

Rasapanchaka-Based Analysis of Lashuna Rasayana from Kashyapa Samhita in the Management of Amavata (Rheumatoid Arthritis)

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Abstract:

A raging issue for the today's world is auto-immune disease and their management which is a tedious work as one's own immunity responds in a bi-polar fashion. One of such condition Rheumatic Arthritis which is co-related to Amavata according Ayurveda. One of the unique concepts in Ayurveda is the concept of Rasayana which focuses mainly on the regeneration of body tissues. These kinds of medicines work by their Prabhava and repair the tissue at cell level and also promote the regeneration of healthy cells and tissues. Hence, here attempt is made to analyse the effect of Rasayana on Amavata and the aid that it may have to improve the QOL of a patient. Here, Lashuna Rasayana is chosen for the analysis as the Phala Shruti mentions it acts on all the Avruta Vata condition except those with Pitta and Rakta involved.

Keywords: Amavata, Lashuna Rasayana, Rheumatoid arthritis.

Introduction:

Amavata Rasa dushti vikara is characterized by Sandi Shoola, Sandi Stabdata, Sandishotha, Alasya, Gourava, Jwara¹ and its symptoms are closely mimics to those of rheumatoid arthritis (RA). In Contemporary science RA treatment includes nonsteroidal anti-inflammatory medications (NSAIDS) and Disease Modifying Anti-Rheumatic medications (DMARDS).² It exhibits adverse drug reactions. Hence people looking for alternative treatment modalities.

Amavata chikitsa includes Langhana, Swedana, Tikta-katu Deepana, Virechana Basti, and Rasayana³. One of such Rasayana Is Lashuna Rasayana exhibits anti-inflammatory, antioxidant, and immunomodulatory actions. Lashuna Rasayana, has Ama and Vata hara properties. Lashuna mentioned in the Kashyapa Samhita⁴ is born from amruta and acts as amruta. It is indicated in all Vatavyadhis and Avarana pathologies. Lashuna Rasayana is studied here within the context of Rasapanchaka, which has the samprapti vighatana attribute of Amavata.

Here an attempt is made to evaluate *Lashuna Rasayana* under frame work of *Rasapanchaka* presenting a percentage of analysis of ingredients, *Rasa*, *Guna*, *Virya*, and *Vipaka* in *Amavata* Bridging *Ayurveda* with contemporary medicine.

AIMS: To understand Amavata in modern literature and evaluate the efficacy of *Lashuna Rasayana* in its management.

OBJECTIVES: To review Amavata from a modern literature perspective.

To clinically evaluate the efficacy of *Lashuna Rasayana* in Amavata.

To assess the potentiality of *Lashuna Rasayana* through its *Rasapanchaka*.

MATERIALS AND METHODS:

METHOD OF PREPARATION:

Hundred Pala (4.8 kilograms) of Lashuna should be added to a five Drona (60 Liters) of water. It is Boiled until one Drona (12 Liters of water) remains hence Concentrated Decoction of Lashuna kashaya is prepared.

Once Lashuna Kashaya is prepared, add one Adhaka Ghrta (3 Liter Ghee), one Adhaka Dugda, milk (3 Liters) to this Preparation.

During the process of Boiling, a hundred Pala smooth and peeled bulbs of Lashuna and Churna of Panchakola, Jeevaniya, Vrishya, and one Aksha(12 gm) Dashamula, all should be added. It should be boiled, Observed for Grita Siddhi Lakshana, After that removed from the fire and Consumable in the form of Peya (Drinkables) and Khadya(Eatables) with Madhu(honey) and sugar, which is beneficial.

The oil prepared by the above method is serves multiple benefits for use as Basti (Enema). It provides vigour/virility and progeny even to impotent, infertile, and very old persons. The Taila prepared, medicated with Virechana(Purgative) dravya and Vaman (Emetic) dravya, is beneficial for rubbing, External application into Kushta (skin disorders).⁵

OBSERVATION:

Ingredient proportion

Lashuna Rasayana contains 57% of *Lashuna Kashaya*, in which consist of *Ghrta* 15 %, *Ksheera* 14 %, *Jeevaniya gana dravyas*, *Dashamoola*,

