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Case study

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Ayurvedic Management Of Rheumatoid Arthritis (Aamvaat) -A Case Study

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ABSTRACT:

Acharya Madhavkar has describe *Aamvaat* which can be correlated with rheumatoid arthritis. *Amavata* is a chronic inflammatory disorder that can affect more on joints and can also damage a wide varsity of body system. Rheumatoid is an autoimmune disease it can attack whole body tissue. As per modern medicine Anti-inflammatory, analgesics, steroids, anti-rheumatic drugs are required for its management. Many herbal as well as *Ayurvedic* preparations are mentioned in the classics which are very effective remedy in *Amavata*. In this case study we after deepen *pachana* and *snehapana*, *virechana karma* was done by the administration of *Trivrita avaleha* and castor oil. After *shodan karma* a bunch of *Ayurvedic* medicine are given with oil for local application followed by *potali svedana*. The result of 90 day long treatment is concluded and discussed below.

Keywords:- *Aamvaat* , Rheumatoid arthritis , *vata vikara*, *Ayurvedic* medicine .

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INTRODUCTION:

Acharya Madhavkar has describe *Aamvaat*¹ which can be correlated with rheumatoid arthritis. *Aamvaat*, is a long term disorder that primarily affect the joints². It typically results in warm swollen & painful joint most commonly the hands & the wrist are involved, with the same joint typically involved on both sides of the body .

1-NIDANA OF AMAVATA³:

- i. *Viruddha Aharaa* (unwholesome diet).
- ii. *Viruddha Chesta* (erroneous habits).
- iii. *Mandagni* (diminished *Agni*).
- iv. *Nishchalata* (sendantry habits).
- v. Exertion immediately after taking *Snigdha Ahara*.

1. RUPA OF AMAVATA⁴:

I. *Pratyatma Rupa* (cardinal signs and symptoms): -

- i. *Sandhishoola* (Pain in joints)
- ii. *Gatrastabdhatata* (Stiffness of whole body)
- iii. *Sparshasahyata* (Tenderness at joints)
- iv. *Sandhishotha* (Swelling of joints)
- v. *Sashabda Sandhi* (Joint's crepitus on movements)

II. *Samanya Lakshana*:

1. *Angamarda* (Bodyache): When function of *Deha* (body) is improper presence of *Ama* leads to feeling of body ache that is called *Angamarda*.

2. *Trishna* (Thirst): *Trishna* is the result of

vitiated *Pitta* and *Ama*. In *Ama Prabhava Trishna*, patient feels thirst in febrile condition.

3. **Alasya (Lassitude):** In spite of capability a person can not carry out his normal duties
4. **Gaurva (Heaviness feeling of body):** Vitiating *Kapha* and *Ama* produce feeling of heaviness in body.
5. **Jwara (Fever):** Result of *Agnimandya* and *Rasa Dushti*.
6. **Apaka (Indigestion of food):** Feeling an abdominal heaviness, due to *Agnimandya*- improper digestion.
7. **Shoonatanganaama (Numbness at joints):** *Vimargagamana* of vitiating *Vata*, *Pitta*, *Kapha* and *Rakta* produces numbness of the body part and joints.

The symptoms of *Aamvaat* resembles like Rheumatoid Arthritis in Modern medicine this disease affect all small joints⁵. Of body this may result in a low red blood cell count inflammation around the lungs. Inflammation around the heart, fever also present.

Case Report:-

A 45 year old patient (Male) visited the OPD of Smt. Manjira Devi Ayurved Medical College & Hospital Uttarkashi(U.K.) on the date 14/05/2020 with the following details

OPD / IPD NO.- 1204971

Age- 45

Sex- Male

Date Of Admission - 14/05/2020

Address – Hitanu Ward No. – 15 HN.- 158

District – Uttarkashi

Chief Complaints –

1. Pain in hands & wrist Joint since 3 weeks
2. Swelling in wrist of both hands.
3. Weakness.
4. Stiffness
5. Chronic Pain
6. Burning in Soles
7. Tenderness

History Of Present Illness:-

According to the patient he was absolutely all right 6 month before he felt pain in hand & leg he took many analgesic medicine but he didn't get relief so he consult with us & Pt. came here for *Ayurvedic* Treatment.

2- Deepen *pachana* and *snehapana*, *virechana karma* was done by the administration of *Trivrita avaleha* and castor oil.

Material & Methods:-

Centre of study – Smt. Manjra Devi *Ayurvedic* Medical College & Hospital *Uttarkashi* (U.K.)

Method:-

The treatment given is as follows:-

1- *Langhan*:- Patient is asked to take light food to digest the *ama*

3- Medicine given –

Amavatari Rasa 2 tab BD with honey *anupan* for 90 days

Agnitundivati 2 tab BD after meal

Shinaad guggle -2tab Tds after meals

Triphala churan – 5 gm OD in evening after meal

Punarnava Churna – 4 gm TDS with water

For External Uses – *Ruksh Swedan* with *Potali swedana* of joint × 2 time a day

Observation Of Result:-

The observed score before and after treatments are as follows.

Total Score

S.NO.	Sinus & Symptoms	Score before treatment	Score after treatment days				Result in %
			15	45	60	90	
1.	Pain	3	15	45	60	90	100%
			2	2	1	0	
2.	Stiffness	3	2	2	2	1	60%
		3					
3.	Swelling						
4.	Muscle Atrophy	3	2	2	1	1	60%
5.	Tenderness	2	3	3	1	0	100%
			2	2	1	1	50%
6.	SLR Test	3	2	2	1	1	68%
						4	70%
			17				70%

DISCUSSION:-

Acharya Madhav was first who describe the disease *amavata*. *Amavata* develops due to *dushti* of *ama* as well as *vata*⁶. This *ama*

is the main cause of various disorders. The disease *Amavata* can be compared with Rheumatoid Arthritis. The sign and symptoms of both disease are near about same. In modern medicine. Many herbal as

well as *Ayurvedic* preparations are mentioned in the classics which are very effective remedy in *Amavata*. *Gugglula* is one of them and is the drug of choice against *Amavata*. Anti-inflammatory, analgesics, steroids, anti-rheumatic drugs are required for its management. The patient is under the modern medicine since 6 months but he did not get any relief. Only when he take analgesic she get relief for just one or 2 hours. This make his condition worsen and he come to our hospital for complete treatment of the disease. We start the treatment as per *Ayurvedic classics*. The patient is advised to do *langhan* to digest the *Ama*. After that *deepen* and *pachan* is done with *Trivritta Alveha and virechana* with castor oil. For oral administration he has given *Amavatari Rasa, Shinaad Gugglu Agnitundivati, Triphala And Punarnavre Churna*. *Ruksha swedan* is done with *potali sweda* two times daily in the *panchkarma*

center of Smt. Manjra Devi *Ayurvedic Medical College & Hospital Uttarkashi*. The patient start getting relief in pain, tenderness, swelling and stiffness in 15 days of treatment. After 90 days of treatment there is 90% relief in pain and stiffness. 60% in swelling . 90% in tenderness and 60% in muscle atrophy.

CONCLUSION: -

From the above study we conclude that:-

- 1)- Ayurveda has good care in the disease of *Amavata*.
- 2)-Patient was very happy with the *Ayurvedic* conservative treatment.
- 3) The entire treatment and procedure was accepted by the patient easily
- 4)-This observation needs to be studied in more number of patients for better opinion to manage *Aamvaat*

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