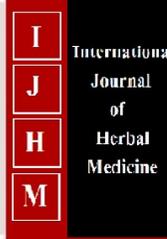




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## Classical review on *Shatapushpadi lepa*: A good local application in *Amavata* (Rheumatoid arthritis)

**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 luke warm 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* Vighatana (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 predicament 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 *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* (sharpness), *Sheeta* or *Hima* (cold), *Ushna* (hot), *Singdha* (viscosity), *Ruksha* (dryness), *Shlakshna* (smooth), *Khara* (rough), *Sandra* (solidity), *Drava* (liquidity), *Mridu* (softness), *Kathina* (hardness), *Sthira* (sticky), *Sara* (fluidity), *Sukshma* (subtle), *Sthula* (gross), *Vishada*

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(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* (Biotoxin), correction of vitiated *Vata* (Bioforce), rectifying the abnormality of *Agni* (Enzymes) [6].

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

Dravyas	Scientific name	Quantity (Part)
Shatapushpa	<i>Anethum sowa</i> Kurz.	1
Vacha	<i>Acorus calamus</i> Linn.	1
Sighru	<i>Moringa oleifera</i> Lam.	1
Gokshura	<i>Tribulus terrestris</i> Linn.	1
Varuna	<i>Crataeva nurvala</i> Buch-Ham.	1
Sahadevi	<i>Vernonia cinerea</i> Less.	1
Punarnava	<i>Boerhavia diffusa</i> Linn.	1
Shati	<i>Hedychium spicatum</i> Buch- Ham	1
Ganddha Prasarani	<i>Paediria foetida</i> Linn.	1
Agnimantha	<i>Clerodendron phlomidis</i> Linn.	1
Hingu	<i>Ferula assa-foetida</i> Linn.	1

### 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 2:** Ayurvedic Property of *Shatapushpadi Lepa*

Ingredients	parts	Rasa	Guna	Virya	Vipaka	Vata	Pitta	Kapha
Satapushpa	1	K, T	L, Tik, U	Ushna	Katu	↓		↓
Vacha	1	K, T	L, Tik	Ushna	Katu	↓		↓
Sighru	1	K, T	L, Ru, Tik	Ushna	Katu	↓		↓
Gokshura	1	M	G, Sn	Sheeta	Madhura	↓	↓	
Varuna	1	M, T, Ka	L, Ru	Ushna	Katu	↓		↓
Sahadevi	1	T	L, Ru	Ushna	Katu	↓		↓
Punarnava	1	M, T, Ka	L, Ru, Sa	Ushna	Madhura	↓	↓	↓
Shati	1	K, T, Ka	L, Tik	Ushna	Katu	↓		↓
Ganddha Prasarani	1	T	G	Ushna	Katu	↓		↓
Agnimantha	1	T, K, Ka, M	L, Ru	Ushna	Katu	↓		↓
Hingu	1	K	L, Sn, Tik	Ushna	Katu	↓		↓

M=Madhura, A=Amla, K=Katu, T=Tikta, Ka=Kashaya, G=Guru, L=Laghu, Ru=Ruksha, Sn=Snigdha, Tik=Tikshna, Sa=Sara, 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 vipak* (pungent taste like substance produced after completion of digestion or post digestion effect) properties which are all against the properties of *guru, snigdha, pichchil 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) over affected joints of *Amavata* (Rheumatoid arthritis) patient. 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* (vata-kapha-reducing) property. It helps to reduce *Sandhi-shula* (Joint-pain), *Sandhi-shotha* (Joint-swelling), *Sandhi-sparsha-asahyata* (Joint-tenderness) and *Sandhi-stabdhatata* (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 [7, 8].

### 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).

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