Rasa distribution

*Madhura*⁶ *Rasa* 43%, *Katu Rasa* 39% acts as *Vata-Kapha Shamaka*

Ushna Virya Vipaka Madhura and *Katu Vipaka*, *Guna Snigda*, *Laghu Guna*

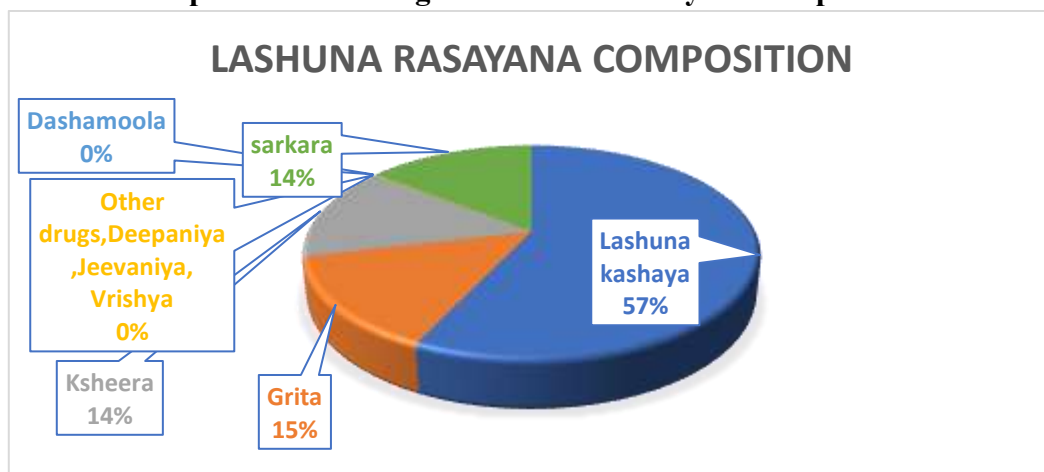
*Katu Rasa*⁷ and *Ushna Virya* does *Ama Pachana*, *Srotoshodana*, *Vata-Kapha Hara*,

*Madhura Rasa*⁸ does the *Shareera satmya*, *Rasa* and *Shukra Abhivardhana*, *Bala Varnakara*, *Vataghna*,

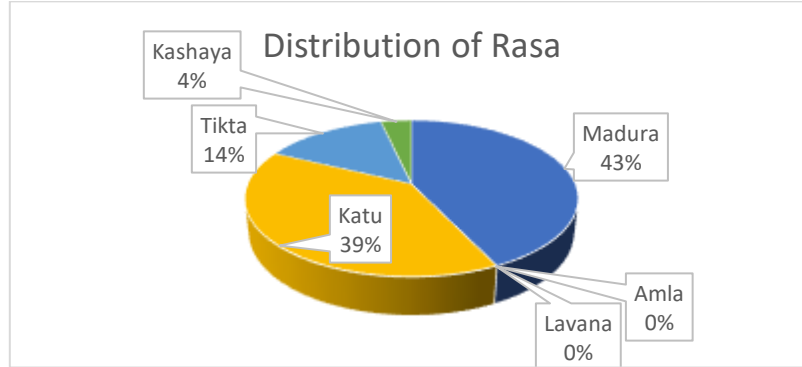
Trishna, *daha Prashamana*, *Preerana*, *Jeevana*, *Tarpana*, *Brumhana*, *Katu Rasa* does the *Agni-dipayati*,

Sneha Sweda Kleda Malan Upahanti, *Margan Vivrunothi*, *Shleshman shamayati*.

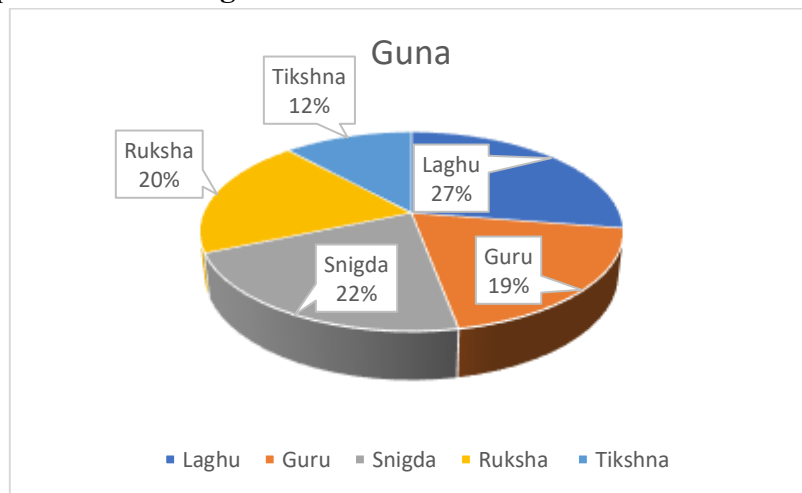
Graph No 1: Showing the Lashuna Rasayana composition.



