REVIEW ARTICLE
CONCEPTUAL STUDY OF ROLE OF SIMHASYADI KVATHA IN VATARAKTA
SUMANT MORESPHAR PANDE

ABSTRACT
Vatarakta is disease caused due to separate vitiation of vata & rakta. Gati of aggravated vata is obstructed in its passage by dushit rakta (Impure blood) which ultimately generates Vatarakta. Etiological factors of Vatarakta, are responsible for vataprakop and raktadushti & also for its signs & symptoms. Simhasyadi kwath is combination of Raktaprasadak & Raktashodhak (Blood purifiers) and also vatashamak, vatanulomalk (Removes aggravated vata from body) dravyas. This decoction helps in vatarakta to remove raktadushti (impurities in blood), srotovibandh (Blokages in srotas) and also causes vatashaman. Simhasyadi kvatha relieves symptoms by raktashodhan, raktaprasadan and vatashaman. vasa removes toxins, stickiness of rakta, increases circulation, does raktaprasadan & shodhan. Hingu does shodhan & shaman of strotolipta kleda (Stickiness in srotas). Laghupanchamula are vata-pitta shamak when combined, hence responsible for vatashaman & raktgata pitta shaman. Erandamul is Vrishya and vatahara, hence does vatashaman. Erand tail, also primarily vatanashak and also virechan (laxative) i.e. rakttagata pittashodhak. Amruta is best rasayan (rejuvenation). It acts as raktagata & raktaprasadan by tikta, kashay rasa. Saindhava is srotovivarankar (Cleaning of srotas) & anuloman by lavan rasa, & prasadak by tikta rasa & sheeta virya. simhasyadi kvatha is effective in vatarakta.

Key words:- Vatarakta, Raktadushti, simhasyadi kvatha.

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INTRODUCTION

“Vataraktabhyam janito vyadhi vataraktam”[1]

Vatarakta is a sammurchana janit (combined) vyadhi of Vata & Rakta. The aggravated vata is being obstructed in its passage by dushit rakta. This vata again vitiates the whole rakta. This condition is known by various names, namely as Vatashonit, Khudavata, Vatabalas, Aadhyavata etc. It establishes its base first in the small joints of hands & feet & then spreads in the joints of entire body & causes severe pain which is difficult to tolerate.

The etiological factors of Vatarakta are described in detail in Charak Samhita out of which Salty, Sour, Pungent, hot & uncooked food, meat of aquatic & marshy animals, food having high proteins, curd, buttermilk, sura etc. are mainly responsible for vataprakopa and raktadushti. The signs & symptoms in the Vatarakta like kandu (itching), daha (burning); twakavaivarnya (discoloration of skin), raga (redness), shotha (inflammation), and paka are caused by dushit rakta along with tridosha and the symptoms like shool (pain), chankramana kashtata (difficulty in walking), sandhigraha (joint stiffness) caused due to vitiated vata and srotorodh.

So, it is necessary to remove the impurities from blood. This can be made possible through Raktaprasadan, Raktashodhan, raktagata doshapachan, srotovibandhanashan, vatashaman and vatanuloman.

Simhasyadi kvatha (decoction) mentioned in “bhaavaprakash” & “Bhaishyaratnavali” has combination of such Raktaprasadak, Raktashodhak, srotovibandhanashak & vatanashak dravyas.

“ Simhasya panchmuli chhinnaruhaa erand gokshurak kvathah |
Errand tail ramath saindhav churnanvitaḥ peetah ||
Prashamayati vataraktam........................................||
[2]”

Considering the above reference it can be stated that the decoction prepared from vasa, laghupanchamul, guduchi, erandmul, gokshur, with hingu, erand tail and saindhav is much useful.

OBJECTIVES:
To study role of simhasyadi kwath in vatarakta.

MATERIAL AND METHODOLOGY
This is a literary type of study. Literary study of raktadushti (Vitiated blood) is done from Charak samhita, Sushruta samhita & Vagbhat samhita. Literary study of karmukatva (Activity) of contents of kvatha (decoction) is done from Bhavaprakash, Bhaishajya ratnavali and also brihatrayi etc.

