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“Effect of an Ayurvedic formulation and *Kshar Basti* in the management of *Aamvata* w.s.r. to Rheumatoid Arthritis.”

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Abstract: *Aamvata* is produced due to frequently formation of *Aam* in the human body. In the name of modern style people are habitual to irregular eating, Late night sleep and lack of exercise. Overall improper Dietary habits, life style as well as Environmental factor increase the risk of many more disease one of them which is most important and severe Paining disease is *Aamvata* (rheumatoid Arthritis). In the *Ayurveda* *Aamvata* is disease of *Rasavaha stotasa*. *Aamvata* is commonest among chronic inflammatory joint disease in which joint become swollen painful and stiff and it can be correlate with Rheumatoid Arthritis. According to modern science Rheumatoid Arthritis is auto immune disorder and there is no doubt modern medicine play important role in relieving pain, restricted movement by the disease but no any curable treatment at all and side effect also much more but in *Ayurveda* *Aamvata* is well described. *Aamvat* is due to main 3 things *Agnidushti*. *Aamotpatti* and *Strotorodha* & due to that *sandhi vedana* & *sandhi vikruti* is happen.

Here is case report of a 55 yr female patient diagnosed *Aamavata* (*Rheumatoid Arthritis*) who was treated with *Ayurvedic* Formulation and which give effective result in its management.

Keywords:

Aamvata; Rheumatod Arthritis; Rasvaha strotas; Ayurvedic formulation; Kshar Basti

Introduction:

Amavata was first described detailed by the *Acharya Madhava* before the *Acharya Madhava* concept of *Amavata* was vague.

Due to bad habits of eating of street foods, oily foods or lack of exercise, irregular sleep etc.. All these etiological factor affect the health & due to *aamotpati* and *vat vrudhi* occurred due to that *saamvayu* produce and this *saamvayu dushti* of *agni* and *avrudhata* of *strotas* occur and all these factor produce severe paining like disease *Aamvata*.

Aamvata can be correlate with *Rheumatoid Arthritis*. The sign & symptoms of both disease is about same.

Rheumatoid Arthritis is Autoimmune disorder causing poly arthritis i.e. swollen inflamed synovial membrane and bone arthritis.

When disease become chronic then in patient develops deformity in joint such as *sandhisankoch* (joint stiffness) *sandhi shotha* (joint inflammation –spindle shaped) and also develop *sandhivikruti* (swan neck deformity, ulnar deviation Z deformity)

In modern medicine no treatment at all to cure disease but in *Ayurveda* Classical effective formulation of *Ayurvedic* drug for cure *Aamvata*.

Methods:

A case reports:

A 55 year female patient come to OPD of *Kayachikitsa* Department of L.K. *Ayurvedic* hospital *yavatmal* with **chief complaint of**

- *Laghu sandhi* school (small joint pain) since 30 days

- *Hasta anguli shoola* and *shotha* (severe pain and swelling in fingers of hand) since 30 days
- *Asahya Janu sandhi shoola* and *shotha* (severe knee joint pain and swelling) since 30 days
- Character of pain is described as *Vrishchik Danshavat Vedana* (Migratory pain like pain in Scorpion bite) since 15 days
- Morning stiffness since 30 days
- *Jwara* (Fever) since 5 days
- *Kshudhamandhya* (Anorexia) since 15 days
- *Aruchi* (tasteless) since 15 days
- *Gauravata* (Heaviness) since 30 days
- *Daurbalya* (severe weakness) since 15 days

Past history :

- H/O Appendectomy -30 yr before
- NO H/O DM/HTN/Epilepsy

History of present illness:

Patient was normal before 2 years then patient suffered from joint pain, inflamed joint, fever at that time she took medicine from local doctor & relief.

After that patient goes to Mumbai for work at that time patient suffered same symptoms again & as *Rheumatoid Arthritis* & took medicine from local doctor. Since last 30 days patient suffered from severe pain in joint, inflamed joint, severe pain in finger fever, morning stiffness, anorexia, severe weakness but heaviness of body etc.

For *ayurvedic* treatment patient came to L.K. *Ayurvedic Hospital*, *yavatmal* in OPD of *Kayachikitsa*

Department, we admitted patient in IPD for further treatment..

***Rugna Parikshan**

- *Nadi (pulse) : 78/min*
- *Mala(stool): Malavasthmbh(constipation)*
- *Mutra (urine): Samyak*
- *Jivha(tongue):saam(coated)*
- *Shabd(speech): Spashta(normal)*
- *Sparsha: Ushna*
- *Druka (eyes): pallor*
- *Akriti: Sthool (obeys)*
- *Bala: Alpa*
- *Raktadab (B.P): 124/80 mmHg*
- *Temperature: 100⁰ F*
- *Nidra (Sleep): Alpa*

Investigation

Material: Showing Material of case study:

Table no. 01.



