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RESEARCH ARTICLE

HOLISTIC AYURVEDIC APPROACH TO RHEUMATOID ARTHRITIS WITH COEXISTING HYPERTENSION

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Abstract

Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by joint inflammation, systemic complications, and a progressive decline in quality of life. While modern medicine offers treatments such as NSAIDs, DMARDs, and biological agents, approximately 30% of RA patients show inadequate responses, highlighting the need for innovative therapeutic strategies. Ayurveda offers a holistic approach through the treatment of Amavata, which parallels RA, focusing on detoxification, digestive enhancement, and joint health. This case study investigates the impact of Ayurvedic interventions, combined with conventional treatments, in a 72-year-old female diagnosed with RA and hypertension, treated at Jeena Sikho Lifecare Limited Hospital, Amritsar, Punjab. The patient, with a history of RA since 2009 and hypertension of one year, presented with severe body pain, disturbed sleep, constipation, and gastritis. Ayurvedic treatments, including Patra Pinda Swedan, Shirodhara, Sarwang Swedan, and Matra Basti, alongside Ayurvedic formulations were employed. After nine days of Ayurvedic therapy, significant improvements were observed, including reduced pain, constipation, and gastritis. Laboratory results showed a reduction in Rheumatoid Factor from 70 U/ml to 47 U/ml, and CCP antibodies from 385 U/ml to 200 U/ml. This case study demonstrates the potential of combining Ayurvedic and allopathic treatments for managing RA, suggesting that Ayurvedic therapies may provide an affordable, effective alternative for symptom management and disease progression. Further research is necessary to validate these findings and standardize Ayurvedic protocols in RA treatment.

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Introduction:-

Rheumatoid arthritis (RA) is a chronic autoimmune disorder primarily affecting the joints and occasionally extending to other organ systems. The disease is marked by persistent inflammation, leading to joint destruction, systemic complications, and a significant decline in quality of life. Risk factors for RA include advancing age, female gender, genetic predisposition, and environmental exposures such as smoking and diet ^[1,2]. Key symptoms of RA include Sandhishoola, Sandhishotha, and Stabdhatta, with complications such as cardiovascular disease and rheumatoid vasculitis ^[2,3]. Modern research identifies RA as a disease involving synovial inflammation driven by an interplay of genetic susceptibility and environmental factors ^[3]. In Ayurveda, RA is closely associated with Amavata, a condition described in classical texts such as the MadhavaNidana and CharakaSamhita. Amavata is attributed to the accumulation of Ama and vitiation of Vata dosha, primarily affecting the Sandhis (joints) ^[4,5]. The pathogenesis involves impaired Agni (digestive fire), leading to the formation of Ama, which circulates through the body, eventually settling in the joints and causing inflammation. Classical symptoms include Shotha (edema), Sandhishoola (joint pain), and Gaurava (heaviness) in the affected regions ^[6]. Ancient texts recommend treatments such as Langhana, Deepana, and Basti to manage Amavata.

Modern medical approaches focus on alleviating symptoms and halting disease progression in RA. Treatments primarily include NSAIDs, disease-modifying anti-rheumatic drugs (DMARDs), and biological agents, which target inflammatory pathways ^[7,8]. Recent advancements have introduced targeted therapies such as Janus kinase inhibitors, which have improved outcomes for many patients. However, approximately 30% of patients show inadequate responses to current therapies, underscoring the need for innovative treatment strategies and a deeper understanding of RA's molecular mechanisms ^[9]. The Ayurvedic approach to Amavata emphasizes holistic management, targeting the root causes of the disease. Treatments include Shodhana through therapies like Virechana and Basti, followed by Shamana measures using medications like Rasna, Guduchi, and Guggulu. Dietary modifications, such as consuming LaghuAhara and avoiding GuruAhara, play a vital role in reducing Ama and pacifying Vata ^[10]. Research studies have demonstrated significant improvements in pain, swelling, and joint mobility following Ayurvedic treatments, often within weeks. However, challenges remain in standardizing protocols and ensuring long-term efficacy ^[6]. An integrative approach combining Ayurvedic principles with modern medical advances may offer a comprehensive strategy for managing RA/Amavata effectively. This study aims to assess the impact of Ayurvedic interventions combined with conventional treatments for Amavata with hypertension in a 72-year-old female patient.

