



EFFECTS OF LANGHANA ALONG WITH SHUNTHISIDDHA JALPANA IN AMAVATA, A CASE STUDY

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ABSTRACT **INTRODUCTION** -Langhana is basic treatment in various diseases. Langhana is said to be the initial treatment in disease *Aamvata*. Effects of langhana are visible in *Amavata*. **AIM**- To Evaluate the effects of langhana in *Amavata* patient especially, with reference to *shotha* and *gaurava*. **OBJECTIVE** -To study the importance of Langhana in *Amavata*. **MATERIALS AND METHODS** -A patient suffering *Aamvata* with symptoms-*vaam manibandha sandhi shotha, stambha avum sparshaasahatva, ubhay jaanusandhi shoth avum stambha, sharira gaurava, kshudha-haani* was advised *Anshana* with *shoonthi siddha jalpana* along with restriction of other fluid intake. Patient's symptom before and after langhana were recorded and photos were taken to record visible effects of Langhana in *Aamvata*. **RESULT** -Patient's symptoms subsided gradually resulting in lowering of *shotha* and *gaurava* at *vaam manibandha sandhi* and *jaanusandhi*. **CONCLUSION** -Langhana has vast effect on *Aamvata* as it improves and stimulates *Agni* that leads to the *Pachana* of *aam* that has been virtually deposited over vital body parts especially, *sandhisthana*.

KEYWORDS : Langhana , Anshana, Aamvata, Shoonthi Siddha Jala, Sandhi Shotha, Gaurava.

INTRODUCTION

Amavata, compared with Rheumatoid Arthritis in modern science has been explained years ago in *Ayurveda*. *Amavata* is considered to be one of the fearful diseases.⁽¹⁾ *Ama* and *vata dosha's dushti* occurs altogether by means of their *dushtikarnas* leads to the occurrence of *amavata*. *Mandagni, viruddhaahara, avyayama or vyayama* after *snigdha* and *viruddha ahara* leads to the cause of *Amavata*.⁽²⁾ *Madhavidan* and *Yog Ratnakara* had described in details the pathology and treatment of *Amavata* meaningful aspects.

Vataprakopa and production of *Ama* occurs simultaneously in the body. *Ama* produced in the body gets accelerated by the formidable *vata dosha*. As *vata* is present all over the body, *ama* along with the *vata* gets transported to each and every site where the *vata* is said to be present. This *ama* is then carried to the vital *strotasas* of the body by *dhamani* and hereby giving rise to *kleda* in the *strotas*. This *ama* gets deposited at *shleshmasthanas*. The *ama* is then accelerated by the *chala guna* of *vata dosha*, hereby giving rise to the complaints of *Ama* at the site where carried by *vata*. *Amavata* specially includes deformities in major joints of the body.⁽³⁾

Samanya lakshanas of Amavata

Angamarda (body pain), *aruchi* (loss of taste), *trishna* (thirst), *aalasya* (lack of enthusiasm), *gaurava* (heaviness), *jwara* (pyrexia), *bhojanasya aparipakah* (Indigestion), *klama* (tiredness without doing work).⁽⁴⁾

Pravridha Awastha of Amavata

In this condition, above *lakshanas* increase gradually along with chronic joint pain and body pain accompanied by swelling of some or all of the synovial joints. Pain may begin to migrate from place to place with *Vrishchik damshavata vedana* (intense stinging type of pain), burning sensation, redness and stiffness at the site.⁽⁵⁾

Prakara (Types)

1. *Kewal Vataja* :- *Teevra vedana* (Acute pain)
2. *Pittanubandha* :- *Daha and Aaraktavarnata* (burning sensation and redness)
3. *Kaphanubandha* :- *Staimitya* (sluggishness), *gaurava* (heaviness), *kandu* (itching).⁽⁶⁾

Chikitsa

Line of treatment includes, *Langhana* (light diet or fasting), *Swedana* (fomentation), *Deepana-Pachana* (appetizers and digestives), *Virechana* (therapeutic purgation) and *basti* (therapeutic rectal administration).⁽⁷⁾

The *Langhana* therapy is defined as that which brings about reduction or depletion of the bodily virtues or causes lightness of the body.⁽⁸⁾ *Langhana* has basic elements of *panchmahabhut* which includes *agni*,

vayu, akash.⁽⁹⁾ *Langhana* leads to *Vimalindriya* (proper functioning of indriyas), *sargo malanam* (proper elimination of urine, flatus and faeces), *laaghav* (feeling of lightness in the body), *utsaha* (feeling of freshness, purity of heart), *shuddha udgara* (proper belching), *tandranasha* (disappearance of drowsiness and exertion), *ruche kshut trishna sahodaya* (feel of hunger and thirst with taste of food), *nirvyathe antaraatma* (tranquility of mind).⁽¹⁰⁾

Langhana is the first line of treatment in *Amavata*. It brings about the digestion of *Ama*, kindles *Agni*, removes the blockage in the channels i.e *strotorodha* and thereby aids in minimizing *vyaadhi*.