Following data mentioned here the short review of literature related this study.

Raktadushti hetu (Vitiating Factors of blood):
Use of vitiated, very acute & hot wines or similar intoxicants.

1) Excess use of salts, alkalis & pungent articles.
2) Horse gram, Black gram, Sesame & Sesame oil, Radish etc.
3) Flesh of aquatic, wetland, terricolous & tearer group of animals.
4) Curd, Sour canjeees, Shukta, Sura, Sauviraka wines.
5) Day time sleeping just after having liquid, unctuous & heavy food.
6) Indulgence in over eating & Anger.
7) Suppressing urge of vomiting.
8) Not practicing bloodletting in proper season.
9) Fatigue, injury, grief, pre-digestion meal, eating on loaded stomach & the natural tendency of the autumnal season.

Rakta dushti lakshane (Vitiated blood symptoms):

“Tatah shonitaja roga prajayante pruthgvidha/
Mukhpakoakshiragshcha.......vatashonitam.... ||
........sarva eva ete vidneya shonitashraya ||" [4]"

The above reference shows that vitiated rakta leads to various diseases like Mukhapaka, Akshiraga etc. including Vatarakta.

Vatarakta hetu (Etiological factors of Vatarakta):

“Lavan amla katu kshar.............kupyate vatastonitam || [5]"

“Tikshnoushna amla kshara shakadi bhojaihi santapadi bhuyasa sevitaschy/
Kshipram raktam dushtim aayati yat cha || [6]"

1) Salty, sour, alkaline, hot & uncooked food.
2) Moist or dried things, meat of aquatic & marshy animals.
3) Radish, horse gram, black gram, nispava, sesame paste, sugarcane, curd, sour gruel, sauvira, sukta, buttermilk, sura, aasav.
4) Incompatible food, eating during indigestion.
5) Anger, day-sleep, vigils.
6) Delicate persons having delicious things at pleasure & not in habit of walking.
7) Injury & non evacuation when blood is affected.
8) Astringent, bitter, little & rough items.
9) Riding on horses & camels, sporting in water, jumping, walking in hot climates, sexual intercourse & suppression of urges.

Vatarakta Samprapti (Pathogenesis):
“Soukshmyat sarvasaratvachcha................... | “Simhasya Panchamooli Chhinnaruha Erand
......Atyartham dussaha nrunam || [7]” Gokshuraka Quathah |
“Tatra balavadvigrahadibhihi...................... | Erandataila Ramatha Saindhav churnanvitah
...............................janayatiti vataraktam|| [8]” pitah ||

1) Vataprakopa & Raktadushtikar hetu
sevan.

2) Vata vitiation by sukshma & Sara guna.

3) Rakta vitiation by Drava & Sara guna.

4) Circulation of vitiated vata & rakta all
over the body through blood vessels.

5) Obstructed in the joints & get located
there with agitation.

6) If located in twaka & mamsa term as
Uttana vatarakta.

7) If located in deeper dhatus (like asthi-
majja) term as Gambhir vatarakta.

Simhasyadi kvatha (Decoction):

The kvatha of Vasa, Laghupanchamul,
Guduchi, Erand, Gokshur With addition of
Erand tail, Hingu and Saindhav relives
uncurable vatarakta (Gout),

It can be stated that the contents of
Simhasyadi kwath are having such active
principles which act on vatadushti and
raktadushti, vatadushti and sammurchhana of
vata and rakta.

The following table represents the properties
of the above dravyas with their karmuktva.

