

ROLE OF PANCHTITKA GHRITA IN MANAGEMENT OF KUSHTHAROGA

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Article Received on 08/08/2021

Article Revised on 29/08/2021

Article Accepted on 19/09/2021

INTRODUCTION

Ayurveda is an ancient branch of Indian medicine and treatment. Ayurveda has explains the three types of dravya on the basis of origin are –Jangam, Audbhidyā and Parthiv. It recommends the use of plant based as well as mineral based medicines for treating various disease conditions.^[1] These classical medicines should be precisely analyzed before application to the patient for getting a desirable outcome. There are numbers of multidrug formulations practiced in Ayurveda clinics successfully but most of them are anguish from lack of data regarding their details mechanism of action. Such one widely practiced formulation is Panchtitka ghrita. The drug has been mentioned in Bhaishajyaratnavali in the context of kushtha^[2] (skin disorders), and also mentioned in *Snehakalpāna Prakāraṇa* of sharangadharasamhita.^[3]

Panchtitka Ghrita is a classical Ayurvedic preparation in the form of medicinal Ghrita.

Kushtharoga

Ayurvedic system of medicine described a wide range of etiological factors for dermatological disorders. The etiological factors include physical, physiological, psychological, psychosocial, hereditary and papakarma aspect. These reasons vitiates the *tridosha*, specially the *kapha*. *Shaithilyata* occurs in *Twaka*, *rakta*, *maansa*, *sharirastha jaliya dhatu (lasika)*. Further vitiation of doshas occurs. Dosha gets accumulated at the place of dhatu shaithilyata. Dosha and dushya sammurchhana occurs. These all causes kushtha.*kledoptatti*. It necrosed *twakasthanam* and finally causes *kushtha*.^[4]

Properties of Ghrita described in Brihatrayi

As charaka explained the properties in the sutrasthan snehadhyaya ghrita calms the pitta and vatajanya viakras. It is helpful for *rasa*, *oja*, *shukra*. It reduces the Daaha. It softens the body, useful for voice and glowing of skin.^[5] Sushruta has explains many common properties of ghrita as, ghrita is sweet, it has soothing effect, soft, of cold potency, oleating, acts as appetizer, increases memory, intelligence, improves complexion, voice, grace, strengthening, eliminates poison.^[6,7]

Panchtikta^[8]

Guna- Laghu, Sheeta, Ruksha. Rasa- Tikta. Vipaka- Katu. Veerya- Sheeta.

Doshghnata- By all the properties it increases the vata i.e.vatavrdhana. Pittashamaka due to tiktarasa and sheetaveerya. Other than sheeta guna it acts as a

kaphaghna. It acts as *dhatushoshana*, *Lekhana*, *rochana*, *Agnidipana* and *aampachana* by tiktarasa. It is *Aamdoshahara* due to tiktarasa and katuvipaka. By all the contents of this panchtikta having the various properties it is useful as *Twachya* and *kushthaghna* karma. It is useful as *vranashodhan* As it is having the properties like ruksha, sheeta and tiktarasatmaka.

Important Role of Tikta rasa in Kushthasamprapti

If we think about the rasa then the tiktarasa has very much importance in the treatment of kushtharoga. Brihatrayi acharyas has already mentioned various properties and karma of the Tikta rasa.

Acharya charaka explained the properties like it decreases the poisonous effect, reduces fainting, burning, itching, kushtha and Dyspepsia. It increases the muscle power and skin tone. Play important role in appetite and digestion. It reduces the obesity and absorbs the *kleda*, *meda*, *vasa*, *majja*, *lasika*, *puya*, *sweda*, *mutra*, *purisha*, *pitta* and *kapha* from the body. It is laghu, ruksha, sheeta.^[9,10,11]

Contents of Panchtitka Ghrita

1. Nimba
 2. Patola
 3. Vyaghri
 4. Guduchi
 5. Vasa
 6. Water for decoction
 7. Triphala
 8. Ghrita
- Amalaki

- Bibhitaka
- Haritaki

Ingredients used in Panchtitka Ghrita are.

Nimba^[12] is medicinal herb which is mentioned in *kandughna*, *titkaskanda* as per charaka and as per sushruta *aragwadhadi*, *guduchyadi*, *lakshadi*. It belongs to the Meliaceae family having latin name *Azadiracta indica*. The parts used are *Pushpa*, *Patra*, *Twaka*, *Beeja*, *Taila*.

Rasa-Tikta, Katu, Kashaya Vipaka- Katu, Veerya – Sheeta Guna- Laghu and ruksha.

Doshagnata as per combining all the gunas its kaphagnata but vatacara, as veerya is sheeta it acts as pittagnata. Also acts as vishagnata.

Karma-Bahyakarma – Its leaves and bark acts as a Jantughna, vranapachana, vranashodhana, putihara, daahprashamana and kandughna. Beejtala acts as vranaropaka, kushthaghna and vedanasthapana.

Abhyantarkarma- As it is titka-kashaya it is rochaka, grahi, krumighna, yakrutottejaka.

Due to tiktarasa it absorbs the dravatwa of pittaguna.

Raktavahasansthana- due to Titkarasa it purifies blood, and raktavikarajanya shoth.

Twachya- As it is tikta it works as kushthaghna and as it sheetaveerya acts as daahshamana.