AIM

To evaluate the effect of *langhana* in *Amavata* with special reference to *shoth* and *gaurava*.

OBJECTIVE

To study the importance of *Langhana* in *Amavata*.

METHODOLOGY

A single case of *Amavata* was given *Langhana* and effects were observed. A female patient, aged 46 years presenting with complaints of *Sarvang Sandhi Shoola, Gaurava, Ubhay jaanusandhi shotha avum shoola, vama hasta shoth, Aruchi, Aalasya and Jwara* since a month came in OPD of Kayachikitsa, for management.

Personal History

Surgical- No significant
Allergic- No significant
Addiction- No significant

Ashtavidha Pariksha

Nadi- *Teevra avum Sama*
Mala- *Samyaka*
Mutra- *Samyaka*
Jiwha- *Sama*
Shabda- *Spashta*
Sparsha- *Ushna, Ushna Sandhi Sparsha*
Drika- *Samyaka*

Dashavidha Pariksha

Desha- *Sadharana*
Bala- *Good*
Kala- *Shita (Shishira Ritu)*
Anal- *Mandagni*
Prakriti- *Vata-Kaphaja*
Vaya- *46 years*
Satva- *Madhyama*
Satmya- *Ahara- Ushna, Laghu, tikta-katu rasatmak avum Ushnodaka* (warm water).

Vihara- Sampoorna Vishrama(Complete Rest).
 Ahara- Snigdha, Aniyamita(Improper), Paryushita(Stale food).

Physical Examination

PR- 88/ min
 BP- 120/70 mmhg
 RR- 16/min
 Temp-99.4° F

Systemic Examination

CVS- S1 S2 –Normal
 CNS- NAD
 RS- AEBE clear
 GIT- NAD

Lab Investigation

Sr.Uric acid- 3.4mg/dL
 RA Factor- positive

Final Diagnosis

Amavata

Treatment advised

Langhana/Anashana(Fasting) along with *shoonthisiddha jalpana* with restriction of any other fluid intake.

Duration

4 day (Until the appearance of *laaghav* and decrease in *shotha*).

OBSERVATION AND RESULTS



1. Before Langhan

2. After Langhana

Sr. no.	Observation	Before t/t	Day 1	Day2	Day3	Day4
1	Shoth	Severe	Moderate	Mild	Mild	Relieved
2	Gaurava	Severe	Moderate	Mild	Mild	Relieved
3	Kshudhahaani	Present	Present	Alpakshudha	Alpakshudha	Samyaka
4	Jwara	99.4° F	99.4° F	98.5° F	98° F	97.5° F
5	Vedana	Severe	Severe	Moderate	Moderate	Mild

DISCUSSION

The main reason behind symptoms of Amavata is probably due to Apachita Ahara Rasa i.e Ama⁽¹¹⁾ and Vata. In above patient, Shotha and Gaurava were main visible symptoms as seen in pictures provided^(fig.1). Chakradatta has advised Langhana (Anashana) as first line of treatment. When Shotha is mainly due to Ama and rugna has good bala langhana should be given⁽¹²⁾. Along with langhana, we had also given Shoonthi Siddha Jalpana to patient. Shoonthi being Ushna in guna and Madhura in Vipaka specifies excess Vata dosha and Tikta rasa of drug helps in pachana of Ama. Langhana improves the vitality of agni. Due to langhana(Anshana), as no food was given to patient and any other fluid intake was restricted, the agni of patient stimulated resulting in pachana of Ama. This resulted in lowering of Shotha, Sandhi Stambha and other symptoms significantly.

CONCLUSION

This single case study showed that the Langhana has potential action on Amavata. It is easily planned, has no major side effects and is effective in Pachana of Amaadosha and improves the efficacy and vitality of Jatharaagni. The Langhana has significant effect on shoth and gaurava accompanied with Mandaagni and helps in expulsion of above chief complaints of Amavata. Further study is needed to

evaluate its efficacy in more patients so it can be proved beneficial to Mankind.

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