



## AYURVEDIC MANAGEMENT OF AMAVAT

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**ABSTRACT** Amavata is disease of dushit Ama and Vata. Ama is indigested product of rasadhata and produce in agni mandya this Ama circulates and accumulate in sandhi .vata is only dosha in body having gati. All chalan valan in body are vaat karma . vata bring ama in sandhi sthan.so pain, stiffness and swelling at small and big joints seen. 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. A brief pathophysiology of RA mentioned in modern medicine and Allopathic treatment provides symptomatic relief but the underlined pathology remains untreated due to absence of effective therapy. All medicine for RA having many side effects, toxic symptoms and adverse reactions and there is no definite medicine to avoid remission and remodelling .The Ayurveda root cause of amavata , helps to avoid remission and also has minimal side effect . The concepts of administration of Amavata are langhan , Swedana, Dravyas having PACHAN effect, deepan pachana as Shamana chikitsa and anuloman . The first specified description of Amavata as a sickness is observed in Madhav Nidan, so the existing study offers with systemic assessment of Amavata w.s.r. Rheumatoid Arthritis from all the classics of Ayurveda and its management.

**KEYWORDS :****INTRODUCTION**

Amavata is a disease imbalanced Vata Dosha and accumulation of Ama at joints, which leads to disease named rheumatoid arthritis (RA) in modern parlance.

[1] Ama is indigested product of food ( anna) due to poor digestion (agni mandya) which is not homogeneous for the body. Whenever that Ama gets localized in the body tissue or joints, it can lead to pain, stiffness, swelling, tenderness, etc., in the related joints.

[2] The features of Amavata are much identical to RA, an autoimmune disorder which causes chronic inflammatory and symmetrical polyarthritis.

[3] In Ayurveda, Nidana Parivarjana (avoidance of causative factors) is considered as the first and foremost line of management for any disease. langhan is fasting for days . anuloman (purgative) is a Shodhana process (biological purification of the body ) to balance the vitiated Dosha in general and Pitta Dosha in particular.[4] Hence, this study included both the treatment modalities, i.e. Nidana Parivarjana and langhan shaman dravya and anuloman to manage Amavata effectively.

**Case Report**

A 35-year-old female having 60 kg body weight, BMI : 25.3, housewife, of kapha vatta Prakriti, visited the outpatient department of kayachikitsa for Ayurvedic treatment with complaint of Bl knee joint pain and swelling , bl ankle joint , bl interphalangeal joint of upper limb , weakness , morning stiffness since 1 yr. The sleep was also disturbed as pain was increasing at night. Sometimes, symptoms were so severe that the patient was unable to stand or walk even after taking strong pain killers. most of the times, it was mild in nature and rarely required any anti-inflammatory or analgesic drugs. A single dose of nonsteroidal anti-inflammatory drug tablet was sufficient for pain relief whenever it was required. Such pain was felt in any joint which was shifting in nature and increased during rainy and winter seasons. The patient was diagnosed as a case of Amavata provisionally on the basis of the clinical signs and symptoms.

Examination Personal History Occupation: Housewife. Diet: Mixed diet. Appetite: Irregular. Allergy: No history of any drug or food allergy.

Ashtavidh Parikshna

1. Nadi: 82/min
2. Mala: Malavashtribha
3. Mutra: 4 to 5 time in day, 2 to 3 times in night 4.
4. Jihva: Sama
5. Shabda: Prakrut
6. Sparsha: Anushna
7. Drik: Prakrut
8. Akriti: Sthula

