

Ayurvedic Management of *Amavata* (Rheumatoid Arthritis) - A Single Case Study.

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ABSTRACT: Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by inflammatory arthritis and extra-articular involvement. Clinically, it resembles to *Amavata*. *Amavata* is one among the most prevalent disease in the present era claiming the maximum loss of human power. It is a chronic, progressive and crippling disorder caused due to generation of ama and its association with vitiated vata dosha and deposition in *shleshma sthana* (joints). It poses a challenge for the physician owing to its chronicity, morbidity and complications. The main motto RA management is to get pain relief, prevention of joint damage and functional loss. Acharya yogaratankar and Acharaya chakrapani described the treatment of *Amavata* in which they mentioned the use of *Langhana*, *swedana*, *tikta*, *katu*, *Deepana* drugs, *Virechana* and *Basti*.

Keywords:

Amavata, *Deepan*, *vaitran* *basti*, *langhana*, *swedan*, *virechana*

Introduction:

Ayurveda has its concept like *dosh*, *dushya*, *mala*, *agni* etc. *Ama* is one of the basic and

important concepts which take the major role to produce a variety of diseases. The term *Ama* means raw or undigested material which cause due to agnimandya. *Amavata* is the most common endogenous disease which is produced due to frequently formation of *Ama* in human body. *Amavata* is a disease in which *Ama* with vitiated *Vata Dosha* ⁽¹⁾, accumulate *shleshma sthana*, which stimulates rheumatoid arthritis in modern parlance. The prevalence of rheumatoid arthritis in India in person has been mentioned to differ from 0.5 to 3.8% in women and from 0.15 to 1.35% in men. ⁽²⁾ Whenever that *Ama* gets localized in the body tissue or joints, it can lead to production of pain, stiffness, swelling, tenderness, etc., in the related joints. ^[5] The diseases was first explained in detail in manner by Acharaya Madhavkara in Madhava nidhan during 7th century AD.

The features of *Amavata* are much identical to RA, an autoimmune disorder which causes chronic inflammatory and symmetrical polyarthritis. ⁽³⁾ In present era changing life style, intake of fast food, lack of exercise etc. when *Ama* combines with

vitiated *vata dosha in sleshmasthan*⁽⁷⁾ leads to *Amavata* resembles with rheumatoid arthritis. Here the *Rasavaha strotas is primarily involved*. Because of this, the pain spreads from one joint to another joint very quickly. The disease has classical symptoms like *sandhi shota, shola, sparshaasahatwa and Gatrastabdhata*. In *samhitas*, according to the *Bala, Dosha and vyadhi avastha Shodhan and shaman chikitsa* is described for the *Amavata*. *Chakrapaniduta* has described the principles and line of treatment for *Amavata*. *Langhana* (fasting), *Swedana* (sudation), use of drug of *Tikta* (bitter) and *Katu* (pungent) *Rasa, Deepana* drugs (stimulating hunger), *Virechana* (purgation therapy), *Basti* (enema) are beneficial in the management of *Amavata*.^[4]

CASE REPORT

Place of study : *Laxmanrao kalasapurkar Ayurvedic Rugnalaya, Yavtmal*

Case Report:

A 40yr male patient with OPD no 504204 and IPD no 2028 was admitted in male *kayachikitsa* ward, with complaints of *sarvanga sandhishoola, shotha, sakashta chakraman, jwaranubhuti, Aruchi, Agnimandya, manibandh shool, parvasandi shool* since 4 months.

History of Present Illness:

The patient was normal 4 months back. Since the patient have been suffering from *sarvanga sandhishoola, shotha, sakashta chakraman, jwaranubhuti, Aruchi, manibandh shool, parvasandi shool*. For this patient took allopathy treatment but got temporary relief, then he

decided to take Ayurvedic treatment. So patient visited to L.K. Hospital for further management.

Past History: No H/O Diabetes, Hypertension or any chronic diseases.

Personal History: No any Addiction

Family History : No any family history of Rheumatoid Arthritis.

