



Case Study

AYURVEDIC MANAGEMENT OF SEVERE AMAVATA (RHEUMATOID ARTHRITIS) WITH ITS COMPLICATIONS: A CASE STUDY

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ABSTRACT

Amavata is one of the crippling diseases. It is the systemic disorder in which pathogenic constituents are mainly *Aama* and *Vata*. The symptoms of *Amavata* are identical to Rheumatoid arthritis and Rheumatic fever. According to Ayurveda, *Amavata* is the disease which is mentioned under the category of *Vata- Kaphaja vyadhi*. Research has proven that Ayurvedic treatment is effective in the management of *Amavata*.

Present case study was done on the female patient of *Amavata*, we found that Ayurvedic medicines improve *Jatharagni* and leads to the formation of other *Dhatu* as well as stop the formation *Aam*. In this study, patient is having many complaints such as joint pain, joint stiffness, cough, breathlessness, hoarseness of voice etc. Patient was given Ayurvedic medicines such as *Suvarnabhasma*, *Sihnad Guggul*, *Amavatari Rasa* and some *Panchakarma* therapy such as *Hrudayabasti*, *Nasya*. Patient was feeling much better than earlier and she felt that about 95% of her symptoms got decreased. From the modern aspect, the non-steroidal anti-inflammatory drugs (NSAID'S) and disease modifying anti-rheumatic drugs (DMARD'S) are the main stay in this condition, however they have serious adverse effects and have limitations for long term therapy. Continuous use of allopathic drugs leads to symptoms like constipation, nausea, abdominal discomfort. So we stopped the allopathic medicine and started above mentioned Ayurvedic medicine and *Panchakarma* treatment and gradually alleviated above symptoms.

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INTRODUCTION

Aamavata affects the *Sandhi* and *Hridya Marma* which are the part of *Madhyamroga Marga*. The affection of *Sandhi* with *Aama* reflects role of homogenous *Dosha* and *Dushya* in prognosis of disease. The prevalence of Rheumatoid Arthritis in adults in India varies from 0.5 to 3.8% in women and 0.15 to 0.38% in men. Derangement of *Kapha dosha* especially *Shelshmak Kapha* in *Aamavata* which produce joint pain and swelling with tenderness can be correlated with Rheumatoid Fever because of cardiac involvement due to repeated fever resulting in Rheumatic heart disease.^[1] In the Rheumatoid Arthritis synovial membrane is infiltrated with lymphocytes, macrophages and plasma cells. The serum contains

Rheumatoid factors (RF) which are immunoglobulin (IgM) behave as antibodies to auto antigenic components of IgG. It appears that the inflammatory changes of Rheumatoid Arthritis (RA) are brought out as a result of activation of antigen antibody complex. RA is generally regarded as an autoimmune inflammatory disorder of connective tissue throughout the body in which some antigenic products of streptococci in throat are absorbed through the blood vessels and lymphatics.^[2] These streptococcal antigens activates autogenously tissues to form auto antibodies which reacts with specific tissue component to produce lesion in RA.

The antigen formation can be considered as *Aama* at *Jatharagani* level and formation of

antibodies with *Dhatugat Aama*. The antigen, antibodies complex of *Samdhatu* and that of *Sthansanshraya* in a *Shleshmavastha* with infiltration of immune complex including lymphocytes, macrophages and plasma cells. *Aama* and *Vata* being contradictory in character is difficult factor while planning the line of treatment.

