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EXPLORING THE THERAPEUTIC POTENTIAL OF ABHAYA VATAKA: AN ANALYTICAL REVIEW

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ABSTRACT

This work explores the therapeutic potential of Abhaya Vataka, a polyherbal formulation classified as a Vataka preparation. It is highly regarded for its diverse medicinal properties. Abhaya Vataka is evaluated in terms of its Rasa (taste), Guna (quality), Virya (potency), Vipaka (post-digestive taste) and Karma (action) attributes and chemical constituents. Most of the ingredients of Abhaya Vataka possess Kashaya (Astringent), Katu (Pungent), Tikta (Bitter) Rasa, Laghu (light), Ruksha (dry) Guna, Ushna (hot) Virya and Katu Vipaka. The formulation comprises herbs known for their anti-inflammatory, antioxidant, digestive, and hepatoprotective activities signifying its pharmacological action. It possesses phytochemical constituents such as flavonoids, tannins, tannic acid, ellagic acid, alkaloids and glycosides etc. The present review aims to elucidate the therapeutic potential of Abhaya Vataka in its various indications, such as Pleehodara (splenomegaly), Arshas (haemorrhoids), Gulma (abdominal lump), Udararoga (ascites), Pandu (anaemia) and Kamala (Jaundice) in detail by analyzing the Rasapanchaka and pharmacological properties of its ingredients.

Keywords: Abhaya Vataka, Rasapanchaka, Therapeutic potential

INTRODUCTION

Abhaya Vataka is a polyherbal formulation classified as a Vataka preparation. In Sharangadhara Samhita, Vataka Kalpana is classified under Gutika Kalpana with Vataka as a synonymous term for Gutika. This dosage form is characterized by its preparation into larger spherical masses, making it a distinct and important formulation in Ayurvedic Pharmaceutics. The formulation Abhaya Vataka[1] is mentioned in Vangasena Samhita, Udararogadhikara, specifically under Pleehodara Chikitsa. Abhaya Vataka comprises potent herbal ingredients including Haritaki (Myrobalan), Bibhitaki (Belliric Myrobalan), Amalaki (Indian Gooseberry), Pippali (Long Pepper), Maricha (Black pepper), Shunthi (Dry Ginger), Yavani (Ajowan), Chavya (Java Long Pepper), Chitraka (Leadwort), Vidanga (False Black pepper), Vrikshamla (Kokum), Vacha (Sweet Flag), Twak (Cinnamon Bark), Patra (Indian bay Leaf), Ela (Cardamom), Guda (Jaggery), and Saindhavam (Rock Salt). It is prepared by cooking the powder of drugs with Jaggery. Most of the ingredients in Abhaya Vataka have Katu, Tikta Rasa; Laghu, Ruksha, Teekshna Guna; Ushna Virya and Katu Vipaka. So altogether it can act as Kapha Vatahara (removes morbid Kapha and Vata), Medohara (Lipolytic), Lekhana (Scraping), Deepana (digestive Stimulant), Pachana (detoxification) and Srotosodhana (cleansing the channels). Owing to these pharmacodynamic properties, Abhaya Vataka has been indicated in the management of Pleehodara, Arsas, Gulma, Udararoga, Pandu and Kamala, where the drug acts by targeting the involved Dosha and Dhatu. The present review aims to critically analyze the formulation Abhaya Vataka and elaborate on its therapeutic potential in the above-mentioned pathological conditions[1-2].

Source of Data: Ayurvedic classical texts like Vangasena Samhita, Sharangadhara Samhita, Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, the Ayurvedic pharmacopoeia, modern textbooks and online databases.

