

Abstract No. 09

## **Pharmacognacy of *Paththu dravya* for *Amavatha Sandhi 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 fail to provide proper treatments. This causes swelling, pain and stiffness of joints. According to Ayurveda texts, it is manifested mainly in joints of *hasta*, *pada*, *sira*, *trika*, *gulpha*, *janu* and *uru*. The main symptoms include are *Angamarda Aruchi*, *Trishna*, *Gouravam*, *Apaka* and *Shotha*. In traditional system the *shothahara paththu* is most significantly used in *ama vatha shotha* locally. This study consisted of a descriptive study model applied to particular registered traditional practitioner and the patients who followed the physician practicing traditional medicine. Ayurveda text books were referred to analyze the *Guna-karama*. As the ingredients of *paththu*, *Thala*, *Sathakuppa*, *Eranda* seeds, *Aralu*, *Rathhadun*, and *Siyabala* leaves prominently show *Thiktha-Madhura* rasa. In addition *Katu-Kashaya-Amla* rasa can be seen. *Lavana* rasa was not found. Mostly *Lagu-Ruksh-Thikshna* guna were found and *Snigdha-Sara-Guru* guna were found in very less amount. 78% of *dravyas* were *Ushna* in *Veerya* and 22% of them were *Sheetha Veerya*. 80% of the drugs possess *Katu Vipaka*, 20% *Madhura vipaka* and 4% of them were *Amla Vipaka*. The traditional *Amavatha Shotha paththu* reduce the *shotha* condition by palliating (*Shamana*) of *Vata* and *Kapha dosha*. By using *guli kalka*, *sweda* along with the external *paththu* increase and normalize the decreased *Agni* and facilitate to digest the *Ama*. According to the above findings, *Vata-Kapha Shamana* and *Agni deepana* is suggested as the probable mode of action while considering the properties of the ingredients.

**Keywords:** *shothahara*, *amavatha*, *paththu*

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