From the modern side, the non-steroidal anti-inflammatory drugs (NSAID'S) and disease modifying anti-rheumatic drugs (DMARD'S) are the main stay in this condition, however they have serious adverse effects and have limitations for long term therapy.^[3] NSAID'S and DMARD'S provide temporary control to the pain and possibility of further damage to joint also increases as root cause of disorder remains unattended. Hence there's a need of drug which can have predictable efficacy with low toxic profile in this debilitating disorder. An US study showed efficacy of Ayurvedic medicines in Rheumatoid Arthritis cure. Personalized Ayurvedic interventions have demonstrated clinically significant improvement in Rheumatoid Arthritis at par allopathic treatment with added advantage of lesser side-effects, according to a study.^[4]

Samprapti

When person having sedentary lifestyle with hypo functioning of digestive mechanism indulges incompatible diet or workout exercise after taking fatty food, *Aama* is formed and propelled by *Vayu* and reaches the *Shleshmasthan* (such as *Amashaya*, *Hridaya*, *Mashtikshya*, *Sandhi* and *Jihva*).^[5] The incompletely processed *Aamarasa* with the help of vitiated *Vata* is circulated all over the body. Then it becomes excessively mucous accumulated in the small channels. It makes the patient weak and produces feeling of heaviness in the pericardial region. This aggravated *Aama* and *Vata* is simultaneously circulated all over body and gets accumulated in joints by *Strotasang* making body stiff, this condition is known as *Amavata*.^[6]

According to *Kapha sthana*, involved *Amavata* can be described in five different types. Involvement of *Avalambak Kapha* in *Hridaya* may manifest the predominant symptoms like *Hridgraha*, *Hridgaurava*. Clinically these patients may suffer with mitral prolapsed or mitral stenosis. If *Dosha* takes shelter in *Amashaya* and dislodges the *Kledak Kapha*, it results in severe *Agnimandya* and *Aruchi*, involvement of *Tarpak Kapha* in brain

leads to Rheumatic chorea. Involvement and predominance of *Shleshmak Kapha* at *Sandhithana* leads to Rheumatoid Arthritis. Patients get symptoms such as *Sandhishool*, *Sandhishoth*, *Sandhigraha*, *Sparsha-asahatva* etc. Symptoms such as *Aruchi*, *Trishna* and tastelessness will be found predominantly when *Bodhak Kapha* involved at *Rasna (Jivha)*.

Case report

A clinically diagnosed 22yr old female student residing in Nagpur, Maharashtra state reported with complaints of Tachycardia, breathlessness, hoarseness of voice, stiffness in joint, anxiety, cough and loss of appetite with Anorexia. For that patient consulted by physician and admitted in ICU for 1month, after that patient was shifted to oral medicine for 1 month. Then, the patient arrived at OPD for Ayurvedic Treatment.

On examination

P-126/min BP-140/100 mmhg

R/S- B/L Rhonchii present

Oral – Pharyngitis with Tonsils inflamed.

Joint – Stiffness in all joints and edema present

CVS – Palpitation and murmur on Auscultation

P/A – Tightness palpated

History of previous illness

At age of 4yr - repeated nausea and vomiting after 2 to 3 months upto 14yrs.

14yr - Meningitis diagnosed.

15yr - PCOD diagnosed.

18yr - RA factor positive and ESR raised (Wrist joint swelling)

19yr - Typhoid positive

After 19yrs - Cough and Cold continuously upto 21yrs of age.

Investigation

ESR- 55 mm/hr, Hb- 8.6 gm%.

2D echo – Mitral valve Stenosis leads to severe pulmonary Hypertension.

Rheumatology – SM/RNP Antibodies positive (strong)

SS-A Antibodies positive (strong)

RO-S2 Antibodies positive (strong)

SS-B Antibodies positive (strong)

ABS to Extractable Nuclear Antigen (ANA Blot) positive.

Table 1: Allopathic Treatment

S.no.	Medicine Name	Pharmacological Effect
1	Tab Prednisolone 40 mg	It improves immune system with reduction of swelling and allergic reactions.
2	Tab Digoxin 0.25 mg	It increases force of contraction of Heart muscle by inhibiting the activity of (ATPase) enzyme.
3	Tab Pantoprazole 40mg	It inhibits the final step of gastric acid production.
4	Tab PAH	It is used to treat Pulmonary Arterial Hypertension.
5	Tab Hydroxychloroquine 300mg	It is used to treat Autoimmune diseases like SLE and Rheumatoid Arthritis.
6	Tab Jupical	Multivitamin + Calcium
7	Tab Torsemide	It is Diuretic useful for the High Blood Pressure.
8	Tab Alprazolam 0.25mg	It produces calming effect on Brain and Nerves.
9	Syp Sucralfate	This creates a protective barrier to Pepsin and Bile.

