.

A critical study on properties of traditional prescription of paste for the management of *āmavāta sandhi śotha*

Atapattu DS[1], Weerasingha WARP[1], Dharmawijaya PKH[1]
[1]Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya

Abstract

Āmavāta sandhi śotha is one of most common and chronic joint disorder which suffers most of the middle age generation. In some cases they may have joint deformities must be replacing with synthetic joints. Therefore early treatments are very important to prevent those deformities. *Āma* (improperly digested food) in the body associating itself with vāta moves quickly to the different seats of *Kapha* in the body filling them and the *Dhamani*s (blood vessels) with waxy material. Although it is a metabolic disease, the treatments are not only to internal use but also to external treatments too very important. The herbal medicines contain in the paste are tila (*Seasamum indicum)*, *śatapushpi* (*Foeniculum vulgare)*, kernels of *eraṇda* seeds (*Ricinus communis*), *harītaki* (*Terminalia chebula*), *raktacandana* (*Pterocarpus santalinus* Linn) and leaves of *ciñcā* (*Tamarindus indica* Linn). The disorder of *āmavāta*, its signs and symptoms and the treatment regimen was studied according to the authentic texts. *Guna, karma* which uses to treat *āmavāta sandhi śotha* was identified according to the condition of *doshas*. *Guna karma* of the ingredients of the medicinal paste was studied and found out modern knowledge about the ingredients by using books and internet .According to the data *katu*, *tikta rasa*, *laghu*, *uṣṇa*, *rukṣa guna; uṣṇa veerya;* and *katu vipaka* are the main properties of the medicine. All the main properties which mentioned in treatment regimen are including more than 50% in the medicinal paste. The properties of the paste are comparing with the required properties of the medicinal paste. Therefore the paste is effective for the management of *āmavāta sandhi śotha* according to the *guna karma*.

Keywords: *āmavāta sandhi śotha,* Traditional Paste, *guna, karma,* Properties

e-mail: sandaminikelum@gmail.com