Analysis of the formulation

Table 1: Name and Details of the Drugs

Drug	Botanical Name	Family	Parts Used
Haritaki[3]	*Terminalia chebula* Retz.	Combretaceae	Fruit
Bibhitaki[4]	*Terminalia bellirica* Roxb.	Combretaceae	Fruit
Amalaki[5]	*Emblica officinalis* Gaertn.	Euphorbiaceae	Fruit
Pippali[6]	*Piper longum* Linn.	Piperaceae	Fruit
Maricha[7]	*Piper nigrum* Linn.	Piperaceae	Fruit
Shunthi[8]	*Zingiber officinale* Roxb.	Zingiberaceae	Rhizome
Yavani[9]	*Trachyspermum ammi* Linn.	Umbelliferae	Fruit
Chavya[10]	*Piper chaba* Hunter	Piperaceae	Stem

Chitraka[11]	*Plumbago zeylanica* Linn.	Plumbaginaceae	Root
Vidanga[12]	*Embelia ribes* Burm.f.	Myrsinaceae	Fruit
Vrikshamla[13]	*Garcinia indica* Linn.	Guttiferae	Fruit
Vacha[14]	*Acorus calamus* Linn.	Araceae	Rhizome
Twak[15]	*Cinnamomum zeylanicum* Blume.	Lauraceae	Bark
Patra[16]	*Cinnamomum tamala* (Buch.-Ham.)	Lauraceae	Leaf
Ela[17]	*Elettaria cardamomum* Linn.	Zingiberaceae	Fruit
Guda[18]	*Saccharum officinarum*	Poaceae	
Saindhavam[19]	Rock Salt		

Table 2: Rasapanchaka of Abhaya Vataka

Drug	Rasa	Guna	Virya	Vipaka	Karma
Haritaki	Kashaya, Katu, Tikta, Amla, Madhura	Laghu, Ruksha	Ushna	Madhura	Sarvadoshaprasamana, Rasayana, Deepana, Anulomana
Bibhitaki	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kaphapittajit, Bhedaka
Amalaki	Amla, Kashaya, Madhura, Tikta, Katu,	Ruksha, Laghu	Sheeta	Madhura	Tridoshajit, Rasayana, Vayasthapana, Chakshushya, Vrishya
Pippali	Katu	Snigdha, Laghu	Anushna	Madhura	Vatahara, Kaphahara, Deepana, Ruchya, Rasayana, Hridya, Vrshya, Tridoshahara, Rechana
Maricha	Katu, Tikta	Laghu, Ruksha, Teekshna	Ushna	Katu	Sleshmahara, Pittakara, Kaphavatajith, Vatahara, Chedana, Deepana, Ruchya, Jantunashana, Medohara
Shunthi	Katu	Laghu, Snigdha	Ushna	Madhura	Deepana, Pachana, Anulomana, Amadoshahara, Vatakaphahara
Yavani	Katu,tikta	Ruksha, Laghu, Teekshna	Ushna	Katu	Kaphavatahara, Deepana, Pachana, Ruchya, Anulomana, Sulahara,
Chavya	Katu	Laghu, Ruksha, Teekshna	Ushna	Katu	Vatahara, Kaphahara, Deepana, Pachana, Rechana, Bhedana
Chitraka	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Deepana, Pachana, Grahi, Kaphavatahara, Sulahara, Sothahara
Vidanga	Katu, Tikta	Ruksha, Laghu, Teekshna	Ushna	Katu	Krminasana, Deepana, Anulomana, Vatakaphapaha
Vrikshamla	Amla, Madhura	Ruksha, Guru	Ushna	Amla	Deepana, Grahi
Vacha	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Vatahara, Kaphahara, Deepana, Mala mutravishodhani
Twak	Katu, Tikta, Madhura	Ruksha, Laghu, Tikshna	Ushna	Katu	Kaphavatahara, Vishaghna, Ruchya
Patra	Katu, Madhura	Laghu, Pichila, Teekshna	Ushna	Katu	Ruchya, Kaphavatahara
Ela	Katu, Madhura	Laghu, Ruksha	Sheeta	Katu	Kaphavatahara, Deepana, Rochana
Guda	Madhura	Snigdha, Ishatkshariya	Na Atisheeta	Madhura	Svadukara, Raktasodhaka, Na atipittajit, Kaphavrddhikara, Vataghna, Krmivrddhikara, Balya, Vrishya Medovrddhikara
Saindhavam	Madhura, Lavana	Laghu, Snigdha, Teekshna	Sheeta	Madhura	Rochana, Deepana, Vrishya, Chakshushya, Avidahi, Tridoshaghna,