<i>Sr. No</i>	<i>Dravya</i>	<i>Dose</i>	<i>Duration</i>	<i>Anupan</i>
01	<i>Sinhanad guggula</i>	<i>500mg</i>	<i>Twice a day</i>	<i>Warm water</i>
02	<i>Aamvatari Ras</i>	<i>250mg</i>	<i>Twice a day</i>	<i>Warm water</i>
03	<i>Guduchi churna</i>	<i>1gm</i>	<i>Twice a day</i>	<i>Warm water</i>
04	<i>Trikatu churna</i>	<i>1gm</i>	<i>Twice a day</i>	<i>Warm water</i>
05	<i>Swadishta virechak churna</i>	<i>3gm</i>	<i>HS</i>	<i>Warm water</i>
06	<i>Rasnasaptak Kwath</i>	<i>10ml</i>	<i>Twice a day</i>	
07	<i>Dashang Lepa</i>	<i>LA</i>	<i>Twice a day</i>	
08	<i>Mahavishgrbha Taila</i>	<i>LA</i>	<i>Twice a day</i>	
09	<i>Swedana (valukapottali)</i>	<i>LA</i>	<i>Once a day</i>	
10	<i>YogBasti(matra/kshar)</i>	<i>Alternate day</i>		
11	<i>Shunthisidha Jal</i>	<i>For drinking</i>		

- **Hb:** 11.8 gm%
- **TLC:** 7540/cumm
- **Platelet count:** 3.66lack/cumm
- **poly:** 52%. **L:** 40%. **E:** 03%. **M:** 05%. **B:** 00%.
- **ESR:** 40mm/1hr
- **CRP:** positive(Titre:2.4)
- **RA factor:** Positive(Titre:256)
- **ASO:** Negative

Method:

01. 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.

Table no.02: Mode of action of formulation used in chikitsa

<i>Sr.no</i>	<i>Dravya/ karma</i>	<i>Mode of action/use</i>
01	<i>Sinhanad guggula</i>	<i>Aamshodhana; shothahar; vedansthan</i>
02	<i>Aamvatari Ras</i>	<i>Aampachak; deepana; pachana; vedanashaman</i>
03	<i>Guduchi churna</i>	<i>Rasayan; Balancing Tridoshas</i>
04	<i>Trikatu churna</i>	<i>Deepan; pachan; Shothahar</i>
05	<i>Swadishta virechak churna</i>	<i>Mrudu virechak; vatanulomak</i>
06	<i>Rasnasaptak Kwath</i>	<i>Shoolhar; Shothahar; Deepan; pachan</i>
07	<i>Dashang Lepa</i>	<i>Shothahar; Vatnashak</i>
08	<i>Mahavishgrbha Taila</i>	<i>Pain reliver; decreases swelling</i>
09	<i>Swedana (valukapottali)</i>	<i>For pain reliving and decreases swelling</i>
10	<i>Shunthisidha Jal</i>	<i>Deepan; pachan; Agnivardhikar; Appetiser</i>
11	<i>Bastikarma</i>	<i>For vat dosha balancing; Aampachanarth</i> <i>Aamyukta vat nirhanarth</i> <i>*Basti Dravya absorb through Mucosal capillary</i> <i>goes micro&macro cellular level disturbing</i> <i>pathogenic process i.e Aam dosha nirharan</i> <i>Normalise Strotasa and agni Aam expelled</i> <i>out with basti dravya Start Normal Body</i> <i>Physiolgy .</i>

**Table no. 03.: Showing changes in investigation before and after Treatment**

Test	Before treatment	After 1 month Treatment
HB%	11.8gm%	12.3gm%
WBC	7540/cumm	7654/cumm
Platelet	3.66 lack/cumm	3.78lack/cumm
ESR	46mm/1 hr	18mm/1hr
CRP	Positive(titer:4.8)	Negative
RA Test	Positive(titer:256)	Slightly positive (titer:12)
ASO	Negative	Negative

Discussion :**01}. Hetu :****1. Aahar:**

Chicken, mutton diet 4times in weak

Oily food

Dadhisevan

Virudhaanna

Spicy food

2. Vihar:

Patient was worker so doing daily heavy work

Ratrijagaran (night shift work)

Irregular sleep

02} Samprapti Ghatak

Dosha: vat+kapha

Dushya: Ras Asthi Majja Mala

Strotas: Pranvaha, Udakvaha,
Annavaha, Rasavaha, Asthivaha,
Majjavaha, Purishavaha.

Adhishthan: Asthi; Sandhi

Vyaktisthan: Asthi; Sandhi

Conclusion:

On the basis of above discussion it can be conclude that *Ayurvedic* formulation and *Kshar basti* can give significant effect on disease like Rheumatoid Arthritis (*Aamvata*)

In *Aamvata* mainly *Aam* & *vat* dosha is vitiated. We used *Sinhanad guggula* ; *Aamvatari vati*; *Guduchi churna*; *Trikatu churna*; *Swadishtha virechak churna*; *syp Rasna saptak kwath*; *Shunthi sidha jal* and *Localy Dashang lepa Mahavishgarbha oil*; *Valukapottali swed* And *kshar Basti* which is extremely effective in *Rheumatoid Arthritis* (*Aamvata*)

There is no effective treatment for *Rheumatoid Arthritis* till today but only *Ayurveda* can give the miracle effect of this problem.

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