

Panchakola Siddha Yavagu [Medicated Rice Gruel] in Management of Vatarakta [Gouty Arthritis]: A Review †

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Abstract: *Yavagu* or rice gruels are used as daily food items in Kerala and southern part of India, as they are light to digest. “*Panchakola siddha yavagu*” is a medicated rice gruel mentioned in classical Ayurveda book *Charaka Samhita, Sutrasthana* “*Apamarga tanduliya*” chapter. And it is used in inflammatory conditions like Gout arthritis. It contains drugs such as *Pippali* [*Piper longum*], *Pippalimoola* [Root of *Piper nigrum*], *Nagara* [*Zingiber officinale*], *Chavya* [*Piper chaba*] and *Chitraka* [*Plumbago zeylanica*] which are all processed in six times of water along with rice. In case of Gouty arthritis, in Ayurvedic point of view, it is due to improper digestion of food in body associated with *doshas* like *vata* and *rakta*. It causes reddish discolouration, debility, looseness and cutting or pulsating type of pain in knees, ankles, hips, shoulders, fingers and toes. The drugs mentioned in *Panchakola Siddha Yavagu* ie *Shogaol* present in dry ginger [*Nagara*], *Plumbagin* present in fire plant [*Chitraka*], *Piperine* present in Long pepper [*Pippali*], Long pepper root [*Pippali moola*], and Wild pepper [*Chavya*] is proved to be having anti-inflammatory action. So that by consuming rice gruel containing these drugs will help to reduce symptoms like inflammation, looseness and pain present in joints in conditions like Gouty arthritis.

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1. Introduction

Vatarakta [gout] is one of the main articular diseases, which is characterized by severe pain, tenderness, inflammation and burning sensation in the affected joints. The disease has prevalence in population of 2.26 per 1000. These diseases are caused by the sedentary life activities and consumption of fast foods. The pathogenesis of Vata Rakta according to Ayurveda goes like this, *Vata* gets blocked by *Rakta*[blood] and *Ama* [i.e. *Srotorodha*], it leads to inflammation in extremities i.e., *Sandhi Shotha*. And it leads to *Vata Rakta* i.e. Gouty Arthritis. It causes pain, redness and inflammation in joints. According to Ayurveda indigestion is the cause for almost all diseases, so by correcting the *Agni* [digestive fire] the disease can be cured. So here digestion is corrected by using *Panchakola Siddha Yavagu* and the drugs present in this gruel also helps to reduce inflammation and pain in joints [*Sandhi Shotha* and *Sandhi Shoola*]. *Panchakola Siddha Yavagu* is a rice gruel which is included under *pathya kalpana*[dietary products]. Usually these types of gruels are given after *Panchakarma* procedures like *Vamana*[emesis], *Virechana*[purgation] and *Basti*[enema] as a *Samsarjana krama*[diet] to increase the digestion process, as the *agni* [digestive fire] will be weak due to the purification process. But it can also be used as a medicine for conditions like “*Vata*

Rakta. As this disease causes pain, and interrupts the day-to-day activities of patients the *Panchakola Siddha Yavagu* will be the best option as it can be used on a daily basis.

2. Materials and Methods

This was an attempt to review a clinical trial regarding the effect of *Panchakola Siddha Yavagu* in the treatment of *Vata Rakta* in *Samavastha*. 30 patients having classical symptoms of *Vata Rakta* of 30–70 years age group were selected. Patients were divided into two groups, group—A [trial group] was given with *Panchakola Siddha Yavagu* 3 times for 5 days, and for 1 month classical *shamana chikitsa* were given. Group—B was given with classical *shamana chikitsa* for 35 days i.e. Virechana was done by using Aragvadh choorna and Kampillak choorna. Rakta Prasadana was done by using Guduchi and Sariva choorna. For Tiktha Pachana Mahasudarashan choorna was given with Shadanga Paniya. For dosha pachana and deepana Pippali and Daruharidra choorna was given. Assessment was done by using S.D.S [Simple Descriptive Scale] and V.A.S [Visual Analogue Scale].

Gruel Preparation: *Panchakola Siddha Yavagu* is prepared by adding 1 part of rice [20 gm] with 6 parts [120 mL] of water. After the gruel is prepared add 5 g of *Panchakola churna* to it. Ingredients and their quantities are given below:

Ingredients	Quantity
Rakta shaali	20 gm
Pippali	1 gm
Pippali Moola	1 gm
Chavya	1 gm
Chitraka	1 gm
Nagara	1 gm
Water	120 ml

} 5 gm

3. Results and Discussion

In Group—A, the symptoms like *Sandhi Shotha* [inflammation] relieved by 63.41%, *Sandhi Ushnata* [relieved by 63.15%, *Sandhi Supti* relieved by 61.53%. *Sandhi Shoola* [pain] relieved by 57.14% and *Anga Graha* [pain in the body] relieved by 54.54%. In Group—B, these symptoms relieved in less than 30% of patients. The complaints like *Gaurava* [heaviness of body], *Aruchi* [loss of appetite], *Klama* [weakness], *Malasanga* [constipation] etc. were relieved in 95% of patients in Group—A. And in Group—B, only 40% of patients were relieved. So the patients who were treated with *Panchakola Siddha Yavagu* showed more improvement rather than patients who were treated with other treatments.

The symptoms like *Sandhi shotha* [inflammation of joints] and *Sandhi Shoola* [joint pain] was relieved by the anti-inflammatory action of drugs present in *Panchakola Siddha Yavagu* like *Pippali*, *Pippali moola*, *Maricha*, *Chavya*, *Chitraka* and *Nagara*. The *Anga Graha* and *Gauravata* were relieved by the action of *Chitraka*, *Pippali* and *Nagara*. The *Klama* was relieved by the *Snigdha guna* [unctuousness] and *Madhura rasa* [sweet taste] of *Rakta shaali* [red rice]. *Malasanga* was relieved by the *Dipana—Pachana* action of *Chitraka* and *Pachana* action of *Nagara*. So that we can say that *Panchakola Siddha Yavagu* is very effective in treatment of *Vata Rakta* in *Samavastha*.

4. Conclusions

Panchakola Siddha Yavagu is an effective *Avasthika Chikitsa* for the *Vata Rakta Samavastha*. For better results it can be given with other treatments [*Shamana Chikitsa*] also. It can be used in patients with digestion problems like *Agnimandhya* & *Udara shoola* conditions. Main action of *Panchakola* drugs are *deepana* [carminative] & *pachana* [digestive]. But it can be used in *Amavata*, *Agnimandya*, *Gulma*, *Aruchi* etc conditions also. They are also made into dosage forms like “*Panchakola churna* and *Panchakola phanta*”. *Panchakola choorna*

is used in *Ajeerna, Adhmana & Aruchi*. In case of *Sutika paricharya, churna* helps to reduce the secondary postpartum haemorrhage. *Panchakola Siddha Yavagu* can be used daily as a food supplement as it helps to increase digestion and reduces the chances of indigestion and abdominal disturbances.

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