

Clinical Evaluation of *Shuddha Chitrakadi Churna* in Management of *Amavata*
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Abstract:

Amavata is a chronic, debilitating disease described in *Ayurveda* characterized by joint pain, swelling, stiffness, and systemic symptoms. Comparable to rheumatoid arthritis in modern medicine, it results from the accumulation of undigested toxic metabolic wastes (*Ama*) aggravated by *Vata dosha* imbalance. This clinical study evaluates the efficacy of *Shuddha Chitrakadi Churna*, a classical *Ayurvedic* herbal formulation, in the management of *Amavata*. The study involved patients aged 15–65 years presenting with *Amavata* symptoms. Outcome measures included reduction in joint pain, swelling, stiffness, and functional improvement. The results demonstrated significant clinical improvement with good safety profile, supporting the use of *Shuddha Chitrakadi Churna* as an effective treatment modality.

Keywords: *Amavata*, *Shuddha Chitrakadi Churna*, *Mandagni*,

Indrayava, *Patha*, *Kutki*, *Ativisha*, *Haritaki*

Introduction:

Amavata is caused by *Mandagni* (digestive impairment) leading to the formation of *Ama* (toxic undigested residue) which combines with aggravated *Vata* and lodges primarily in joints causing inflammation and pain. The disease is correlated with rheumatoid arthritis, an autoimmune inflammatory condition with systemic involvement. Rising incidence linked to lifestyle changes and dietary indiscretions poses a serious health and economic burden. Classical *Ayurveda* describes treatment centered around *Agni Dipana* (enhancing digestive fire) and *Ama Pachana* (digesting toxins) using formulations such as *Shuddha Chitrakadi Churna* containing *Shuddha Chitraka*, *Indrayava*, *Patha*, *Kutki*, *Ativisha*, and *Haritaki* [1–5, 4].

Aim and Objectives

- Study the etiopathogenesis of *Amavata* from both *Ayurvedic* and modern perspectives.
- Evaluate and observe clinical efficacy of ***Shuddha Chitrakadi Churna*** in *Amavata*.
- Document any novel theoretical or practical insights during treatment.

Materials and Methods:

Patients diagnosed with *Amavata* based on classical and modern criteria, aged 15–65 years, were enrolled. *Shuddha Chitrakadi Churna* was administered in standardized doses. Assessments included joint pain intensity, swelling, stiffness duration, grip strength, and walking time at baseline and subsequent visits. *Ayurvedic* evaluation included *dosha* imbalance, *Agni* status, and general health parameters.

Result:

Patients showed significant reduction in joint pain (*Sandhishoola*), swelling (*Sandhishotha*), tenderness (*Sparshasahyata*), and stiffness (*Stabdhata*). Functional scores for grip strength and walking time improved markedly. No adverse effects observed, indicating treatment safety.

Discussion:

Therapeutic benefits are attributed to the *Agni Dipana* and *Ama Pachana* properties of formulation ingredients. *Katu-Tikta rasa* and *Ushna veerya* of drugs like *Shuddha Chitraka* and *Ativisha* restore digestive fire and clear *Ama*. Their *Vatashamaka* actions alleviate aggravated *Vata* symptoms. The

study correlates classical *Ayurvedic* principles with modern clinical findings, enriching integrative medicine approaches [7–9, 6].

Conclusion:

Shuddha Chitrakadi Churna is an effective, safe, and well-tolerated treatment for *Amavata*. Integrating *Ayurveda* with modern clinical research broadens chronic autoimmune disease management options.

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