**Vivid Action of Simhanada Guggulu in the Management of Amavata (Rheumatoid Arthritis): A Review**

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**ABSTRACT**

**Introduction:** Rheumatoid Arthritis is a common form of inflammatory arthritis, occurring throughout the world and in all ethnic groups and affects approximately 1% of the population worldwide. In Ayurveda Amavata has a high resemblance to Rheumatoid Arthritis. Acharya Madhavakar was the first to give a detailed description of Amavata. Modern treatment of Rheumatoid Arthritis is not satisfactory therefore Ayurvedic medicines are the need of the hour.

**Aim & Objectives:** To explore the mode of action of Simhanada Guggulu and to aware about medicinal properties and encourage the use of Simhanada Guggulu in the management of Amavata (Rheumatoid Arthritis).

**Materials and Methods:** For this study Ayurveda Samhitas, authentic publications, internet and modern medical literature have been reviewed.

**Conclusion:** The Simhanada Guggulu is Kaphavatahara, Pittavardhaka, Agnideepaka and Amapachaka. The contents of Simhanada Guggulu may act as Disease Modifying Anti Rheumatic Drugs (DMARDS). So it is concluded that Simhanada Guggulu can be used as an effective Ayurvedic medicine for Amavata (Rheumatoid Arthritis).

**Keywords:** Simhanada Guggulu, Rheumatoid Arthritis, Amavata.

**INTRODUCTION**

Rheumatoid arthritis is the second most common joint disorder. It is difficult to treat due to its chronicity, incurability, morbidity and complications. The prevalence of RA is approximately 0.8 to 1% in Europe and Indian subcontinent, with a female to male ratio 3:1.¹ Despite the available of best modern drugs the disease has tendency to progress and cripples the patients. In Ayurveda Amavata has a high resemblance to Rheumatoid arthritis. Amavata as a separate disease is not described in Brihatrayi. First time its detailed description is available in medieval period text Madhava Nidana, Viruddhahara (Unwholesome Diet), Viruddhaheschta (Erroneous Habits), Mandalangri(Diminished Agni), Nishchalata (Sedentary Life) and exertion immediately after taking Snigdha Ahara are main causative factors for disease Amavata. Angamardha (myalgia), Aruchi (anorexia), Trishna (thirst), Alasya (laziness), Gourava (heaviness), Jwara (fever), Apaka (indigestion), Angashunata (oedema) are sign and symptoms described by Madhavkar.² RA affect the quality of life of individuals, availability of many advances the modern management (NSAIDS, DMARDS etc.) is not satisfactory. In this review paper a holistic approach is to evaluated the mode of action of Simhanada Guggulu in the management of Amavata (Rheumatoid Arthritis) to aware...

about medicinal properties and encourage the use of this drug.

AIM AND OBJECTIVES
1. To explore the mode of action of Simhanada Guggulu in the management of Amavata (Rheumatoid Arthritis).
2. To aware about medicinal properties and encourage the use of Simhanada Guggulu in the management of Amavata (Rheumatoid Arthritis).

MATERIALS AND METHODS
For this study Ayurveda Samhitas, authentic publications, internet and modern medical literature have been reviewed.

DRUG REVIEW
Classical reference of Simhanada Guggulu is mentioned in Amavata Prakaran of Bhaishajyaratnavali.3

METHOD OF PREPARATION
Get the materials in the above measures. First of all Triphala decoction is prepared, added with castor oil, further heated and then it is added with purified Gandhaka and Guggulu, rolled into pills. Prepare pills in doses of 500mg each.

INDICATIONS
Amavata (Rheumatoid Arthritis), Vatarakta (Gout), Sandhivata (Osteoarthritis), Kushta (Skin Diseases) and Udara Roga (Diseases of abdomen) etc.

METHOD OF ADMINISTRATION
Consume pills of 500mg to 6gm (as advised by physician) in divided doses such as twice or thrice a day with lukewarm water after meal.

DISCUSSION
Ama Dosha and vitiated Vata are main causative factors in the pathogenesis of Amavata. Each ingredient of Simhanada Guggulu alleviates Ama and Vata Dosha in the body. Triphala consist valuable
phytochemicals such as tannin, alkaloid – quinone, flavonoids, phenol – gallic acid, ascorbic acid, hydrolysable tannin – chebulic acid, epicatechin, soluble sugar, ellagic acid, saponins, sterols, diterpenes and terpenoids. So *Triphala* has antimicrobial, antibacterial, antioxidant and immunomodulatory properties. It is an excellent *Rasayan*, having rejuvenating components. *Eranda Taila* (castor oil) possesses properties which act as *Agnivardhaka* (increase in digestive fire), *Bhedhaka* (penetrate into micro channel), *Srotoshodhaka* (remove obstruction from the micro channels), balances *Vata-Kapha Doshas* and eliminate them by purgation. Bitter and pungent tastes present in Guggulu possess the antagonistic properties to that of *Ama and Kapha Dosha* which are the chief causative factors in this disease. Hot potency of *Guggulu* alleviates vitiated *Vata* and does not allow the *Ama Dosh* to linger at the site of pathogenesis and to create *Srotorodha* (obstruction). It has also the antagonistic action of cold and dryness properties of *Vata* (vitiated air). The scraping nature and bitter taste of *Guggulu* remove the adhered *Dosh* from the micro channels of body. Thus it controls *Ama* and *Vata* together and minimizes the process of pathogenesis. All these above powerful ingredients in combination can give excellent result to control symptoms of *Amavata* (Rheumatoid Arthritis).

**CONCLUSION**

*Simhanada Guggulu* is *Kapha-vatahara, Pittava-dhaka, Agnideepaka* and *Amapachaka*. The contents of *Simhanada Guggulu* may act as Disease Modifying Anti Rheumatic Drugs (DMARDS). It has analgesic and anti-inflammatory properties and it modify the immune response to autoantigens. So it is concluded that *Simhanada Guggulu* can be used as an effective *Ayurvedic* medicine for *Amavata* (Rheumatoid Arthritis). This paper is based on classical and modern review of *Simhanada Guggulu*, there is need of clinical trial of this drug on large number of sample size, which is scope for further research.

**Acknowledgement:** None

**Conflict of Interest:** None

**Source of Funding:** None

**REFERENCES**


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