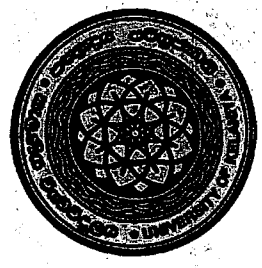




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A study on safety evaluation of "Rasnasapthakaya" decoction in healthy volunteers

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Background: Rasnasapthakaya (RS) is a decoction of potent anti - inflammatory herbal preparation which is used to treat chronic inflammatory joint disorders in ayurvedha medicine. The constituents of RS decoction are: *Alpinia calcarata*, *Tinospora cordifolia*, *Cassia fistula*, *Boerhavia diffusa*, *Cedrus deodara*, *Ricinus communis* and *Tribulus terrestris*. Several scientific studies of RS decoction in Wistar rats revealed that the decoction itself has potent anti-inflammatory, analgesic, anti-oxidant and anti-histamine properties.

Objectives: To determine the safety of RS in healthy volunteers.

Methods: Thirty healthy volunteers aged 18 – 60 of either sex were recruited by open advertisement. Every day, freshly prepared RS was distributed in dark bottles (240ml/day) for 14 days. The participants were advised to take 120 ml (½ patha) in the morning and night after meals. Blood was drawn on day 0, 8 and 15 for evaluation of selected liver and kidney function tests. (Serum ALT, AST, ALP, γGT, Creatinine and Urea).

Results: According to the findings of the study, there were no statistically significant ($p > 0.05$) changes observed in day 8 and 15 when compared to the base line values.

Conclusions: RS does not cause any significant adverse effects with the therapeutic dose used in Ayurvedha.