

A Review on Pharmacological Properties of Alambushadi Churna with Special Reference to Its Role on Amavata

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ABSTRACT:

Amavata is a chronic, debilitating disorder described in *Ayurveda*, clinically comparable to rheumatoid arthritis. It is caused by the vitiation of *Vata* and accumulation of *Ama*, leading to joint pain, swelling, stiffness, and systemic involvement. *Alambushadi Churna* is a classical *Ayurvedic* polyherbal formulation traditionally indicated in *Amavata* for its *Ama-pachana*, *Vata-shamana*, and *Shothahara* properties.

Keywords: *Alambushadi Churna*, *Amavata*, Rheumatoid Arthritis, *Ayurveda*, Pharmacological Properties, Anti-inflammatory, *Ama*, *Dosha Shamana*, Polyherbal Formulation, Integrative Medicine

INTRODUCTION:

Amavata is one of the most common and distressing among all joint problems described in *Ayurveda*. *Acharya Madhava* first described it as a distinct disease entity caused by the association of vitiated *Vata* with *Ama*.^[1] Clinically, it presents with features such as joint pain, swelling, stiffness, tenderness, and restricted movements, and bears close resemblance to Rheumatoid Arthritis in modern medicine. Prevalence of the disease is approximately 0.8% of the population and about 80% of the population develop this disease in the 4th and 5th decade of life.^[2] The chronic and progressive nature of *Amavata* significantly affects the quality of life and often leads to joint deformities and disability if not managed properly. The pathogenesis of *Amavata* involves *Mandagni* leading to *Ama* formation, its circulation through *Rasa-Rakta vaha srotas*, and subsequent deposition in *Sandhi* due to *Khavaigunya*, where it combines with vitiated *Vata*. Hence, the line of treatment in *Ayurveda* emphasizes *Ama-pachana*, *Agni-deepana*, *Dosha-shamana*, and *Srotoshodhana*.^[3] *Alambushadi Churna* is a classical *Ayurvedic* formulation traditionally indicated in *Amavata*. It is a polyherbal combination known for its *Deepana*, *Pachana*, *Shothahara*, *Shoolahara*, and *Vatahara* properties. In the current scenario, where long-term use of conventional NSAIDs and DMARDs is often associated with adverse effects and recurrence, there is a growing need for safe, holistic, and cost-effective alternatives.^[4] Despite its traditional use, a systematic compilation of the pharmacological properties of *Alambushadi Churna* and scientific justification for its role in *Amavata* is not readily available. Therefore, the present review has been undertaken to critically

analyze the *Ayurvedic* attributes and reported pharmacological activities of its constituent drugs, and to correlate them with the *Samprapti* of *Amavata*. This may help in understanding its multimodal therapeutic potential and provide a basis for future clinical research in integrative management of *Amavata*.

AIM & OBJECTIVE: This review aims to systematically explore the pharmacological properties of the individual constituents of *Alambushadi Churna* and to evaluate its probable mode of action in *Amavata* from both *Ayurvedic* and modern scientific perspectives.

MATERIAL & METHODS: Classical *Ayurvedic* texts including *Charaka Samhita*, *Chakradutta*, *Madhava Nidana*, *Bhavprakash* and *Bhaishajya Ratnavali* along with *Ayurvedic Nighantus* and peer-reviewed scientific databases were referred. The *Rasapanchaka*, pharmacodynamics, and reported pharmacological activities such as anti-inflammatory, analgesic, antioxidant, immunomodulatory, and anti-arthritic properties of each ingredient were analyzed and correlated with *Samprapti* of *Amavata*.

DRUG REVIEW:

ALAMBUSHADI CHURNA^[5]

Sl.	Name of the drug	Latin name	Part used	Proportion
1	MUNDI	<i>Sphaeranthus indicus</i>	Whole Plant	1 part
2	GOKSHUR	<i>Tribulus terrestris</i>	Fruit	2 parts
3	HARITAKI	<i>Terminalia chebula</i>	Fruit	3 parts
4	AMALAKI	<i>Emblica officinalis</i>	Fruit	
5	BIBHITAKI	<i>Terminalia bellarica</i>	Fruit	
6	NAGAR	<i>Zingiber officinale</i>	Rhizome	4 parts
7	AMRUTA	<i>Tinospora cordifolia</i>	Stem	5 parts
8	SHYAMA	<i>Operculina terpepethum</i>	Bark of root	Equal to the mixture of above contents

1. MUNDI^[6]

***Sphaeranthus indicus* Linn.**

Kingdom: Plantae

Phylum: Angiosperms

Class: Dicotyledons

Order: Asterales

Family: Asteraceae

Genus: *Sphaeranthus*

Species: *Sphaeranthus indicus*

English name- East Indian global thistle

Hindi name- Mundi, Gorakhmundi

Pharmacodynamics- Rasa- tikta- katu, Guna- laghu-ruksha, Virya- ushna, Vipaka- katu, Doshakarma- tridosh shamak

