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### RESEARCH ARTICLE

#### AYURVEDIC MANAGEMENT OF RHEUMATOID ARTHRITIS WSR TO AMAVATA- A CASE REPORT

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Amavata, Rheumatoid Arthritis, Ama, Joints

#### Abstract

**Introduction:** The Ayurveda described Mandagni as the root cause of all the diseases. The Acharyas mentioned Amavata as one of the common disorders caused by the impairment of Agni, formation of Ama and vitiation of Vata Dosha. The Ama is carried by the vitiated Vata and deposited in Shleshmasthanas producing symptoms like Angmarda, Aruchi, Alasya, Sandhiruk and Sandhishoth. On the basis of sign and symptoms Amavata can be equated to Rheumatoid Arthritis in modern era. Rheumatoid arthritis is a systemic autoimmune disease characterised by inflammatory arthritis and extra articular involvement. The onset of disease, beginning with prodrome of fatigue, weakness, joint stiffness, vague arthralgias followed by pain and swelling of joints.

**Aim:** To evaluate the efficacy of Oral Ayurvedic drugs in management of Amavata.

**Method:** In the present case, a female patient aged 36 years presented in OPD Of Asthi-SandhirogaVibhaga of RGGPG Ayurvedic College Paprola Distt. Kangra (H.P.) with the complaints of pain in multiple joints since 2 years. She also complained of generalised weakness and morning stiffness. The investigations were advised and oral Ayurvedic formulations like Vishtindukvati, Amavatari Ras and TrikatuChurna were prescribed to the patient.

**Result:** The Ayurvedic management showed desired results in relieving the symptoms of patient.

**Discussion:** The Ayurvedic drugs are effective in treating Amavata equated to RA and better alternative to NSAIDS, DMARD'S and steroids in Rheumatoid arthritis management in today's world.

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#### Introduction:-

RA is a chronic inflammatory, destructive and deforming symmetrical polyarthritis associated with systemic involment.<sup>[1]</sup>The peak incidence of RA is found in 3<sup>rd</sup> to 4<sup>th</sup> decade of life with 3-5 times higher preponderance in females<sup>2</sup>.The onset of disease is insidious beginning with prodrome of fatigue, weakness, joint stiffness, vague arthralgias and myalgias.<sup>3</sup> This is followed by pain and swelling of joints usually in symmetric fashion , especially joints of hands, wrists and feet.<sup>4</sup> On the basis of sign and symptoms RA can be equated to Amavata in ayurveda.Due

to various causative factors and mandagni ,there occurs the formation of toxic amaras<sup>5</sup>.The ama along with vitiated vata reaches at Kapha predominant sites like joints, stomach etc. Due to its snigdhperty,it blocks the srotas and when this amaaccumulates in joints it produces amavata. angmard, aruchi,trishna, alsyagourav , jwar, paka,shootha are the samanyalakshan of the disease<sup>6</sup>.In advanced stage ,it produces the painful swelling in the wrist ankle knee joints and produces vrishchakdansvedna in the affected areas<sup>7</sup> The Shodhanand ShamanChikitsa is both advised for the treatment ofAmavata.The present case highlights an effective Ayurvedic approach to manage the Rheumatoid arthritis.

### Case Report

A female patient aged 36 years old presented with the complaints of pain in multiple joints since 2 yearsS. She also complained of morning stiffness in the joints and generalised weakness .

### Past History:

No history of DMII, HTN,Thyroid dysfunction & PTB

### Surgical invertention:

History of cholecystectomy 20 yrs back

### Family History:

No family history of DMII, HTN,Thyroid dysfunction & PTB

### Personal History

Diet- Vegetarian diet  
Appetite- Normal  
Thirst-6-7 glasses/ day  
Urine 1-2 times /day  
Stool- 1 time/day

### Menstrual history:

LMP: 24/02/2023  
Duration 3-4 days  
Interval 28-30 days  
Amount 3-4 pads /day  
Not associated with pain , smell and clots

### Obstetric History G<sub>1</sub>P<sub>1</sub>L<sub>1</sub>A<sub>0</sub>

Female child delieverd by NSVD with Cephalic presentation 18 yrs back

### Contraceptive History Nil

### Grading of Assessment of Disease

PAIN	
0	No pain
1	Pain but bearable
2	Pain relived on taking analgesics
3	Intolerable pain

SWELLING	
0	NO SWELLING
1	MILD SWELLING
2	MODERATE SWELLING
3	SEVERE SWELLING
TENDERNESS	
0	NO TENDERNESS
1	MILD TENDERNESS

2	MODERATE TENDERNESS
3	SEVERE TENDERNESS
MORNING	STIFFNESS
0	NOT PRESENT
1	20 % LIMITATION OF NORMAL RANGE OF LIMITATION
2	50-70% LIMITATION OF RANGE OF LIMITATION
3	>70% LIMITATION OF RANGE OF LIMITATION

**Before Treatment**

PAIN	3
SWELLING	2
TENDERNESS	2
MORNING STIFFNESS	1

**Invsetigation**

HB 9.8g/dl	RA FACTOR	positive
PLT 1.2 lacs	CRP	positive
ESR 55mm after first hour	B.UREA	40mmHg
X-RAY - B/L WRIST JOINT AP VIEW	S.CREATININE	1.9 mg/dl

According to the The American Rheumatism Association 1987 revised criteria for the classification of rheumatoid arthritis, the patient was diagnosed with Rheumatoid Arthritis.