Case Report:-

On February 17, 2024, a 72-year-old female who had a history of Rheumatoid arthritis since 2009 with hypertension of 1 year visited Jeena Sikho Lifecare Limited Hospital, Amritsar, Punjab. The patient was diagnosed with Amavata. A comprehensive medical history, family history, physical examination, and diagnostic evaluations were all part of the methodical and thorough examination. Her naadi was Vataj Pittaj and samanyajivha. She was taking allopathic medications like Amlodipine (5mg), Rhexical (calcium citrate, magnesium, zinc, and vitamin D3), Levocetirizine (5mg) + Montelukast (10mg), Clomiphene (50mg) and Esomeprazole (20mg). Her symptoms were severe body pain, disturbed sleep due to fever, low appetite, constipation and gastritis. The initial assessment during the treatment period is mentioned in **Table 1**. The laboratory investigation reports during the treatment period is mentioned in **Table 2**. The lipid profile during the treatment period is depicted in **Table 3**.

Table 1 The initial assessment during the treatment period

Date	Blood pressure (mmHg)	Weight	SpO2	Pulse
17-02-2024	140/90	67 Kg	99%	100
18-02-2024	120/90	68 Kg	99%	75
19-02-2024	180/80	68 Kg	99%	80
20-02-2024	130/80	68 Kg	99%	78
21-02-2024	120/80	68 Kg	99%	76
22-02-2024	120/80	68 Kg	99%	80
23-02-2024	140/80	68 Kg	99%	77
24-02-2024	130/70	67 Kg	99%	81
27-02-2024	130/80	67 Kg	99%	80
02-03-2024	120/80	65 Kg	99%	84

Table 2. The laboratory investigation reports during the treatment period

Parameter	Findings	
Date	17-02-2024	24-02-2024
Haemoglobin	10.7 gm/dL	10.5 gm/dL
Total leucocyte count	9.35 thou/cum	8.1 thou/cum
Platelets count	204 thou/ μ L	204 thou/ μ L
Rheumatoid factor	70 U/ml	47 U/ml
CCP Antibodies	385 U/ml	200 U/ml
CRP	3.48 mg/dl	3 mg/dl
Liver function test	Normal	-

Table 3. Lipid profile during the treatment period

Lipid profile	Findings	
Date	18-02-2024	24-02-2024
Cholesterol	228 gm/dL	200 gm/dL
Triglyceride	127 gm/dL	127 gm/dL
HDL	45.1 gm/dL	45.1 gm/dL
LDL	157.5 gm/dL	120.2 gm/dL
VLDL	25.4 gm/dL	25.4 gm/dL
Chol/HDL	3.48 mg/dl	5.06

The patient was admitted for IPD treatment for 9 days. The patient was discharged on February 26, 2024. The vitals and Ashtasthana pareeksha during the discharge is mentioned in Table 4.

Table 4. The vitals and Ashtasthana pareeksha during the discharge

Parameter	Findings
Date	25-Feb-2024
Blood pressure	130/90 mmHg
Pulse rate/ min	80
Weight	67 Kg
Nadi	Vataj
Mala	Avikrita
Mutra	Prakrita
Jivha	Saam
Shabdha	Spashta
Sparsha	Prakrita
Akriti	Avikrita
Drika	Prakrita

An accurately designed DIP Diet was provided to the patient to complement the Ayurvedic treatments administered for Rheumatoid arthritis^[11]:

Treatment Plan:-

I. Diet Plan:-

Dietary Guidelines from Jeena Sikho Lifecare Limited Hospital:

- Avoid wheat, refined foods, dairy, coffee, tea, and packaged foods.
- Do not eat after 8 PM.
- When eating solid foods, take small bites and chew each bite 32 times.

Hydration:-

- Sip water slowly, mindful of the amount consumed each time.
- Aim to drink 1 liter of alkaline water 3 to 4 times a day.
- Incorporate herbal tea, living water, and turmeric-infused water into your daily routine.
- Boil 2 liters of water and reduce it to 1 liter before drinking.

Millet Consumption:-

- Include five types of millet in your diet: Foxtail, Barnyard, Little, Kodo, and Browntop millet.
- Cook the millets in mustard oil using stainless steel cookware.

