





## NEWER AND CURATIVE APPROACHES FOR AMAVATA (RHEUMATISM)

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### ABSTRACT:

*Rheumatoid arthritis is an inflammatory arthritis which primarily effects the synovial the inflammation of Synovium will lead to Swollen tissues, Deformity and instability of joints. The wrist is the most common affected joint in the Rheumatoid arthritis.*

*Rheumatoid arthritis is a common progressive inflammatory arthritis resulting from T cell Driver auto immune process the cause of this Auto immune Disease is unknown, but it has both genetic and environmental factors. Women are effected 2-3 times more than men. The prevalence increases with age and sex, Difference diminish with increase in age. Over 70% of rheumatoid patients report with wrist and Hand Dysfunction.*

*Rheumatoid arthritis causes inflammation and Destruction of cartilage in joint of wrist and Hand which leads to various deformities, also the involvement of Tendons, ligaments, leads to instability and Deformity of Joints. The Disease is systemic, thus the Deformity occurring in one hand can occur in other Hand also.*

**Key words:** Arthritis, Amavata , Guggul, Rheumatism, ,

## INTRODUCTION

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‘ AMAVATA’ is one of the commonest Disease among the crippling Disorders caused Due to the impairment of AGNI. Ama which is manifested due to the Derangement of AGNI, gets lodged in Kaphastham with the help of vitiated vyana vayu producing stiffness, swelling, tenderness in the joints making the person lame.

Derangement of Kapha Dosha Especially shleshak kapha in amavata

producing joint pains and swelling with tenderness can be co-related with Rheumatoid Arthritis and Derangement of *Pitta Dosha* along with *Ama* taking shelter at *Avalambaka kapha sthana* can be co-related with Rheumatic Arthritis because of cardiac involvement Due to repeated fever results into Rheumatic Heart Diseases. In Rheumatoid arthritis, auto immune Defect Causes healthy cells are attacked.

The Term ‘*Amavata*’ Comprises of Two Vital words, *AMA* and *VATA* which means “ *AMENA SAHITAM VATAHA*” ie *AMA* ( an endogenous toxic substance) associated with *Vata Dosha*, causing an acute disease mainly affecting various *kapha Dosha* sites like Joints and later on Heart.

(1) *Madhavakara* was the First *Acharya* to elaborate this clinical syndrome in his classic – *Madhavanidana*.

### AIMS AND OBJECTIVES

The **Scope** for this article is the effective treatment along with exclusive Ayurveda for Rheumatism and related ailments are necessary now a days because most of the aged people suffer from Rheumatic diseases that seriously affect their mobility and life style.

So the **Major objectives** for this article are to fight against Rheumatism along with exclusive Ayurveda treatment because there is an increased occurrence of arthritis among the aged people for which Ayurveda offers effective treatment.

The **Major results** along with treatment are generally separate over **three phases** and will take between eight months to a year depending on the condition of the patient.

The **First phase** comprises external application of **selected oils** and **internal** administration of **Anti-inflammatory** (*sophahara*) **Analgesics** (*Shoola Hara*) that bring down pain (*shoola*) and inflammation (*Sopha*).

In the **Second phase** the patient will be given **Anti-degenerative** treatments. In the **Third phase** will mainly include **internal administrations** of medicines. So fighting the Rheumatism along with effective Ayurveda treatment necessary now a days, along with increased occurrence of joint diseases are high, to create the awareness also necessary in public and people including non medical persons also.

### MATERIALS AND METHODS:

The current therapies used to treat Rheumatoid arthritis (RA) include, the Biological response modifiers. As we know that NSAIDS improve clinical

indices of Disease activity (Pain, inflammation, Swelling, etc.) but have no effects on the underlying Disease process, eg: plasma viscosity on its progression, Viz: Joint Destruction. However, Disease modifying anti-rheumatic drugs (DMARDS) slow clinical and Radiographic progression of RA, But their effects may take 6 weeks to 6 months to become evident from last decade, Biological agents have revolutionized the treatment of RA by reducing the signs and symptoms of RA, slowing Radiographic progression of Joint destruction, and improving physical function and quality of life.

What causes RA

1. Genetic susceptibility.
2. Environmental factors
3. Autoimmune factors

### Clinical Presentation:

Pain, Swelling and stiffness of Joints are common to all form of arthritis, while there are some classic features of RA, they are ,

1. Firm Nodules along the fingers
2. Angulations/Collapse of fingers and wrist
3. Prominent Bones in wrist
4. Various Deformities of fingers Boutonniere, Swan – neck Deformity
5. Instability of Joints.