Patola^[13] and as per sushruta *Patoladi*, *Aragwdhadi*. It belongs to the *Cucurbitaceae* family having latin name *Trichosanthes dioica*. The parts used are *panchang*.

Rasa- Tikta, Vipaka- Katu, Veerya –Ushna, Guna- Laghu and Ruksha.

Doshagnata –It acts as Tridoshashamaka.

Karma-Bahyakarma-It acts as vedanasthapana, keshya, vranashodhana, vranaropana.

Abhyantarkarma-It acts as rochana, dipana, pachana, trishnanigrahana, pittasaraka, anulomana, rechana, krumighna.

Raktavahasansthana- It acts a raktashodhaka and shothahara.

Twachyakarma- It acts as Kushthaghna and vishagnata.

Vyaghri^[14] is medicinal herb which is mentioned in *Kaasahara*, *kanthya*, *hikkanigrahana*, *shothahar*, *sheetprashaman*, *angamardaprashaman* as per charaka and as per sushruta *Bruhadyadi*, *varunadi*, *laghupanchmula*. It belongs to the Solanaceae family having Latin name *Solanum surattense burm*. The parts used are *Patra*, *Panchang*.

Rasa- Tikta, Katu Vipaka- katu, Veerya –Ushna, Guna- Laghu, Ruksha, Tikshna Doshagnata- Due to ushnaveerya it acts as *kaphavataashamaka*.

Karma- Bahyakarma- It is acts as vedanasthapana, shothahara, krumighna.

Abhyantarkarma-as it is Katu, tikta and ushna it acts as dipana, pachana and due to tikshnaguna its acts as krumighna and rechana.

Raktavahasansthana- It is raktashodhaka, shothahara.

Twachyakarma-Due to ushnaveerya it acts as swedajanana.

Guduchi^[15] is medicinal herb which is mentioned as per charaka in *Vayasthapana*, *Daahaprashamana*, *Trushnanigrahana*, *Styanashodhana*, *Truptighna* gana and as per sushruta *Guduchyadi*, *Patoladi*, *Aragwdhadi*, *kakolyadi*, *Vallipanchmula*. It belongs to the *Menispermaceae* family having Latin name *Tinospora cordifolia*. The parts used are Stem (Kanda).

Rasa- Tikta, kashaya Vipaka- Madhur, Veerya –Ushna, Guna- Guru and Snigdha.

Doshagnata- It acts as *Tridoshashamaka*. Due the snigdha-Ushna it acts as *vaatashamaka*, Because of Tikta-kashaya it acts as kaphashamaka and pittashamaka. Karma-Bahyakarma- It acts as Tridoshashamaka. Used as kushthaghna and vedanasthapana.

Abhyantarkarma- Acts as trishnanigrahana, chardinigrahana, dipana, pachana, pittasaraka, anulomana, krumighna. It reduces the Amashayagata amlata.

Raktavahasansthana- It is *hridya*, *raktashodhaka* and *raktavardhaka*. Twachyakarma- Acts as *kushthaghna*, *daahaprashamana*, *rasayana*.

Vasa^[16] is medicinal herb which is mentioned as per Vagbhata in *Tiktaskanda* gana. It belongs to the Acanthaceae family having Latin name *Adhatoda vasaca*. The parts used are *Mula*, *patra*, *pushpa*.

Rasa- Tikta, Kashaya, Vipaka- Katu, Veerya –Sheeta, Guna- Ruksha and Laghu.

Doshagnata-as this is having laghu, ruksha and titka-kashaya it acts as kaphashamaka, and as sheeta and titka kashaya it acts as a pittashamaka.

Karma-Bahyakarma-Lepa of leaves acts as *shothahara*, *vedanasthapana*, *Jantughna*, *kushthaghna*.

Abhyantarkarma- Due to Kashayarasa and sheetaveerya it acts as stambhana.

Raktavahasansthana- It acts as a raktashodhaka

Twachyakarma- It acts as Swedajana and kushthaghna.

Triphala^[17]

- Amalaki
- Bibhitaka
- Haritaki

Properties of Triphala

Guna- Laghu, Ruksha, Anushna, sara Rasa- Kashayapradhan Five rasa (other than lavana rasa) Vipaka- Madhur, Veerya- Anushna, Prabhava- Virechana.

Doshagnata- Due to the properties like anushnaveerya & madhurvipaka it acts as Vatahara

Because of the *kashaya*, *Tikta*, *madhur* rasa and *madhurvipaka* it helpful in *pittashamana*.

As it is *laghu*, *anushna*, *ruksha* guna with *kashaya* *katu* *tikta* rasa it acts as best *kaphashamaka*. Best *Kaphaghna* karma is noted with this.

Action of Panchtikta Ghrita in 'kushtharoga'

Panchtikta ghrita contains all the *tiktarasatmaka dravya*. and from the above overall study of Herbal plants we can say that *tikta rasa* has the great role in kushtharoga. Panchtikta Ghrita inhibits the pain and inflammation with an analgesic anti-inflammatory profile. *Tridoshaghna* (pacification of alleviated *tridosha*) and the *krimighna* (wormicidal), *vishghna* properties of ingredients in Panchtikta Ghrita demonstrates the best results in *kushthroga*.

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