Rugna pariksha :

- *Nadi:* 80/min
- *Mala :* Asaymak
- *Mutra:* Samayak
- *Jivha:* Saam
- *Shabda:* spashta
- *Sparsha :* samsitoshan
- *Druk:* Spashta
- *Aakruti:* Krush
- *Nidra :* Samayak
- Bp : 110/70 mm Hg
- Temp: 99.2° F

Assessment Criteria

1) Grading of Sandhishoola (pain)

Sr.no	Severity of pain	Grade
1	No pain	0
2	Mild pain	1
3	Moderate but no difficulty in moving	2
4	Much difficulty in moving the body parts	3

2) Grading of Sandishotha (swelling)

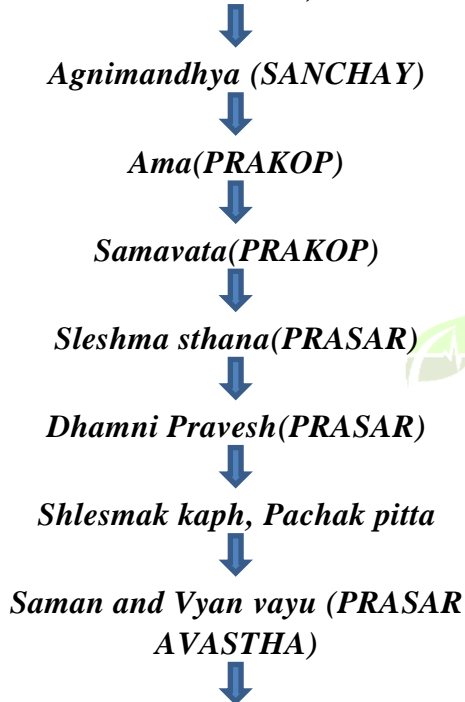
Sr. no.	Severity Of swelling	Grade
1	No swelling	0
2	Slight swelling	1
3	Moderate swelling	2
4	Severe swelling	3

3) Gradation of Sakashta Chankraman (Walking time)

Sr.no	Walking Time (for 25 feet in number of seconds)	Grade
1	15-20 sec	0
2	21-30 sec	1
3	31-40 sec	2
4	>40 sec	3

SAMPRAPTI

Nidana(Dadhi sev an, divaswap, vishamashan, Bhojnouprant ati shram(SANCHAY)



Treatment plan:1)Shaman chikitsa (Abhyantar medicine)

Rasavaha Strotas & Shleshma Sthan Dushti (STHANSAMSHRAYA)

Daurbalya, Sandhi shola, Sandhi stabdhata, Aruchi, Agnimandya(VYAKTI)

Amvata

SAMPRAPTI GHATAKA

- Dosha - vata-vyan, saman, Pitta-pachak, Kaph-sleshma
- Dushya- Dhatu-rasa, meda, mija Upadhatu-sira, snayu Mala-pureesha
- Agni-jatharangi and Dhatvaagni
- Agnidushti-Mandagni
- Srotas- Annavaha, Rasavaha, Asthivaha
- Srotodusti-Sanga
- Udbhavsthana-Amashaya
- Sancharstahna-Annavaha Srotas, Dhamini, Kaphasthana
- Adhistana-Kaphasthana like Sandhi, Amshaya
- Vyaktasthana- Kaphasthana i.e. Sandhi, Amashaya, Uras etc
- Svabhava-Kastasadhya
- Rogamarg-Madhyama

Sr.no	Medicine	Dose	Anupana
1	Amvatri Ras	250 mg 2 Tab BD	Koshnajaal
2	Simhanad Guggul	500mg 1Tab BD	Koshnajaal
3	Combination of Trikatu+ +guduchi	Each 1 gm churna taotal 2 gm BD	Koshnajaal
4	Mahavatvidhvansa Ras	250mg 1 Tab BD	Koshnajaal
5	Rasnasapatak kwath	20 ml BD	Koshnajaal
6	Gandharva Haritaki churna	3 gm HS	Koshnajaal

2) Shodhan Chikitsa:
Panchkarma Management
Snehana & Swedan

<i>snehana</i>	<i>Mahavishgarbh tail</i>
<i>Rooksha sweda</i>	<i>Valukapotti sweda</i>

Yog Basti – 8 days

<i>Anuvasn basti</i>	<i>Saindavadi tail 60ml</i>			
<i>Vaitarana basti</i>	Sr.no.	Ingredients	In pala	In gm/ml
	1	<i>saindhavlavana</i>	<i>1 karsha</i>	<i>12 gms</i>
	2	<i>Guddha</i>	<i>1/2pal</i>	<i>25 grams</i>
	3	<i>Amlika</i>	<i>1 pal</i>	<i>50 grams</i>
	4	<i>snehah</i>	<i>2 pal</i>	<i>100 ml</i>
	5	<i>Gomutra</i>	<i>1 kudava</i>	<i>200ml</i>
		<i>total</i>		<i>387ml</i>