Table 2: Ayurvedic Medicine - Internal

S.no.	Medicine name	Pharmacological Effect
1	<i>Swarna bhasma</i> ^[7]	It is used for increasing Immune power.
2	<i>Samsharkara churn</i> ^[8]	It relieves Respiratory complaints.
3	Tab. <i>Amavatari</i> ^[9]	It is used in Rheumatoid arthritis and edema on joints.
4	Tab. <i>Hridrogchintamani</i>	It is effective in treatment of Heart muscle weakness.
5	Tab. <i>Sihnad Guggul</i> ^[10]	Pain, Inflammation and Stiffness of Joints
6	Tab. <i>Shankha Vati</i>	Useful in Anorexia, Nausea and loss of Appetite
7	Syp. <i>Dashmoolkatutray</i>	Used as Cough expectorant and strength to Lungs
8	<i>Gandharvhashtadi</i> oil	Expel <i>Aam Dosha</i> through the body by motions

Anupan – Koshna jal with the Sunthi powder.

External therapies

1. *Abhyaga- Mahavishgarbh tail* – local application on inflamed joints.
2. *Swedan- Valuka pottali*- detoxify the *Aam* which present in joints.
3. *Nasya- Vacha tail*- Excretion of *Kapha dosha* from Nose and Sinuses.
4. *Hrudya Basti- Bala tail*- Improve muscle strength of Heart.^[11]

Table 3: Observation

S.no	Symptoms	1 st day	After 30 days	After 60days
1	Tachycardia	++++	++	+
2	Breathlessness	++++	+	-
3	Joint pain	+++	+	-
4	Joint Stiffness	++	+	+
5	Indigestion	++++	++	-
6	Cough	+++	++	+
7	Hoarseness of Voice	+++	+	-
8	Headache	++	-	-
9	Constipation	+++	+	-

(Extreme severe ++++ Severe +++ Moderate ++ Mild + Nil)

After 6 months

O/E Pulse- 98/min, Bp- 130/90 mmhg

R/S – NAD, Oral-NAD, Joint- Stiffness reduced and Edema absent

ESR- 24 mm/hr

Hb- 11%

2D ECHO is not done because patient was discontinuing the further treatment.

Results and Discussion

After starting the Ayurvedic treatment the Allopathic medicines were gradually tapered in 4-5 months and patient completely shifted on Ayurvedic medicine after 5 months. Ayurvedic medicines improved *Jatharagni* and led to formation of other *Dhatu* as well as stop the formation of *Aama*. After this frequency and duration of episodes were decreased significantly. Stiffness and Rigidity of joints decreased significantly. Ricinoleic acid and Vitamin E is main component of Castor oil which has Anti-inflammatory effect.^[12-13] Patient felt more confident during walking and social interaction. In *Amavata stambha*, *Gaurav* and *Shula* are the chief symptoms so *Swedan* gives relief in these symptoms and helpful in the treatment of *Amavata*.^[14] Due to *Ushna Veerya* drugs, it improves digestion, absorption and excretion by its *Shodhan Karma*. The *Aamavata* is auto-immune disorder. It observed that *Swarna bhasma* is *Rasayana* drug, so it improves the quality of body elements, there is curing disease as well as maintaining the healthy status of body.

CONCLUSION

In this study we are discussing on a 21 yr old girl having *Amavata*. She have *Kaphaja vikara* since birth hence she developed heart problem. When she arrived at hospital, she was having the complaints of tachycardia, breathlessness, joint pain, joint stiffness, indigestion, cough, hoarseness of voice, headache and constipation. After 60 days of treatment she got relief about 95% from her symptoms.

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