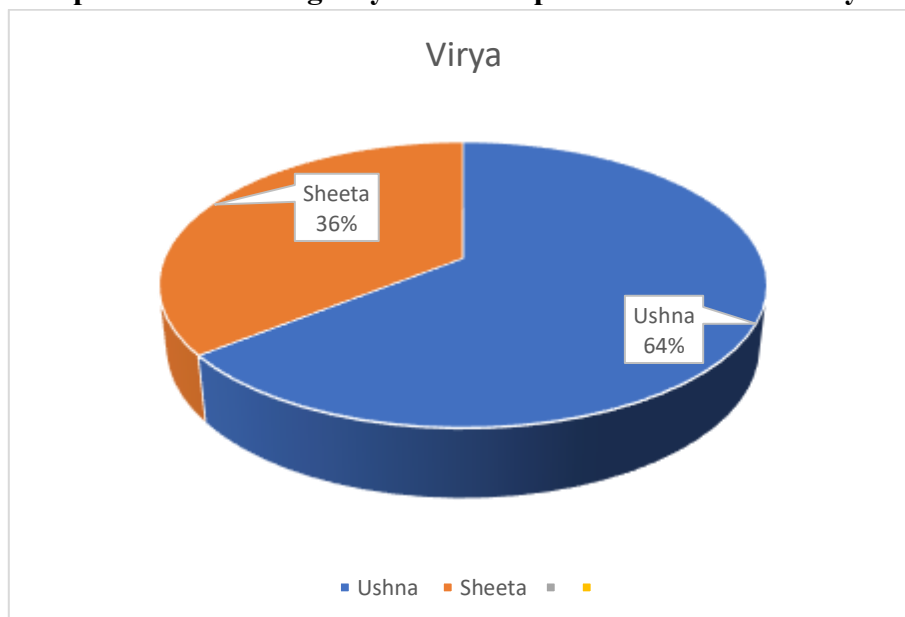
Graph No.2: Showing the Distribution of Rasa in Lashuna Rasayana.



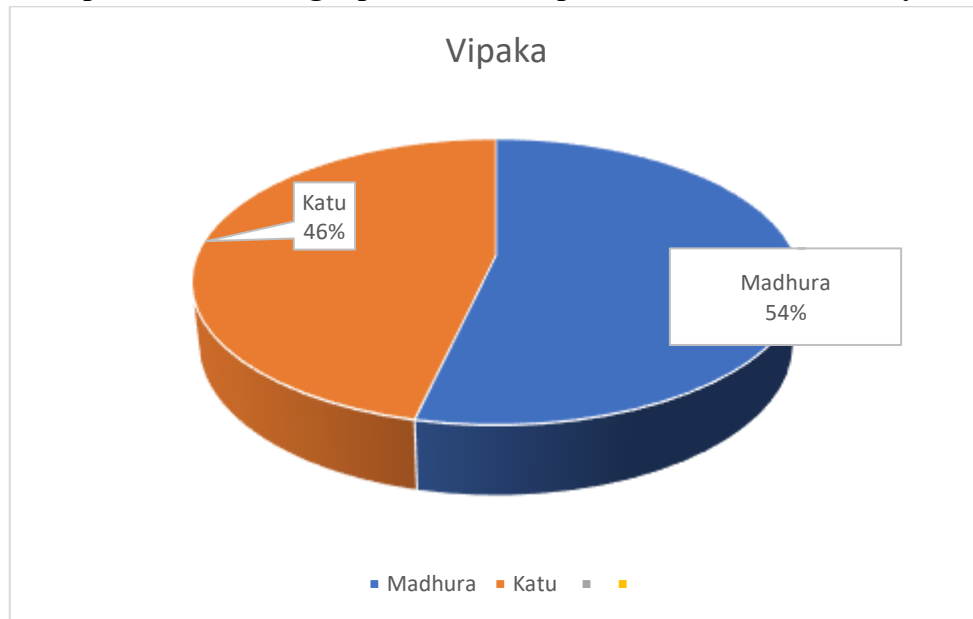
Graph No.3: Showing the Distribution of Guna in Lashuna Rasayana



Graph No. 4: Showing virya wise composition Lashuna Rasayana



Graph No.5: Showing vipaka wise composition of Lashuna Rasayana



DISCUSSION:

Lashuna consists of *Ushna*, *Katu*, *Tikshna Guna* helps in the *Amapaachana* (inflammatory metabolites) thus removes the *Avarana* and *Deepana* in *Amavata*. *Madhura Rasa*, *Madhura Vipaka* does *Rasayana* (tissue regeneration) and antioxidant defence helps in the regeneration and correction of the pathogenesis.⁹ *Ksheera* and *Ghrita* are two ingredients described to deliver *Rasayana* effect if administered regularly. The gut microbiome plays a vital role in maintaining health as it regulates digestion, metabolism, nutrient synthesis, and development and regulation of the immune system. *Ghrita* is rich in short chain fatty acids like butyric acid, which can exert positive effects. Butyrate is highly required for maintaining intestinal homeostasis.¹⁰

Go ksheera consumption is found to protect against allergies. IgG in milk can enhance phagocytosis by binding to bacterial and viral pathogens and may facilitate neutralization of pathogens. Milk is rich in immune-suppressive cytokines Such as IL-10 and TGFB which are essential to maintain the immune homeostasis. milk also contain Vit-D is immunomodulatory activities. *Ghrita* Enhances bioavailability of phytoconstituents, anti-inflammatory, Milk provides calcium, supports bone/joint health. *Grita Ksheera*, *Lashuna Polyherbal Yogavahi* (synergy) property.

