



# Role of Rasa Tailam WSR To the Rheumatoid Arthritis

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## ABSTRACT

As per modern Rheumatoid arthritis (RA) is said to be a chronic, systemic autoimmune disorder or the inflammatory disorder which majorly affects the joints of the patients.[1] The risk factors include the age, gender, environmental exposure that can be cigarette smoking, air pollutants, occupational works, and also can be related to genetics. The RA can be a long running disorder which if not cured early can lead to vast destruction of the cells and also leading to nodular growth formations on the hands or other limbs.[2] Complications such as joint damage for permanent, rheumatoid vasculitis, Felty syndrome if it remains unaddressed.[3] Joint damage is being repaired by the arthroplasty. There is a very lesser chance of the treatment of RA altogether that's why it can be a manageable disease which stops the further damage to the system. Here where there is no cure left for the disease there the Ayurveda can be inculcated leading to lesser damage to all the organs. Such a drug which is mostly used for the persons

suffering from the RA is the Rasa Taila. Rasa taila internal capsule or the external treatment can be given to the patient.

## INTRODUCTION

Rheumatoid arthritis is said to be a condition which is chronic, symmetrical, inflammatory and also the autoimmune disease that majorly affects the joints. It progresses from the small joints to the larger joints and then towards the other organs like the skin, heart, kidney and also the lungs.[4] This disease is disastrous as it progresses and spreads towards the bone and cartilage of the joints and it destroys it. It makes the ligaments weak. The pain pattern in the patient who has rheumatic disorder or arthritis is very painful.[5] There is bone erosion and also the deformity of the joints. In the RA there is morning stiffness which stays more than 30 minutes which can arise along with the fever, fatigue, loss of weight, tenderness over the joints. Later on there is also the formation of nodular growth under the skin.[6]



## CAUSES

**Sex:** When it comes to the development of RA it effects the womens more than the men. [7]

**Age:** Rheumatoid arthritis occurs in any age and afterall it starts at the middle age of the person.

**Family history:** When there is the history of rheumatoid arthritis then there is the increased risk of the arthritis.

**Smoking:** When the person smokes then it increases the risk of rheumatoid arthritis, particularly if you have a genetic predisposition for developing rheumatoid arthritis, there is more diversity of the disease severity when there is inclusion of the smoking.

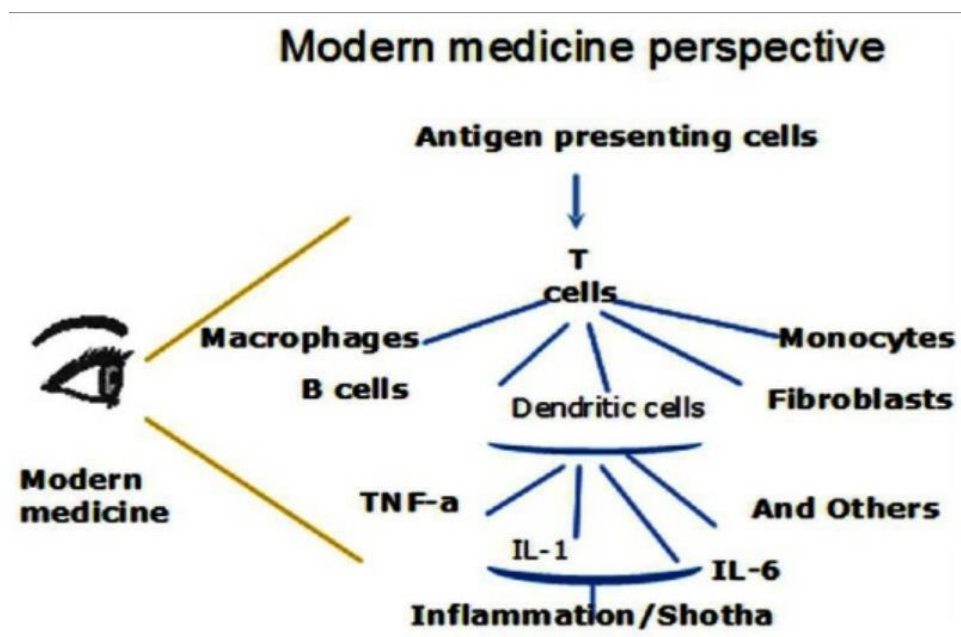
**Excess weight:** When the person is obease they fall under the risk category of rheumatoid arthritis.

