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## Conceptual Study of *Amavata* : A Commonest Problem

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### ABSTRACT:

*Amavata* is made up of two words *Ama* & *vata*, *Ama* means incomplete formation of *Annarasa*; It is Diseases of *Rsavahastrotas*, when aggravated *Vata* & *Ama* combine Pathogenesis of *Amavata* Occurs. Clinical Features include Swelling & Stiffness of joints, fever & Pain. These symptoms related to Rheumatological arthritis. Due to It's chronicity, incurability, complication, it is a challenging disease. Many allopathic drugs are prescribed for this but they give only Symptomatic relief. Ayurveda play major role here. The treatment procedure described are *langhana*, *swedana*, *dipana*, *virechana*, *Basti*.

**Keywords** - *Amavata*, *Ama*, *Vata*, *Rasavaha strotasa*, Rheumatoid Arthritis, *Langhana*.

## INTRODUCTION

*Amavata* is most common disease, which is caused due to the formation of *Ama* in the body. *Ama* is the main cause of various disorder. *Amavata* can be compared with Rheumatoid Arthritis. It is the autoimmune diseases of joints. It is associated with deforming symmetrical polyarthritis & systematic involvement. Women are affected 3 times more often than men (3:1). It is characterized by tenderness, swelling & generalized stiffness. Morning stiffness lasting more than 1 hr is a characterized feature. The meta carpals phalangeal, approximal interphalangeal joints of hand, knee, wrist & meta tarsal phalangeal joints of feet are the most common joint involve.<sup>1</sup> Many Ayurvedic preparation are described in classic which are very effective in *Amavata*.

### Historical Review –

*Amavata* was described for the first time in detail in Madhav *nidana*. In this chapter he has mentioned etiopathogenesis, sign & symptoms, complication, progressive of the disease.

### AIMS & OBJECTIVE

- 1)To understand *amavata* in detail in comparison with Rheumatoid Arthritis.
- 2)To understand the symptomology & the pathophysiology of *Amavata*.
- 3) To aware of complication & deformity.
- 4) Have knowledge for diagnostic criteria of *Amavata* according to Ayurvedic as well as modern perspective.



5) To understand *Amavata* and its efficacy & treatment.

## MATERIAL & METHODS :

We have collected information from the available Ayurvedic Samhitas and few elementary text book, to get the disease as well as line of treatment.

### Etymology Of Amavata

*Amavata* is derived from 2 words *Ama* & *Vata* . These two factors involve in the manifestation of *amavata* . Acharya Madhav add other doshas also .

### Definition -

Appropriate definition of *Amavata* was given by Acharya Madav, vitiated *Ama* & *Vata* dosha enter in the *trik koshta* & *Sandhi Pradesa* & this Leads to *trik Sandhi Vedana* & *gatra Stabhdhta*. This Condition is known as *Amavata*.

### Hetu / Etymology Of Amavata

Madhavkar has described

- 1) *Mandagni* (diminished *agni* )
- 2) *Nishalata* (sedentary life style )
- 3) *Viruddhaahara* ( unwholesome diet )
- 4) Exertion immediately after taking *snigdha Ahara* is the causative factors for disease *Amavata* .
- 5) *Viruddhachesta* (Erroneous habits )

### Samprapti Of Amavata : Flow chart 1

#### Samprapti ghatakas of amavata :

- 1) *Ama* – *Jathragni mandyajanya*
- 2) *Dosa* - *Tridosha* ; *Vyana and Samanvayu, Pacaka Pitta, Kledaka and sleshka Kapha*
- 3) *Adhithana* - *sleshmasthanana, Sandhi*
- 4) *Sancarasthanana* - *Throughout the body* - *Rasavahini*
- 5) *Dusya* - *Rasa, Majja, Asthi, Sandhi, Snayu, Purisha, Mutra*
- 6) *Srotas* - *Rasavaha, Majjavaha, Asthivaha, Purishavaha, Mutravaha, Annavaha*
- 7) *Strotodusti* - *Sanga*
- 8) *Vyadhisvabhava*- *Asukari, Kastatama, Punah Punah Akramanasila*
- 9) *Rogamarga* - *Madhyama*

### Classification :

Acharya Madhavkar, Sharangdhar has mentioned according to dosha which are as follow<sup>3,4</sup> Table 1 Symptoms like *Aalasya, Apaka, Jvara* are also considered as *Purvarupa of Amavata*.