Table 3: Analysis of the Phytoconstituents

Drug Name	Chemical Constituents	Pharmacological Action
Haritaki	Anthraquinone glycoside, Chebulic acid, Ellagitannins, Tannin Chebulinic acid, Tannic acid, Terchebin, Stearic acid, Oleic acid, Palmitic acid	Immunomodulatory, Antioxidant, Antidiabetic, Cardioprotective, Hepatoprotective, Purgative, Anti-ulcerogenic, and Anticancerous,
Bibhitaki	Gallic acid, Tannic acid, Glycosides, Tainternilignan, Thannilignan, Flavones, Anolignan B 5, Beta sitosterol, Tannins, Alkaloids, Saponin, Polysaccharides, Steroid, Belleric acid, Galactose, Chebulagic acid. Phenols, Carbohydrates, and Proteins	Immunomodulatory, Analgesic, Antidiarrhoeal, Antidiabetic, Antipyretic, Hepatoprotective, Antihypertensive, and Antispasmodic
Amalaki	Ascorbic acid, Linolic acid, Ellagic acid, Gallic acid, Phyllemblic acid, Aspartic acid, Tannins, Flavonoids, Quercetin, Astragallin, β-Carotene,	Anti-aging, Cardioprotective, Hepatoprotective, Anticarcinogenic, Immunomodulator, Cytoprotective, Anti-inflammatory, Antipyretic, Antidiabetic, Antidiarrhoeal, Hypo-lipidemic
Pippali	Piperine, Sesamin, Piplartine, Pipercide, Piperlonguminine, B sitosterol, Mono and Sesquiterpenes	Antidiabetic, Hypocholesterolemic, Hepatoprotective, Antiulcerative
Maricha	Alkaloids (Piperine, Chavicine, Piperidine, Piperetine) and Essential oil	Antioxidant, Anti-obesity, Digestive, Immunomodulatory, Anticancer, Antidiarrhoeal,
Shunthi	Essential oil, Polyphenol, Pungent constituents (Gingerol and Shogaol), Resinous matter, Eugenol and Starch	Antioxidant, Anti-inflammatory, Analgesic, Antimicrobial, Cardiotonic, Digestive, Antibacterial

Yavani	Essential oil and fixed oil	Antispasmodic, Antihypertensive, Hypolipidemic, Digestive, Hepatoprotective,
Chavya	Alkaloids, Glycosides and Steroids	Antioxidant, Anti-inflammatory, Hypolipidemic
Chitraka	Plumbagin, Free glucose and fructose Enzymes Protase, and Invertase, Chitranone, 3-Chloroplumbagin, Droserone, Elliptinone, Isozeylinone Isozelan-one, Zeylanone and Zeylinone, Marltone, Plumbagic acid, Dihydrosterone, B-sistosterol	Antioxidant, Immunomodulatory, Hepatoprotective, Anti-inflammatory,
Vidanga	Benzoquinones, Alkaloid (Christembine), Tannin and Essential oil	Antidiabetic, Anti-obesity, Cardioprotective, Antioxidant,
Vrikshamla	Garcinol, Isogarcinol, Comboginol, Xanthochymol, Isoxanthochymol, Hydroxycitric acid, lactones, Citric acid, and Oxalic acid	Antioxidant, Anti-ulcer, Cardioprotective, Antihyperglycemic, Antineoplastic
Vacha	Volatile oil (principal constituents of the volatile oil are Asamyl alcohol, Eugenol and Asarone) also contain a bitter principle Acorin (Glucoside), Starch, Tannin, Phenylpropanoids, Sesquiterpenoids, Monoterpenes, Triterpenoid, Saponins	Antidiabetic, Anti-obesity, Antihypertensive, Anti-inflammatory, Immunomodulatory, Antioxidant, Cardioprotective
Twak	Essential oil, Tannin and Mucilage	Antioxidant, Anti-inflammatory, Antidiabetic, Anticancer, Cardioprotective, Lipid lowering effect
Patra	Essential oils (d-α Phellandrene and Eugenol)	Antioxidant, Anti-inflammatory, Antidiabetic, Anticancer, Cardioprotective,
Ela	Bornneol, Camphene, d-limonene, β-Terpeonols	Antioxidant, Anti-inflammatory, Antispasmodic, Gastroprotective
Guda	Potassium, Calcium, Phosphorus, Magnesium, Iron, Sodium, Zinc, Manganese	Antioxidant, Antitoxic, Cytoprotective
Saindhavam	Sodium Chloride (Na Cl), Sodium Bicarbonate (NaHCO3), Minor quantities of Magnesium Chloride, Calcium Chloride, Calcium Sulphate	Digestive, Anti-inflammatory, Antioxidant