**General Physical Examination**

Examination	Results
Built	Moderate
Weight	67 kg
Height	158 cm
BMI	29.7
Nourishment	Moderate
Pallor	Mild
Icterus	Not Present
Oedema	Not present
Clubbing	Not present
Lymadenopathy	Not present
Tongue	Moist , noncoated
BP	110/70 mm Hg
Pulse Rate	84/min
Respiratory Rate	16/ MIN
Temp.	98.2 F

**Ashta Vidha Pariksha**

Nadi	84/min
Mala	Once a day
Mutra	3-4 times/ day
Jihwa	Anavrutta
Shabda	Spashta
Sparsha	Anushan sheeth
Drika	Nirmal
Aakriti	Madhyam

**Dashvidha Pariksha**

Prakriti	Vatapitta
Vikriti	Lakshyanimitaj

Sara	Madhyam
Samhanana	Madhyam
Pramana	Madhyam
Satmaya	Sarva ras
Satva	Madhyam
Vaya	Vridha
Vyayamshakti	Madhyam
Aharshakti Abhyavaran shakti Jaranashakti	Madhyam madhyam

### Systemic Examination

Respiratory system	Normal Vesicular Breathing, No added sounds
Cardiovascular system	S1 S2 WNL, No murmur
Gastrointestinal system	NAD
Locomoter system	Restricted movements of wrist joints and interphalangeal joints right side
Central Nervous system	NAD
Urinary System	NAD
Breast Examination	NAD

### Samprapti Ghatak

Dosha-Vata kapha Pradhan tridoshaj  
Dushya- Rasa,mansaasthi, majja  
Agni-Jathragnimandya  
Adhithana- Sandhi  
Strotasa- ,Rasavaha, Asthivaha  
Stroto-DushtiPrakara- Sang, Vimarggaman  
Rogamarga- Madhyam

### Treatment

Rheumatoid arthritis can be treated on the lines of Amavata.The treatment principles of Amavata includes Langhan Deepan SwedanVirechana and Basti karma<sup>8</sup>.The Shaman chikitsa treatment protocol was adopted and following treatment was given.

1. Amavatariras 250 mg BD
2. Vishtindukvati 250 mg BD
3. TrikatuChurana 3gm BD

Patient was followed up every 15 days and treatment was given for 3 months.

### After treatment:

PAIN	1
SWELLING	1
TENDERNESS	0
MORNING STIFFNESS	1

### Laboratory Finding

HB 9.8g/dl	B.UREA	35mg/dl
PLT 1.2 lacs	S.CREATININE	0.7mg/dl
ESR 15mm after first hour	SGOT	29 IU/L
TSB 0.2 mg/dl DSB 0.1mg/dl	SGPT	27IU/L
RA Factor : Negative	CRP	: Negative

**Discussion:-**

Ayurveda believes that mandagni is the root cause of all the diseases<sup>9</sup>. The mandagni leads to ama production. The ama along with vitiated vata is responsible for Amavata formation. Hence treatment approach should be ampachan and agnideepanchikitsa. The trikatu churna helps in ampachan and agnideepan due to ushnavirya and tridoshshamak properties of the drug. The contents of Amavatarirasa mainly tikta, katu and kashya rasa ushnavirya, Madhura vipaka which helps in improving mandagni and Vata shaman respectively. The contents of vishtindukvati are mainly Vata kaphashamak and katuraspradhanushanvirya and helps in agnideepan and ampachan. The additional properties of kuchla, shunthia, vednasthapan and marich as srotoshodhan also proves useful in relieving symptoms.

**Conclusion:-**

Rheumatoid arthritis is a common disease occurring in today's world due to faulty lifestyle. It not only affects the peripheral joints but also has other systemic involvement and adversely affects the mental and social life of an individual. Corticosteroids and painkillers are the mainstay of treatment in the modern world. Amavata described by ancient Acharyas can be equated to Rheumatoid Arthritis. The ampachan and agnideepan treatment principles are beneficial for dissolution of pathogenesis of the disease. In the present case study, satisfactory results are achieved in treating Rheumatoid arthritis with shaman chikitsa mentioned for amavata and hence highlighting the importance of ayurvedic approach in today's world for better results.

**Informed consent**

The author certifies that the informed consent was taken by the patient to report the case and assured that his identity will not be published.

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Nil.

**Conflict of interest**

There are no conflict of interest.

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