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Rasa</th>
<th>Vipaka</th>
<th>Virya</th>
<th>Guna</th>
<th>Karmukatw</th>
<th>Safty precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasa (Adhatoda Vasaka)</td>
<td>Tikta</td>
<td>Katu</td>
<td>Sheet</td>
<td>Laghu, Ruksha</td>
<td>Raktagata kapha-pitta shaman, Raktaprasad ak</td>
<td>Safe</td>
</tr>
<tr>
<td>Laghupanchamool</td>
<td>Tikta</td>
<td>Madhur</td>
<td>Anushna</td>
<td>Laghu, snigdha</td>
<td>Vatashaman a and raktagata pittashaman</td>
<td>Safe</td>
</tr>
<tr>
<td>Guduchi (Tinospora cordifolia)</td>
<td>Tikta</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Guru, Snigda</td>
<td>Raktashodh ak, Raktavardha</td>
<td>Safe</td>
</tr>
<tr>
<td>Medicine</td>
<td>Qualities</td>
<td>Prevention</td>
<td>Precautions</td>
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<tr>
<td><strong>Erand (Ricinus communis)</strong></td>
<td>Madhur, Katu, Kashay</td>
<td>Madhur, Ushna, Guru, Tikshna, Snigdha</td>
<td>Raktashodhak, Vatanashak, Shothaghna, Shoolaghna, Vedanasthapana</td>
<td>Safe; Precaution should be taken not to cause diarrhea</td>
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<td></td>
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<tr>
<td><strong>Gokshur (Tribulus terrestris)</strong></td>
<td>Madhur</td>
<td>Madhur, Sheet a, Guru, Snidha</td>
<td>Raktashodhak, Raktagat Kledananashan and Vataashaman</td>
<td>Safe</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Erandtail (Ricinus communis)</strong></td>
<td>Madhur, Katu, Tikta, Kashay</td>
<td>Madhur, Ushna, Guru, Tikshna, Snigdha</td>
<td>Raktashodhak, Vatanulomana, Vrishyavata hara Shothaghna, Shoolaghna, Vedanasthapana</td>
<td>Safe</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shuddha Hingu (Ferula narthex)</strong></td>
<td>Katu, Katu Ushna, Tikshna, Vatakaphshmak, Raktagata klednashan</td>
<td>Safe</td>
<td></td>
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<tr>
<td><strong>Saindhav (Sodii chloridum)</strong></td>
<td><strong>Lavan</strong></td>
<td><strong>Katu</strong></td>
<td><strong>Sheet</strong></td>
<td><strong>Tridosh shamak, vatanuloman, srotovivaran, sukshmasrot ogami</strong></td>
<td><strong>Safe</strong></td>
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**Vasa:** “vasako vatakrun swaryah kaphapitaasranashanah / Tiktastruvarako hridyo laghu sheetastrutartihrut / Shwas kasa jwar chhardi meha kushtha kshayapaha // [11]”

Vasa due to its tikta, kashaLJ rasa, ruksha guna causes pachan & shamana of raktagata kapha, and raktagata pitta shaman because of its tikta-kashaya rasa and sheeta veerya. This leads to raktaprasadaŶ & raktashodhaŶ. It reŵoves the iŵpurities & todžiŶs froŵ ďlood. WheŶ the stiŴkiŶess ;? kledͿ iŶ the rakta gets iŶĐreased it Đreats oĎstruŴioŶ iŶ its ĐirĐulatioŶ. IŶ loŴterŵ effeŴuse of saŴg the vitiated rakta geŶerates daha, paka, raga, shoth, shool etĎ. vasa deŴse of its tikta - kashaLJa rasa aŴd sheeta veerLJa. This leads to raktaprasadan & raktashodhan. It removes the impurities & toxins from blood. When the stickiness (? kled) in the rakta gets increased it creates obstruction in its circulation. In longterm effects of sang the vitiated rakta generates daha, paka, raga, shoth, shool etc. vasa because of its Ruksha, laghu guna removes the stickiness of rakta, increases circulation & relives the signs.

**Laghupanchamool:** Panchamulam laghu swadu balyam pittanilapaham /

**Natyushnam brihanam grahi jwarashwasashmri pranut // [12]**

Vitiated pitta dosha and vitiated rakta combinedly causes symptoms like daha, paka etc in vatarakta.

Laghupanchamula is having Madhur rasa and madhura vipaka and anushna virya which causes raktagata pittashamana and also vata shaman hence relieves symptoms of vatarakta.