**Rheumatoid Arthritis: (AMA VATA)**

Depending on the nature and stage of the disease, treatment for Rheumatoid arthritis may be carried out in phases.

It will be more difficult to treat patients with *vata* constitution compared to those with *pitha* or *kapha* constitution.

The **first phase** of the treatment will comprise internal medication that helps **correct digestion** and **metabolism**. Local sudation therapy (*swedakriya*) will be employed on joints for reducing pain and inflammation. These measures also help improve digestion.

When the digestion is improved, the treatment may be switched over to pacification therapy (*samana chikitsa*) with oral administration of analgesic and anti-inflammatory medicines and external therapies like *Drava swedam* (Dhara), *Pindaswedam* (Kizhi), *upanaham* (Poultice).

In the **second phase**, treatment for immune modulation will start along with the continuation of pacification therapy. This will include oleation therapy internal or external administration if oil, ghee etc combined with sudation. This treatment will help relieve the patient of pain, swelling and stiffness.

In the **third phase**, concentration will be on the prevention of reoccurrence of the disease. It will be a two pronged

approach. One is oral intake of medicines that help develop immunity and two, rejuvenation therapies.

After this, the patient can become symptom free and can lead to normal life. It is very important one that patient seeks the advice of the physician at regular intervals so that the disease is managed well and the patient leads to normal life.

### OBSERVATION AND RESULTS

### MANAGEMENT

#### I. PROPHYLACTIC MEASURE:

1. Seasonal regimen, Daily Regimen, Rules of *Ahara - Vihara* should be followed strictly to the point.
2. Precautions should be taken to prevent *Agnimandya*. If it exists it should be corrected by means *Deepan - Pachan* Drugs like *sunthi siddha, Ksheeram, Shadanganiya, usnodakam*.
3. Most of the time *Jwara* is the immediate effect of *Agnimandya* Hence treatment of *Jwara* should be systematically implemented.
4. Efforts should be made to maintain the immunity in order to Avoid the onset of Various Diseases in Childhood.

#### II. Curative Measures:

Curative management should essentially be implemented according to the stage of *Avastha* of *Amavata*.

1. *AMAVASTHA*
2. *NIRAMAVASTHA*
3. *UPADRAVAVASTHA*

1. **AMAVASTHA** : Amavastha is manifested with symptoms like swelling, spontaneous pain, stiffness of Joint, Anorexia, Tastelessness, fatigueless, Heaviness all over Body, Constipation etc. clinically this stage is classified into two:

#### a. *Jwara vashthe* Management:

*Jwara* should be treated systematically according to Ayurveda principles. *Langhana (Deepana, Pachana, Upavasa)* and *Yavagu* (Liquid diet)

**Drug** : *Tribhuvana Kirti Ras*  
250mg TID

**Diet** : Liquid Diet. Hot water For drinking along with complete Rest.

**Swedana**: Patient should be kept on *guru pravarana*. *Kshudha pravrutti*,

*Ruksha swedana*

#### B. *Jwaramuktavastha*:

In this stage maximum care should be taken to improve the immunity of the body and also proper precautions should be given not to relapse the fever. The following treatments should be continued according to the condition.

*Virechan m, Vamanam , Anuvasan, Nasyam*

### 2. NIRAMAVASTHA:

In this stage patient should be kept on external snehan, Nadiswedana etc. Snehapana with Mahatiktakaghritam, Pippalyedrihrita, shuntighritham to improve the Digestion as well as immunity.

**Basti** : - *Anuvasana basti, Matra basti, Vaitarana basti* should be kept according to the condition.

**Exercise:** A regular movement of the affected joint helps to pacify the pain and also maintains Normal range of movement.

**Oral Drugs:** *Agni tundi vati, amavatari Ras, Rason Pinda, AmavataVidhvansa Rasa.*

### 3. UPADRAVAVASTHA:

If not treated properly it creates permanent anatomical deformities like *snadhivikruti* (ANKYLOSIS) *Hrid Graha* (Valvular Derangement).

Development of *Upadrava avastha* depends upon the type of *Kapha* involved in *Samprapthi*.

If ama combines with *shleshakkapha* and gets lodged in *sandhisthana* develops “*SandhiVikruthi*” and if *Ama* along with *AvalambakKapha* resides in *Hridaya* Develops mitral Stenosis and Mitral Prolaps.