Pharmacological actions- Deepana-pachan-anuloman, raktaprasadana, raktashodhaka, mutrala, jwaraghna, rasayana

Roga- raktadosha- raktavikara, vatrakta-visphota, apasmara, arsha, kamala, jwara, dourbalya, kamala, agnimandya-shula-udaravikara

2. GOKSHUR^[7]

***Tribulus terrestris* Linn.**

Kingdom: Plantae

Phylum: Magnoliophyta (Angiosperms)

Class: Dicotyledonae

Order: Giraniales

Family: Zygophyllaceae

Genus: Tribulus

Species: Tribulus terrestris.Linn

Gana- Charaka- Mutravirechaniya, Sothahara, Krimighna

Sushruta- Vidarigandhadi, Veertarvadi, Laghupanchmoola

English name- Puncture vine, Tribulus, Cowhage

Hindi name- Gokhru

Pharmacodynamics- Rasa- madhura, Guna- guru, snigdha, Virya- sheeta, Vipaka- madhura, Doshkarma- vata-pitta shamak

Pharmacological actions- Vata-pitta shamaka, Deepana, Vastishodhana, Rasayana, Vrishya

Roga- Ashmari-mutrakrccha-mutraghat-bastisotha, Agnimandya-dourbalya, Udara-kostha vikara-vibandh, Vedanayukta vikara- vatavyadhi, Prameha, Dhatukshaya-sukravikara, Nadidourbalya, Hridroga-raktapitta-sotha

Therapeutic use- A decoction (Kwatha) prepared from Shunthi (dry ginger) and Gokshura, when taken every morning, is beneficial in Sama Vata associated with low back pain (Kati Shoola). It helps in digestion and metabolism of Ama (Pachana) and relieves pain.

3. HARITAKI^[8]

***Terminalia chebula* Retz.**

Kingdom: Plantae

Phylum: Angiosperms

Class: Dicotyledons

Order: Combretales

Family: Combretaceae

Genus: Terminalia

Species: Charaka- Terminalia chebula

Gana- Charaka- Trivrutadi, Prajasthapana, Jwaraghna, Kushthagna, Kasaghna, Arshoghna

Sushruta- Triphala, Amalakyadi, Parushakadi,

English name- Myrobalan

Hindi name- Harre, Harad, Harar

Pharmacodynamics- Rasa- kashaya pradhana, panchrasa- lavana varjit, Guna- laghu-ruksha, Virya- ushna, Vipaka- madhura, Doshakarma-tridoshahara, vata shamak

Pharmacological actions- Tridoshahara, Anulomana, Deepana, Medhya rasayana, cakahshushya, Brimhana, Prajasthapana

Roga- Agnimandya-ajirna-shula-anaha, Vatavyadhi, Raktapitta, Granthi, Krmi-Grahani-Arsha, Hridroga-Vatrakta-Amavata-Raktavikara, Mutrakriccha, Mutraghat, Ashmari, Kasa-swasa, Pratishyaya, Jwar-Vishamjwara-Jeernajwara, Nadidourbalya, Yakrit-plihavikara-Pandu-KamalaPrameha-sukrameha, Madatya-mada-Murcha

4. AMALAKI^[9]

Emblica officinalis Gaertn.

Kingdom: Plantae

Phylum: Angiosperms

Class: Dicotyledons

Order: Euphorbiales

Family: Euphorbiaceae

Genus: Emblica

Species: officinalis Gaertn.

Gana- Charaka- Kashara, Jwarhara, Kushtaghna, Vaya sthapana, Virechanopaga, Sushruta- Parushakadi, Triphala

English name- Indian gooseberry

Hindi name- Amla

Pharmacodynamics- Rasa- panchrasa (alavana), amla pradhan rasa, Guna- laghu, ruksha, sheeta, Virya-sheeta, Vipaka- madhura, Doshkarma- tridoshhara, pittashamaka

Pharmacological actions- Tridoshahara, Chakshusya, Vrishya, Rasayana, Vayahsthapana, Deepana

Roga- Prameha, Kushta, Atisara, Shoola, Somaroga, Shwetpradara, Aruchi-agnimandya-amlapitta-gulm, Yakrit-pleehavikara-pandu, Vamana-atisara-annadravashula, Udararoga-arsh-udavarta-vibandha

5. BHIBHITAKI^[10]

Terminalia bellarica Roxb.

