



Case Study

## MANAGEMENT OF AMAVATA W.S.R. TO RHEUMATOID ARTHRITIS

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### ABSTRACT


Vitiated *Vata Dosha*, weakened *Agni*, and accumulation of *Ama* at *Shleshmic Sthana* mainly at *Sandhi* (joints) are responsible for the development of *Aamvata*. *Amavata* can be correlated with rheumatoid arthritis due to similarities in clinical symptoms. Rheumatoid arthritis is one among the autoimmune diseases causing chronic symmetrical polyarthritis. The treatment in Modern science includes the use of NSAID's (Non-steroidal anti-inflammatory drugs), DMARD's (Disease-Modifying Anti-rheumatic Drugs), glucocorticoids, and immune-suppressants, long-term use of which causes several side effects. Ayurveda treatment procedures and medication used for the treatment of *Amavata* have *Agni Deepana*, *Ama Pachana*, *Vata Shamaka*, *Sroto shodhana* actions which are helpful to retard disease process and reduce signs and symptoms of the disease. In the present case, 65-year female patient presented with, complaints of multiple joint pain with swelling and morning stiffness, restricted joint movements, loss of appetite, fatigue, weakness, fever (on and off), migratory pain, and symmetrical joint involvement. Patient was administered with *Phalatrikadiguggulu*, *Shwadanshtradi guggulu*, *Mahayograjguggulu*, *Rasapachak vati*, *Sameerpannag rasa* and *Gandharvaharitaki churna* added as *Nitya Virechana*. *Ruksha Swedan* with *Valukapottali* had also been given. The therapeutic interventions adopted in the study have shown beneficial effects in the patients of *Aamvata*.

### INTRODUCTION

*Amavata*, as a disease, was first described in detail by *Madhavakaran* in *Madava Nidana*<sup>[1]</sup> whereas the treatment of *Amavata* was first explained by *Acharya Cakradatta*. It is a disease of *Madhyama Rogamarga* hence it is said to be *Krichrasadhya* or *Yapya* i.e., difficult to cure. The word *Amavata* is made up of a combination of two words, *Ama* and *Vata*.<sup>[2]</sup> The disease is mainly due to the derangement of *Agni* (bio-fire), (like *Jatharagni*, *Dhatvagni*, and *Bhutagni* etc.), resulting in the production of *Ama* (metabolic toxin), and this *Ama* (metabolic toxin) circulates in the whole body by the vitiated *Vata* and gets located in the

*Sandhis* (joints), causing pain, stiffness, and swelling over the joints. *Angamarda* (body ache), *Aruchi* (anorexia), *Trishna* (thirst), *Alasya* (lethargy), *Jwara* (fever), *Apaka* (indigestion), *Shunata* (swelling), *Sandhishula* (pain in joints), *Stambha* (stiffness) are clinical features of *Amavata*<sup>[3]</sup>. Some of them resemble with sign and symptoms of RA such as pain, stiffness, swelling of small and large joints, lethargy, etc. In Ayurveda based on clinical appearances, there is a close resemblance between *Amavata* and rheumatoid arthritis.

RA is asymmetrical, destructive and deforming polyarthritis affecting small and large synovial joints.<sup>[4]</sup> As the disease advances, joint destruction occurs resulting in limitation of motion, instability, subluxation, deformities and systemic disturbance.<sup>[5]</sup> The treatment includes NSAIDS (Non-steroidal anti-inflammatory drugs), DMARDS (disease-modifying anti-rheumatic drugs), analgesics, immune suppressants therapies etc but regular monitoring is

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required because of hepatic and hematological toxicity. Long-term use of these drugs has various adverse effects on the other systems of the body.<sup>[6]</sup>

Ayurveda advocates a range of preventive and curative measures. *Langhana, Swedana, Deepana, Katu Tikta Pachana, Virechana, Snehapana, Basti* are the line of treatment.<sup>[7]</sup> *Amavata* can be managed successfully with the holistic approach of Ayurveda and helped in restoring the quality of life of patients. The aim of the present study is to evaluate the efficacy of *Valuka Swedana (Ruksha Sweda)* and oral administration of some *Shamana Aushadhi* in the management of *Amavata*.