Prior to administration of the *Rasayana*, *Kaya Shodhana* should be done for better beneficial of the *Rasayana*. *Nabhati Vasasi Klistaha* as cloth should be cleaned first before colouring for proper colouring to the cloth. *Acharya Kashyapa* mentioned *Virechana* Should be done after the *Rasayana* therapy also, by administering *Lashuna Rasayana* for 1 month it does *Pittakara* in the body. In order to diminish the *Pitta*, *Dhatu Paka Virechana* has been explained after the *Rasayana*.¹¹

Aim of *Chikitsa* is *Sampraptivighatana* (to break pathogenesis) and *Karyaphala* should be *Prakritisthapana* (setting back the homeostasis). *Bala* is the cumulative integrity of *Sapta Dhatu*. *Prashastadhatu* production by using *Rasayana* leads to rectify the autoimmunity. Specifically, *Rasa Dhatu* must be considered for correction as it is *Rasa* that produces *Prakrita Shleshma*. *Shleshma* in *Prakrita Avastha* is *Bala* in *Vikrita Avastha* is *Mala*. *Vikrutashleshma* and *Vikruta Malarupi Shleshma* have striking resemblance with that of *Ama*, *Atipicchila Guna* of *Ama* cause the *Abhishayandi* in *Srotas*. Through the

qualities of the *Lashuna* helps in *Srotovishodhana* and by the action of anti-inflammatory and antioxidant helps in the regeneration of the *Dhatu* and *Prakrutistata*¹².

Neuro-endocrine regulation by correcting the HPA axis helps in regulation of the hormone balance and regulating immune modulation.

Anti-inflammatory Action:

Lashuna having *Katu* rasa and *ushna* virya it is *shotha hara*, Garlic phytoconstituents *Allicin*, *Ajoene* having the anti-inflammatory actions. By inhibiting Cell mediated *Th1* and inflammatory cytokines and regulating *IL-10* production¹³.

Antioxidant action:

Antioxidants are agents that can modulate the antioxidant profile of the body system by directly destroying oxidizing agents or indirectly increasing antioxidant substances. Reactive oxygen species and other free radicals create increased oxidative stress in body which is primary cause for development and progression of the diseases. Reactive Oxygen species and Reactive Nitrogen species are typical free radicals that damage lipids, Proteins, Enzymes and DNA to accelerate pathological events causing Autoimmune and inflammatory disorders. Antioxidants can directly destroy free radicals or may activate antioxidant enzymes in the body to eliminate free radicals.¹⁴

Rasayana drugs are excellent bio-modulators that display antioxidant activity with immunological dynamics, they are categorized as primary and secondary adaptogens. Primary adaptogens are usually those drugs that are scientifically proven to enhance general resistance and produce normalizing effects in body. They have a strong association with regulation and homeostasis of the neuro-endocrine immune complex by controlling HPA axis. Help to regulate mediators of stress response. They also help eliminate metabolic waste in the body by activating free radical enzymes and promoting anabolic and anti-catabolic activity. Secondary adaptogens do not directly influence the HPA axis they affect body immune nervous, and endocrine systems.

Immunomodulatory Action:

Lashuna Rasayana as an immune modulator affect the immune system by regulating either humoral or cellular responses by controlling the production of immune system mediators like cytokines. Modulators can either be immune stimulatory or immunosuppressive. Another category is immune adjuvants, usually administered with a primary drug to facilitate the immune system by increasing magnitude, duration, and induction of antigen-specific immune response. Innate and adaptive immunity action, Modulate cytokine levels¹⁵

Conclusion:

Lashuna Rasayana born from *Amruta* also when administered properly in the form of *Rasayana* actions are shown as *amruta* for all the *Avarana Vata* *vaydhis*. It shows exceptional results in Autoimmune disorders specially in *Amavata*. *Lashuna Rasayana* explained in *kashyapa Samhita* its action analyzed through principles of *Rasapanchaka* possesses *Madura katu* rasa, *Ushna virya*, *Madura vipaka*. Prior and post *Rasayana virechana* should be done. *Lashuna Rasayana* formulation includes *Ghrita* and *Dugda* which also exhibit *Rasayana* effects. The key phytoconstituents of *Lashuna*, such as *Allicin*, *Ajoene* exhibits anti-inflammatory actions, Anti-oxidant and Immunomodulatory actions.

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