

# A Clinical Study to Evaluate the Efficacy of Triphaladyarishta in Shotha

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## Abstract:

Shotha is very important phenomenon. It is a response of a body to pathological condition in the body. Predominantly it has symptoms as pain, heat, redness and swelling at the affected area. Mainly, it arises due to protective function of body against adverse condition in the body carried out by vascular reaction and cellular reaction. It is related with wide range of infectious and non- communicable diseases. It can be correlated with Inflammatory condition as per modern science. It needs immediate and effective treatment due to its troublesome character. Triphaladyarishta is remedy mentioned in Shvayathuchikitsa adhyaya in Charak Samhita. So present study is an attempt to study clinical efficacy of Triphaladyarishta in Shotha.

**Keywords:** Ayurveda, Vrana, Triphala, Guggulu.

## Introduction:

Since the origin of materialistic world, Ayurveda is serving the ailing as well as healthy humanity of Indian subcontinent general and India in particular. This unique system of medicine encompasses the entire spectrum of human health and contribute to the positive holistic health according to individual one. As a science of Life and Health, the different branches of Ayurveda have evolved over the long period as health being

mainly concerned with keeping the body fit and preventing as well as curing the diseases, which were its main objective. Logically therefore, there has been a constant research on therapeutic agents that keep the body fit, increase its capacity to combat a disease and bring it back to normal. These therapeutic agents are termed as Drugs. One should be delighted by seeing the progressive innovation of different Kalpana of Ayurvedic Pharmacy among these highly established Kalpanas of Ayurveda is Sandhan Kalpana. Here due to its vital importance we have considered Arishta Kalpana for our study. Triphaladyarishta is mentioned in Shvayathuchikitsa adhyaya in

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Chikitsa sthana of Charak Samhita.<sup>1</sup> Triphaladyarishta is prepared according to the reference found in Bhaishjya – Ratnavali. Shotha is an inflammatory condition characterised by redness, swelling, pain and temperature. It can be related with shotha as per Ayurveda. It occurs due to imbalance in doshas. So present study entitled – “A clinical study to evaluate efficacy of Triphaladyarishta in Shotha” was undertaken and found statistically significant.

#### Aims :

To study clinical efficacy of Triphaladyarishta in shotha.

#### Objective:

1. To take various references related to shotha in various Ayurvedic Samhitas.
2. To understand Triphaladyarishta.
3. 4. To understand clinical efficacy of Triphaladyarishta in shotha.

#### Review of literature:

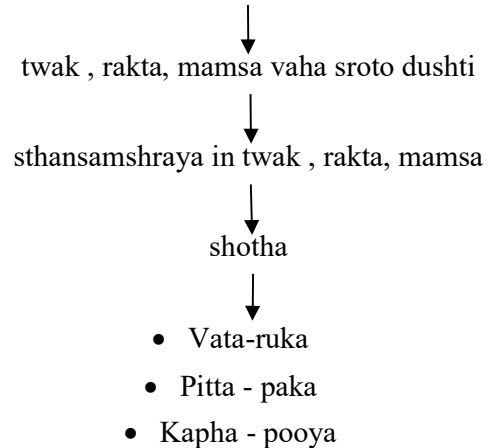
**Shotha** - Shotha (swelling) as a clinical condition having increased temperature, redness, swelling and pain.

**Types** - Acharya Sushruta mentioned six types of Vrana Shotha. It is of five types as described by Sushruta<sup>2</sup>:

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipattaja
5. Vishaja

- **Samprapti of Shotha-**

Hetu sevan  
↓  
Injury to srotasa



#### Sampraptighatak of Shotha

- Dosha- tridosha
- Dushya- rasa, rakta, mamsa, twak
- Srotas- raktavaha, mamsavaha, rasavaha
- Srotodushti- vimargagamana-sanga
- Rogamarga- bahya
- Sanchar sthan- sarvasharir
- Udhbhavasthana- amshaya.

#### Purva roopa of shotha-

Purvarupa of shotha are Ushma (Increased body temperature), Davatu (Burning sensation), Siranam ayama (Dilatation of vessels).