Rheumatoid arthritis is an auto immune disease. When the immune system helps to protect the body from the infection and the disease. The immune system when affected then it attacks the

healthy tissues of the joints organs. The organs involve the lungs, heart, nerves, eyes and also the skin.[8]

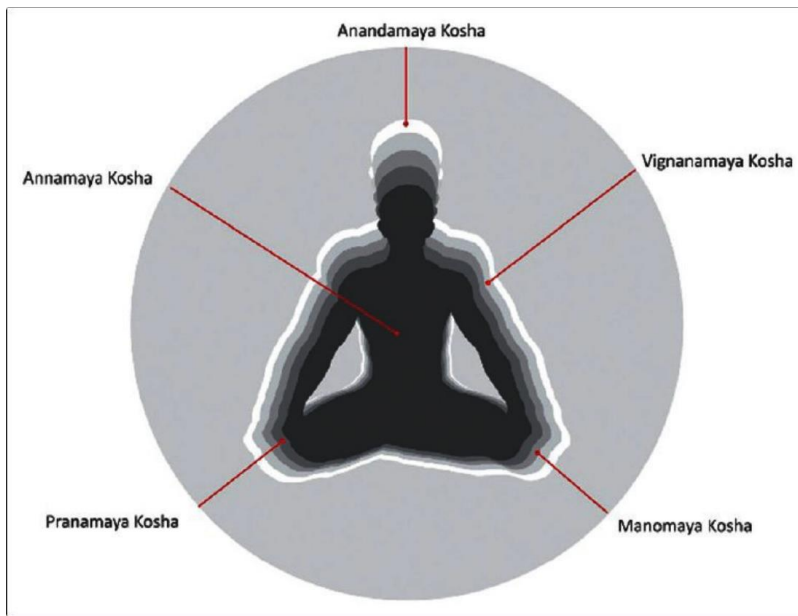
## PATHOGENESIS OF RA AS PER MODERN

When we talk about the pathogenesis of the RA that is very complex and also involves many intracellular and molecular pathways which causes extreme joint inflammation and also damage. When it can also be linked by genetic predisposition.[9] First degree of the patients which have the RA along with other systemic disease and is also common in the same. In the recent research it's been said that the epigenetic process causes gene modification without affecting the DNA sequence have been identified. In the research the histone and methylation DNA modification shows the epigenetic examinations. When the etiological agents which have the trigger mechanism of the disease is unknown then there can be chances that the infectious factor is majorly responsible or also can be the traumatic conditions.[10] The major changes which is seen in the RA are the cellular hyperplasia, inflammation of the synovial and also the hypertrophy, thrombosis, oedema, micro vascular injury, neovascularization, oedema with the infiltration of mononuclear cells.[11] There is also an increased amount of the adhesion molecules. When there is the unknown activation of the CD4+T cells by the unknown triggering antigen which allows to activate the cells known as the fibroblasts, macrophages, monocytes, dendritic cells, B-lymphocytes and also leads to the destruction of the involved tissues. TNF-alpha also stimulates the secretion of the cytokines.[12]



