



INSIDE REVIEW OF SIMHASAYADI KWATH CHURNA AS ANTI-INFLAMMATORY

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ABSTRACT

Inflammation is the body's immune response to combat suspected harmful effect by a stimulus. Antioxidants prevent chain of reaction that would result in the production of free radicals. Prolonged usage of steroids as anti-inflammatory agents is unsafe, demanding search for anti-inflammatory compounds with sustainable future. Various therapeutic approaches are available for reducing long-term inflammatory responses and thus the complications associated with them. The major approach used presently includes use of steroidal and non-steroidal anti-inflammatory drugs (NSAIDs). These NSAIDs are also known to cause liver and kidney damage with long-term use. In *Ayurvedic* polyherbal formulations are widely prescribed for a wide range of inflammatory conditions. The easy availability, low cost and negligible side effects, natural products are popular in the nowadays in the world. Hence the review of *simhasayadi kwath churna* for its anti-inflammatory properties mentioned in the text is taken for the review.

KEYWORDS: Inflammation, anti-inflammatory, polyherbal, *simhasaya*, *shotha*.

INTRODUCTION

Inflammation is a complex response to local injury or other trauma; it is characterized by redness, heat, swelling, and pain. Inflammation is a normal protective response to tissue injury caused by physical trauma, noxious chemical and/or microbial agents. Inflammatory processes are involved in immune surveillance and optimal repair and regeneration, following injury.^[1] Inflammation can be correlated to *Shotha* on the basis of equivalent symptoms mentioned in the concerned literature. The use of medicinal plants is based on the experience of many generations of physicians and traditional systems of medicine from different ethnic societies.^[2] Based on the experience of many generations of physicians and traditional systems of medicine from different ethnic societies, medicinal plants have been

used to cure many ailments.^[3] Indian system of medicine (Ayurveda) is playing a vital role in control and management of various health disorders and it depends on plant resources and used as a whole drug.^[4] Evidence has accumulated that herbal extracts containing phytoantioxidants especially polyphenols, flavonoids, tannins and other related compounds have extensive biological properties including the positive health effects and reduction of the disease risk.^[5,6] During the screening out of many polyherbal formulations mentioned in the text *simhasayadi kwath churna*^[7] is taken for study to establish its anti-inflammatory potential. Different research, review article and text were searched to establish the anti-inflammatory potential of *simhasayadi kwath churna*.

Method of preparation of *simhasayadi kwath churna*^[8]

Table no 1: Following ingredients are used for the preparation of *simhasayadi kwath churna*.

S.No	Ingredients	Latin name	Family	Quantity
1	<i>Simhasaya</i> (Vasa)	<i>Adhatoda vasica</i>	Acanthaceae	1 Part
2	<i>Amruta</i> (Giloya)	<i>Tinospora cordifolia</i>	Menispermaceae	1 Part
3	<i>Kantkari</i>	<i>Solanum xanthocarpum</i>	Solanaceae	1 Part

The coarse powder of all the ingredients are prepared separately and mixed together in the prescribed quantity. It is administered in the form of decoction as prescribed in the Ayurveda classics.^[9]

Table no 2: Ingredients and their pharmacological and therapeutic properties.

S.No.	Name of the Drug	Rasadi panchak & Ayurvedic properties	Pharmacological properties
1	Simhasaya	Rasa- tikta,kashaya Guna – laghu,sheeta Veerya- sheeta Doshaghana and Rog ghatna – vatakaraka,hrudyakara,kapha,pitta hara, raktakophara,trusha,shawasa,jawara,vamana, Premeha,kushtha,kshayahara ^[10]	Anti-inflammatory ^[11,12,13,14]
2	Amruta	Rasa- katu,tikta,kashaya, Guna – laghu, Veerya-ushna Vipaka-madhura Doshaghana and Rog ghatna blakaraka,agnideepaka,tridosha,ama,daha, meha,kasa,pandu,kamla,kushta,vatrakta jawara,krimihara ^[15]	Anti-inflammatory ^[16,17,18,19,20]
3	Kantkari	Rasa-tikta,katu Guna – laghu,ruksha Veerya-ushna Doshaghana and Rog ghatna agneedeepaka,pachka,kasa,jawara,shwasa,kapha, vata,peenasa,parshavapeeda,krimi,hrudyaroga, malabhedaka,medoroga ^[21]	Anti-inflammatory ^[22,23,24,25,26]

CONCLUSION

This review has presented a collective knowledge on therapeutic, pharmacological property as anti inflammatory. So this review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of polyherbal formulation *simhasayadi kwath churna* which helps the researcher to explore this formulation for experimental, clinical studies and also for the promotion of health. As it is having very few ingredients, easily available and it can be cost effective for the management of the inflammation.

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