#### Pratyatma lakshana –

Utsedha or swelling is the pratyatmalakshana of both nija and agantuja shopha.

#### Rupa :

The clinical signs and symptoms of shotha includes Heaviness, variability or instability, swelling, increasing local temperature, thinning of vessels, horripilation and discoloration of skin over the sites.

**Table no. 1: Triphaladyarishta**

- Haritaki – 192 gm
- Bibhitaki – 192 gm
- Amalaki – 192 gm
- Yavani – 192 gm
- Chitrak – 192 gm
- Pippali – 192 gm
- Loha bhasma – 192 gm
- Vidanga – 192 gm
- Honey – 384 gm
- Old Jaggery – 10 gm
- Jala – 12.288 liter

**Method of Preparation:**

Coarse powder of Haritaki, Bibhitaki, Amalaki, Yavani, Chitrak, Pippali, Loha bhasma and Vidanga were boiled with water till 1/4<sup>th</sup> water remains and Kwath is formed. It is filtered. In this kwath, jiggery was mixed properly and stirred well. It is again filtered. To this solution, natural fermenting agents, like Dhataki, were added and it is mixed well. The whole mixture is taken in mud or wooden vat filled up to 2/3<sup>rd</sup> of the vat, sealed and kept undisturbed for 2 – 8 weeks. After the required period, it is opened, filtered and stored for therapeutic use in air tight bottles away from direct sunlight. The drugs in Triphaladyarishta have properties as follows-

**Table no. 2: Properties of dravyas**

Sr No	Drug Name	Latin Name	Rasa	Virya	Vipaka	Guna
1	Haritaki <sup>3</sup>	Terminalia Chubula	Kashaya pradhan pancharasa (lavana virahita)	Ushna	Madhur	Laghu, Ruksha
2	Bibhitaki <sup>4</sup>	Terminalia belerica	Kashaya	Ushna	Madhur	Ruksha, Laghu
3	Aamalaki <sup>5</sup>	Embilica officinalis	Amla pradhan (lavanvarjita) pancharasa	Sheet	Madhur	Laghu, Ruksha
4	Yavani <sup>6</sup>	Trachyspermum ammi Linn.	Katu, tikta	Ushna	Katu	Laghu, Ruksha, teekshna
5	Chitrak <sup>7</sup>	Plumbago zeylanica Linn.	Katu	Ushna	Katu	Ruksha, Laghu, Teekshna
6	Pippali <sup>8</sup>	Piper longum linn.	Katu	Anushnash eeta	madhura	Laghu, Snigdha, Teekshna
7	Loha bhasma	-	Tikta, madhura, Kashaya	Sheeta	Katu	Sara, Guru, Ruksha

8	Vidanga <sup>9</sup>	Embeliva ribes	Katu	Ushna	Katu	Laghu, ruksha, tikshna
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### Material and Methods:

**Study Design:** open prospective clinical study.

**Location of the study:** OPD and IPD Patients of our college's hospital.

**Study Population:** Study will be carried out on the patients suffering from the sign and symptoms of shotha those attending IPD and OPD of our college's hospital.

### Selection Criteria :-

#### Inclusion Criteria :

- Age group- Patients between age group 20 to 50 yrs.
- Irrespective of Gender, religion, occupation.
- Patient having lakshanas of shotha in ama and pachyamana avastha.
- All types of shotha.
- All traumatic (Intact skin) and inflammatory shotha.
- shotha less than 5\*5 cm

#### Exclusion Criteria:

- Patients having known history of diabetes mellitus, HTN, HIV, Hepatitis B, IHD, TB, gout, RA, Acute limb ischemia, liver diseases, renal failure, cardiac condition, malignancy etc.
- Patient having Vranashotha in pakva avastha.
- Patient having chronic inflammation.
- Patient presenting with DVT, fracture.
- Pregnant woman.

#### Withdrawal Criteria:

The Patients will be withdrawn from the trial if

1. If Patient himself want to discontinue the treatment anytime during the study.
2. If patient have any side effect/adverse drug reaction. Treatment and management of these patients will be done accordingly in our hospital.
3. Patient who fails to report for follow up or shows irregularity in treatment.