**Management of Upadravas:**

Management of UpaDravas slowly Depends upon the type of *Vikruti* (Deformity). If it is ankylosis in primary stage we can try *snehana, Nadiswedan, pinda swedana* and *Vasti* to correct it.

In *Amavata* management, patients are Basically Advised *langhana, Pachana* and *Rukshana* treatments mostly *Guggulkalpas* are used to pacify the pain.

### For protection of Heart

*Yakruti Rasa* 30mg twice a Day for Three Weeks along with other Drugs like

*Vatavidhvansa Rasa, Amavatari Rasa* in the Dosage of 250mg thrice a Day for 10 Days.

*Saindawadi Tailam* (or) *Lahosuna Tailam* should be applied over the swollen Joints and fomented with Dry sand Heated. Until *Ama* is detoxified, the patient should take only hot vegetable soup. Whenever he feels thirsty, should Drink Hot water treated with little *shunthi* or alternatively *TRIKATU* in little Quantity should be added.

For pain Relief from swollen joints (*sandhisotha*) *Simhanada Guggulu* 250 mg with *Dashamul arista* 30 ml thrice a Day is good.

### RESULTS

**Treatment: For Rheumatoid Arthritis (AMA VATA)**

**Vatjatype :**

*Rasna*, *Dashmoola*-Ten roots, *Guggulu* and *punarnava* are herbs of choice. Purificatory procedures for vata such as oil enema (*sneha vasthi*), Decoction enema should be given alternately. Effected joints should be massaged with *sahacharadi oil* and then fomentation with medicated vapor of herbs like basil.

Herbs like *Aswagandha* root are the herbs of choice. *Rasnadi guggulu*

250 mg. 3 times a day for 1 month is medicine of choice.

### **PittajaType :**

Give cold fomentation or ice packs to reduce the inflammation of the joints. Aloe, curcuma, barberry, *Guduchi* root, devils claw are herbs of choice. Massage with cooling oils like sandalwood. A

preparation called as *chandan bala lakshadi oil*, is used in this condition. Give *pancha tikta ghruta guggulu* 250 mg. three times a day.

### **KaphajaType :**

Herbs of choice are *Trikatu*, Ginseng and *calamus* for external massage, winter green oil and *vishagarbha tailam* is indicated. If the pain and swelling is too much, dry fomentation by infrared lamp or heated sandbag is beneficial. Give *maha rasnadi kwath* 15 ml, three times a day with *punarnava guggulu* 250 mg. three times a day, or *Triphala guggulu* 250 mg three times a day with warm water for one month.

### **Diet/Ahara Advised :**

Anti-*Vata* and Nutritive diet with sesame oil almond oil and milk is advice.

## DISCUSSION

Patient will be required to follow certain rules regarding **life style** and **diet** along with continue the treatment as per condition. They include for a better results along with following **life style** :-

- \* Follow a vegetarian diet.
- \* Avoid food which causes indigestion.
- \* Always drink luke warm water.
- \* Do not sleep during day time.

- \* Do not miss sleep in the night for any cause.
- \* Keep oneself warm.
- \* Bathe by using warm water only.
- \* Take immunity enhancing drugs during season change.

### **Food Restrictions**

A diet which would aggravate the *doshas* and result in toxins should be avoided. So black gram, jaggery, nuts, certain vegetables like (Brinjal, spinach

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and ladies finger), meat and fish, curd and milk are to be consumed with care. It is advisable one should never eat too much or irregularly or attempt to combine

incompatible foods. It is advisable to take to vegetarian food. Care must be taken to ensure that no food which could cause indigestion is consumed.

### SUMMARY

Ayurvedic treatment for rheumatoid arthritis varies from person to person. It also depends on the stage of the

disease. However, it takes up to two sittings for a return to normal. In both the cases, patients may be required to undergo pancha karma therapies.

### CONCLUSION

- \* Accumulation of toxins in the *sandhee* (Joints) formed due to improper digestion (*Agni mandyem*), metabolism or excretion.
- \* Aggravated *vata* by exposure to cold weather.

- \* And genetic factors.

All these factors combinedly and separately effect the joints and causes joints disorders.

### ACKNOWLEDGEMENT

So by avoiding the all these factors and along with **lifestyle, strict diet** along with **Daily regimen** which includes oil bath etc. able to avoid these common

old age problems and it was possible with very effective ayurveda treatment.

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