



## BIRD EYE VIEW ON AMAVATA (RHEUMATOID ARTHRITIS): A CASE STUDY

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### ABSTRACT

Diseases resembling arthritis have been identified to exist since times immemorial. *Charaka Samhita*, the Ayurvedic treatise on medicine, deals more effectively with the reason, symptoms, clinical-diagnosis and the possible treatment of arthritis. Prognosis of arthritis, as described by the Ayurvedic physicians, remains unaltered largely. According to Ayurveda, in order to treat various types of arthritis, we need to stimulate Agni and suppress the ama. Ayurveda distinguishes three categories of arthritis (depending upon the predominance of the biological humour), vataja, paittaja and kaphaja.

Diseases of the joints are better known as rheumatic diseases. Rheumatoid arthritis, osteoarthritis, and gouty-arthritis are common varieties of arthritis encountered in clinical practice. Rheumatism is widely used for inflammation or injury to the soft tissues. Cervical-spondylosis, lumbar-spondylosis, and sciatica are other significant diseases included in this segment. Rheumatoid arthritis is an autoimmune disorder in which rheumatoid factor is found to be positive. Gout is characterised by high levels of uric acid in the serum hyperuricemia. Psoriasis, a skin disorder, is associated with arthritis (psoriatic arthritis). Pain, inflammation-swelling, fever, morning stiffness and loss of function, are major clinical features of arthritis. Depending on the involvement of the joint, character of the pain and laboratory investigations, the final diagnosis is done. Some form of arthritis like rheumatic-arthritis, involves other organs, including heart and muscles.

**Key words:** Amavata, Agni, Chikitsa, Rheumatoid arthritis.

## **INTRODUCTION:**

**Amavata:** - Modern science correlation is Rheumatoid Arthritis. The disease in which there is vitiation of Ama (indigested particles) and vata dosha independently producing the disease is called as Amavata. Intake of unctuous and fermented food items together with exercises is one of the most important causes for Rheumatoid arthritis. Rheumatoid arthritis is a chronic and painful disease.

### **Etiological factors:-**

The person having slow digestion, if takes heavy unctuous food and do exercises immediately, can produce this disease.

### **Pathogenesis:-**

Due to the above etiological factors, it leads to the Ama formation (indigested particulars) and vata aggravation. Due to the vitiated vata, Ama gets movement and it moves all over the body. This Ama moves to the sites of kapha and produces abnormality in those places. Here kapha sites means stomach, joints, head region, throat and chest regions. This Ama is very sticky and it produces weakness and heaviness in the chest. Both vitiated vata and indigested particles together produces abnormality in the gastro

intestinal tract, joints and lower back. It produces stiffness in whole body and it is labelled as Amavata (Rheumatoid Arthritis). **Symptoms:-** Body ache, Anorexia, thirst, fatigue, heaviness in the body, fever, indigestion, joint pain and swelling are the general symptoms of Rheumatoid Arthritis. There is pain and swelling in the joints of hands, legs, ankle, sacrum, knee joint etc. There is also tenderness, warm temperature and redness in the joints. Symptoms like loss of movements or difficulty in movements or painful movements are also seen. There is radiating pain in the joints. Symptoms like loss of appetite, excessive salivation, anorexia, heaviness, lack of enthusiasm, burning sensation in the body excessive urination, constipation, excessive sleep are also present.

### **Types:-**

- 1) Vataja
- 2) Vata – Pittaja
- 3) Vata – Kaphaja

**In Vataja:** - excessive pain

**Vatapittaja:** - burning sensation and redness

**Vata Kaphaja:** - heaviness, itching

### **COMPLICATIONS:-**

Thirst, vomiting, giddiness, unconsciousness, constipation, gas trouble, cardiac arrest, increased peristaltic movements and heart problems are the main complications of rheumatoid arthritis.