## PATHOGENESIS OF AMAVATA AS PER AYURVEDA

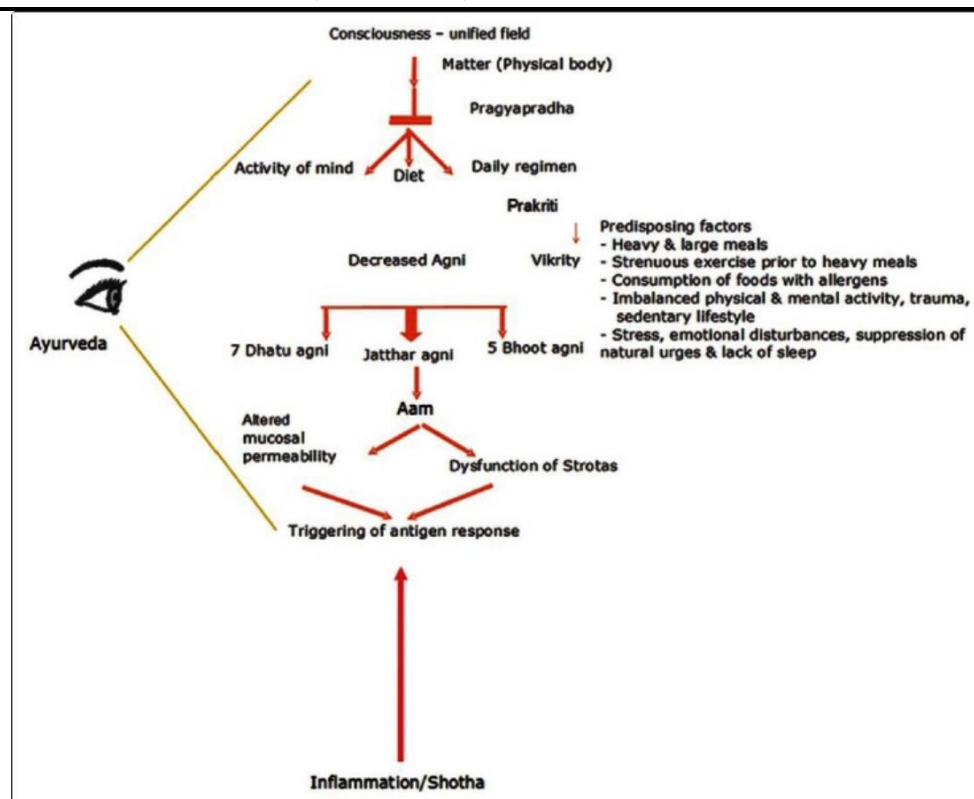
When there is the formation of ama in all the levels of the body which majorly includes the gastrointestinal tract and macro and micro channels of the body of the system which tends to transport internally. As mentioned below is the pancha kosha



Here the levels of the physiology is to be understood

- a. Sthula sharira is the first line to understand the annamaya kosha depends on the food we tend to eat more which directly affects the body's GI tract.
- b. Pranamaya kosha is the second kosha which is also said to be the energy sheath it basically helps to do the proper functioning of the body any of the obstruction of this leads to the arising of disease making the vata dosha increase and lead to RA.
- c. Manomaya kosha is the third kosha which is said to be the sheath of mind which is responsible for the functioning of the brain.
- d. Vigyanamaya kosha is the fourth level of kosha which renders the intellect. [13]
- e. Anandamaya kosha is the one which gives the joy when all the 4 koshas are satisfied with its doings then it leads to the ananda of the anandamaay kosha.

When as per Ayurveda we see the pathophysiology of Amavata the default is the resistant brain which is said to be the pragyaparadha where the person knowing not to do the so called eating or the habits but still be reluctant and do the activities and the food habits based on the junk food which is been intake by the persons. And due to this reasons the chances of the ama vata increases.



When we say about the results where the first mistake happens is the Pragyaparadha which includes:[14]

a. Disequilibrium of tridosha: When the modern has said that persons having the same genotype only gets more risk to form RA or develop RA but as per ayurveda the person with the unique dosha with its predominance leads to the development of the amavata. When a person has a disbalance in the vata and pitta prakruti then it's likely to suffer from the amavata. When the person with this body type suffers it is because of the weak digestive fire/agni in the body leading to malabsorption of the food. Later on the ama is formed and leads to the blockage of the srotas and also leads to inflammation. It can be due to the vishama agni too. So retreat of the agni is important for any type of disorder. Due to the deha prakruti the genome adapts to the food habits and the life style we adopt leading to the disease.[15] Recently the scientists discovered epigenes based on the lifestyle food etc. When there is changes in the lifestyle there is changes in the doshik equilibrium. Its the root cause of all the disease.