Observation and Result :Assessment According to Gradations-

Sr.no	Assessment Criteria	BT	AT
1	<i>Sandhishoola</i>	3	1
2	<i>Sandhishotha</i>	2	0
3	<i>Sakashtachakraman</i>	3	0

INVESTIGATION

Investigation	BT	AT
HB	11.5 gm %	11.8 gm %
TLC	6, 980 /cmm	6, 020/cmm
PLT COUNT	3, 41, 000/cmm	3, 35, 000/cmm
ESR	35mm/1hr	15 mm/1hr
RA TEST	Positive(Titre :16)	Negative (Titre:08)

Discussion:

Chakradatta was the first, who described the *chikitsa Siddhant for Amavata*. *Amavata* is one of most common joint disorder. It is an autoimmune, chronic, degenerative diseases of the connective tissue mainly involving the joint. *Amavata* is mainly caused by viation of *Vata Dosha* and Formation of

Ama.Mandagni is the root cause of *Ama* production and treatment requires digestion of *Ama* which occupied whole body. It includes *Langhana*, *Swedana*, drug having *Tikta*, *Katu Rasa* and *Deepan* action, *Vaitrana basti*.

Mode of action of drugs-

1)Langhana is the 1st line of treatment in *Amavata* which helps in digestion of *Ama*

.langhan means not complete fasting, but intake of light food .

2)Aushadi chikitsa :⁽⁶⁾Simhanada guggul is the drug of choice in amvata (RA) due to capacity to improve digestive fire and improves strength of joints .It has *Deepan, Ama panchan, Shoolghna, Shothanga* and *Amavathar* properties .

Amavatri ras, it is a drug of choice in *Amavata* to reduce the Ama and blanced the viated *Vata* dosha.

Rasnasaptak Kwath : It contains *Rasna, Amruta, Aragvadha, Devdaru, Trikantaka, Eranda, Punarnava, Shunti*. It act as *shoolaghana* (analgesic), *vata – kapha shamak*, immunomodulator, anti – inflammatory, carminative, appetizer.

Mahavatvidhawansa ras :It acts as an excellent anti inflammatory and analgesic medicine and to promote strength of bones and joints.

Gandharv haritki : Contains of this medicine errand tail, *balharitki, sunthi, sandhav,* and *savarchal lavan*.It has Purgative and Laxative action. It removes toxins from body.

3)Swedan : *Rukshaswedan* has been advocated in the from *Valukapottali* which induces sweating and relieves *Stambh, Gaurav* and *Sheeta*.

4)Yog Basti:

Anuvasan Basti: Basically, it has *Deepan panchan* drugs such *shunti, shatapushpa, saindhav, maricha, pipali* etc. It causes *Amapachan*. It also contains *Vedanasthapan & shothahara dravyas* such as *Rasna, Erand mul, Renuka beeja, mulethi*.It causes Nourishment & cures diseases caused by aggravated *vata*. *Acharya chakradatta* has also mentioned the use of *saindhavadi taila*. *Basti* in *Amavata* while describing *chikitsa sutra*.

Vaitarna Basti: According to its pathophysiology, one should treat the morbid doshas involve in are *Kapha* and *vata* simultaneously. Here treatment

modality called *Vaitrana basti* described by *Chakradatta* in *Amavata* shows the desired result. It brings that doshs from *shakha* to *Koshata* and removes them out of the body via anal route. *Vaitarana basti* by its *laghu, ruksha, ushna* and *tikshna guna* reaches the *pakwashaya*, which is the main sthan of *vata dosha* and destroys it. From there it reaches the entire body and destroy the *doshas* accumulated in the body. *Sneha dravya* present in *basti*, by its *sukshma guna* enters into *strotas* to reach the *grahani*. Here, it acts on *samana vayu*.So, *Vaitarana basti* performs the function of *Apana anuloomana* and hence increases the *jatharagni*⁽⁷⁾

CONCLUSION:

Amavata is one of the challenging disorder of joints . *Ama* and *Vata* have the properties on opposite pole of each other and involvement of *uthanadhatu (RASA)* and *gambheradhatu (ASTHI)* makes the treatment more complicated so there is necessity of a systematic treatment protocol purely based on the principles of *Ayurveda*. *Panchakarma* procedures will help in checking autoimmune mobility and elimination of *Bahudoshavastha*. This case study showing that *Shodhan* and *Shaman Chikitsa* is a better modality of treatment for treating *Amavata* for relieving symptoms and as well as correction in biochemical parameters.

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