### **TREATMENT:-**

In Rheumatoid arthritis, the main treatment should be done on Ama – indigested food particular. For this purpose fasting, dry fomentation, sand kizhi, bitter spicy and appetizer drugs are used. Application of warm paste is beneficial e.g. Dashang lepa, lepa guti, etc. For digestion of Ama and for purgation castor oil is good. Castor oil is a good appetizer, digestive and laxative so it acts on Ama and also vata and hence helps to cure rheumatoid arthritis. Preparation of castor like Eranda sunthi yoga, gandharva haritaki can be also used. Basti can also be used. To prevent the complications like heart problem in the chronic stage, use gold preparations. Gold gives strength to the heart. Herbs like rasna, guduchi, sahachar, ginger, castor, punarnava goteshur, dashamula, etc. are also used. Medicines like simhanada guggulu,

rasna guggulu, sahacharadi guggulu, triphala guggulu, Maharasnadi kadha, Rasnasaptak kadha, vatavidhwansak, bhallatak parpati can be used.<sup>1</sup>

### **CASE REPORT:**

A patient who was suffering from pain in both Upper & Lower limb from past 6 yrs. There was no H/o Diabetes, Thyroid disease, Hypertension etc. The A.S.O. Titre was +ve i.e.400 units (Normal less than 200 units) and was treated for the same on and off from past six years, including allopathic medicaments. Even after that patient was unable to have relief and turned to Ayurvedic medicines. The Patient aged about 26 years old, student, Hindu by religion with complaints of pain & tenderness in upper & lower limb, excessive thirst, early fatigue and morning stiffness, redness of joints, loss of appetite. Patient approached the OPD for the above symptoms to get remedy for pain & stiffness.

### **General Examination-**

On examination patient was having Tenderness on all joints (upper and lower limbs) along with marked swelling on the joints of hands and restriction of movements.

### **Pathological reports-**

**Table 1: Investigations & Values occurred**

| Sr.No. | Investigation | Values                |
|--------|---------------|-----------------------|
| 1      | Hb            | 11.2 gm/dl            |
| 2      | E.S.R         | 41 mm in 1 Hr         |
| 3      | T.L.C         | 9500 /mm <sup>3</sup> |
| 4      | D.L.C         | N67 L23 E9 M1 B0      |
| 5      | S. Uric Acid  | 4.5 mg/dl             |
| 6      | A.S.O. Titre  | +VE (400 unit)        |

**Treatment Schedule:**

**Table 2: Treatment schedule given for duration of 30 days.**

| Sr. No. | Formulation                                    | Dosage Schedule        | Vehicle (Anupan)                  |
|---------|--|------------------------|-----------------------------------|
| 1       | Tablet Chitrakadi vati                         | 2 BDS                  | Luke warm Water                   |
| 2       | Tab. Maha Yograj Guggulu                       | Each 1 tab twice daily | Luke warm Water                   |
| 3       | Maha Rasnadi Kwath                             | 2 tsf twice daily      | Luke warm Water                   |
| 4       | Tab Aarogyavardhini                            | 1 tab daily            | Luke warm Water                   |
| 5       | Kaishor Guggulu                                | 1 tab daily            | Amrita Satva<br>250mg twice daily |
| 6       | Cap Manoll                                     | 1 cap twice daily      | Luke warm Water                   |
| 7       | Shallaki Liniment /<br><i>Vishtinduk Taila</i> | For local Application. | Local Use                         |
| 8       | Dashamool Kashayam                             | 2 spoon BDS            | Luke warm Water                   |

**RESULTS:**

There were significant changes in post-treatment Symptoms of pain & tenderness in joints and joint swelling within 20 days. Patient was advised to repeat the test after 20 days.

A.S.O. Titre was Negative (less than 200 Unit), ESR 20 mm and Hb 12.15 gm after medications. The results showed significant decrease in post-treatment levels of ESR and ASO Titre

and increase in Haemoglobin as compared to baseline levels along with significant improvement in overall activities & other symptoms.

**DISCUSSION**

Due to the unpredictable therapeutic outcomes it is impossible to give accurate information, prognosis & pathogenesis of the disease. Generally *virudhahara, virudhachesta, mandAgni*, sedentary life styles leads to

accumulation of *Ama*, which circulates in the body (*vyana-vayu*) & accumulates in kapha predominant places especially in large joints along with the pathogenecity or vitiation of *vata* leads to *Amavata*.

