

"Effect of ayurvedic formulations in the management of Amavata w. s. r. to Rheumatoid Arthritis: A case study

Puja M Deshmukh*¹, S. B. Jamdhade², Y. P. Dhuddhalwar², Pradnya S. Jamdhade⁴

1. P. G. Scholar,
2. Hod, Guide and associate professor, Assistant Professor
3. Associate Professor,
4. Assistant professor

Department Kayachikitsa D. M. M. Ayurveda Mahavidyalaya, Yavatmal, Maharashtra

*Corresponding Author: puja.deshmukh842@gmail.com

Abstract:

Amavata (rheumatoid arthritis) is auto immune Disorder. It is chronic inflammatory, destructive and deforming symmetrical poly-arthritis associated with systemic involvement. Now a days it is a common problem due to changed lifestyle, food habits and lack of physical activities.

In this Ancient literature *amavata* (rheumatoid arthritis) described in detail along with cause, symptoms, history, complication and management. *Amavata* is term derives from the word as *Ama and vata*. *Ama* is a type of metabolic toxin; it is an essential factor in development of pathology. *Mandagni* (low digestive fire) produce *Ama* in the body, when *ama* get associated with vitiated *vata* and starts circulating in the body occupies in *sleshma sthana* (*asthi sandhi*) results in painful disease *amavata*. *Amavata* is one of the challenging disease for the physicians due to its chronicity, incurability, complications and

morbidity. The clinical presentation of *Amavata* closely mimics with the special variety of Rheumatological disorders called Rheumatoid Arthritis.

Keywords: *amavata*, rheumatoid arthritis, *sihanad guggul*, *valuka pottali sweda*.

Introduction:

Amavata is caused by Impairment of *Agni* (Digestive fire). formations of *aam* (bio- toxin) and vitations *vata*. *Amavata* is a disease of *Asthivaha and Rasavaha Strotas*. The *Ama* is carried by the aggravated *Vata* and deposited in *Sleshmasthanas* (Seats of kapha like joints etc.) producing features like *Angamarda* (*body ache*), *Aruchi* (*loss of appetite*), *Alasya* (*weakness*), *Sandhiruk* (*joint pain*), *Sandhishotha* (*joint swelling*).

Madhavakara (700AD) was the first who described the features of *Amavata* in *Madhava Nidana* where as the treatment of *Amavata* was first explained by *Acharya Cakradatta*. *Amavata* is chronic inflammatory systemic disorder affecting

mainly the synovial joints in the body. It closely mimic with Rheumatoid Arthritis in the modern pathology. The *Amavata* is known to be a crippling, chronic and progressive disorder making it difficult to cure. The symptomatic relief is attained by modern medicine but the the root cause and pathology of the disease remains untreated. In Ayurveda, the basic treatment principles of amvata is *Deepana, Langhana, Swedana, Virechana, Basti, Tikta-Katu dravyas* are applied for effective management disease. In modern medical science *amavata* has symptomatic treatment only. which can cause recurrence of disease. According to the nature of disease it is essential to work on such therapy which detoxified the *Amavisha and Vatahara* properties. As per *chikitsa sutra*: firstly *langhana* and *agnideepana* by *katu tikta rasa* is basic *chikitsa* principles mentioned in classics for the management of root cause i.e. *ama* and vitiated *vata*.

Case reports

Chief Complaints

A 62 yrs old male patient came to OPD of Kaychikitsa department of L.K. Ayurvedic Hospital, yavatmal with chief complaints of

- 1 *hast parv Sandhishool* (Pain like scorpion bite)
- 2 *Sandhishotha* (Swelling)
- 3 *saprsha Asahatva* (tenderness)
- 4 *Koshtha Baddhata* (constipation)
- 5 *Sandhistabhdhta* (Stiffness)
- 6 *Agnidaurbalya* (Loss of appetite)
- 7 *Aruchi* (Anorexia)
- 8 *jwara* (fever)

Since 2 years

patient has been suffering from left ankle joint pain first and then left wrist joint, elbow joint and then knee joint with morning stiffness.

Past history

No past history N/H/O-DM

Newly diagnosed HTN

On medication cutel-c10 OD

No any H/O Major illness.

History of personal illness:- The patients was normal before 2 years ago.

Patient has developed the presenting complaints since 2 years for this he has taken allopathic treatment at outside from local practitioners but didn't get satisfactory result so For ayurvedic treatment patient came to L.K. Ayurvedic Hospital yavatmal in OPD of kaychikitsa Department, we admitted patient in IPD Section for further treatment.

