



PRAGMATIC AYURVEDIC MANAGEMENT OF AMAVATA (RHEUMATOID ARTHRITIS) - A SINGLE CASE STUDY.

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Abstract:

Introduction: Amavata a musculoskeletal disorder, the basic pathology which begins with the morbid functioning of digestive power. It is used to correlate with Rheumatoid arthritis due to its equivalence in aetiology, pathology, clinical manifestation, prognosis and therapeutics. In Ayurveda, main treatment modalities of Amavata include Shodhana(purification), Shamana(pacification), Rasayana(Rejuvenators) and Bahiparimarjana(external modalities of treatment). **Materials and methods:** A 32-year-old women with complaints of painful interphalangeal joints and bilateral knee joint since 3 years, associated with morning stiffness and fatigue diagnosed as Amavata treated bahiparimarjana(external application) and internal administration of medications. **Results:** *Nityavirechana, alepa, swedana* and *shamanoushadhis* like *Agnitundi vati, Sootashekara rasa, Rasnaerandadi Kashaya* were administered methodically, and have shown significant reduction in signs and symptoms of Amavata.

(Key words: Amavata, Ayurveda, Shodhana, Shamana, Signs and symptoms)

Introduction:

Amavata a musculoskeletal disorder, the basic pathology which begins with the morbid functioning of digestive power¹. Impaired functioning of the digestion causes formation of toxic material in association with vitiation of vata dosha. The vitiated vata dosha mobilises the toxins all over the body and this tends to localise in the different places with predilection for joints². Finally in the joints the illness causes pain,

swelling and stiffness. The disease pathology involves madhyama rogamarga affecting marma³. Amavata has been used to correlate with Rheumatoid arthritis due to its equivalence in aetiology, pathology, clinical manifestation, prognosis and therapeutics⁴.

Rheumatoid arthritis (RA) is a chronic systemic inflammatory polyarthritis which chiefly affects small diarthrodial joints of the hands and feet in a symmetrical pattern⁵. Prevalence of RA in India is approximately 0.5% to 0.75%. Disease is seen more often in women than in men with the ratio 4 to 2⁶. Rheumatoid arthritis being crippling in nature exhibits with severe pain and swelling in the joints makes difficulty to carry out his/her routine activities and brings down the quality of life⁷.

In Ayurveda, main treatment modalities of Amavata include Shodhana(purification), Shamana(pacification), Rasayana(Rejuvenators) and Bahiparimarjana(external modalities of treatment)⁸. Classical literature emphasises on the use of certain diet as well as digestive medicaments which help in digesting the toxins as well as prevent production of toxins^{9,10}.

Case study:

A 32 year old women resident of Murdeshwara(Uttarakannada district, Karnataka) visited of SDM hospital Udipi, on date 10/12/2020, with complaints of painful interphalangeal joints and bilateral knee joint since 3 years, associated with morning stiffness and fatigue. Pain and stiffness are experienced more during cold climatic conditions and after physical activities. Sometimes episodes of severe pain led to fever, body ache. Patient treated with antibiotics, corticosteroids, analgesics, anti-inflammatory drugs during such episodes. The patient experienced minimal relief, and the complaints used to repeat.

Hence, she was admitted in the hospital and detail clinical, haematological examinations were carried out. Patient was not a diabetic or hypertensive, simultaneously not suffering from any major illness. Sleep pattern was normal, bowel habits were regular whereas appetite was reduced. Said to be mother of two children, with regular menstrual cycle. On physical examination patient had normal built, vitals like blood pressure was 120/80mm/Hg, pulse rate was 72/minute. Systemic examination of respiratory, cardiovascular, central nervous system examination found normal. Examination of joint area revealed swelling and stiffness, especially interphalangeal joints found oedematous.

Detailed Ayurveda examination framed patient as belonging to vatakapha prakriti, with avara ahara shakti and madhyama vyayam shakti. Rheumatoid factor and c-reactive protein were found positive among haematological examination.

With all above case study it was diagnosed as a case of Amavata(Rheumatoid arthritis). Considering involvement of dosha, dooshya, samavastha, chronicity both bahiparimarjana(external application) and internal administration of medications were started.