Kingdom: Plantae

Phylum: Mangoliophyta

Class: Mangoliopsida (Dicotyledons)

Order: Myrtales

Family: Combretaceae

Genus: Terminalia

Species: Terminalia bellarica

Gana- Charaka-Jwarahara, Virechanopaga, Sushruta-Triphala, Mustadi

English name- Beleric myrobalan

Hindi name- Baheda, Behda

Pharmacodynamics- Rasa- kashaya, Guna- laghu-ruksha, Virya- ushna, Vipaka- madhura, Doshakarma-kaphahara, tridoshaghna

Pharmacological actions- chhedana-shleshmahara, deepana-anulomana-rechana, vata-pitta-kaphashamaka, grahi, dhatuvardhaka

Roga- Kasa, Swasha, Krimi, Trishna, Chhardi, Swarabheda, Ashmari, Atisara

6. NAGAR^[11]

***Zingiber officinale* Rose.**

Kingdom: Plantae

Phylum: Angiosperms

Class: Liliopsida (Monocotyledons)

Order: Zingiberales

Family: Zingiberaceae

Genus: Zingiber

Species: Zingiber officinale

Gana- Charaka-Triptighna, Arshoghna, Deepaniya, Shoola-prashamana, Trishna-nigahrana,

Sushruta-Pippalyadi, Trikatu

English name- Dry ginger

Hindi name- Sontha

Pharmacodynamics- Rasa- katu, Guna- laghu-snigdha, Virya- ushna, Vipaka- madhura, Doshakarma-deepana, pachana, grahi

Pharmacological actions- Triptighna, rochana- Deepana- pachana, Vatanulomana- shoolaprashmana, Arshoghana, Pittashamaka, raktashodhaka, Kaphaghna-svasahara-kasaghna, Balya, Vedanasthapana

Roga- Amavata- sandhishotha, Saitya-avasada-vedana-shotha, Vatavyadhi, Aruchi-hrillasa-chardi-mukhvairasyata, Agnimandya-ajirna-adhmana, Kasa-swas-hikka-pratishyaya, Slipada-sitapitta

7. AMRUTA^[12]

***Tinospora cordifolia* Miers.**

Kingdom: Plantae

Phylum: Magnoliophyta

Class: Magnoliopsida (Dicotyledons)

Order: Ranunculales

Family: Menispermaceae

Genus: Tinospora

Species: Tinospora cordifolia

Gana- Charaka- Vyasthapana, Dahaprashmana, Trishna nigrahana, Truptighna, Stanyashodhana

Sushruta- Guduchyadi, Patoladi, Aragwadhadi, Kakolyadi

English name- Indian tinospora, Heart- leaved moonseed

Hindi name- Giloy, Guduchi, Gulbel

Pharmacodynamics- Rasa- tikta-kashaya, Guna- guru-snigdha, Virya- ushna, Vipaka- madhura, Doshakarma- tridoshashamaka

Pharmacological actions- Rasayana-vyayasthapana-dhatukrut, Kaphagna, Vishaghna, Amashyasthamlata nirodhaka, Hridya- raktashodhaka-raktavardhaka, Deepana-pachana-sangrahi, Anulomana-pittasaraka, Pathya

Roga- Jwara, daha-trishna-chardi, vatarakta-amavata, kasa-swasa, pandu-kamala-halimaka, agnimandya-shoola, amlapitta-pravahika-grahani, Hrididourbalya

8. SHYAMA^[13]

***Operculina terpeethum* Linn.**

Kingdom: Plantae

Phylum: Magnoliophyta

Class: Magnoliopsida (Dicotyledons)

Order: Solanales

Family: Convolvulaceae

Genus: Operculina

Species: Operculina terpethum

Gana- Charaka- Bhedniya

Sushruta- Shyamadi

English name- Indian jalap, Turpeth root

Hindi name- Nishoth, Trivrit, Turpeth

Pharmacodynamics- Rasa- tikta-katu, Guna- laghu-ruksha-tikshna, Virya- ushna, Vipaka- katu, Doshakarma- kapha-pittashamaka

Karma- Sukhvirechana-bhedana-rechana, Sothahara, Jwaraghna, Lekhana-medohara

Roga- Vibandha-anaha-koshtagatavata, Arsha, Amlapitta, Vatrakta- Amavata, Sothahara, Jwara

OBSERVATIONS & RESULTS:

The formulation ingredients possess *Deepana-Pachana* and *Ama-pachana* properties which help in *Ama* digestion. Anti-inflammatory and analgesic actions contribute to reduction in *Sandhi Shoola* and *Sandhi Shotha*. Antioxidant and immunomodulatory activities may help in modulating inflammatory pathways and preventing joint destruction. *Rasayana* and *Balya* properties support tissue repair and prevent recurrence. The combined effect suggests action at multiple levels: correction of *Agni*, *Dosha Shamana*, *Rakta Prasadana*, and *Srotoshodhana*, which are key principles in *Amavata* management.

CONCLUSION:

This review indicates that *Alambushadi Churna* offers a safe, cost-effective, and holistic approach for managing *Amavata* by addressing both the root cause and clinical manifestations. Its multimodal pharmacological profile supports its traditional use. However, being based on literary and preclinical data, further clinical studies involving larger sample sizes, objective diagnostic parameters, and controlled trials are warranted to validate its efficacy and to develop standardized treatment protocols for integrative healthcare.

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