b. Decreased agni: Agni can be related to the chemicals, enzymes, hormones, jataraghi works at the GI tract for digestion and assimilation of the food. The major factor for the RA/amavata. Ama has the antigenic effect which creates the blockage effect the body tends to react and reject. RA can be the one of disease which can occur due to the ama.

c. Alteration of bacterial flora of gut or dysbiosis: If foreign bacteria attack our body, they help the body's defense system to destroy them. Intestinal mucosa is able to selectively absorb

the digested food and prevent the absorption of undigested, partially digested food or toxic substances in the body. Intestinal mucosal permeability and peristalsis is impaired in Aamavata. On this very emrging disorder there is a very known drug said as the Rasa tailam which cacts wonders if given internally upper or lower route administration such as the rasa taila capsule or the basti given for the arthritis.[16]

INGREDIENTS

Ingredient	Names	Amount
Bala	Sida cardifolia	1.2 kg
Chaga pada	Goat limbs	4.2 kg
Goksheera	Milk	15 litres
Tila taila	Sessamum indicum	3.72 kg
Water	-	100 prastha

METHOD OF PREPARATION

One adhaka of tila tailam is used. The goat's limbs are boiled with 100 prastha of water and reduced by one fourth. Paste of bala and co milk is mixed and then added to the tila tailam and cooked and filtered and stored.

Properties of the drugs used

Ingredient	Rasa	Guna	Veerya	Vipaka	Karma
Aja Mamsa	Madhura, katu, tikta	Guru, snigdha	Sheeta	Madhura	Brimhana , vata hara
Bala	Madhura	Guru, snigdha, picchila	Sheeta	Madhura	Balya, grahi, vrishya
Go Ksheera	Madhura	Guru, balya, snigdha	Sheeta	Madhura	Balya, medhya
Tila taila	Madhura	Guru, snigdha sookshma	Ushna	Madhura	Balya



## DISCUSSION

- Dosha - This medicine is given for all vata vyadhi rogas.
- Dushya- It is very useful in the disease affecting asthi, mamsa, majja, neuromuscular and musculoskeletal disease.
- Rog marga- Madhyama roga marga is effective.[17]

Here if the capsules of rasa taila shamana chikitsa or the basti prepared out of the rasa taila as the samshodhana karma is beneficial.

Samshodhana is done by the basti prepared by the following ingredients[18]

- a. 100 ml of honey.
- b. Saindhava 10 grams.
- c. Rasa taila it should be of the quantity 120 ml.
- d. Shatapushpa kalka 30 gms
- e. Mix everything in a homogenous mixture, then add the erandamooladi and dashamooladi kashaya both 250ml each.[19]

All the ingredients are mixed well and the mixture is administered via the anal route. As if the agni in the amashaya is not supportive then the medicine given via the anal route the medicine gets absorbed well and does the required function in the body. All the ingredients which are used in the rasa taila has the qualities of madhura rasa, madhura vipaka sheeta veerya, where the drug acts on the basis of properties, which is mainly vata pitta hara and the patients get immense relief in the pain symptoms. Rasa taila also has the unique blend of meat and the oil milk component and plant based bala, which acts as anti inflammatory, analgesic, rejuvenator, muscle relaxant. Its major action is that it depletes vata dosha and gives strength to the mamsa, medas, asthi dhatus.[20]

## CONCLUSION

Rasa taila also has the unique blend of meat and the oil milk component and plant based bala, which acts as anti inflammatory, analgesic, rejuvenator, muscle relaxant. Its major action is that it depletes vata dosha and gives strength to the mamsa, medas, asthi dhatus so when the rasa taila is given internally or the samshodhana line of treatment the medicine acts by reaching the centres by crossing the villi and getting absorbed via it and reaching the centres. As RA is one

of the auto immune disease but it can be easily managed by the mode of basti chikitsa. As it is said as the Ardha chikitsa.

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