Meal Timing and Structure:-

- Early Morning (5:45 AM): Begin with herbal tea along with raw ginger and turmeric.
- Breakfast (8:30-9:30 AM): Have fruits (Apple/Papaya) and a fermented millet shake.
- Morning Snacks (11:00-11:20 AM): 100 gm of sprouts and 150 ml of red juice and soaked almonds.
- Lunch (12:30 PM - 2:00 PM): Two plates—Plate 1: steamed salad; Plate 2: cooked millet-based dish.
- Evening Snacks: Green juice/ red juice (100-150 ml) and roasted makhana.
- Dinner (6:15-7:30 PM): Plate 1: raw salad, chutney, green garden delight, and soup; Plate 2: millet khichdi/ fermented millets/ millet chapati.
- Night: Ayush kwath

Fasting:-

- It is recommended to fast for one day.

Special Instructions:-

- Offer thanks to the divine before eating or drinking.
- Practice Vajrasana after every meal.
- Take a slow 10-minute walk after each meal.

Diet Types:-

- The diet includes low-salt solid, semi-solid, and smoothie options.
- Suggested foods include herbal tea, red juice, green juice, a variety of steamed fruits, fermented millet shakes, soaked almonds, and steamed salads.

Lifestyle Recommendations:-

1. Include meditation as a method for relieving stress.
2. Practice Yoga (Sukhasana and Sukshma Pranayama) between 6:00 AM and 7:00 AM.
3. Go for a brisk 30-minute barefoot walk.
4. Aim for 6-8 hours of restful sleep each night.
5. Follow a structured daily routine to maintain balance and organization in your life.

Panchakarma procedures administered to patient:-

PatraPindaSwedanwith Dhanwanataram Tail[12]:-

Procedure:-

- Fresh medicinal leaves were chopped, mixed with rock salt and turmeric, sautéed in DhanwantaramTaila, and tied in a cotton cloth to form a bolus.
- The patient was made to lie comfortably, and a gentle Abhyanga with DhanwantaramTaila was performed.

- The warm bolus was applied rhythmically over the affected area or whole body for 30 minutes, with periodic reheating in the oil.
- The patient was wiped with a warm towel, advised to rest, avoid cold exposure, and follow a light, warm diet.

Physiology and Mode of action:-

- The warm bolus induces vasodilation, increasing blood flow, enhancing oxygen and nutrient supply, and promoting toxin removal through sweat.
- The combination of heat and medicated oil reduces muscle stiffness, enhances neuromuscular coordination, and improves synovial fluid production for joint nourishment.
- Thermoreceptors and Ayurvedic properties modulate pain by stimulating sensory nerves, reducing inflammation, and alleviating conditions like arthritis and sciatica.
- The warmth and medicated oil stimulate the parasympathetic nervous system, reducing stress, promoting relaxation, and enhancing tissue healing.

Shirodhara with Brahmi and Ksheer bala tail^[13,14,15]

Procedure:-

- The patient was made to lie in a supine position on a Droni, followed by a gentle Abhyangawith Ksheerbala Taila, and the eyes were covered with cotton pads.
- 1.5 litre of Brahmi Taila and Ksheerbala Taila were warmed to a lukewarm temperature (38–40°C) and poured into the Shirodhara vessel.
- A continuous stream of warm oil was poured over the forehead (Ajna Chakra) in a rhythmic motion for 3
- 45 minutes, maintaining a consistent temperature.
- The excess oil was wiped off, the patient was allowed to rest, and later advised to take a warm bath and follow a light, easily digestible diet.

Physiology and mode of action:-

- The continuous oil flow stimulates the parasympathetic nervous system, regulates the hypothalamic-pituitary-adrenal (HPA) axis, reduces cortisol levels, and promotes relaxation, mental clarity, and emotional stability.
- The warmth and rhythmic oil flow enhance blood circulation in the scalp, nourish brain tissues, improve oxygenation, and aid in the removal of metabolic waste, benefiting both the nervous system and hair follicles.
- Shirodhara pacifies Vata and Pittadoshas by stabilizing PranaVayu and SadhakaPitta. It also stimulates the AjnaChakra and SthapaniMarma, enhancing cognitive function and relaxation.
- BrahmiTaila supports serotonin and dopamine balance, improving mood, sleep, and cognitive function, while KsheerbalaTaila nourishes and calms the nervous system, providing a cooling and soothing effect.

