnormality of Agni (Enzymes) [9].

<table>
<thead>
<tr>
<th>Drayvas</th>
<th>Scientific name</th>
<th>Quantity (Part)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shatapuspha</td>
<td>Anethum sosva Kurz.</td>
<td>1</td>
</tr>
<tr>
<td>Vacha</td>
<td>Acorus calamus Linn.</td>
<td>1</td>
</tr>
<tr>
<td>Sighru</td>
<td>Moringa oleifera Lam.</td>
<td>1</td>
</tr>
<tr>
<td>Gokshura</td>
<td>Tribulus terrestris Linn.</td>
<td>1</td>
</tr>
<tr>
<td>Varuna</td>
<td>Cretaeva nurvalu Buch-Ham.</td>
<td>1</td>
</tr>
<tr>
<td>Sahadevi</td>
<td>Vernonia cinerea Less.</td>
<td>1</td>
</tr>
<tr>
<td>Punarnava</td>
<td>Boerhavia diffusa Linn.</td>
<td>1</td>
</tr>
<tr>
<td>Shati</td>
<td>Hydrichium spicatium Buch-Ham</td>
<td>1</td>
</tr>
<tr>
<td>Ganddha Prasarani</td>
<td>Paediria foetida Linn.</td>
<td>1</td>
</tr>
<tr>
<td>Agnimantha</td>
<td>Clerodendron philomidis Linn.</td>
<td>1</td>
</tr>
<tr>
<td>Hingu</td>
<td>Ferula assa-foetida Linn.</td>
<td>1</td>
</tr>
</tbody>
</table>

### 3. Results and Discussion

**Shatapushpadi Lepa** is locally applicable medicine over affected joints in Amavata (Rheumatoid arthritis) patient. The Ayurvedic property of Shatapushpadi Lepa is given in the table-2.

### Table 1: Ingredients list of Shatapushpadi Lepa (5gm)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Drayvas</th>
<th>Scientific name</th>
<th>Quantity (Part)</th>
</tr>
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<tbody>
<tr>
<td>Satapuspha</td>
<td>Anethum sowa</td>
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<td>Vacha</td>
<td>Acorus calamus</td>
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<td></td>
</tr>
<tr>
<td>Sighru</td>
<td>Moringa oleifera</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Gokshura</td>
<td>Tribulus terrestris</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Varuna</td>
<td>Cretaeva nurvalu</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Sahadevi</td>
<td>Vernonia cinerea</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Punarnava</td>
<td>Boerhavia diffusa</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Shati</td>
<td>Hydrichium spicatium</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Ganddha Prasarani</td>
<td>Paediria foetida</td>
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<td></td>
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<tr>
<td>Agnimantha</td>
<td>Clerodendron philomidis</td>
<td>1</td>
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</tr>
<tr>
<td>Hingu</td>
<td>Ferula assa-foetida</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

M=Madhura, A=Amla, K=Katu, T=Tikta, Ka=Kashaya, G=Guru, L=Laghu, Ru=Ruksha, Sn=Snigdha, Tik=Tikshna, Sn=Snara, U=Ushna.

The maximum ingredients of the Shatapushpadi Lepa are containing katu-tikta rasa (pungent-bitter taste), ushna-laghu-ruksha-tiksha guna (hot-levity-dry-sharp qualities), ushna virya (potency in hot nature) and katu vipaka (pungent taste like substance produced after completion of digestion or post digestion effect) properties which are all against the properties of guru, snigdha, picchil and sheeta (heavy, viscosity, slippery and cold) properties of Ama (bio toxin) and these properties help to mitigate the Ama (bio toxin) locally from affected joints due to locally application of this Lepa (pest) of Amavata (Rheumatoid arthritis) patient. The Properties of Ama (bio toxin) are more similar to Kapha dosha (improper bio fluid) and it controls the Yugapata prakopa (simultaneous augmentation) of Vata (bioforce) and Ama (bio toxin) by its Vata-kapha shamaka (vitiating reducing) property. It helps to reduce Sandhi-shula (Joint-pain), Sandhi-shotha (Joint-swelling), Sandhi-sparsha-asahyata (Joint-tenderness) and Sandhi-stadbhata (Joint-stiffness) locally by its Vedanasthapaka (Analgesic) and Shothahara (Anti-inflammatory) action when it is used locally over affected joints of Amavata (Rheumatoid arthritis) patient. It helps to reduce sthanik (local) Yugapata prakopa (simultaneous augmentation) of Vata dosha (vitiating bio force) and Ama (bio toxin) of the affected joints by its Vata-kapha shamaka property, when it is used locally over affected joints, because properties of Ama (bio toxin) are more similar to Kapha dosha (vitiating bio fluid). So it can be said that Shatapushpadi Lepa is effective to break down the Samprapti (pathogenesis) in sthanik or locally of the disease Amavata (Rheumatoid arthritis) when it is used locally over affected joints [5, 8].

### Table 2: Ayurvedic Property of Shatapushpadi Lepa

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>parts</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
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<td>K, T</td>
<td>L, Tik, U</td>
<td>Ushna</td>
<td>Katu</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
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</tr>
<tr>
<td>Vacha</td>
<td>K, T</td>
<td>L, Tik, U</td>
<td>Ushna</td>
<td>Katu</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td></td>
</tr>
<tr>
<td>Sighru</td>
<td>K, T</td>
<td>L, Ru, Tik, U</td>
<td>Ushna</td>
<td>Katu</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td></td>
</tr>
<tr>
<td>Gokshura</td>
<td>M</td>
<td>G, Sn, Sheeta</td>
<td>Madhura</td>
<td>↓</td>
<td>↓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varuna</td>
<td>M, T, Ka</td>
<td>L, Ru</td>
<td>Ushna</td>
<td>Katu</td>
<td>↓</td>
<td>↓</td>
<td>↓</td>
<td></td>
</tr>
<tr>
<td>Sahadevi</td>
<td>T</td>
<td>L, Ru, Sa</td>
<td>Madhura</td>
<td>↓</td>
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<td></td>
</tr>
<tr>
<td>Punarnava</td>
<td>M, T, Ka</td>
<td>L, Tik</td>
<td>Ushna</td>
<td>Katu</td>
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<tr>
<td>Shati</td>
<td>K, T, Ka</td>
<td>L, Tik</td>
<td>Ushna</td>
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<tr>
<td>Ganddha Prasarani</td>
<td>T</td>
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<td>Ushna</td>
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<tr>
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<td>↓</td>
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</tr>
</tbody>
</table>

### 4. Conclusion

**Shatapushpadi Lepa** has mainly vata-kapha-samaka (vata-kapha-reducing) property and it has shothahara (anti-inflammatory) and vedanasthapana (analgesic) karma (pharmacological action). Hence, it helps to reduce local pain, swelling, tenderness and stiffness of affected joints of Amavata (Rheumatoid arthritis) patient when it is used locally over affected joints with luke warm water and to break down the Samprapti (pathogenesis) locally of the disease Amavata (Rheumatoid arthritis).

### 5. Reference


~ 135 ~


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