WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact Factor 8.084
Volume 12, Issue 14, 1552-1556. Review Article ISSN 2277– 7105

A CLINICAL STUDY OF USE OF AARAGWADH IN MANAGEMENT OF PSORIASIS

Twinkle Nanavati[1]*, Shreedevi H. Huddar[2], Drakshayani Benni[3] and Ashvini S. M.[4]

[1]Final Year PG Scholar Dravyaguna Department, [2]Professor and HOD Dept. of Dravyaguna, [3]Professor Department of Dravyaguna, [4]Assistant Professor Department of Dravyaguna Shri Shivyogeeshwar Rural Ayurvedic Medical College and Hospital, Inchal, Belgavi, Karnataka, India.

Article Received on
25 June 2023,

Revised on 15 July 2023,
Accepted on 05 August 2023

DOI: 10.20959/wjpr202314-29379

***Corresponding Author**
Dr. Twinkle Nanavati
Final Year PG Scholar Dravyaguna Department, Shri Shivyogeeshwar Rural Ayurvedic Medical College and Hospital, Inchal, Belgavi, Karnataka, India.

ABSTRACT

Psoriasis is one among the complex, chronic, multifactorial, inflammatory disease which involves hyper proliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate. At present time, Psoriasis is one of the most common human skin diseases. Majority of the dermatological disorders have been described under the roof of Kushtha in Ayurveda. In this article, ancient Indian literature regarding dermatological disorders is studied thoroughly to make a comparison between the information given in ayurvedic classical texts and those given in modern medical science in relation to psoriasis. After studying Kustha in ayurvedic literature, it is clear that the disease Psoriasis is mostly comparable with two varieties of kshudrakustha, Sidhma kustha etc.

KEYWORDS:- *Aaragwadh, Ayurveda, kustha.*

INTRODUCTION

Psoriasis (Kustha) is treated on the shodhana (Panchakarma therapies) and shaman line of treatment. A wide range of treatment principles is available in classics for Psoriasis. Panchakarma therapies like Virechana & Vamana play a crucial role. They are deliberate after a full examination of the patient. These purificatory procedures help in detoxifying the body and remove toxins like Liver toxins & colon toxins from the root, in turn preventing their recurrence. Virechana (controlled purgation) is a better option for the curative aspect as well as for the preventive aspect of psoriasis. Genetic susceptibility may also be prevented

due to its purification action at the cellular level. Vamana is not merely a gastric lavage, it has the potential to disunite toxins from minute channels and eliminate them. It also acts on immunity and balances the endocrine system overall relieving the symptoms of psoriasis. In shaman ausdhi's Aargwadh plays very important role in detoxifying the toxins. Aragwada is one drug mentioned in all systems of medicines.[1] It is commonly known as golden shower, Indian labor num, Rajvruksha. In Ayurveda, different parts of Aragwada are used in several conditions. Aacharya's explained several methods of usage according to indications like lepa, udavartana, Kwatha. Aargawada patra has indicated in Vrana shotha, Granthi shotha, Vata rakta, Amavata, Sandhivata, Kandu, Jwaraa, Hridrogaa, Raktapittaa, Shoolaa, Kusthaa, Gulmab, Vranab, Kachchhub etc. Aacharya's have also classified Aragvadha under various groups. Acharya Charaka organized Aragvadha in the group of Kushtaghna, Kandughna, Phalini Varga, Tikta Skanda, Virechana dravya, etc. Acharaya Susruta Aragvadadi Gana, Syamadi Gana, Adhobhagahara, and Acharaya Vagbhatta have been mentioned only in Aragvad adi gana. Aragvadha patra has kushthagna (anti kushtha), kandughna (anti-itching), kriminashaka (antimicrobial), and rakta shodhaka(blood purifier) properties as a result of it act on several types of kushtha by its Rasa- Panchak. Argavada possesses Madhura Rasa, Guru, Mridu & Snighdha guna, Sheeta virya, Madhura vipaka, and Rochana karma. Ayurveda explains the chemical structure by the name of rasa and vipaka, whereas pharmacological actions by guna and veerya of a drug. Kushtha is a tridoshajanya vyadhi that cannot be manifest with a single dosha involvement. The sapta dravyas of kushtha are tridoshas, twaka, rakta, mamsa, and Ambu. According to Acharya Charaka, nidaan sevan influence prakopa of tridosha and vitiated doshas will get ashraya in Twaka, Rakta, Mansa, and Ambu create the kushta roga. Aragvadha is tridosha shamaka and pacifies prakopita tridoshas and maintains Samata. Aragvadha possesses shita veerya, Rakta shodhaka, and helps to resolve rakta dusti with which Kushta subsides. Aacharya's mentioned kandughna, kushtaghna, which directly shows the role of Aaragvadha in Kushta. The abreast leaf of Cassia fistula possesses anti-bacterial, anti-fungal properties, anti-itching properties, wound healing, and anti-inflammatory activities. Aragwadha is a rich source of tannins, flavonoids, glycosides, linoleic, oleic, stearic acid. Leaf of cassia fistula mainly contains oxalic acids, tannins, oxy- anthraquinones, anthraquinones derivatives. Anti-bacterial and anti-Fungal activities help against pathogen-causing skin disorders. Anti-itching, anti-inflammatory activities help to reduce symptoms and pathogenesis. Wound healing property refers to a living organism's replacement of destroyed and damaged tissue by newly produced tissue. It is mentioned with the synonyms like Aragvadha, Rajavruksha, Shampaaka, Chaturangula,

