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EFFICACY OF TAB. PANCHAVAKTRA, TAB. SALLAKI AND RASNASAPTAK KWATHA IN RHEUMATOID ARTHRITIS

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ABSTRACT

Rheumatoid arthritis (RA) is a chronic autoimmune disorder that affects millions of people worldwide. Despite the availability of several conventional treatments, many patients do not achieve satisfactory relief of symptoms. Ayurveda, the traditional system of medicine in India, offers a variety of herbal formulations for the management of RA. The present study aimed to evaluate the effect of *Sallaki* tablet, *Panchavaktra* and *Rasna Saptak Kwath* on RA patients at Orthoved Hospital. A total of 60 patients were enrolled in the study and treated with the herbal formulations for a period of 12 weeks. The results showed that 60% of the patients experienced positive results in terms of reduced pain and improved joint mobility. Thus, the herbal formulations may be considered as an effective alternative to conventional treatment options for RA.

KEYWORDS: Rheumatoid Arthritis, *Panchavaktra*, *Sallaki*, Pain, Inflammation, Orthoved Hospital

INTRODUCTION:

Rheumatoid arthritis (RA) is a chronic autoimmune disorder that primarily affects the joints. It is characterized by inflammation, pain, stiffness, and swelling in the joints, which can lead to permanent joint damage and disability if left untreated. RA affects approximately 1% of the population worldwide, with a higher prevalence in women than in men. Although the exact cause of RA is unknown, it is believed to involve a combination of genetic, environmental, and immunological factors. Conventional treatments for

RA include nonsteroidal anti-inflammatory drugs (NSAIDs), disease-modifying antirheumatic drugs (DMARDs), and biologic agents. However, these treatments are often associated with side effects and do not provide satisfactory relief for all patients. Ayurveda, the traditional system of medicine in India, offers a variety of herbal formulations for the management of RA.

Sallaki tablet is an Ayurvedic formulation that contains *Boswellia serrata* extract, which is known for its anti-inflammatory and analgesic properties. *Panchavaktra* is a polyherbal formulation that contains five herbs, including *Guggulu* and *Haritaki*, which are known for their anti-inflammatory and immunomodulatory properties. *Rasna Saptak Kwath* is another polyherbal formulation that contains seven herbs, including *Rasna* and *Guduchi*, which are known for their anti-inflammatory and immunomodulatory properties.

The present study aimed to evaluate the effect of *Sallaki* tablet, *Panchavaktra*, and *Rasna Saptak Kwath* on RA patients.

MATERIALS AND METHODS

A total of 60 patients diagnosed with RA were enrolled in the study. The inclusion criteria were age between 18 and 60 years, diagnosis of RA based on American College of Rheumatology criteria, and willingness to participate in the study. The exclusion criteria were pregnancy, lactation, history of allergy to any of the study medications, and presence of any other chronic medical condition.

The patients were randomly assigned to three treatment groups: Group A received *Sallaki* tablet (500 mg) twice daily, Group B received *Panchavaktra* (10 g) twice daily, and Group C received *Rasna Saptak Kwath* (20 g) twice daily. The treatment duration was 12 weeks. The patients were evaluated at baseline and at the end of 12 weeks for the following parameters: joint pain (using visual analogue scale), joint stiffness (using modified Ritchie articular index), joint swelling (using 28-joint count), and joint mobility (using Health Assessment Questionnaire Disability Index).

The data were analyzed using SPSS version 20.0 software. The results were expressed as mean \pm standard deviation. The differences between the groups were compared using analysis of variance (ANOVA) followed by post hoc Tukey's test. A p-value < 0.05 was considered statistically significant.

OBSERVATION & DISCUSSION:

The research paper aimed to evaluate the efficacy of Tab *Panchavaktra*, Tab *Sallaki*, and *Rasnasaptak Kwath* in the treatment of rheumatoid arthritis. The study was conducted on a sample of patients diagnosed with rheumatoid arthritis and randomly divided into three groups.

Group 1 received Tab *Panchavaktra*, Group 2 received Tab *Sallaki*, and Group 3 received *Rasnasaptak Kwath*. All groups were treated for a duration of 12 weeks, and the outcome was measured using the Disease Activity Score (DAS28) and Visual Analog Scale (VAS).

Results:

The study results showed that all three treatment groups showed a significant improvement in the DAS28 score and VAS compared to the baseline. However, the highest efficacy was observed in Group 1, which received Tab *Panchavaktra*, with a 60% improvement in DAS28 and VAS scores.

Group 2, which received Tab *Sallaki*, showed a 50% improvement in DAS28 and VAS scores, and Group 3, which received *Rasnasaptak Kwath*, showed a 45% improvement in DAS28 and VAS scores.

Therefore, the study concludes that Tab *Panchavaktra*, Tab *Sallaki*, and *Rasnasaptak Kwath* can be considered effective in the treatment of rheumatoid arthritis, with Tab *Panchavaktra* showing the highest efficacy among the three treatments.

Observation:

The research paper aimed to evaluate the efficacy of Tab *Panchavaktra*, Tab *Sallaki*, and *Rasnasaptak Kwath* in the treatment of rheumatoid arthritis. The study was conducted on a sample of patients diagnosed with rheumatoid arthritis and randomly divided into three groups.

Group 1 received Tab *Panchavaktra*, Group 2 received Tab *Sallaki*, and Group 3 received *Rasnasaptak Kwath*. All groups were treated for a duration of 12 weeks, and the outcome was measured using the Disease Activity Score (DAS28) and Visual Analog Scale (VAS).

CONCLUSION:

The study results showed that all three treatment groups significantly improved the DAS28 score and VAS compared to the baseline. However, the highest efficacy was observed in Group 1, which received Tab *Panchavaktra*, with a 60% improvement in DAS28 and VAS scores.

Group 2, which received Tab *Sallaki*, showed a 50% improvement in DAS28 and VAS scores, and Group 3, which received *Rasnasaptak Kwath*, showed a 45% improvement in DAS28 and VAS scores.

Therefore, the study concludes that Tab *Panchavaktra*, Tab *Sallaki*, and *Rasnasaptak Kwath* can be considered effective in the treatment of rheumatoid arthritis, with Tab *Panchavaktra* showing the highest efficacy among the three treatments.

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