



ISSN (E): 2320-3862  
ISSN (P): 2394-0530  
NAAS Rating: 3.53  
JMPS 2020; 8(1): 50-51  
© 2020 JMPS  
Received: 23-11-2019  
Accepted: 27-12-2019

**Dr. Jaya Singh**  
P.G. 3, RAC. Varanasi, Uttar  
Pradesh, India

**Dr. Shweta Mishra**  
Lecturer Rajkiya Ayurvedic  
College Varanasi, Uttar Pradesh,  
India

**Corresponding Author:**  
**Dr. Jaya Singh**  
P.G. 3, RAC. Varanasi, Uttar  
Pradesh, India

# Journal of Medicinal Plants Studies

[www.PlantsJournal.com](http://www.PlantsJournal.com)

## Effect of shunthi lepa in amavata: A case study

**Dr. Jaya Singh and Dr. Shweta Mishra**

### Abstract

Shunthii. e. *Zinziber officinale* a drug known in Ayurveda for its Shulaprashaman (pain reliever), Shothahara (Anti-inflammatory) and Amapachana (enhance metabolic activity) properties. By considering its properties from various Ayurvedic literature it is selected in context of *Amavata* (*Rheumatoid arthritis*). *Shunthi* has katu rasa, Ushna Virya, Madhura Vipaka & Tikshna-laghu-Snigdha Guna. Due to this it has *vata-kapha-samaka* (vata-kapha-reducing) property and shothahara (anti-inflammatory) and vedanasthapana (analgesic) *karma* (pharmacological action). It was used locally over affected joints with Luke warm water as a paste preparation. In this way Shunthi Lepa helps to reduce local pain, swelling, tenderness and stiffness of affected joints of *Amavata* (Rheumatoid arthritis) patient.

**Keywords:** shunthi lepa, amavata, *Zinziber officinale*

### Introduction

Ama (Bio toxin) and vitiated Vata (Bio force) are main pathological factors in disease manifestation of Amavata. In the disease of Amavata, Ama combines with dosha and spread all over the body and produces the symptoms. It is equated with Rheumatoid arthritis (RA), an inflammatory autoimmune disorder. It is commonest among chronic inflammatory joint disease in which joint become swollen, painful and stiff. It is debilitating disease in view of its chronicity and complication. Therefore it has taken a foremost place among the joint disorders. It continues to pose challenge to physicians due to severe morbidity and crippling nature and claiming the maximum loss of human power making it worldwide biggest problem irrespective of races. No doubt allopathic system of medicine has got an important role to play in overcoming agony of pain, restricted movement and disability caused by articular diseases. Presently NSAIDS are the mainstay of treatment in this condition. However they have severe adverse effect and have limitations for long term therapy. The immunosuppressive drugs are reserved for selected cases, while the disease modifying drugs (DMARDS) are costly and have low benefit to risk ratio. Hence there is need for a therapy having good efficacy.

As per Ayurveda treatment is basically *Samprapti* Vighatana (break down the Pathogenesis), so the choice of any drug for treatment of a particular disorder should be ideally based on thorough consideration of *Samprapti* Ghataka (favourable condition of Pathogenesis). Here the important plant based Ayurvedic drug i.e. *Shunthi Lepa* have been selected by considering its properties from various Ayurvedic literatures along with few other medicines in context of *Amavata* because it is easy to prepare and easily available and it is used locally over the affected joints of *Amavata* (Rheumatoid arthritis) patient to relief pain and swelling.

### Case history

**O.P.D No:** 4952/653

**Place:** Govt. Ayurvedic College & Hospital Varanasi

### Present history

A Patient aged about 39 years old, housewife, Hindu by religion with complain of pain, swelling & tenderness in upper & lower limb, excessive thirst, early fatigue and morning stiffness. Patient approached the OPD for the above symptoms to get remedy for pain swelling & stiffness.

### General examination

On examination patient was having Tender-ness on all joints (upper and lower limbs) along with marked swelling on the joints of hands and restriction of movements.

**Pathological reports**

Hb-9.8gm/dl, E.S.R.-35mm in 1Hr, T.L.C-10,400/mm<sup>3</sup>, D.L.C-N67 L23 E9 M1 B0, S. Uric Acid-4.0mg/dl, A.S.O. Titre-+VE (400 unit) subject was diagnosed as Amavata on the basis of subjective & objective parameter.

**Materials & Methods****Medicines advised**

1. Amavatari rasa 250mg
  2. Rasa sindur 60mg
  3. Amrita Satva 500mg
  4. Shudha Kupilu 60mg
  5. Sanjeevani vati 250mg
- Twice a day after meal (with Luke warm water)
6. Rasna saptak kwath 30ml twice a day
  7. Vaishwanar churna 3gm twice a day

After giving 7 days of above medicines she got satisfactory result. For further relief of pain and swelling along with other medicine we had advised following regimen-Shunthi lepa (prepared by mixing hot water in Shunthi churna) externally on all affected joints as a Sthanika Sweda (local sudation) therapy.