Sarwang swedan with Dashmool kwath^[16,17]

Procedure:-

- 20 ml of Dashmool Kwath was mixed with 100 ml of water and gently heated until warm.
- The prepared Dashmool Kwath was poured into the steam apparatus, which was positioned to direct the steam to the affected area.
- The affected joint was exposed to the steam for 10-15 minutes, allowing the warmth to penetrate the tissues.
- After the steam, the area was wiped with a soft cloth.

Physiology and Mode of action:-

- The steam from Dashmool Kwath allows the Ayurvedic compounds to penetrate the skin, enhancing circulation to the affected area, delivering oxygen and nutrients, and removing metabolic waste.
- The heat from the steam relaxes muscles and softens tissues, while the Dashmool provide anti-inflammatory and analgesic effects, reducing pain and stiffness.
- The steam induces sweating, aiding in the removal of toxins from the body, which improves joint health and reduces swelling and inflammation.
- The combination of heat, improved circulation, and reduced inflammation restores joint mobility, while promoting healing and tissue repair in damaged muscles, ligaments, and tendons.

Matra Basti with Sehacharadi oil (60 ml)**Procedure:-**

- The 60 ml of Sehacharadi oil was warmed to body temperature.
- The person lay on their left side in a comfortable position and the lubricated enema nozzle was gently inserted into the rectum.
- The oil was slowly released into the rectum using an enema bag or bulb, and held for 15-20 minutes for absorption.

Physiology and Mode of action:-

- Sehacharadi oil, absorbed through the rectal mucosa, lubricates and hydrates the intestines, promoting smoother bowel movements and reducing constipation.
- It calms the nervous system, balances Vata dosha, and supports colon cleansing.
- The oil nourishes gastrointestinal tissues, reduces inflammation, and alleviates conditions like hemorrhoids and anal fissures.^[19]

Medicinal Interventions:-

The Ayurvedic treatment employed in this case included Go Flexi Capsule, Arthri Capsule, Amal Pitt Har Powder, Dhatu Poshak Capsule, Dr. Immune tablet, Orthonil syrup, Divya Shakti Powder and Arogya Vati tablet along with Panchakarma therapies. The patient was on IPD for 9 days, during that period she received consolidated Ayurvedic treatments. This treatment procedure encompassed Panchakarma therapies such as Shirodhara with Brahmi and Ksheer bala tail, Sarwang swedan with dashmool kwath, Matra Basti with Sehacharadi tailam and Patra pinda swedan with Dhanwantaram tailam. The Ayurvedic medications advised during IPD and discharge is detailed in Table 5. The patient revisited on March 02, 2024, the medications provided during that visit is detailed in Table 6. The medications advised during the visit on March 22, 2024 are described on Table 7. After 9 days of treatment, the patient experienced significant improvement, including relief from whole body pain, disturbed sleep, constipation and gastritis.