### Case Presentation

A 65 years female patient visited Bhaisaheb Sawant Ayurved Mahavidyalaya OPD of Kayachikitsa dept. having complaints of pain in all major and minor joints, stiffness in joints (especially in morning hours) associated with loss of appetite, heaviness in the whole body, constipation and difficulty in daily routine work. As per the patient, she was alright 2 years back. One day she developed pain and swelling in interphalangeal joints bilaterally. Later on pain and swelling started in bilateral wrist joints. Gradually pain started in the elbow, knee, ankle and shoulder joints bilaterally. The severity of the pain started increasing with swelling. Stiffness in the body started in the morning hours with restricted joint movements, loss of appetite, fatigue, weakness and fever (on & off). For that, she took allopathic treatment but did not get satisfactory

results. She had a history of hypertension and no history of any other major illness in the past. Patient had no any relevant family history.

### Examination

**Table 1: Personal History**

<b>Diet</b>	Irregular food habits, mixed diet
<b>Appetite</b>	Decreased
<b>Bowel</b>	Hard stool
<b>Bladder</b>	5-6 times/day
<b>Sleep</b>	Disturbed

### Systemic Examination

The vitals of the patient were found to be within normal limits. No any abnormal findings were found on systemic examination.

### Musculoskeletal system

Swelling presents on both wrist and ankle joints. Difficulty in extension at interphalangeal joints, and wrist joints, difficulty in lifting arms, local temperature is found to be raised, tenderness presents at joints with restricted and painful movement of all joints.

### General Examination

**Table 2: Ashtvidha Pareeksha**

<i>Jihva- Uplepatwa</i>	<i>Nadi- Kapha-vaat</i>
<i>Mala- Aamyukta</i>	<i>Mutra- Prabhut</i>
<i>Shabda- Ruksha</i>	<i>Sparsh- Ruksha</i>
<i>Druka- Prakrita</i>	<i>Akruti- Madhyama</i>

**Table 3: Dashvidha Pareeksha**

<i>Prakruti- Vata-pitta</i>	<i>Vikruti</i> <i>Dosha- Vata-kapha</i> <i>Ahara-Vata-kaphakar, Akala, Ajir nabhojana</i> <i>Vihara- Avyayama, Atichintana</i> <i>Dushya-Rasa, Rakta, Mamsa, Asthi, Snayu</i> <i>Desha- Anupa</i> <i>Bala- Madhyam</i>
<i>Sara- Madhyam</i>	<i>Samhanan- Madhyam</i>
<i>Pramana-Madhyam</i>	<i>Satmya- Excessive Dadhi (curd), sour food, stale food</i>
<i>Aharashakti-Avara</i>	<i>Vyayamshakti- Alpa</i>
<i>Kostha-Krura</i>	<i>Vaya - Vriddha</i>

**Table 4: Investigations**

<b>Hematology</b>	<b>Differential count</b>
Hb-11.7gm%	Neutrophil- 68 % [50-65]
T. WBC- 6100	Lymphocyte- 28% [20-45]
ESR- 52	Eosinophil 02% [1-4]
CRP- 12.3mg/L [0-5]	Monocyte- 02% [2-8]
Rheumatoid Factor- 117.8 IU/ml	RBC- 4.35mill/mm <sup>3</sup>
	Plt- 2.93 lakhs

**Differential Diagnosis**

*Amavata* (rheumatoid arthritis), *Sandhivata* (osteoarthritis), *Vatarakta* (gout).

**Diagnosis**

Based on the present illness, chief complaint and clinical features the case was diagnosed as *Amavata*. The clinical symptoms are similar to

rheumatoid arthritis like pain, swelling, stiffness of joints, weakness, the rise in temperature, etc. *Amavata* (rheumatoid arthritis) was diagnosed on the basis of symptoms described in the classics of Ayurveda and criteria fixed by the American Rheumatology Association.