Arevatha, Vyadhidhaata, Kruthamaala, Suvarnaka, Kamikaara, Deergaphala, Swarnanga, Swarnabhushana etc. in the Ayurvedic texts. It is known as in Amlathas, Sonhali in Hindi and Indian labernum, Pudding pipe tree, Purging cassia in English.[2-4]

DISCUSSION

Traditional medicinal uses:

In Ayurvedic classics it is mentioned that Aragvadha is sweet and bitter in taste, heavy, cooling and sweet in vipaka. It is useful to reduce various diseases like Fever (Jwara), Skin Diseases (Kushta), Rheumatic Diseases (Amavaata), Cervical Lyrnphadenitis (Gandamaala), Cardiac Diseases (Hrudroga), Worm Infestations (Krimi), Abdominal Pain (Shoola), Abdominal Disorders (Udararoga), Polyuria (Prameha), Dysuria (Mootrakrucha), Bloating of Abdomen (Gulma) etc. It also reduces all the three dosha. It acts as laxative (Mrudurechaka). The fruit of it is said to be Laxative (Sramsanam), increases taste perception (Ruchya), reduces skin disorders (Kushta), pitha and kapha. This is said to be the best drug for laxation during fevers. And it is also said to be the best for the elimination of doshas of the gastrointestinal tract (kostashuddikaram param). Phytochemistry:[4] Root bark: An important chemical called fistucacidin, a hydroxy athraquinone type compound and its antibacterial effect was reported from the root bark. Stem Bark and heart wood: The bark and the heart wood contain fistucacidin an optically inactive leucoanthracyanidin 3, 4, 7, 8, 4'-pentahydroxyflavan along with barbaloin and rhein. N-Butanol extract of the powdered stem bark contained tannins. The benzene extract yielded lupeol, β-Sitosterol and hexacosanol. Leaves: Leaves contain anthraquinone derivatives, tannins, free rhein, rhein glycoside, Sennoside-A and Sennoside-B. They also contained kaempferol glycosides. Flowers: Other compounds isolated were: sitosterol, n-triancontanol, leucopelargonidin and a mixture of flavonoids and glucosides. Ceryl alcohol, kaempferol, rhein and new bianthraquinone glycosides, fistulin isolated from the ethanol extract of the flowers. Pods: An anthraquinone fistulic acid is obtained from the alcoholic extract. Dried fruits of Cassia fistula L. showed anti-inflammatory activity at 500 mg/ kg dose. 1:1 combination of the dried fruit extracts of Solanum xanthocarpum and Cassia fistula showed synergetic action at 500 mg/kg showed maximum inhibition of 75% compared to the 81% inhibition in diclofenac sodium treated positive control group. The acetone extracts of the root bark and stem bark had anti-fungal activity against T. rubrum and T.megnini. The root bark had the maximum activity 100mg of it being more potent than 16.tgm of griseofulvin in vitro. The activity might be due to the presence of flavonoids (LillyKutty and Santhakumari 1969). 4-hydroxy benzoic acid hydrate

obtained from the extracts of the flower of Cassia fistula (an ethnomedicinal plant) showed antifungal activity against richophyton mentagrophytes (MIC 0.5 mg/ml) and Epidermophyton floccosum (MIC 0.5 mg/ml). The efficacy of the Cassia fistula in skin diseases may be attributed to the presence of anthraquinone derivatives specially chrysopherol. Hepatoprotective activity: Ethanolic leaf extract and fruit extract showed Hepatoprotective activity against diethylnitrosamine and bomobenzene induced hepatotoxicity Pre treatment with C. fistula showed antioxidant and hepatoprotective properties against CCl4 induced hepatotoxicity. Along with the other activities such as antitumor, antioxidant, hypoglycemic, hepatoprotective, antibacterial, hypocholesterolaemic, and antidiabetic activity, the healing potential of C. fistula provides a scientific rationale for the traditional use of this plant in the management of infected dermal wound and can be further investigated as a substitute to treat infected wounds without using synthetic antibiotics.[5-8]

CONCLUSION

From the above it can be concluded that the drug Aragvadha (Cassia fistula Linn.) proved to have extensive medicinal value in the treatment of diseases like kustha which is specifically told to treat kustha roga. Hence being Ayurveda physician we should use the amazing drug and treat the patient.

REFERENCES

1. Kirtikar KR, Basu BD. Indian Medicinal Plants. Second Edition. Dehradun; M/s Bishne Singh Mahendra Pal Singh, 1975; 2: 856-859.
2. Srikantha Murthy KR. Bhavaprakash nighantu of Bhavamishra. Varanasi. Chowkhamba Krishnadas Academy, 2004; 1: 182.
3. Nadkarni AK. Indian Materia Medica. Third edition. Bombay. Popular Prakashan, 1976; 1: 285.
4. Anonymous. Phytochemical investigations of Certain Medicinal Plants used in Ayurveda. New Delhi. CCRAS, 1990; 1: 27-29.
5. Anwikar S, Bhitre M; Study of the synergistic anti-inflammatory activity of Solanum xanthocarpum Schrad and Wendl and Cassia fistula Linn; Int J Ayurveda Res, 2010; 1(3): 167-71.
6. Bussmann RW et.al; Minimum inhibitory concentrations of medicinal plants used in Northern Peru as antibacterial remedies; J Ethnopharmacol, 2010; 28, 132(1): 101-8.

7. Perumal Samy R, Ignacimuthu S, Sen A; Screening of 34 Indian medicinal plants for antibacterial properties; J Ethnopharmacol, 1998; 62(2): 173- 82.
8. Duraipandiyan V, Ignacimuthu S. Antibacterial and antifungal activity of Cassia fistula L.: an ethnomedicinal plant. J Ethnopharmacol, 2007; 25, 112(3): 590-4.