Table 5 The medicine advised during the IPD

Medicine	Ingredients	Dosage	Therapeutic Effects
Go Flexi Capsule	Paneer Dodi Powder (<i>Caralluma fimbriata</i>), Ashwagandha Powder (<i>Withania somnifera</i>), Anla Rasayan (<i>Phyllanthus emblica</i>), Yograj Guggul Powder (<i>Commiphora wightii</i>), Methi Powder (<i>Trigonella foenum-graecum</i>), Shankh Bhasma Powder , Gokshura Powder (<i>Tribulus terrestris</i>), Punarnava Powder (<i>Boerhavia diffusa</i>), Nirgundi Powder (<i>Vitex negundo</i>), Haldi Powder (<i>Curcuma longa</i>), Neem Powder (<i>Azadirachta indica</i>).	2 TAB BD (Adhobhakta with koshna jala)	Used as analgesic, anti inflammatory, immunity booster and pain killer
Orthonil syrup	Rasna Patr (<i>Pluchea lanceolata</i>), Peepal (<i>Ficus religiosa</i>), Javasa (<i>Alhagi pseudalhagi</i>), Dhania (<i>Coriandrum sativum</i>), Balamool (<i>Sida cordifolia</i>), Choti Kateri (<i>Solanum surattense</i> / <i>Solanum xanthocarpum</i>), Erandmool (<i>Ricinus communis</i>), Badi Kateri (<i>Solanum indicum</i>), Devdaru (<i>Cedrus deodara</i>), Bidara (<i>Ziziphus mauritiana</i>), Kachur (<i>Curcuma zedoaria</i>), Saunf (<i>Foeniculum vulgare</i>), Bach (<i>Acorus calamus</i>), Gokhru (<i>Tribulus terrestris</i>), Adulsa (<i>Justicia adhatoda</i>), Ashwagandha (<i>Withania somnifera</i>), Sonth (<i>Zingiber officinale</i>), Atis (<i>Aconitum heterophyllum</i>), Harad (<i>Terminalia chebula</i>), Amaltas Guda (<i>Cassia fistula</i>), Nagarmotha (<i>Cyperus rotundus</i>), Mahua Flower (<i>Madhuca indica</i>), Punarnava (<i>Boerhavia diffusa</i>), Honey (<i>Apis mellifera</i>), Giloy (<i>Tinospora cordifolia</i>), Shaker (<i>Saccharum</i>	3 TSF BD (Adhobhakta with sama matra koshna jala)	Used for joint pain, arthritis, gout, pain in back and indigestion
Divya Shakti Powder	Trikatu , Triphala , Nagarmotha (<i>Cyperus rotundus</i>), Vay Vidang (<i>Embelia ribes</i>), Chhoti Elaichi (<i>Elettaria cardamomum</i>), Tej Patta (<i>Cinnamomum tamala</i>), Laung (<i>Syzygium aromaticum</i>), Nishoth (<i>Operculina turpethum</i>), Sendha Namak , Dhaniya (<i>Coriandrum sativum</i>), Pipla Mool (<i>Piper longum</i> root), Jeera (<i>Cuminum cyminum</i>), Nagkesar (<i>Mesua ferrea</i>), Amarvati (<i>Achyranthes aspera</i>), Anardana (<i>Punica granatum</i>), Badi Elaichi (<i>Amomum subulatum</i>), Hing (<i>Ferula assafoetida</i>), Kachnar (<i>Bauhinia variegata</i>), Ajmod (<i>Trachyspermum ammi</i>), Sazikhar , Pushkarnool (<i>Inula racemosa</i>), Mishri (<i>Saccharum officinarum</i>).	3/4 a teaspoon (Nishikal with koshna jala)	Deepan, pachan and detoxification
Arogya Vati tablet	Kajan (<i>Carthamus tinctorius</i>), Loh Bhasma (<i>Ferrum</i>), Abhrak Bhasma (<i>Mica</i>), Tamra Bhasma (<i>Copper</i>), Amalaki (<i>Emblia officinalis</i>), Vibhitaki (<i>Terminalia bellirica</i>), Haritaki (<i>Terminalia chebula</i>), Chitrak (<i>Plumbago zeylanica</i>), Katuka (<i>Pterorhiza kurroa</i>), Nimba Patra (<i>Azadirachta indica</i>).	1 tablet BD (Adhobhakta with koshna jala)	Boosts immunity, Supports respiratory health, Promotes detoxification and Aids in the management of infections
Dhatu Poshak Capsule	Chuna Shudh , Shankh Bhasam , Mukta Shukti , Prawal Pishti , Kapardika and Loh	1 CAP BD (Adhobhakta with koshna jala)	Used for strengthening immunity, managing conditions like T.B., asthma, and hyperacidity, and supporting recovery from anorexia.
Arthri Capsule	Nirgundi (<i>Vitex negundo</i>), Nishot (<i>Operculina turpethum</i>), Sonth (<i>Zingiber officinale</i>), Punarnava (<i>Boerhavia diffusa</i>), Giloy (<i>Tinospora cordifolia</i>), Surjana (<i>Moringa oleifera</i>), Harar (<i>Terminalia chebula</i>), Rasna (<i>Pluchea lanceolata</i>), Shuddha .	2 CAP BD (Adhobhakta with koshna jala)	Helps to manage Arthritis, joint pain, gout and vaat vyadhi

