

## **Analysis on *Dashāngalepaya* (An Ayurveda medicinal paste) for Swelling of Joint Disorders : A Review**

SNL Narathota\* and YSG Wimalasiri

Unit of Shalya Shalakyā, Institute of Indigenous Medicine, University of Colombo, Sri Lanka

\*sandalarathota@gmail.com

Ayurveda mainly use herbal medicines in treating and preventing diseases. Joint disorders like Osteoarthritis (OA), Rheumatoid Arthritis (RA) which can be correlated respectively with ‘Sandhigatha vātha’ and Āma vātha in Ayurveda are common in adult population today. Pain, swelling, stiffness, reduced range of movement are common signs and symptoms of these disorders. Due to side effects of allopathic treatment, people tend to seek relief from alternative medicines like Ayurveda. *Dashāngalepaya* is a poly herbal Ayurvedic powder (Chūrna) which is used as an external treatment for joint disorders. Study was focused in analyzing pharmacological properties of *Dashāngalepaya* in reducing swelling of joints. Literature survey was conducted using Ayurveda authentic texts, medical books and published Research articles. Joint diseases cannot be cured completely and accumulation of fluids around affected joint cause swelling. *Dashāngalepaya* contains ten herbal ingredients including Albizia lebeck, Glycyrrhiza glabra, Valeriana wallichii, Pterocarpus santalinus, Cinnamomum verum, Nardostachys jatamansi, Curcuma longa, Berberis aristata, Saussurea lappa, and Vetiveria zizanioides. According to Vruhath Nigantu Rathnākara, *Dashāngalepaya* is indicated for skin disorders by mixing with ghee. But practically this is used as a Poultice (Upanāha sveda) for swollen joints by mixing with juice of Tamarindus indica leaves and heating in moderate heat. Analysis of Rasādi panchakaya (Ayurveda pharmacological properties) showed that among the ten ingredients, 70% was having bitter taste (thiktha rasa) and (90%) with light, rough qualities (laghu, ruksha guna) that help in reducing Kapha dōsha which causes swelling. Hot potency (ushna veerya) also helps in reducing swelling, and pain caused by vātha dōsha. Research article findings showed that most ingredients of *Dashāngalepaya* were having anti-inflammatory properties which help in reducing inflammatory swelling of joints. Clinical studies can be conducted to find therapeutic efficacy of *Dashāngalepaya* in reducing joint swelling. Laboratory investigations can be followed to analyze chemical composition of this valuable medicine.

**Keywords:** *Dashāngalepaya*, Joint Disorders, Poultice, Swelling