Table 1. Treatment protocol

Treatment	Days	Drug	Quantity	Duration/day
<i>Nitya virechana</i>	7	<i>Gandhrava hastadi eranda taila with ushnodaka</i>	7.5 ml of tiala and ushnodaka 20 ml	-
<i>Alepa(whole body)</i>	7	<i>Kalka prepared out of eight varieties of herbal drugs</i>	QS	Once in a day
<i>Naadi sweda (whole body)</i>	7	<i>Dahsmoola kashaya</i>	-	20 minutes
<i>Shamanoushadhi</i>	7 days	<i>Agnitundi vati</i> <i>Sootashekara rasa</i> <i>Rasnaerandadi</i> <i>Kashaya</i>	500mg 500 mg 60ml	2-2-2 1-1-1 30ml-0-30ml

Patient discharged after treatment for 7 days and following set of drugs mentioned in Table 2, advised to take for a period of 1 month. Also advised to take warm water, freshly cooked food. Particularly advised not to consume curd, dairy products, Maida starch and cold beverages.

Table 2:

Formulations	Dossage
Agnitundi vati	2-2-2
Chitrakadi vati	2-2-2
Soothshekhara rasa	1-1-1
Rasnerandadi Kashaya	30ml-0-30ml

Results:

After 7 days of treatment patient found remarkable improvement in signs and symptoms. Pain and stiffness of joints reduced remarkably. Patient said to have good appetite and pain was remarkably reduced even during movement of small joints.

Discussion:

Chief ingredient of Gandharva hastadi eranda taila is Eranda(*Ricinus communis*) which is tridosha shamaka, bhedana(purgative) and angamarda prashamana(analgesic). It helps in purification of gastrointestinal tract by eliminating morbid toxins from rectal route, also rectifies morbid vata dosha¹².

Naadisweda with Dashamoola Kashaya helps in reducing stiffness, pain, inflammation. Dashamoola a group of ten root drugs which are vatashamaka and anti-inflammatory¹³. In Amavata swedana is effectively administered provided without any oil application, helps in digestion of Ama(toxins) by dilating srotas(channels) which is clogged by ama¹⁴.

As Amavata is chronic and persisting illness clasping deeper into the srotas in the form of deep-seated toxins in other words to say adhered residual morbid dosha. Thus, above mentioned treatments after amapachana will help in loosening of the adhesion as well mobility of dosha from periphery to centre which is intestine. From digestive tract it is to be eliminated through purgative measures¹⁵.

Alepa is an external application of paste on whole body prepared out of eight varieties of herbal drugs which are ushna veerya(hot potency) brings about amapachana¹⁶.

It is to be understood that all above mentioned treatment rectify the pathology of ama are apatarpana line of treatment which brings about dryness in the body which again may vitiate vata dosha which is to be counteracted through oil like Eranda taila¹⁷.

Agnitundi vati a herbomineral formulation containing most of herbal drugs of hot potency, *lavana(salt)*, *kshara(alkali)*, *parada(mercury)*, *tamra(copper)*, *gandhaka(suplhur)*, best in amapachana, restoring normalcy of agni¹⁸.

Rasnerandadi Kashaya a herbal decoction the main ingredients are *Rasna(Pluchea lanceolata)*, *Eranda(Ricinus communis)*, *Bala(Sida cordifolia)*, *Sahachara(Barleria prionitis)*, *Vari(Asparagua racemosus)*, *Dusparsha(Tragia involucrata)*, *Vasa(Adathoda vasica)*, *Amrutha(Tinospora cordifolia)*, *Devadaru(Cedrus deodara)*, *Ativisha(Aconitum heterophyllum)*, *Ghana(Cyperus rotundus)*, *Ikshura(Astercantha longifolia)*, *Shati(Hedychium spicatum)*, *Nagara(Zingiber officinale)* which are *vatahara*, *shothahara*, *deepana*, *pachana*, *anulomana*, and indicated in *sandhishotha*, *sandhishoola*(joint ailments)¹⁹.

Chitrakadi vati is a strong stimulant of digestion, a carminative also a laxative, mainly helps in amapachana. *Chitraka(Plumbago zeylanica)* is the main ingredient of this formulation²⁰.

Conclusion:

Regular evacuation of Ama through *Nityavirechana* and simultaneous measures such as *Deepana*, *pachana*, external applications are essential in the treatment protocol of *Amavata* (Rheumatoid arthritis). A single case study of *Amavata* presented here has shown significant results in reducing signs and symptoms.

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