Table 6 The medications provided during March 02, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Go Flexi Capsule	Paneer Dodi Powder (<i>Caralluma fimbriata</i>), Ashwagandha Powder (<i>Withania somnifera</i>), Amla Rasayan (<i>Phyllanthus emblica</i>), Yograj Guggul Powder (<i>Commiphora wightii</i>), Methi Powder (<i>Trigonella foenum-graecum</i>), Shankh Bhasma Powder , Gokshura Powder (<i>Tribulus terrestris</i>), Punarnava Powder (<i>Boerhavia diffusa</i>), Nirgundi Powder (<i>Vitex negundo</i>), Haldi Powder (<i>Curcuma longa</i>), Neem Powder (<i>Azadirachta indica</i>).	2 TAB BD (<i>Adhobhakta with koshna jala</i>)	Used as analgesic, anti inflammatory, immunity booster and pain killer
Arthri Capsule	Nirgundi (<i>Vitex negundo</i>), Nishot (<i>Operculina turpethum</i>), Sonth (<i>Zingiber officinale</i>), Punarnava (<i>Boerhavia diffusa</i>), Giloy (<i>Tinospora cordifolia</i>), Surjana (<i>Moringa oleifera</i>), Harar (<i>Terminalia chebula</i>), Rasna (<i>Pluchea lanceolata</i>), Shuddha .	2 CAP BD (<i>Adhobhakta with koshna jala</i>)	Helps to manage Arthritis, joint pain, gout and vaat vyadhi
Amal Pitt Har Powder	Shunti (<i>Zingiber officinale</i>), Maricha (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Amalki (<i>Phyllanthus emblica</i>), Bibhitaki (<i>Terminalia belerica</i>), Haritaki (<i>Terminalia chebula</i>), Musta (<i>Cyperus rotundus</i>), Sulshmaila (<i>Sida cordifolia</i>), Tvak Patra (<i>Cinnamomum verum</i>), Vidanga (<i>Embelia ribes</i>), Bid Lavana (<i>Sodium chloride</i>), Lavanga (<i>Syzygium aromaticum</i>), Trivita (<i>Tribulus terrestris</i>), Sharkara (<i>Saccharum officinarum</i>).	1/2 TSF BD (<i>Adhobhakta with koshna jala</i>)	Improves Digestive Health, Helps in Maintaining Balance and Improves a Sense of Wellness

Table 7 The medications provided during March 22, 2024

Medicine Name	Ingredients	Dosage	Therapeutic Effects
Go Flexi Capsule	Paneer Dodi Powder (<i>Caralluma fimbriata</i>), Ashwagandha Powder (<i>Withania somnifera</i>), Amla Rasayan (<i>Phyllanthus emblica</i>), Yograj Guggul Powder (<i>Commiphora wightii</i>), Methi Powder (<i>Trigonella foenum-graecum</i>), Shankh Bhasma Powder , Gokshura Powder (<i>Tribulus terrestris</i>), Punarnava Powder (<i>Boerhavia diffusa</i>), Nirgundi Powder (<i>Vitex negundo</i>), Haldi Powder (<i>Curcuma longa</i>), Neem Powder (<i>Azadirachta indica</i>).	2 TAB BD (<i>Adhobhakta with koshna jala</i>)	Used as analgesic, anti inflammatory, immunity booster and pain killer
Dhatu Poshak Capsule	Chuna Shudh , Shankh Bhasam , Mukta Shukti , Prawal Pishti , Kapardika and Loh	1 CAP BD (<i>Adhobhakta with koshna jala</i>)	Used for strengthening immunity, managing conditions like T.B., asthma, and hyperacidity, and supporting recovery from anorexia.
Dr. Immune tablet	Kesar (<i>Crocus sativus</i>), Shudh Kuchla (<i>Strychnos nux-vomica</i>), Ashwagandha Ext. (<i>Withania somnifera</i>), Shatawari Ext. (<i>Asparagus racemosus</i>), Pipali (<i>Piper longum</i>), Tulsi (<i>Ocimum sanctum</i>), Laung (<i>Syzygium aromaticum</i>), Choti Elaichi (<i>Elettaria cardamomum</i>), Sonth (<i>Zingiber officinale</i>), Haldi (<i>Curcuma longa</i>), Loh Bhasma (<i>Ferrum</i>), Swaran Makshik Bhasma (<i>Chalcopirite</i>), Mukta Shukti Bhasma (<i>Pinctada margaritifera</i>)	1 tablet BD (<i>Adhobhakta with koshna jala</i>)	Helps to flush out toxins from the body, Improves digestion, Helps in balancing the hormones, Boost immunity and Improves the blood flow
Arthri Capsule	Nirgundi (<i>Vitex negundo</i>), Nishot (<i>Operculina turpethum</i>), Sonth (<i>Zingiber officinale</i>), Punarnava (<i>Boerhavia diffusa</i>), Giloy (<i>Tinospora cordifolia</i>), Surjana (<i>Moringa oleifera</i>), Harar (<i>Terminalia chebula</i>), Rasna (<i>Pluchea lanceolata</i>), Shuddha .	1 CAP BD (<i>Adhobhakta with koshna jala</i>)	Helps to manage Arthritis, joint pain, gout and vaat vyadhi