**Dashavidha-Parikshna**

- a. Prakriti: Vata pradhana-kapha anubandhi.
- b. Vikruti: Dosha- Vatapradhana tridosha, Dooshya- Rasa, Meda, Ashti.
- c. Satwa: Madhyama.
- d. Sara: Majja
- e. Samhanana: Madhyama
- f. Pramana: Madhyama
- g. Satmya: Sarva rasa
- h. Aharasakti: Madhyama
- i. Vyayamasakti: Avara
- j. Vaya: 35 years

blood investigation

**Criteria For Assessment**

- 1) Sparsh- 1) sheeta 2) Anushana 3) Ushana
- 2) grading of sparshsahatva , grahata, shotha as follows

| Sr no | Features | Sparshasahatva (pain) | Grahata (stiffness) | Shotha (swelling) |
|-------|----------|-----------------------|---------------------|-------------------|
| 1     | absent   | -                     | -                   | -                 |
| 2     | mild     | +                     | +                   | +                 |
| 3     | moderate | ++                    | ++                  | ++                |
| 4     | severe   | +++                   | +++                 | +++               |

**Treatment****Anashanrupi Langhana –**

Patient were admitted for 7 days . Patient were on fasting . BSL and BP monitoring done to avoid hypoglycaemia and dehydration . During langhan , shunthi siddha jal given

**Anuloman -**

Next 3 days , Shunthisiddha Erand Sneha 40 ml pratha kal with warm milk.

kullatha. Tush and laghu suppachya aahar given

through the reduction of inflammation.

### Shamana –

Shaman drugs given for 21 days

| Sr No | Name of Aaushdhi    | Dose  | Sevan kal              | Anupan     |
|-------|---------------------|-------|------------------------|------------|
| 1     | Aampachak Kwatha    | 20 ml | Before meal BD         | Warm water |
| 2     | Hingvashtak choorna | 1 gm  | With Pratham kavala BD | Cow ghee   |
| 3     | Maharasnadi kwatha  | 20 ml | After meal BD          | Warm water |

### ASSESSMENT

#### Before Treatment

| Sandhi     | sparsha | shool | sparshasahatva | grahata | shoth |
|------------|---------|-------|----------------|---------|-------|
| ansa       | anushna | +++   | +              | ++      | +     |
| kurpur     | ushna   | ++    | ++             | +++     | ++    |
| manibandha | ushna   | +++   | +              | ++      | ++    |
| parva      | ushna   | +++   | +              | ++      | ++    |
| janu       | ushna   | ++    | ++             | ++      | ++    |

#### After Treatment

| Sandhi     | sparsha | shool | sparshasahatva | grahata | shoth |
|------------|---------|-------|----------------|---------|-------|
| ansa       | anushna | -     | -              | -       | -     |
| kurpur     | anushna | +     | -              | +       | -     |
| manibandha | anushna | -     | -              | -       | -     |
| parva      | anushna | -     | -              | -       | -     |
| janu       | anushna | +     | -              | +       | +     |

#### Observation

- After langhana the patient got relief in chief complaints considerably.
- Shamana chikitsa provided additional benefits to this therapy patient can do joint movement freely.
- Anulomana with Erand sneha is very useful for removal of dushita dosha, having its own significance in amavata.



Before Treatment

After Treatment

### DISCUSSION

- 1) Among the diseases of locomotory system. Rheumatoid arthritis is the most commonly seen encounter young age group.
- 2) this case study explains that anshanrupi langhana had significant role in amavata. Most important precaution during langhana is to identify nirama avastha and stop the langhana. If langhana will be extend after nirama avastha then pain will be increases.
- 3) It considerably reduce the cardinal symptoms and more important it gives relief from pain. After that for further dosha, shamana chikitsa with deepana pachana and anulomana by shunthisiddha erand sneha was very effective. shamana chikitsa with it is a classical treatment for amavata which gives drastic result in amavata.

Langhana in addition, create hunger reflex in the patients resulting in enhanced production of internal corticosteroids which provide relief

### Samprapti Bhanga –

- Anshanrupi langhana along with shamana and anulomana firstly digest apachita aharras, ama. During langhana, shunthisiddha jal is also a very effective which treat disease along with trushnashaman. After proper langhana, shamana with deepana - pachana dravya with its ushna veerya increases the digestive power further adding food for digestion.
- Anulomana removes all dushita dosha easily, by this scientific and complete treatment we can avoid recurrence also.
- This is very effective and classical treatment of amavata with anshanrupi langhana followed by shamana and anulomana chikitsa.

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