**Table 5: Criteria fixed by the American Rheumatology Association**

Symptoms	Severity	Grade
<i>Sandhishula</i> (Pain in joints)	No pain	0
	Mild pain	1
	Moderate, but no difficulty in moving	2
	Much difficulty in moving the body parts	3
<i>Sandhishotha</i> (Swelling in joints)	No swelling	0
	Slight swelling	1
	Moderate swelling	2
	Severe swelling	3
<i>Sandhijadyata</i> (Stiffness in joints)	No stiffness	0
	Stiffness persisting only for half an hour to 1 hr in the morning	1
	Stiffness persisting for long time (>1h)	2
	Stiffness for the whole day and night	3
<i>Sparshasahatwa</i> (Tenderness)	No tenderness	0
	The subjective experience of tenderness	1
	Wincing of the face on pressure	2
	Wincing of the face and withdrawal of the affected part on the pressure	3

**Case Management**

**Bahya Chikitsa (External Medicines):** *Ruksha Swedan* with *Valukapottali* started and continued throughout the treatment. It is done for 15-20 minutes in the morning.

**Table 6: *Abhyantara Chikitsa* (Internal Medicines)**

Medicine Name	Dose	Time of Administration	<i>Anupana</i>	Duration
<i>Phalatrikadi Guggulu</i>	250mg	At 6AM & 6PM	<i>Koshnajala</i>	3 months
<i>Shwadanshtradi Guggulu</i>	250mg	Every 4 hourly Then at 6 AM & 6 PM	<i>Koshnajala</i>	7 days 3 months
<i>Mahayograjaa Guggulu</i>	250mg	After lunch & dinner	<i>Koshnajala</i>	3 months
<i>Rasapachak + Sameerpannag rasa</i>	500gm 65mg	After lunch & dinner	<i>Koshnajala</i>	1.5 months
<i>Gandharva Haritaki Churna</i>	5gm	Before lunch & dinner	<i>Koshnajala</i>	1 month then as per need

**RESULT**

There were significant changes before and after treatment.

**Table 7: Signs and Symptoms (Subjective parameters)**

Clinical features	Before treatment	After treatment
<i>Sandhishula</i>	3	0
<i>Sandhishotha</i>	3	1
<i>Sandhijadyata</i>	3	0
<i>Sparshasahatwa</i>	2	0

**Table 8: Objective parameters**

Laboratory investigation	Before treatment	After treatment
RA Factor	117.8	4.7
CRP	12.3	8.7
ESR	52	18

**Before treatment****After treatment**

During treatment only *Valukaswedana* and oral medicine with appropriate *Anupana* and *Pathya* have been advised to the patient and asked for a follow-up visit. After 90 days she came to OPD for a follow-up. As per her statement pain and swellings were reduced. On the day of the OPD visit, investigations were carried out, which showed the following results i.e., ESR 18mm/hr, CRP 8.7mg/L, and RA factor 4.7 IU/ml. Marked improvement was found in all sign and symptoms, pain, swelling, stiffness, and tenderness was markedly reduced. Her appetite was improved, and bowel habits became regular during treatment.

## DISCUSSION

*Amavata* is one of the most common problems in the present era. There is no such therapy for a permanent cure. But through Ayurvedic treatment, patients can get a better life. Consumption of *Nidanas* leads to the deviation of *Agni* causing *Mandagni*. *Mandagni* is the main cause of *Ama* formation. The diminished digestive fire, incompatible diet and incompatible body movements are the main causative factors of *Amavata*. The main principle of treatment in *Amavata* is to reduce and cease the production of the *Ama* by *Amapachana* (metabolism) and to normalize the vitiated *Vata dosha* and *Kapha dosha*. *Acharya Chakradatta* mentioned *Chikitsa Siddhanta* for management of *Amavata*, which consists *Langhana*, *Swedana*, and use of drugs having *Tikta*, *Katu Rasa*, and *Deepana* property. Hence, the drugs were administered accordingly.