Result:-

Effectiveness of Ayurvedic Treatments: The patient underwent IPD for 9 days, after the treatment she experienced noteworthy development in symptoms, which denotes the interventions used in the study are effective against Rheumatoid arthritis with hypertension. At the time of discharge, the patient was well oriented and there was relief from pain, swelling and gastritis which shows that the Ayurvedic interventions used in the case study are effective for Rheumatoid arthritis. The Laboratory investigation during treatment period mentioned in Table 2 & 3.

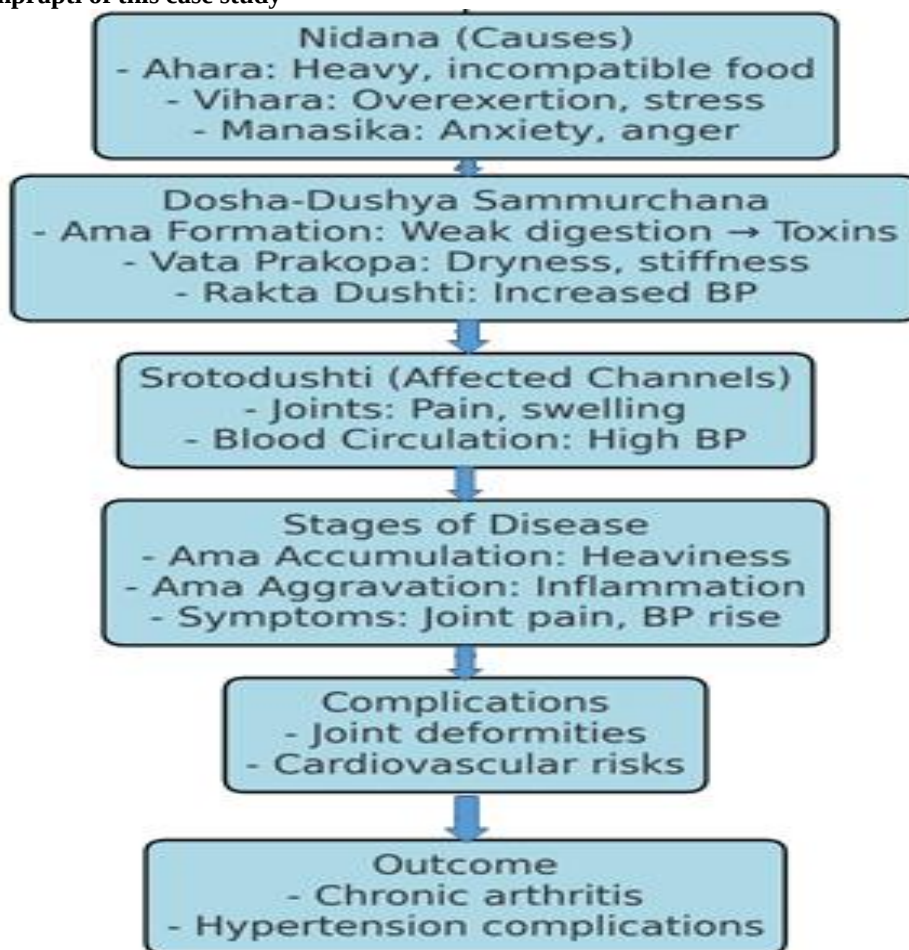
Implications for Future Research:-

A Rheumatoid arthritis patient with hypertension was the subject of the current investigation, which produced encouraging findings. However, a more thorough assessment is necessary because of the small sample size of just one case. Future studies should use randomized controlled trials and bigger sample sizes to verify the safety, effectiveness, and dependability of the integrated *Ayurvedic* treatments. These kinds of investigations will be essential for creating standardized therapeutic standards and methods.

Discussion:-

Ayurvedic treatment integration for Rheumatoid arthritis offers a viable substitute for conventional medical methods. This case study describes the application of several Ayurvedic treatments to a 72-year-old woman who has been diagnosed Rheumatoid arthritis with Hypertension. The patient's symptoms including relief from pain, constipation and acidity. The samprapti of this case is depicted in Fig 1^[20].