Preparation

All the raw drugs mentioned in the formulation are properly cleaned and thoroughly dried. Each ingredient is then separately powdered, sieved and accurately weighed. Subsequently the fine powder of all the ingredients are uniformly mixed with Guda to form the Vataka.

DISCUSSION

The therapeutic actions of Abhaya Vataka in relation to its various clinical indications are elaborated below. It exhibits a comprehensive therapeutic effect through its action on Dosha, Dhatu, and Agni and thereby restoring physiological balance. Most of the ingredients of the formulation possesses Katu and Tikta Rasa; Laghu, Ruksha, Teekshna Guna; Ushna Virya and Katu Vipaka along with Kapha Vatahara, Deepana Pachana, Kaphamedohara, Vatanulomana and Srotoshodhana effect. From a modern pharmacological perspective, constituents such as piperine, shogaol, plumbagin and cinnamaldehyde act as digestive stimulants and metabolic enhancers. Tannins, chebulic acid, flavonoids and glycosides exhibit antioxidant and immunomodulatory effects, reducing oxidative stress, while gallic acid, phenolic compounds and essential oils provide hepatoprotective benefits.

Probable mode of action in Pleehodara

The pathogenesis of Pleehodara primarily involves, the habitual intake of Vidahi and Abhishyandi Ahara which leads to the vitiation of Kapha and Rakta and results in Srotorodha. As the Raktavaha Srotomula is Pleeha, the obstruction leads to the enlargement of Pleeha and causes Pleehodara on the left side of the abdomen. Since Srotorodha is present in the pathogenesis, Srotosodhana is important to be carried out. Due to the Katu, Tikta, Rasa; Laghu, Ruksha, Teekshna Guna; Ushna Virya Katu Vipaka and Kaphavatahara Karma, it acts as Srotosodhana and thereby subsides the vitiated Kapha. Tiktarasa, Laghu, Ruksha Guna, Ushna Virya helps to remove the obstruction. When Srotorodha is removed then the Samprapti Vighatana has occurred. Likewise, the chemical constituents of the formulation such as gallic acid, chebulinic acid essential oils and flavonoids possess anti-inflammatory activity which reduces the inflammation.

Probable mode of action in Arshas

Based on Nidanas like excessive intake of Virudha Ahara, excessive sexual intercourse, sitting for a long time in a squatting position, riding, suppression of natural urges leads to the vitiation of Tridoshas along with Rakta. Doshas then move downward through the Mahadhamani and get Sthanasamsraya in Gudavalitraya (folds of Rectum) and causing Arshas (mamsankura) in those having Mandagni. So, measures to correct Agni should be very important. As the formulation has Katu, Tikta, Kashaya Rasa, Laghu, Ruksha, Ushna Guna, Katu Vipaka act as Deepana and Amapachana. It mitigates Kapha Dosha and relieves Srotorodha. Drugs like Haritaki is Vatanulomana, reduces constipation and corrects Apana Vata Vaigunya. Ingredients which possess Madhura, Tiktha Rasa, and Sheeta Virya help in balancing Pitta Dosha. Chemical constituents like chebulic acid, gallic acid, flavonoids act against inflammation. So, by targeting the root cause of the pathophysiology, this formulation aids in alleviating the condition.

Probable mode of action in Gulma

The pathogenesis of Gulma involves Vata as the Pradhana Dosha. Due to the obstruction of channels, Vata becomes a palpable mass, which is called Gulma. Deepana Pachana properties along with Laghu, Teekshna Guna and Ushna Virya relieves Srotorodha. The Vatanulomana property of the formulation helps to normalize the Gati of Vata. Drugs that possess Madhura Rasa, Snigdha Guna and Madhura Vipaka help to mitigate Vata, hence the Samprapti is reversed. The chemical constituents such as glycosides, flavonoids, tannic acid, ascorbic acid, piperine, quercetin act as anti-inflammatory, antioxidant, immunomodulator and analgesic agents.