### Rupa (Sign & Symptoms )<sup>5</sup>. Table 2

Madhavakara and other have described the Rupa of *Amavata*. These can be categorized as follows -

- Pratyatma*
- Rupa*
- SamanyaRupa*
- DoshnubandhaRupa*
- Pravriddha Rupa*

### Upadrava of amavata :

Symptoms seen at the advanced stage of *Amavata* are considered as *Upadrava of Amavata* disease .The deformities i.e *Khanja, Sankocha, Angavaiklya*, if these symptoms are seen in *Amavata* patient it is said to be the *Upadrava of Amavata* . Acharya Madhava mentioned *trushana, murcha, chardi, hridayagraha, bhrama etc as upadrava of Amavata*.<sup>6</sup>

### Prognosis Of Amavata

*Amavata* have got *anubandha* with single *dosha, Naveen awastha, lakshanas* are in mild form, no presence of *upadrava* is indication of *sadhyata of Amavata* . Two dosha involvement suggest *krucchsadhyata. Sannipatika Amavata* and the disease associated with generalized edema (*sarvang shotha*) is *krucchsadhyata*.<sup>7</sup>

### Sapeksha Nidana (Differential Diagnosis) :

The diseases such as *Sandhigatavata, Vatarakta, Krostukasirsa, jwara, Sandhisotha* which look similar to *Amavata* are to be differentiated from.

### Upashayanupashaya

The various factors which hyper activate for *Ama and Vata are sheetakala, Ruksa sevana, snigdha sweda*, etc are considered as *Anupasaya* i.e unfavourable for *Amavata*. On the other hand *Ushnakala, Ushnuopachara, langhana, Ruksaseveda, Pathyahara* these factors bring vitiated *Vata* & diminished *Agni* back to the normal are considered as *Upasaya*.

### Chikitsasidhanta

Chakradatta explourer of *Amavata chikitsa* mentioned that *langhana, swedana, Tikta, katu dravya, deepana & virechana, snehapan, saindhvadi Anuvasana, & Ksharabasti* are best for *Amavata*. *Yogaratanakara* mentioned *Ruksha Valuka swedana* for the treatment of *amavata*.

### Pathyapathya :<sup>9,10</sup> Table 2

## DISCUSSION & CONCLUSION

*Amavata* is a disease that is difficult to cure, because of it's chronicity, complication and now days it is very common dreadful disease. *Mandagni* is root cause of *Amavata* and

treatment require complete digestion of Ama. Various procedure like *Deepana*, *Paachana*, *Langhana* etc. Agni normalized Ama at different level. *Amavata* is *Amashayothha Vyaddhi*. *Langhana* in term of *Ahar and Vihara then Swedana*. *Tikta Katu deepana dravyas, snehapana, Virechana & basti* leads to *Amapachana, Vatashamana & Strotoshodhana*.

