

Literature Review on Pharmacodynamic Properties of Traditional Formula Used on Sandhigatavata

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R. A. A. N. Rupasinghe^(*)

¹*Department of Ayurveda Basic Principles, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka*

(*) Email: nuwanthika12@gmail.com

Ayurveda is a science of life, which deal with suffering of normal beings. Sandhigatavata means a condition in which morbid vata is located in the joints and destroys the joints. The main symptoms of sandhigatavata are pain and crepitation. According to Allopathic Medicine System, it is called Osteoarthritis. In western countries, radiographic evidence of this disease is present in the majority of persons by 65 years of age and in about 80%, of persons more than 75 years of age. In here, non-steroidal anti-inflammatory drugs and joint replacement are prescribed for this purpose which have lot of side effects. But the Ayurveda medicine can be used to treat this disease successfully. According to Ayurveda concept, the mode of action on any drugs are based on their pharmacodynamic properties. Therefore, this study was carried out to evaluate the pharmacodynamic properties of the formula, which is effective in managing the sandhigatavata through a review of Ola leaf manuscripts. On the basics of pharmacodynamic properties of drugs, it is obvious that most (60%) of the ingredients are ushna veerya. Due to ushna veerya, the drug counteracts with other predominant properties of vata, which create symptoms of Sandhigatavata. Thus, the cure the vitiated vata dosha is helpful to manage the Sandhigatavata. The application is mentioned not to possess Ushna property, but is Madhurarasa 60%. Guru, Snigdha guna 60% & Madhura vipaka 60% by which enhance the Kapha dosha and reduced the vata. According to the study, pharmacodynamic properties of the formula is effective on managing the sandhigatavata. Therefore, this study should be carried out as a clinical trial.

Keywords: sandhigatavata, pharmacodynamics properties, allopathic medicine