Probable mode of action in Udara

While analysing the pathogenesis, Udara Roga mainly occurs due to the vitiation of Agni and aggravation of Mala. The consumption of Malinabhojana (polluted food) leads to indigestion and results the aggravation of Doshas. This causes vitiation of Prana Vayu, Agni and Apana Vayu and obstruction to Srotas leads to Sthanasamsraya of Dosha in Twak and Mamsa and cause extensive distension of Kukshi results in Udara. Abhaya Vataka possessing Katu, Tikta, and Kashaya Rasa, dominated by Agni, Vayu, and Akasha Mahabhuta, act as Agnideepana and Amapachana and thereby normalizing the

aggravated Kapha**.** Its Laghu, Ruksha, and Tikshna guna help in Srotoshodhana, thus relieving the obstruction of channels. The Vatanulomana property helps in correcting Vata vitiation, leading to Samprapti Vighatana**.** Additionally, the presence of bioactive constituents such as alkaloids, flavonoids, glycosides, piperine, and chebulic acid contributes to digestive, anti-inflammatory, antioxidant, and immunomodulatory actions.

Probable mode of action in Pandu

The underlyng pathogenesis of Pandu Roga involves the vitiation of Pitta Pradhana Tridosha due to the indulgence of their respective Nidana. The aggravated Pitta present in the Hrudaya is forced into the ten Dhamanis by the powerful Vata and made to spread throughout the body. It further vitiates Sleshma, Twak, Rakta and Mamsa and produce different colours like Pandu, Haridra and Harita Varna to the skin results in Pandu. Tikta, Kashaya Rasa in the formulation corrects the Agnidushti and normalize the Pitta Pradhana Tridosha. Madhura Rasa and Sheeta Virya of a minority of the drug also helps to correct the Pitta Dosha. Tikta Rasa helps to relieve Srotorodha by Amapachana and Kashaya Rasa helps to Srotovisodhana which corrects the Rasa and Rakta Dushti. Raktasodhaka property of the drugs like Triphala, Pippali, Guda relieves the Raktadushti hence the Pitta also gets normalize due to the Asraya-Asrayi Bhava. The pharmacological actions like hepatoprotective action of Triphala, Yavani plays an important role in Rakta Sodhana as the Raktavaha Srotomulasthana is in liver.

Probable mode of action in Kamala

The pathogenesis of Kamala involves the indulgence of Pittala Ahara and Vihara leads to the Pitta Prakopa and which burns the Rakta and Mamsa and results the disease Kamala. As Kamala is a Pitta and Rakta Pradoshaja Vyadhi, the Pitta Dosha can be normalized by the Madhura, Tikta and Kashaya Rasa of the formulation. Tikta Rasa helps in correcting the Agni Vaishamya due to its Amapachana property. It helps the Srotosodhana and results the normalization of Bhutagni and Dhatwagni. Hence there is optimum Dhatu gets formed. Likewise, the hepatoprotective action of the formulation helps in normal function of the liver and also it purifies the blood and the condition is cured.

CONCLUSION

Abhaya Vataka exhibits a multidimensional action on Dosha, Dhatu, and Agni, thereby restoring physiological balance. Since the pathogenesis of the disease involves Srotorodha and Agnimandhya, the formulation, possessing Deepana and Pachana properties, corrects Agni Vaishamya and relieves Srotorodha. Its Vatanulomana action helps normalize Vata Dosha, thereby facilitating Samprapti Vighatana. The pharmacological actions of the formulation are effective in conditions such as Plihodara, Arshas, Gulma, Udara Roga, Pandu, and Kamala. The presence of bioactive compounds with anti-inflammatory, antioxidant, antidiabetic, hepatoprotective, and antilipidemic effects further validates its therapeutic efficacy. Thus, the analysis of its mode of action provides deeper insight into the pharmacological potential and clinical relevance of Abhaya Vataka.

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