**Eranda:** Guruvataprashamano vikaransonitan jayet / [13]

Meha jwara amavaatasra shoola shopheshu shasyate / [14]

Here, Erand moola. Madhur tikta ras, Madhur vipaka and ushna veerya all these properties are vatashamak. Erand also possesses good shothaghna and shoolaghna activities by means of which it gives good relief from symptoms of vatarakta. Erand is said to be vrishya-vataharanam agryah.

**Hingu:** Laghu vatakphanaha shoolagulmagnimandyajit /
Pachanam krimihrudrog kasashwasodarartinut ||
Hinguniryasa chhedaniya dipaniya anulomika vatakaphaprashamananat ||

Katu, tikta rasa & ushna virya of hingu is responsible for raktagat doshpachan and also to destroy raktagata kapha and kleda. Its ushna virya is responsible for vatashaman and vatanuloman. Because of elimination of kapha the obstruction to rakta & vata gets relieved. Also vatashaman occurs which relieves pain in the vatarakta cased by kapha due to rakta margavarodh.

Gokshura: gokshuro madhuro vrishyo deepano balapushtrikrut/
Sheetalostavitagahno doshrayanibaranah/
Hridroga meha krichrashma shwas kasa ruja harah ||
Gokshurako mutrakrichra anilaharanam|]

Gokshur has Madhur rasa and madhura vipaka and possesses guru and snigdha properties hence it is vata shamak by rasa, vipaka and guna. Gokshura has extraordinary property of kledanashan. As gokshur has mutral activity, it removes kled part present in rakta and removes it from body through urine.

Amruta: “Guduchi katuka tikta swadupaka rasayani |
......Kamala kushtha vaatastra jwar krumi vamin haret ||

It is one of the drug of choice in Vatarakta. It is used in various forms like churna, kwath, swaras, kalka etc. It is included in the ‘dahaprashaman gana’ by charak. It act as rasayan hence causes raktavardhan. It decreases signs like sandhishoola, shoth, daha, vakrata in vatarakta. It also causes raktapasadan by tikta & kashay rasa. It removes kleda, and vitiated kapha, pitta & vata from rakta. Also removes toxins from rakta. It causes shaman of visham doshas & acts as best shaman aushadhi.

Erand taila: Erand tailam madhuram guru shleshmahivardhanam |
Vatasruk gulmahridroga jeerna jwaraharam param ||

The rasa of erand tail is Madhur katu tikta kashay, vipaka madhura, virya ushna and gunas guru and teeksha. The action is deepan, vrishya twachya, vayasthapan, varnya, sarak. Erand tail is very useful in most of the vatavyadhies and also vatarakta. Shakhagata vatanuloman and vatasthamana is done by erand tail also because of sookshma and teeksha properties eranda tail removes obstructions in srotasas and possesses srotovivarana property

Saindhava: Saindhavam lavanam swadu deepanam pachanam laghu ||
Snigdham ruchyam himam vrishyam sookshmam netryam tridoshhrit ||

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Saindhav is told as a lavanottam by charak itself. Saindhav has laghu, snigha and sookshma properties by means of which saindhav acts as srotovivarankanar and also by snigdh guna and lavana rasa it acts as vatulanomak.

On the basis of above study it can be stated that the Simhasyadi kvatha is effective in raktadushti in Vatarakta. It removes the kleda, stickiness of rakta, also it lowers vata dushti and causes vatunanomana. There by minimize the obstruction in passage of vata caused by dushit rakta. The kvatha decreases the signs & symptoms in vatarakta like shool (pain), daha (irritation), twakavaivarnya (discolouration of skin), raga (redness), chimchimayan (tingling), shoth (inflammation), paka etc.

CONCLUSION
Simhasyadi kvatha acts as Raktashodhak & Raktaprasadak in vatarakta by removing the obstruction in the path of vata by dushit rakta & helps in minimizing the severity of signs & symptoms in patients. It helps to lower the vata dushti caused in vatarakta and possesses property of vatulanumana.

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