Asthavidh parikshana:-

01. *Nadi (pulse): 81min*
02. *Mala (Stool): ASamyak*
03. *Mutra (Urine): Samyak*
04. *Jivha (tongue): saam (coated)*
05. *Shabd (speech): Spashta*
06. *Sparsha :samashitoshna*
07. *Druka(eyes):shwetabh,(pallor)No icterus*
08. *Akriti Madhyama*

Samanya pariksha

1. *Bala: Madhyama*
2. *Raktadab (Bp): 130/80 mmhg*
3. *Weight: 48kg*
4. *Temperature :96.8 f*
5. *Nidra (sleep):prakrut*

Systematic examination

- Respiratory system -AEBS
- Cardiovascular system- NAD
- Musculo skeletal system - On inspection -
- Difficulty in extension of finger
- Difficulty in lifting arms
- Swelling in interphalangeal joints

Investigation:

- Hb: 8.5%
- Platelet count: 5.33 lack/cumm
- ESR: 13mm/hr
- BSR: 110.0mg/dl
- RA test:- positive (Titer-16)
- CRP test:-negative

METHODS

Table no 1 .**Shaman chikitsa**

Sr. no.	Dravya	Dose	Duration	Anupana
1	<i>Mahatiktaka grut guggul</i>	500 mg	BD	Warm water
2	<i>Agni Kumar ras</i>	250mg	BD	Warm water
3	<i>Chitrakadi vati</i>	250mg	BD	Warm water
5	<i>Ajmodadi churna</i>	1gm each	BD	Warm Water
6	<i>Gandharva haritaki churn</i>	3gm	HS	Warm Water

A case study

02. **center of study:** Post Graduate Department of kayachikitsa L.K.Ayurved Hospital, Yavatmal : affiliated to D.M.M. Ayurved College Yavatmal.

MATERIALS :-Showing materials of case study

Table no 2.**Sodhan chikitsa**

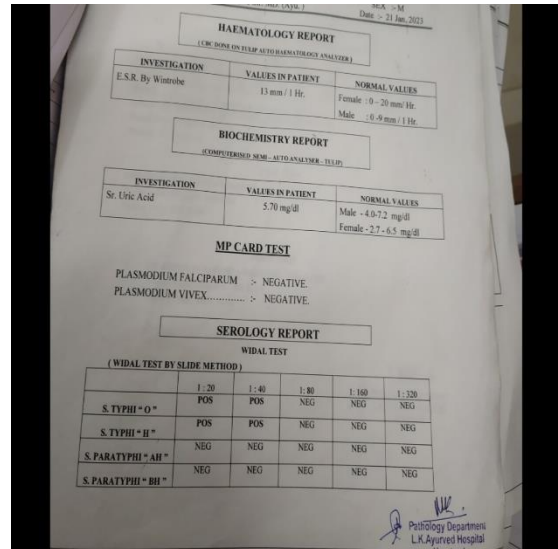
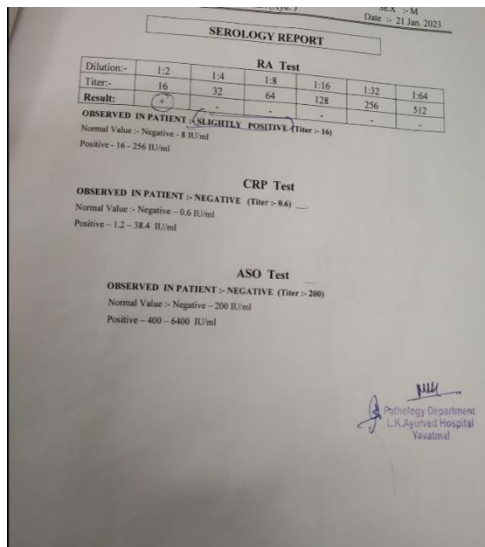
Sr. no .	Procedure	Dose	Duration	Drugs
1	<i>Snehan</i>	<i>Local application</i>	<i>7 days</i>	<i>Bruhat saidhavadi Tailam</i>
2	<i>Swedan</i>	<i>Hast parv sandhi Sarvang sandhi</i>	<i>7 days</i>	<i>Valukapottali sweda</i>
3	<i>Matra basti</i>	<i>60 ml /day</i>	<i>7 days</i>	<i>Bruhat saidhavadi tailam</i>

Mode of action of formulation used in chikitsa

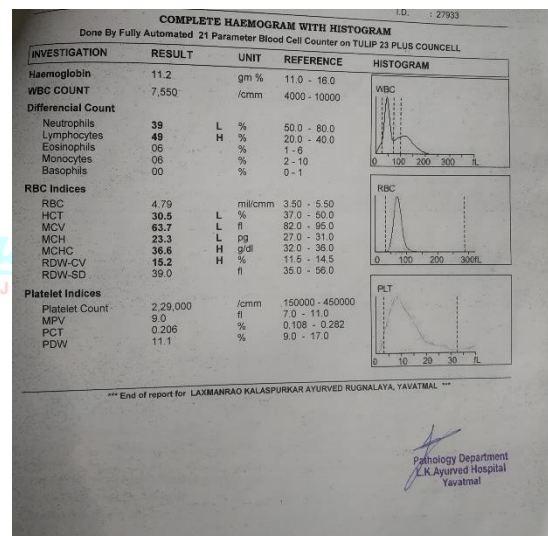
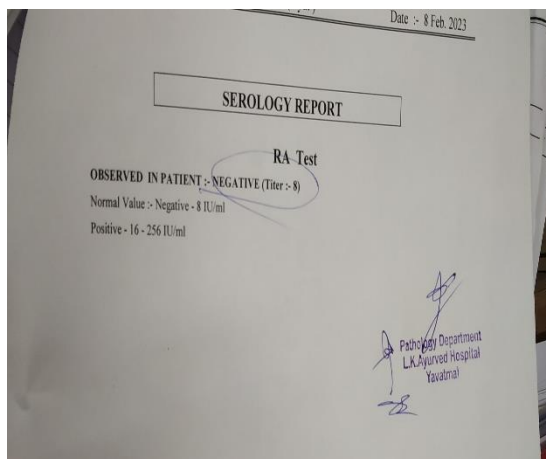
Table no 3 .**mode of action**

