



SPECIFIC ANALYSIS OF CLINICAL PROTOCOLS AGAINST AMAVATA

Dr. Raghwendra Singh*	MD, Department of Rasa Shastra & Bhaishajya Kalpana Government Ayurvedic College & Hospital Kadamkuan, Buddhamurti, Patna-800003 Bihar, India*Corresponding Author
Prof. Ajay Kumar Singh	Professor & H.O.D., Department of Rasa Shastra & Bhaishajya Kalpana Government Ayurvedic College & Hospital, Kadamkuan, Buddhamurti, Patna-800003 Bihar, India

ABSTRACT According to Ayurveda the human body is constituted and developed by several microscopic factors which remains coordinate across its life. Among them the doshas specially called vata, pita and kapha comprises its major part as well as determined to be most important for its healthy lives. The balanced equilibria of these fundamental elements in the body is the sign of good health. However, inequity of these basic constituents causes to develop different diseases. Ancient Indian medical system or Ayurveda remedies and its fundamental guidelines are found very effective and useful to sustain the equilibrium. As discussing about Amavata, a disease now-a-days affecting the human society drastically is mentioned in Ayurveda since the past the period of Madhavkara (16th century A.D.) under the category of Vata- Kaphaja disorders. The causative factors of Amavata narrated by Madhavkara in his literature as viruddhahara, viruddhachesta, mandagni and exercise after eating fat containing snigdharahar etc. Amavata is one of the challenging disease for the clinicians due to its chronicity, incurability, complications and morbidity. The allopathic treatment provides the symptomatic relief but the underlined pathology remains untreated due to absence of effective therapy and also giving rise to many side effects, toxic symptoms and adverse reactions also more serious complications like organic lesions. In Ayurveda its treatment protocols include the procedures called as langhana, swedana, utility of drugs specially tikta-katu dravyas, deepana aushadhi, virechan, basti etc.

KEYWORDS : viruddhahara, viruddhachesta, mandagni, snigdharahar

INTRODUCTION

The disease Amavata is fundamentally made up of two words, Ama & Vata. Ama means incomplete digestion of food, which ultimately result in incomplete or impaired formation of Annarasa, which goes to circulate in body & reaches to a target cell where it produces pathological factors such as heaviness in body, loss of strength, drowsiness, aggravation of vata & improper elimination of waste product, body ache, less or not desire to take food eating, thirst, fever, incomplete digestion of food is the primordial symptoms of Amavata. When disease grow its intensity it become difficult to cure, as well as the disease goes to involved joints of hands, feet specially ankles joints, knees & produces pain, swelling, ultimately causing stiffness and tenderness in affected joints.

Amavata, vatarakta, sandhivata etc. are few vata related diseases. Among these amavata is a chronic joint and body pain disease accompanied by a swelling of some or all of the synovial joints which involve ama and vata. Basically it is included a disease of madhyam roga marga as it affects sandhi and hridaya marma of the body. At present the life style of human beings not only disturb the healthy ahar (diet) but vihar (daily exercise, sleeping habits etc.) also. Whenever the function of agni is disturbed in the body, ama is produced. Such produced ama is slimy in nature and gets together with the deformed or dushit vata also called as prakopit vata and circulates all over the body through its channels specially through the shiras and dhamanis and gets stuck in kaphasthana i.e. sandhi because shleshak kapha is located in sandhi and amavata is developed resulting patient suffer from lifelong joint deformities and acute condition¹.

At present the Amavata becoming the major problem to our society, specially to the elder persons. It affects their physio locomotive aspects of body which directly affects their lives. From the modern point of view, this disease looks similar to rheumatoid Arthritis in its clinical appearance. Rheumatoid Arthritis commonly affects the joints of hands, wrists and knees. It is a systemic autoimmune disorder with chronic joint inflammation, pain and stiffness. While considering its treatment protocols as compared to the availability of modern medicine, less number of drugs are available along with more side-effects and other metabolic co-relations. However, it shows less improvement and take a long time of medication. In Ayurveda its treatment protocols include the procedures called as langhana, swedana, utility of drugs specially tikta-katu dravyas, deepana aushadhi, virechan, basti etc². So, Ayurveda drugs gives a new hope for such disease along with no side-effects or lesser incontinence with general body physiology. For this purpose, a very significant and

potent formulation called as "Simhanada Guggulu" has been taken to evaluate its pharmacological preparatory procedures. Because a medicine described in ancient medical literature or Ayurveda must perform its potent pharmacology if prepared in its proper formulation guidelines, which contains ingredient such as Triphala, Shuddha Gandhaka, Shuddha Guggulu, Eranda taila. Our classical text documented this drug having very good effects on Amavata, on the basis of which this research work has been designed with the objectives of preparation, standardization as well as evaluation of efficacy of Simhanada Guggulu on it³.

MATERIAL & METHOD

Ayurveda, an ancient system of medicine explains well about bone disorder like Amavata, Vata-rakta, Sandhi-vata etc. Among these, Amavata is a disease which is caused due to hypo-functioning of digestive fire. "Amavata" is a clinical entity vividly described by Madhavakara in 7th AD with well-defined aetiopathogenesis and clinical presentation with specific emphasis "Mandagni" and Ama playing the central role, it affects "Rasavaha srotas". Amavata is the disease affecting Abhyantara and Madhyama Roga Marga, as it involves Marma, Asthi and Sandhi. The disease Amavata, still remains a formidable disease, being capable of producing severe crippling deformities and functional disability. Today's scenario most of the people affected from this disease specially, old people. In Modern medicine, less number of drugs are available along with more side-effects. Also, less improvement and longtime treatment. So, Ayurvedic drugs are given a new hope for such a disease along with no side-effects. A large no. of patients come in our hospital (GACH, Patna) OPD to get treated for Amavata. So I decided to do research work on this problem. For this purpose, a formulation "Simhanada Guggulu" has been selected. It has been mentioned in Chakradatta Amavata Chikitsaprakaranam verse-31-36, which contains ingredient such as Triphala, Shuddha Gandhaka, Shuddha Guggulu, Eranda taila. Our classical text documented this drug having very good effects on Amavata. The features of Amavata are much identical to Rheumatoid Arthritis. From the modern point of view, this disease looks similar to Rheumatoid Arthritis in its clinical appearance. Rheumatoid Arthritis is a systemic autoimmune disorder with chronic joint inflammation, pain and stiffness. RA commonly affects joints in the hands, wrists and knees.