**Sampling Technique:** Simple Random Sampling Technique

#### Treatment

No. of subjects	10
Drug	Triphaladyarishta
Dose	20 ml
Time	Two times in a day after meal
Duration	15 days
Route of administration	Oral
Assessment	On 0 <sup>th</sup> & 15 <sup>th</sup> Days

- **Sample size:** 10

- **Assessment criteria**

#### A) Subjective parameters:

- 1) Shoola (pain)

#### B) Objective parameters:

- 2) Sthanik ushma (Local temp.)
- 3) Utsedha (swelling)
- 4) Vaivarnya (Discolouration)
- 5) Sparshasahatva (Tenderness)

**A) Subjective criteria :**

**Pain (Vedana) :** It were given in patients words.

Feature	Gradation of Feature			
	No	Mild	Moderate	Severe
Pain (Vedana)	0	+	++	+++

**Objective Criteria-****1. Pain (Vedana) :**

Pain	Grades
No Pain	0
Pain felt only during movement	1
Pain is present during rest but not disturbing sleep	2
Pain is severe & disturbs sleep	3

**2.Swelling (Utsedha) :**

Swelling	Grades
No swelling/ No making bony landmarks	0

Just covering bony prominences	1
Considerable above landmarks	2
Positive Fluctuation	3

**3.Vaivarnya (Redness):**

Discolouration	Grades
No colour change	0
Slight Red tinge	1
Bright Red	2
Pale yellow/Whitish discolouration	3
Bluish/Blackish discolouration	4

**4.Tenderness (sparshasahatvam) :**

Tenderness	Grades
No Tenderness	0
Tenderness felt on deep pressure	1
Tenderness felt on mild pressure	2
Tenderness felt by slight touch	3
Not allowing to touch the part	4

**Observation and Results:**

The response of treatment was observed and recorded on a case paper and data collection by clinical study.

Sr. No.	Assessment criteria	Pain	Redness	Swelling	Tenderness
1.	Case 1	BT	2	2	2
		AT	0	1	0
2.	Case 2	BT	2	2	2
		AT	1	1	0
3.	Case 3	BT	2	0	2
		AT	1	0	1
4.	Case 4	BT	0	2	2
		AT	0	1	1
5.	Case 5	BT	1	2	0
		AT	0	1	0
6.	Case 6	BT	0	3	2
		AT	0	1	1
7.	Case 7	BT	2	2	1
		AT	0	1	0
8.	Case 8	BT	2	3	3

		AT	1	1	2	1
9.	Case 9	BT	3	2	2	2
		AT	1	1	1	1
10.	Case 10	BT	0	2	0	2
		AT	0	0	0	0

(BT- Before Treatment, AT- After Treatment)

## Results:

Effect of Triphaladyarishta on cardinal symptoms of shotha was as follows –

Cardinal Symptoms	N	Mean BT	Mean AT	S.D.	S.E.	't'	P value	Result
Pain	10	1.4	0.4	0.667	0.211	4.7393	P<0.001	H.S.
Redness	10	1.9	0.6	0.455	0.143	9.09	P<0.001	H.S.
Swelling	10	1.8	0.9	0.322	0.101	8.91	P<0.001	H.S.
Tenderness	10	1.8	0.5	0.455	0.143	9.09	P<0.001	H.S.

(BT- Before treatment, AT- After treatment, S.D- Standard Deviation, S.E.- Standard Error of mean)

## Discussion and Conclusion:

- Shotha is a swelling in specific location of body which involves skin and underlying msss.
- It arises due to contact of vitiated rakta, pitta and kapha with vitiated vata dosha. When it comes to periphery, srotas gets obstructed and swelling is formed in skin.
- There was decrease in the mean scores of all the parameters of assessment i.e. Pain, redness, swelling and tenderness.
- Haritaki, Bibhitaki and Amalaki in Triphala alleviates vata, pitta and kapha.
- Most of the drugs in Triphaladyarishta have Laghu, ruksha and teekshna properties.
- So Triphaladyarishta is significantly effective in shotha.

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