<i>Mahatiktak grut guggul</i>	<i>Aamshodhan, Shothahar, Vedanasthapan</i>
<i>Agnikumar rasa</i>	<i>Dipan ,aampachan</i>
<i>Chirtkadi vati</i>	<i>Tikshna, Rasayana, Antiaging</i>
<i>Ajmodadi churna</i>	<i>Tridoshahar ,aampachan</i>
<i>Gadharv haritaki churn</i>	<i>Mruduvirechan ,vatanulomak</i>
<i>Waluka pottali sweda</i>	<i>Aampachan , decrease the pain</i>
<i>Bruhat saidhavadi tailam</i>	<i>Balance Vata, Aampachan, vata shamak, mostly used in Rheumatoid arthritis</i>
<i>Basti</i>	<i>For vata dosha balancing Aampachnarth Aamjukta vata nirhanarth. Basti Dravya absorb through mucosal capillary goes micro and macro cellular level distrub pathogenic process i.e. Aam dosh nashan normalise strotasa and Agni Aam expelled out with basti Dravya start normal body physiology.</i>

Before treatment



After treatment



Discussion

Hetu

Concept of ama:-The main cause in formation of *ama* is *mandagni* is low digestive power. In other words it can be explained that there will be disturbance in the secretion of digestive juice and enzyme which makes the intestinal movement sluggish, such an environment is favorable for fermentation in intestine and gives way to form the *ama*. Thus formed *ama* has qualities similar to that of *visha*

A) *Aahar* - Fried food, curd, ice cream (*sheet padarth*), fruit salad (*Viruddhanna*), fermented food (*Idali*), *Basundi*, Heavy Food (Not easy to digest).

B) *Vihar* - *Divaswap*, *Ratri jagran* (*Nidra Viparyay*), Irregular Sleep.

C) *Manas Hetu* - *Kama*, *Chinta*, *Bhay*, *Krodh*, *Shok* etc

02. Samprapti of amavata:

As discussed earlier whenever the function of *agni* is disturbed in the body *ama* is produced. This produced *ama* is

slimy in nature such *ama* get together with *dushti vata/prakopit vata* and circulates all over the body through *shira* and *dhamani* and get lodged in *kaphasthana* ie. *sandhi* because *shleshak kapha* is located in *sandhi* and *amvata* is developed.

Sanchaya: when a person exposed to etiological factors they causes *dushti of agni, dosh prakopa and dushya dourbalya*.

Prakopa: due to *dushti of agni mandagni* occurs which causes formation of *ama (vidagdhatva)* and with help of vitiated *vayu* it goes to *pravaravastha*

Prasaravastha: *samavata* goes to *dhamani (rasavahastrotasa)*.

Sthanasanshraya: *kupit vata and kapha* with help of *dushys* gets *sthanasanshraya* in *ravavaha strotas, sleshmasthana and trikasandhi*.

03. Samprapti Ghatak:

- **Dosha:** *Vata pradhan tridosha*
- **Dushya:** *Rasadi dhatu, asthigata saayu,*
- **Agni:** *jatharagni raadhatwagni*
- **Strotas:** *Rasavaha asthivaha, Majjavala, purishvaha*
- **Udbhava sthana:** *Amashaya*
- **Adhishthan:** *Asthi, Sandhi*
- **Vyaktisthan:** *Asthi, Sandhi*

It was observed that after the panchkarma of *snehan swedan* and *basti* procedure along with *ayurvedic medicine*, the patient has much relief and even after regular follow up patients had no recurrence of above symptoms.

Conclusion:

As the basis of Above Discussion it can be conclude that *Ayurvedic formulation* can give *Significant Effect* on disease like *Amavata (rheumatoid arthritis)*.

In Amavata (rheumatoid arthritis mainly Vata. Kapha dosha & Aama is Vitiated we Use Mahatiktak grut guggul, Agnikumar rasa, Chirtkadi vati, Ajmodadi churna, Gadharv haritaki churn Waluka pottali sweda, for Aampachan and Decrease Strotorodh by Bruhat Saindbradi Tail Matra basti. Its help for Vatashaman & Aampachan, Support Joints. Shows good Result in Amavata (rheumatoid arthritis).

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

*"Effect of ayurvedic formulations in the management of Amavata w. s. r. to Rheumatoid
Arthritis: A case study*

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Ayurline: International Journal of Research In Indian Medicine 2024; 8(1):01- 06