Primarily patient was treated with *Shamana* drugs along with *Valuka Swedana*. *Valuka-Pottali Sweda* was given for external dry fomentation. *Valukapottali* possesses *Rukshana* property and has been mentioned for *Kaphaja* disorders. This dry *Swedana* helps in the *Shoshana* (metabolism) of the *Ama* produced in the *Amavata*. It induces sweating which helps to relieve the pain and stiffness of the joints making them mobile and free for movement.<sup>[8]</sup>

The *Swedana* also works and increases the *Dhatavagni* of the affected joint area by improving its functions.<sup>[9]</sup> *Phalatrikadi guggulu* has properties of *Vayu Akasha mahabhoota* and it plays an important role to reduce and digest the properties of *Pruthivi Aap mahabhoota* i.e., *Ama*. It also increases the qualities of *Teja mahabhoota* which helps with *Agni sandhukshana* and *Vatanuloman* which help with proper *Malapravrutti* i.e., regular bowel habits. *Phalatrikadi guggulu* gives support to other medicines to reduce the complaints and diseases related to *Annavahastrotasa* and *Asthivahastrotasa*. Like this *Phalatrikadi* can help to other medicines to reduce the complaints and disease related to other *Strotasa's* having *Avarodhjanya samprapti*.<sup>[10]</sup> *Shwadanshtradi Guggulu* reduces *Shotha* and helps in excreting toxins through urine.

*Mahayograj guggul* is the best medicine for *Vatavikara*. It has *Triphala* and *Guggul* as the main ingredients. It acts as *Yogavahi*, *Rasayan*, *Dhatuposhak* and *Jathragnipradeepak*. By regulating the mediator of inflammation, it exerts significant anti-inflammatory activity.<sup>[11]</sup>

*Rasapachak (Kalingakadi yog)* contains *Kalingak*, *Patola*, *Kutaki*, *Nimbatra*, *Shuddha Guggulu*. Most of the drugs have *Katu*, *Tikta*, *Kashaya rasa*. It has *Agni*, *Vayu*, *Aakash mahabhutatdhikya* that helps to digest *Prithvi* and *Aap Mahabhutatdhikya Aama*. *Agni* gets intensify that digest *Kapha Vata pradhanya Aam* at *Sandhi pradesh* and *Trik pradesh*. It also reduces *Lakshana* in initial stage of *Aamvata*. *Rasa* is first *Dhatu* develop after *Ahara rasa*. *Rasapachaka* supports in the formation *Prakuta rasa* that gives *Bala* to further *Dhatu*.

*Sameerpannag rasa* has *Katurasa*, *Katuvipaka*, *Ushna* and *Tikshnavirya*.<sup>[12]</sup> It has *Balya kaphavatghna*, antitoxin action and *Ama Pachak* (detoxifier) actions, which reduce *Aam* formation, remove *Aamvisha* from the channel, and facilitate their quick elimination from the body. Therefore, it helps in diseases in which *Aam*

or *Aamvisha* are responsible or play an underlying cause of the disease e.g., rheumatoid arthritis.<sup>[13]</sup> *Gandharva Haritaki Churna* contains laxative herbs i.e., *Haritaki* and *Eranda*. *Haritaki* is attributed with many qualities like *Deepan* (appetizer), *Pachana* (digestive), *Anulomana* (carminative), *Rasayana* (rejuvenator), etc. *Eranda* possesses *Vatahara*, *Vrishya* (aphrodisiac), *Rechana* (laxative) actions. It is a widely used formulation in the management of *Vatavyadhi* (*Vata* disorders), *Sandhivata* (osteoarthritis), *Ajirna* (indigestion), *Aruchi* (anorexia) induced diseases. It softens stools and eases the problems of constipation by inducing regular bowel movements. It does *Anulomana* of *Apana vayu*.

All the medicines used in the treatment of the patient are prepared as per *Vaidya Datarshastri* (renowned *Panchabhautika Chikitsa Vaidya*).<sup>[13]</sup> The speciality of this medicine is that titration of the formulation is done using the same content of the formulation. In this, due to the special process of drug preparation and administration, the quantity of medicine given to the patients is reduced. Due to this, side effects on patients are also reduced.

#### CONCLUSION

From this case study, it can be concluded that *Aamvata* can be treated effectively and safely by using the Ayurveda principles without side effects with restoring quality of life. This is a single case study hence to prove its efficacy there is a need to conduct a study on a large number of patients.

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