



VIRECHANA KARMA IN THE MANAGEMENT OF RHEUMATOID ARTHRITIS (AAMAVATA)

Ayurveda

**Vd. Satyaprem
Anil Chole**

(P.G. Scholar) Kayachikitsa Dept., PMT's Ayurved College, Shevgaon - 414502

**Vd. Gite
Yogeshkumar
Anandrao***

(M.D.Kayachikitsa, MBA-HSM), Guide, Asso. Professor, Kayachikitsa Dept., PMT's Ayurved College, Shevgaon - 414502 *Corresponding Author

ABSTRACT

Rheumatoid arthritis (RA) is a long-term autoimmune disorder that primarily affects joints. It typically results in warm, swollen, and painful joints. Pain and stiffness often worsen following rest. Most commonly, the wrist and hands are involved, with the same joints typically involved on both sides of the body. The disease may also affect other parts of the body. This may result in a low red blood cell count, inflammation around the lungs, and inflammation around the heart. Fever and low energy may also be present. Often, symptoms come on gradually over weeks to months. It is mostly found in 23-55 age group with morning stiffness lasting for more than 1 hr and easing with physical activity. In Ayurveda Rheumatoid Arthritis is compared with Aamavata. Basically, the symptoms arising "Aama" i.e. Tenderness (Sparsha-Asahatva), Temperature (Ushana-Sparsh), Swelling (Sandhi-Shoth), Pain (Ruja) which are quite similar to Rheumatoid Arthritis. Therefore- Here I present the case of 42 years old male patient; whose early diagnosis of Rheumatoid Arthritis (Aamavata) permitted successful management according to ayurvedic principles. Though initially bedridden due to pain, he return to normal life.

KEYWORDS

CASE-

PATIENT NAME- XYZ

AGE - 42 yrs.

Occupation- Worker

C/O – Multiple joint pain

Morning stiffness

Difficulty in walking

No H/O- Malaria/Typhoid/Jaundice.

No K/C/O- DM/PTB/BA/Epilepsy/HTN.

No H/O- Any Surgical illness.

No H/O- Any Drug Allergy.

O/E- GC- Fair & Afebrile

P-78/min BP-120/80 mm of hg

S/E- RS- AEBE Clear

CVS-S1 & S2 Normal

CNS-Conscious & Oriented

RTVC RTDS

Pupils: Rt-Normal size and reacting to light

Lt-Normal size and reacting to light

Planters-Bilateral flexor

P/A- soft & non-tender

Urine-passed

Stool-Passed

INVESTIGATIONS-

Hb-12.5%; RBC-3270; WBC-9200; ESR-10; Platelets- 238000

RA -Positive, VDRL, HbsAg –Negative

CRP (C-Reactive Protein) Value

CRP	BEFORE TREATMENT	AFTER TREATMENT
	10/10/2017	04/12/0217
	8	4

TREATMENT GIVEN-

Oral: - Tab. Aarogyavardhini Vati (500mg) TDS x 7 days
 - Tab. Sinhanad Guggulu (500mg) TDS x 14 days
 - Tab. Shunthi kwath(30ml) with Erand Tail(10ml) BD x 14 days
 - Haritaki Choorna 5 gm HS
 - Hingwashtaka Choorna (3gm) BD

Panchakarma:-

-Sarvanga BAspha Sweda Daily

-Virechana karma –

-Snehapana with Balaguduchyadi Tail

-Virechana with- Triphala + Aaragvada + Nishotta Kwath (50ml) + Eranda Tail (30ml) + Tablet Abhayadi Modak -2

AFTER TREATMENT-

There was no joint pain and patient walk without difficulty

DISCUSSION-

Initially when patient came to us, patient was suffering from the disease almost since 3 yrs. Having – Multiple joint pain Morning stiffness & Difficulty in walking. There is no other complains. Patient can now do his routine work without taking NSAIDS.

We have manage this patient with the help of Ayurvedic Medicines & Panchakarma.

CONCLUSION-

The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is less effective as compared with Ayurvedic Medicine. The patient was diagnosed in Ayurvedic term and treated accordingly Oral Medicine & Virechana therapy in case of Rheumatoid Arthritis. Patient can now do his routine work without taking NSAIDS.

REFERENCES

1. Sushruta Samhita
2. Priyavata Sharma
3. Chaukhamba
4. Surbharati
5. Sarth Vagabhata
6. Dr. Ganesh Krishna Garde
7. Anmol Prakashana
8. Charaksamhita Agnivesh Elaborated by Charak and redacted Drudhabala9. A c h a r y a Vidyadhar Shukla and Prof.Ravi Dat(Tripathi)
10. Chaukhamba Sanskrit Pratishthana 2007
11. Ashtang Sangraha
12. Vriddha Vagbhatacharya with the commentary Shashilekha by Indu13.Ch a u k h a m b a Surbharti Prakashana 2012
14. API Text Book Of Medicine
15. Y.P.Munjaj
16. Jaypee Brothers Medical Publication 10th Edition