

**PHARMACOGNACY OF PATHTHU DRAVYA FOR AMAVATHA SHOTHA
USED IN NADUNGAMUWA WEDA PARAMPARA**

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ABSTRACT

Traditional medicine is the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences. Chronic/Acute inflammatory joint disease Amavata (Rheumatoid Arthritis) is a disease that some medical systems are failed with treating. This causes swelling, pain and stiffness of joints. As Ayurveda texts, it manifested in joints of hasta, pada, sira, trika, gulpha, janu and uru. The main symptoms produced are Angamarda Aruchi, Trishna, Gouravam, Apaka & Shotha. In traditional system the shothahara paththu is most significantly used in ama vatha shatha locally. As the Ingredients of paththu Thala, Sathakuppa, Eranda seeds, Aralu, Rathhadun, and Siyabala leaves prominently it shows Thiktha-Madhura rasa reading the Rasa property. And as to the descending order of other rasa katu-Kashaya-Amla rasa can be seen. lawana rasa was not found. According to the Guna Property mostly Lagu-Ruksh-Thikshna guna were included and snigdha-Sara-Guru guna were containing in very less amount. Regarding the Property of Veerya. It contains 78% of Ushna Veerya and 22% of Sheetha Veerya. Under the property of Vipaka 80% of drugs in Katu Vipaka, 20% madhura vipaka and 4% in Amla Vipaka. So the Amla Vipaka herbs may used in very little. Therefore the shotha contributed by Madura Rasa Vipaka, Ushna Veerya, and Vatha dosha will be removed and thiktha Rasa, ushana veerya and kapha dosha became to shaman state. It clearly shows in the traditional ama vatha shotha paththu reduce the shotha condition by contributing shamana of Vata and kappa dosha very well.

Keywords: Shothahara, Amavatha, Paththu, Dravya, Guna