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Review Article

A REVIEW ON ROLE OF RASONA RASAYANA IN PREVENTION OF OSTEOARTHRITIS: A CONCEPTUAL STUDY

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ABSTRACT

Ayurveda is the science of life and longevity, protects the health of health alleviate disease of diseased and promotes through strength, immunity and vigour. Sandhigata Vata is very common and most debilitating clinical condition of old age especially during 4th and 5th decade of life. It is mentioned under Vata Vyadhi in the Samhita granthas. It is particularly a degenerative as well as obstructive disorder caused by vitiated *Vata* in weight bearing joints of the body. In the old age all Dhatus undergoes Kshaya, thus leading to Vataprakopa and making individual prone to many disease, among them Sandhigata Vata is one of them. In modern system of medicine, it is closely resembling with Osteoarthritis, which is due to destruction of articular cartilage, synovial fluid and synovial cavity of large joints. Most commonly affected joints are knee joints. It limits daily activities such as walking, dressing etc. Thus making individual handicapped. Management of osteoarthritis is not appropriate and satisfactory in modern medicine, mainly analgesics, Non-steroidal anti-inflammatory drugs or surgery are options for the management of Osteoarthritis. These don't give satisfactory relief and also causes adverse effect. Ayurveda has a ray of hope to such patients because of its holistic approach of cure and prevention of disturbances in physiology. Rasona Rasayana may play key role in prevention of osteoarthritis because it acts as anti-inflammatory, lipid lowering property. It also a prime medicine on Vata Vyadhi.

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. ¹

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. ²

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, Shotha, Vatapura druti sparsha, Sula. Etiological factors are mentioned about Sandhigata Vata are Vata Prakopaka Ahara and Vihara ³

Rasayana

The word Rasayana is made up of two words one is *Rasa* and other is *Ayana*. *Rasa* indicate the Rasadhi Sapt Dhatu and

Ayana indicate the Apyayana means Dhatu Vardhana. It means that Rasayana are those Dravyas who increase the Sapta Dhatu with ought to cause any adverse effects on body. Maintain healthy body and long life.⁴

The Dravyas which vanish Jara (old age) and Vyadhi (disease) are called Rasayana.⁵

Rasayana should be taken in Purva Vayansi (within first 25 years of age) or Madhyam Vayansi (25 to 50 years of age)⁶

Rasona Rasayana

Rasona (Garlic) is primary drug on the disease who caused due to evoked Vata.⁷ Rasona Rasayana is mentioned for Vata Vyadhi having bone stiffness, fractured bone, curve bone and fragile bone.⁸

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.⁹

Table 1. Rasapanchaka of Rasona

| Rasapanchaka | Rasapanchaka in Rasona |
|--------------|--|
| Rasa | Except Amla all five Rasa. (Madhura, Lavana, Katu, Tikta, Kashaya) |
| Vipaka | Katu Vipaka (According to Kashapa Madhur Vipaka) |
| Virya | Ushna Virya |
| Guna | Snigdha, Tikshna, Picchila, Sara etc. |
| Karma | Vata, Kapha-ghana |

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 Vihara. Before use of Rasayana body should be clean with Panchakarma.

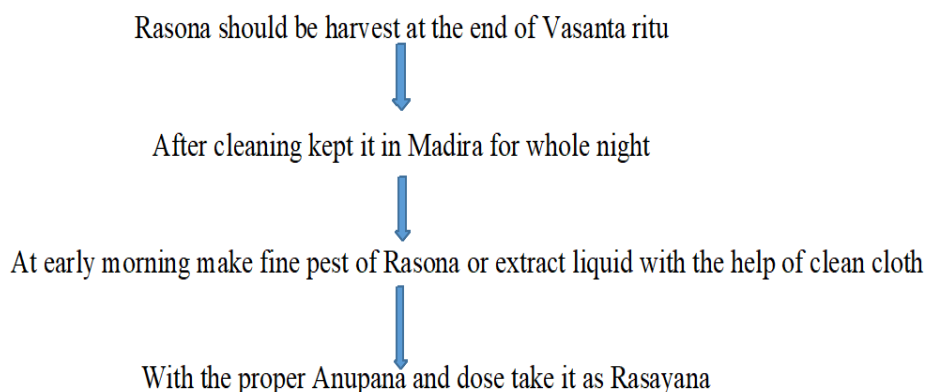


Table 2 Dose of Rasona Rasayana¹⁰

| Form of Rasona Rasayana | Dose |
|--------------------------|---------------------|
| As it is with the Madhya | 320 grams (32 tola) |
| As extract | 160 grams (16 tola) |
| As pest | 40 grams (4 tola) |

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.¹¹ 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 indicated¹². 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.

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