*Agnimandya* & *Ama* are mainly responsible for the disease. Improving *Jathragani* and removal of *ama* was the aim of treatment along with *vatahara* treatment. Hence for the improvement of *Jathragani* & *pachan of Ama, Langhana, deepan pachana* with *tikta rasa* predominant diet was pre-scribed. The Maha yograj Guggulu, Kaishor Guggulu, Aarogyavardhini, Rasnadi kwath, Manoll, Asthimajjapachak were added. These drugs possess *Deepana, Pachana, Kapha- Vata* alleviating properties, *Shothaghna* and *Rasayana prabhava*. Maha yograj guggul is the best medicine for *vata vikara*. It has Triphala and guggul as main ingredient. It acts as *yogavahi rasayan dhatuposhak* and *jathrAgni pradeepak*. By regulating the mediators of inflammation, it exerts a significant anti-inflammatory activity. Maharasnadi kwath is also best medicine for *vata vikara* and more useful when used with maha yograja

guggul. Arogya-varadhini vati is having *deepan pachan srotoshodhak* and *mala shudhhi kara* properties. *Amrita satva* and *Manoll* both have *rasayan* properties. It acts as a immunomodulator and modulates both the humoral & cell mediated immune response to aches & pain. The medicine was found to be effective and safe treatment for patients with *Aamvata*. The result of the present study is in concordance with several studies on Ayurvedic treatment.

### **Pathyapathya:-**

Food should be dry light, warm, appetiser, digestive Garlic can be used *bajari bhakari kulatha yusha* drumstick, bitter gourd, snake gourd, ginger, and garlic, warm water buttermilk is beneficial.

### **Rest is beneficial**

Food items having bitter and pungent taste are beneficial

### **Apathya**

Avoid curd, fish, jiggery, fried items, masha, fermented food items, waking late at night day sleep, holding the natural urges exposure to wind.

### **PRECAUTIONS AND DIET<sup>2</sup>**

1. The patient should ensure consumption of fresh vegetables, garlic and black pepper.

2. Exposure to cold and damp conditions should be avoided.
3. Use of the curd should be avoided at night.
4. Soybean, potato, white grams, pea, potato, and bathing with cold water should be avoided.
5. Wheat, ginger, ghee, garlic, punarnava, mango, grape, pomegranate, are beneficial in rheumatoid arthritis.

### **CONCLUSION**

Lastly, it can be concluded that Amavata looks similar to Rheumatoid Arthritis in its clinical appearance and medicinal line of treatment.<sup>3</sup> Tab. Maha Yograj Guggulu & . Maha Rasnadi Kwath, Tab Aarogyavardhini Vati, Kaishor Guggulu with Amrita Satva , Cap Manoll, Shallaki Liniment / *Vishtinduk Taila* for local Application, Tablet Chitrakadi vati is effective in the treatment of Amavata. Also, it gives significant results on rheumatoid factor and highly significant result on ESR which is used for diagnosis of rheumatoid arthritis. Rheumatoid arthritis can be kept under control by a blend of regular exercise, strict diet-regimen and proper medication.<sup>4</sup>

According to Ayurveda Amavata is a Disease Caused by Ama along with

vitiated vata. Ama is a Sanskrit Word that means Apakva Annarasa or undigested or unripe food elements. It is formed when the JatharAgni is weak; the result is the accumulation of apakva Annarasa or Ama in the stomach. Vata dosha takes the Ama in to systemic circulation and in to the body tissue, where Ama combines with the doshas and spreads all over the body and produces the symptoms like Sandhi shotha (Swelling), Sandhi shula (Pain), Stabdghata (stiffness) and other systemic sign and symptoms. The symptoms of Aamavata mainly resembles the disease Rheumatoid Arthritis (RA) in modern medical science. RA is a chronic, systemic inflammatory disease involving the joints. Inflammation and damage to joints cause marked disability. This varies with time and is unique to an individual, depending on the exact ways their joints are involved. Some people with rheumatoid arthritis are simply unable to do normal things. The disability is also psychological and social. There is no any effective treatment for RA still today, but Ayurveda can give the appropriate solution to this problem.<sup>5</sup>

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