The physico-Chemical Parameters of Simhanada Guggulu Formulation:

Simhanada guggulu is standardized with respect to various parameters⁴, which are as follows:

1. Determination of Disintegration time.
2. Determination of Uniformity of weight.
3. Loss on drying at 105°C.
4. Determination of Total ash.
5. Determination of Acid-insoluble ash.
6. Determination of Water-soluble extractive.
7. Determination of Alcohol-soluble extractive.
8. Determination of pH.
9. Limit Test for Heavy/Toxic metals.
10. Determination of microbial contamination.

The way of preparation or analytical basis of material related to Simhanada guggulu is noted out from Ayurvedic text and some text book of modern medicine also. The pharmacological properties of Simhanada Guggulu includes in majority of medications that work as kaphavatahara have properties like tikta, kashaya, katu rasa, and ushna, ruksha guna, and ushna virya. Ushna guna aids in restoring normalcy or natural strategy to the vitiated vata. The ushnata and ugrata of guggulu will be decreased by adding drugs of triphala. Due to its lekha function, Guggulu removes extra jalamsha and amatva that have built up in the joints in its natural status. The majority of the compound's medications have vata shamaka effects. These medications also have the vitally important as vedana sthapaka, nadi balya, shulashamaka and shothahara effects that provide overall symptomatic alleviation in vatavyadhi. Also, the drugs of triphala has a deepening quality that cleanses the body of ama. These shows that the Simhanada guggulu comprises a synergistic combination of herbs that help the body detoxify, including triphala, eranda, and guggulu, which together help to remove excess vata from the joints, nerves, muscles, and joints⁵. We may conclude from all of these factors that Simhanada guggulu is the greatest medication for treating rheumatoid arthritis or amavata.

Table-1: The preparatory Ingredients of Simhanada Guggulu

Drugs	Rasa	Guna	Vipaka	Virya	Dosaghan ta	Karma
Shuddha Guggulu	Tikta Katu, Kashaya	Tikshna, Sara, Picchila, Laghu	Katu	Ushna	Tridoshgh na	Shotahara Vedanastha pana, Vranaropa na
Amalaki	Pancharas a, Lavanara hita, Amlaprad hana	Guru, Ruksha, Sheeta	Madhu ra	Sheet a	Tridoshgh na	Dahaprash amana Shonitasth apana, Kushtaghn a
Bibhitak i	Kashaya	Ruksha Laghu	Madhu ra	Ushna	Tridoshgh na,	Shotahara Vedanastha pana, Raktastha mbhan
Haritaki	Pancharas a, Lavanara hita, Kashayap radhan	Laghu, Snigdha	Madhu ra	Ushna	Tridoshgh na	Vedanastha pana Vranashod hana, Vrana ropana
Gandha ka	Katu	Laghu Snigdha	Madhu ra	Ushna	Kaphavat ahra	Deepana, pachana, vishahar
Erandm oola Churna	Madhura	Snigdha, Guru, Sukshma	Madhu ra	Ushna	Vatakaph ahara	Vedana,De epana, Sothahara Shudha

CONCLUSION

Amavata, the disease becoming major problem to our society, specially to the elder persons affects their physio locomotive aspects of body which directly affects their lives. From the modern point of view, this disease looks similar to rheumatoid Arthritis in its clinical appearance. Rheumatoid Arthritis commonly affects the joints of hands, wrists and knees. It is a systemic autoimmune disorder with chronic joint inflammation, pain and stiffness. Ayurveda drugs gives a new hope for such disease along with no side-effects or lesser incontinence with general body physiology. For this purpose, a very significant and potent formulation called as "Simhanada Guggulu" has

been taken to evaluate its pharmacological preparatory procedures. Because a medicine described in ancient medical literature or Ayurveda must perform its potent pharmacology if prepared in its proper formulation guidelines, which contains ingredient such as Triphala, Shuddha Gandhaka, Shuddha Guggulu, Eranda taila. Our classical text documented this drug having very good effects on Amavata, on the basis of which this research work has been designed with the objectives of preparation, standardization as well as evaluation of efficacy of Simhanada Guggulu on it⁶. Rheumatoid arthritis can be effectively treated with Simhanada Guggulu. It lessens oedema, discomfort, stiffness, and inflammation. It also strengthens bones, joints, muscles, and ligaments while increasing joint flexibility. Hyperuricemia & Gout- Simhanada Guggulu contains triphala, which has antioxidant, anti-inflammatory, and anti-gout or antihyperuricemic properties in addition to lowering serum uric acid levels⁷. Terminalia Bellerica in Triphala has strong antihyperuricemic action and reduces serum uric acid level significantly. In individuals with hyperuricemia (an abnormally increased serum uric acid level) and gouty arthritis, the combination of triphala, castor oil, Shuddha Gandhak, and guggulu reduces inflammation, discomfort, and stiffness.

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