Fig 1. The samprapti of this case study



During her 9 days IPD, she underwent Panchakarma treatments as part of the Ayurvedic therapy regimen.

1. Patra Pinda Swedan with Dhanwanataram Tail involved chopping fresh medicinal leaves, mixing them with rock salt and turmeric, and sautéing in Dhanwantharam Taila. This mixture was tied in a cotton cloth to form a bolus, which was applied rhythmically over the affected area for 30 minutes. The procedure enhances circulation, reduces muscle stiffness, and promotes toxin removal through sweat, while the warmth and medicated oil stimulate the parasympathetic nervous system, reducing stress and promoting relaxation.
2. Shirodhara with Brahmi and Ksheerabala Taila consisted of a continuous stream of warm oil poured over the forehead, targeting the Ajna Chakra to promote relaxation, improve cognitive function, and regulate stress hormones. This therapy also enhances blood circulation to the scalp, nourishing the brain and aiding in toxin removal.
3. Sarvang Swedan with Dashmool Kwath involved exposing the affected area to steam infused with Dashmool Kwath, which helps increase circulation, relax muscles, and reduce pain and inflammation. The steam therapy aids in detoxification and enhances tissue repair.
4. Matra Basti with Sehacharadi Oil was performed by administering 60 ml of warm oil rectally, which nourishes the intestines, promotes smoother bowel movements, and balances Vata dosha while reducing inflammation and supporting colon health.

The Ayurvedic treatment in this case involved a combination of Ayurvedic medicines and Panchakarma therapies aimed at addressing underlying imbalances and promoting holistic healing. The Go Flexi Capsule supports joint health by improving flexibility and reducing inflammation in conditions like arthritis, aiding in joint function and mobility. Arthri Capsule targets inflammation and pain in musculoskeletal disorders, providing relief from conditions such as arthritis and muscle stiffness. Amal Pitt Har Powder helps balance Pitta dosha, which can lead to digestive issues, acidity, and inflammation when aggravated, promoting overall digestive health and detoxification by purifying excess heat from the body. Dhatu Poshak Capsule nourishes the seven dhatus (body tissues), supporting tissue-building processes and enhancing vitality and strength. Dr. Immune Tablet boosts the immune system, enhancing the body's natural defenses against infections.

Orthonil Syrup alleviates pain and stiffness in joints, making it beneficial for conditions like osteoarthritis and rheumatism. Divya Shakti Powder is known for its rejuvenating properties, strengthening the body and increasing overall vitality. Arogya Vati Tablet balances the doshas and promotes general well-being, supporting detoxification and rejuvenation. This case study emphasizes the advantages of integrating traditional medical treatments with Ayurvedic therapy for managing Rheumatoid arthritis. Ayurvedic treatments provide an affordable option by addressing the root causes of the condition, enhancing overall function, and managing coexisting issues such as diabetes and hypertension. However, additional research is required to validate their effectiveness and safety in the treatment of Rheumatoid arthritis.

Conclusion:-

This case study evaluating the treatment of Rheumatoid arthritis with hypertension through Ayurvedic interventions yields the following findings:

Symptoms: Upon admission, the patient presented with whole body pain, constipation, disturbed sleep, gastritis and constipation. After IPD Ayurvedic treatment and follow up, significant improvements were observed. The patient reported relief from pain, constipation and gastritis with no new symptoms emerging, suggesting a marked improvement in overall health.

Vitals: The patient's vital signs fluctuated during the treatment period. Blood pressure stabilized to 120/80 mmHg from 140/90 mmHg. The patient's weight remained same, and there was a notable reduction in body pain, reflecting positive changes in both lifestyle and diet.

Investigations: Laboratory tests conducted during the treatment showed significant improvements in health conditions. Rheumatoid Factor reduced from 70 U/ml to 47 U/ml indicating the reduction in Rheumatoid arthritis. Similarly, CCP antibodies reduced from 385 U/ml to 200 U/ml. These results underscore the potential efficacy of Ayurvedic therapies in managing Rheumatoid arthritis.

The combination of allopathic treatments and Ayurvedic therapies for Rheumatoid arthritis showed positive results, improving lab tests, vital signs, and symptoms. Ayurvedic treatments focus on restoring balance and addressing imbalances, enhancing overall health. Further clinical trials are needed to confirm these findings and establish standardized treatment methods for Rheumatoid arthritis.

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