Review Article

A REVIEW ON ROLE OF RASONA RASAYANA IN PREVENTION OF OSTEOARTHRITIS: A CONCEPTUAL STUDY
Shinde R. B. 1*, Chawre S. V. 2, Gulhane J.D.2, Kabra P.R. 3
1PG Scholar, Department of Kayachikitsa, Government Ayurved College and Hospital, Nagpur, India
2Asst. Prof., Department of Kayachikitsa, Government Ayurved College and Hospital, Nagpur, India
3Guide & Asso. Prof., Department of Kayachikitsa, Government Ayurved College and Hospital, Nagpur, India

Key words: Rasona Rasayana, Sandhigata Vata, osteoarthritis

INTRODUCTION

Osteoarthritis is a degenerative joint disease. It is characterised by deterioration of articular cartilage with new bone formation-osteophytes at the articular surface. The common joints affected are distal and proximal interphalangeal joints of the hands, first carp’s metacarpus phalangeal joints at the base of thumb, hip, knees, cervical and lumbar spines. The wrist, elbow and shoulders are typically spared. The disease is more common in elderly but may occur at any age. The precipitative factors may be trauma, congenital malformation or chronic inflammation.

Osteoarthritis is by far the most common form of arthritis. It is strongly associated with ageing and is a major cause of pain and disability in older people. Osteoarthritis is characterised by focal loss of articular cartilages. The prevalence of osteoarthritis rises progressively with age and it has been estimated that 45% of all people develop knee osteoarthritis and 25% hip osteoarthritis. At some point during life although some of these patient is asymptomatic, the life time risk of having a total hip or knee replacement for osteoarthritis in some one aged 50 is about 11% in women and 8% in men.

Causative Factor of Osteoarthritis

Obesity is strong risk factor of osteoarthritis. Cytokines released from adipose tissue may also play role in development of osteoarthritis

The increased incidence of osteoarthritis in women has led to speculation that sex hormones may play a casual role. The synovium undergoes variable degrees of hyperplasia and inflammatory changes may sometimes be observed.

Major alteration in cartilage structure are characteristic of osteoarthritis chondrocytes divide to produce nests of metabolically active cells. Initially matrix components are produced at an increased rate, but at the same time there is increased degradation of major structural components of cartilages, including Aggrecan and Type II collagen eventually, the concentration of Aggrecan in matrix falls and make the cartilage vulnerable to load bearing injury.

Sandhigata Vata

The symptoms of osteoarthritis are correlate with the Ayurvedic disease Sandhigata Vata. Charak has described the disease first separately with the name of “Sandhigata Anila” under the chapter of Vata Vyadhi and has not included in 80 type of Nanatmaja Vata Vyadhi. Only three cardinal signs and symptoms of this disease has been described are Akunchan Prasaranayoh Vedana, Shotta, Vatapurna druti sparsha, Sula. Etiological factors are mentioned about Sandhigata Vata are Vata Prakopaka Ahara and Vihara

Rasayana

The word Rasayana is made up of two words one is Rasa and other is Ayana. Rasa indicate the Rasadhi Sapta Dhatus and
Ayana indicate the Apyayana means Dhatu Vardhana. It means that Rasayana are those Dravyas who increase the Saptta Dhatu with ought to cause any adverse effects on body. Maintain healthy body and long life. The Dravyas which vanish Jara (old age) and Vyadhi (disease) are called Rasayana.

Rasayana should be taken in Purva Vayansi (within first 25 years of age) or Madhyam Vayansi (25 to 50 years of age).

Rasona Rasayana

Rasona (Garlic) is primary drug on the disease who caused due to evoked Vata. Rasona Rasayana is mentioned for Vata Vyadhi having bone stiffness, fractured bone, curve bone and fragile bone.

Properties of Rasona (Garlic)

Garlic (Allium sativum L.) is a member of the family Liliaceous, found in all over India. The active principle of Garlic is an acid volatile oil. Containing Allyl Propyl Sulphide 6%, Di-allyl Disulphide 6% and other organic Sulphide or Sulphur compounds.

Table 1. Rasapanchaka of Rasona

<table>
<thead>
<tr>
<th>Rasapanchaka</th>
<th>Rasapanchaka in Rasona</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa</td>
<td>Except Amla all five Rasa. (Madhura, Lavana, Katu, Tikta, Kashaya)</td>
</tr>
<tr>
<td>Vipaka</td>
<td>Katu Vipaka (According to Kashapada Madhur Vipaka)</td>
</tr>
<tr>
<td>Virya</td>
<td>Ushna Virya</td>
</tr>
<tr>
<td>Guna</td>
<td>Snigdha, Tikshna, Picchila, Sara etc.</td>
</tr>
<tr>
<td>Karma</td>
<td>Vata, Kapha-ghanah</td>
</tr>
</tbody>
</table>

Use of Rasona as a Rasayana

It uses as a Rasayana generally in winter season, those having Kaphadhikya are use it in Vasanta ritu, having Vatadhikya can use it in Varsha ritu or can be used in any season with proper Ahara Vihar. Before use of Rasayana body should be clean with Panchakarma.

DISCUSSION

Rasona is the drug of choice in Vata Vyadhi. The strong smelling juice of bulb contain a mixture of aliphatic mono and polysulphides. The chief constituent is allicin, di-allyl disulphide, the latter results from spontaneous enzymatic reduction of allin and 5-allylcystine sulphamide. Theo-glycoside, amino acids, fatty acids, flavonols, vitamins, trace elements, volatile oils etc.

By modern point of view how it works in prevention of osteoarthritis

When garlic are crushed a compound they contain called allin is converted into a new compound, allicin. Researcher believe that the potential effect of garlic against osteoarthritis could be due to some of these compound, including di-allyl disulphide, which may inhibit certain enzymes that have degrading effect on cartilage and di-allyl sulphide, which may have anti-inflammatory effect on joints. garlic containing minerals like calcium, sodium, prosperous are play an important role in prevention of osteoarthritis. Garlic having lipid lowering property which helps to reduce weight so it helps in overload on joints and prevent osteoarthritis. By Ayurvedic point of view it works in prevention of Sandhigata Vata

Sandhi is one of the Sthana of Kapha if Kapha at the place of Sandhi decreases Vata increases and symptoms of Sandhigata Vata are seen. In the management of vitiated Vata, Ushna and Snigdha properties are indicated. Rasona having Ushna Virya prevent vitiation of Vata, Snigdha Picchila Guna are help to prevention of Vata Vridhi. According to Kashyapa Rasona has Madhura Vipaka Ushna Virya so it works as Vataghna

CONCLUSION

Rasona Rasayana may have important role in prevention of osteoarthritis. It is easily available, easy to use and having minimal side effects.

REFERENCES


Cite this article as:
http://dx.doi.org/10.7897/2321-6328.071100

Source of support: Nil; Conflict of interest: None Declared

Disclaimer: JBSO is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the contents published in our journal. JBSO cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of JBSO editor or editorial board members.