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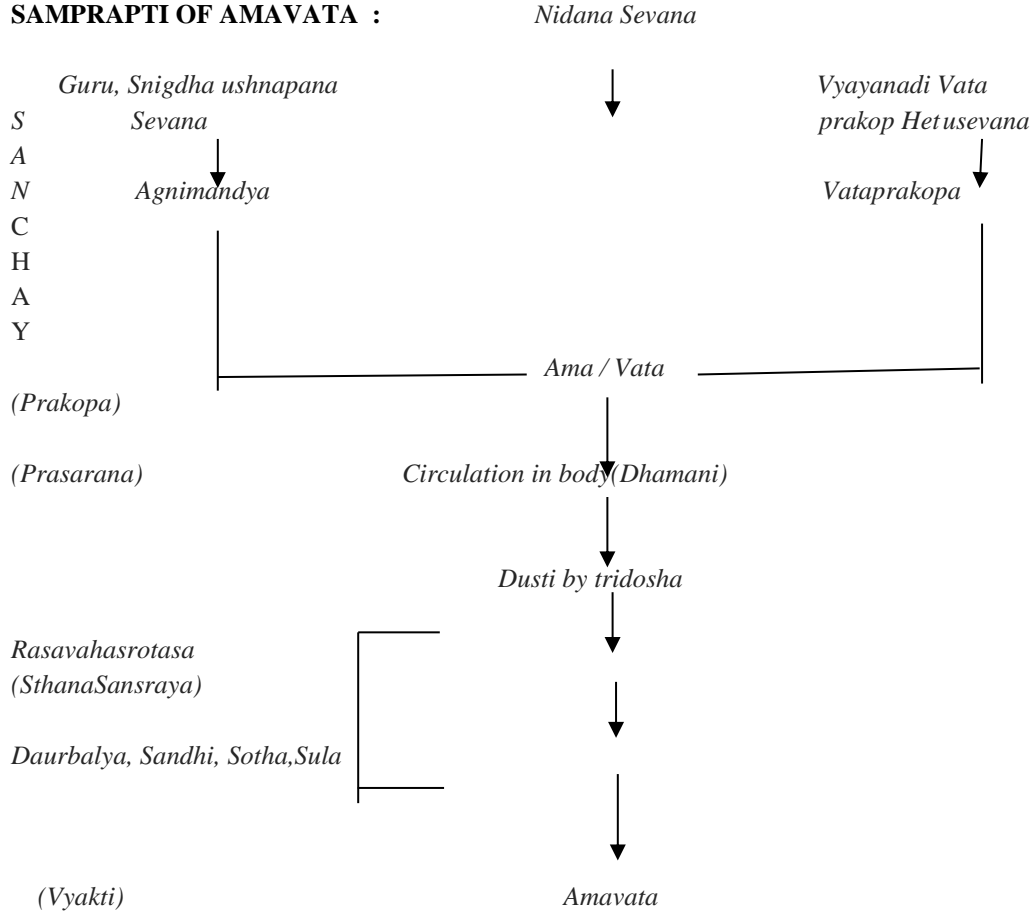
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**SAMPRAPTI OF AMAVATA :**



**Table 1 Shows Types**

<i>Madhava</i>	<i>Sharandhar</i>
<i>Vataj</i>	<i>Vataj</i>
<i>Pittaj</i>	<i>Pittaj</i>
<i>Kaphaj</i>	<i>Kaphaj</i>
<i>Vata pitta</i>	<i>Sannipataj</i>
<i>Vata Kapha</i>	
<i>Pitta kapha</i>	

**Table 2 Shows Signs and symptoms**

<i>Pratyatma</i>	<i>Samanya</i>	<i>Pravridha</i>	<i>Doshanubandha</i>
<i>Sandhishool</i>	<i>Angmarda</i>	<i>Vrischikvat vedana</i>	<i>Vata Pitta Kapha</i>
<i>Stabdhatata</i>	<i>Trishna</i>	<i>Praseka</i>	<i>Shoola Daha Staimitya</i>
<i>Sandhishotha</i>	<i>Aruchi</i>	<i>Agnidaurbalya</i>	<i>Raga Guruta</i>
<i>Sparshsahatva</i>	<i>Alasya</i>	<i>Vidvibaddhata</i>	<i>Kandu</i>
	<i>Gourava</i>	<i>Nidra viparyaya</i>	
	<i>Jwara</i>	<i>Daha</i>	
	<i>Shunata anganam</i>	<i>Bahumutrata</i>	

**Table 3 Shows *Pathapathya***

<b><i>A345Varga</i></b>	<b><i>Pathya</i></b>	<b><i>Apathya</i></b>
<b><i>Anna</i></b>	<i>Yava, Raktasali, Kodrava, Kulattha</i>	<i>Dwidala, Masha</i>
<b><i>Jala</i></b>	<i>Ushnodaka</i>	<i>Sheetodaka</i>
<b><i>Dugdha</i></b>	<i>Takra</i>	<i>Ksheer, Dadhi</i>
<b><i>Kanda</i></b>	<i>Ardraka, Takra siddha Lasuna</i>	
<b><i>Taila</i></b>	<i>Erand sneha</i>	
<b><i>Mutra</i></b>	<i>Gomutra</i>	
<b><i>Mamsa</i></b>	<i>Jangala Mamsa</i>	
<b><i>Madya</i></b>	<i>Purana madya</i>	<i>Naveen madya</i>