**Method**

**Type of study:** simple random single case study

**Duration of treatment:** Twice a day for 7 days

Shunthi i.e. *Zinziber officinalis* is a drug known in Ayurveda for its *vata-kapha-samaka* (vata-kapha-reducing) property and shothahara (anti-inflammatory) and vedanasthapana (analgesic) *karma* (pharmacological action). It helps to reduce local pain, swelling, tenderness and stiffness of affected joints of *Amavata* (Rheumatoid arthritis) patient.

Shunthi is described in Shula prasamana Mahakasaya. (Ch. Su 4/45)

Rasa-katu

Virya-ushna

Vipaka-madhura

Guna-Snigdha, laghu

**Pharmacological action of Shunthi (*Zinziber officinalis*) based on its active ingredients**

i.e. Gingerol and Zingerone which shows antioxidant, anti-inflammatory, anti-analgesic and anti-tumour action. So considering all these properties Shunthi was used topically to reduce inflammatory pain and swelling.

Here assessment of result was done on the basis of subjective parameters.

**Result and Discussion**

There were significant changes in post treatment symptoms of pain & tenderness in joints & joint swelling within 7 days when Shunthi Lepa is used along with other medicines.

Shunthi Lepa is locally applicable medicine over affected joints in *Amavata* (Rheumatoid arthritis) patient. Shunthi has katu rasa, ushna virya, Madhur vipaka (Bhava Prakash, Kaiydeva Ni.), katu vipaka (Dhanvantari Ni., Madanpala Ni.), ushna-laghu-Snigdha-Tiksha Guna (hot-levity dry-sharp qualities), which are all against the properties of guru, Snigdha, Pichhil and Sheeta (heavy, viscosity, slippery and cold) properties of Ama (bio toxin) and Ruksha & Sheeta properties of Vata. These properties help to mitigate the Ama (bio toxin) & Vata locally from affected joints due to locally

application of this Lepa (paste) over affected joints of *Amavata* (Rheumatoid arthritis) patient. Since in *Amavata* both Ama & Vata are responsible for etiopathogenesis of disease. Properties of Ama (bio toxin) are more similar to Kapha dosha (improper bio fluid) and it controls the Yugapata prakopa (simultaneous augmentation) of Vata (bio force) and Ama (bio toxin) by its Vata-kapha shamaka (vata-kapha-reducing) property. It helps to reduce Sandhi-shula (Joint-pain), Sandhishotha (Joint-swelling), Sandhi-Sparsha-Asahyata (Joint tenderness) and Sandhi-stabdhatata (Joint-stiffness) locally by its Vedanasthapana (Analgesic) and Shothahara (Antiinflammatory) action when it is used locally over affected joints of *Amavata* (Rheumatoid arthritis) patient. It helps to reduce sthanik (local) Yugapata prakopa (simultaneous augmentation) of Vata dosha (vitiating bio force) and Ama (bio toxin) of the affected joints by its Vata-kapha shamaka property, when it is used locally over affected joints, because properties of Ama (bio toxin) are more similar to Kapha dosha (vitiating bio fluid). So it can be said that Shunthi Lepa is effective to break down the Samprapti (pathogenesis) in Sthanikor locally of the disease *Amavata* (Rheumatoid arthritis) when it is used locally over affected joints.

**Conclusion**

Shunthi Lepa has mainly vata-kapha-samaka (Vatakapha-reducing) property and it has shothahara (anti-inflammatory) and vedanasthapana (analgesic) karma (pharmacological action). Hence, it helps to reduce local pain, swelling, tenderness and stiffness of affected joints of *Amavata* (Rheumatoid arthritis) patient when it is used locally over affected joints with Luke warm water and to break down the samprapti (pathogenesis) locally of the disease *Amavata* (Rheumatoid arthritis).

**References**

1. Madhavakara Rakshita V, Dutta S, Shastri S, Madhava Nidana, Madhukokosha Vyakya. Vidyotini Hindi Commentry. Edited by Yadunandan Upadhyaya. 26th Ed, Part-I, Chaukhambha Sanskrit Sansthan, Varanasi, 1996.
2. Harrison TR. Harrison's Principles of Internal Medicine. Edited by Anthony S, Fauci *et al.* 14th Ed, Mc Graw-Hill, New-York, 1998,
3. Agnivesh Charak, Drdhabala Tripathi B, Charak Smhita, Charak Chandrika. Hindi Commentary (part-I, Sutrasthan). 1st Ed, Chaukhamba Surbharati Prakashan, Varanasi, 1983.
4. Sushruta Samhita: Hindi commentary by Kaviraj Ambika Dutt Shastri, 5th Edition, Chaukhamba Sanskrit Series, Varanasi, 1982.
5. Ashtanga Hridaya (A.H.Su.13/25)
6. Dravyagunasutram (5/1)
7. Goldberg J, Pivals RS. Felty Syndrome semin, Arthritis Rheum. 1980; 10:52-65.
8. Heart FD. Extra-articular manifestations of Rheumatoid arthritis. Semin. Arthritis Rheum. Int J Pathophysiol Pharmacol. 2014; 6(2):125-136.