



An Outlook of *Amavata* W.S.R to Rheumatoid Arthritis

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Abstract

With modernisation dietary habits, life style, social structure and environment have been changing. Due to lack of physical activity and sedentary life style, metabolism of body is getting slower. In *Ayurveda* this is called dysfunction of Agni (*Jatharagni* and *Dhatwagni*). Impaired status of *Agni* leads to formation of *Ama*. Deposition of *Ama* hampers the functions of *Vata* leading to condition called *Amavata*. Occurrence of *Amavata* on large scale is one of the outcomes of this modernisation.

Amavata is progressive sporadic disorder found in general population with complaints of difficulty in doing routine work due to dysfunction of joints especially due to pain, stiffness and swelling. Clinical presentation of *Amavata* closely resembles with Rheumatoid arthritis (RA). It is an autoimmune chronic inflammatory disease characterized by inflammation of synovial joints leading to destruction of joint and periarticular tissue. Patients are almost functionless for their work due to sluggish movement and painful condition. *Amavata* is one of the most troubles causing disorder for patients due to its deformity causing nature. It is also very challenging for clinicians due to its chronicity, incurability, and complications. Lack of awareness in the society about disease people suffer lifelong joint deformity. Contemporary system of medicine offers only symptomatic and palliative treatment which has more complications than benefits to the patients.

Keywords: *Amavata*; *Ama*; *Vata*; Rheumatoid arthritis; *Jatharagni* *Dhatwagni*

Abbreviations: RA: Rheumatoid Arthritis

Introduction

The word *Amavata* is composed of two words- *Ama* & *Vata*. Where *Ama* is immature *Dosha*, *Dhatu* & *Mala* and *Vata* is the major cause of movement in body. The *Ama* when combines with vitiated *Vata* and occupies in *Sleshma Sthana* (*Asthi* and *Sandhi*) [1] results painful and deformity causing disease '*Amavata*.' It can be correlated with Rheumatoid arthritis. The sign and symptoms of both the disease are nearly same. Rheumatoid arthritis (RA) is chronic

multisystem disease of unknown cause. Although there are variety of systemic manifestations, the characteristic features of RA are persistent inflammatory synovitis, usually involving peripheral joints in symmetric distribution [2]. *Amavata* is first described as independent disease by *Acharaya Madhavakara*.

Aims and Objectives

- To know *Amavata* in details.
- To understand its deformities and complications.
- To understand the Ayurvedic treatment of *Amavata* and

its efficacy.

Materials and Methods

As this is a review study, so we have collected information from Ayurvedic Samhitas, elementary books and review article to get full knowledge of the disease *Amavata* its complications and management.

Etiological Factors (*Nidana*)

वरिद्धाहारचेष्टस्य मन्दाग्नेरनश्चलस्य च ।
सनिग्धिं भुक्तवतो ह्यन्नं व्यायामं कुरुवतस्तथा ॥ (Ma.Ni 25/1)
[3]

According to *Acharaya Madhavakara* etiological factors of *Amavata* are-

Viruddha Ahara (incompatible diet) *Viruddha Cheshta* (erroneous habit) *Mandagni* (diminished digestive fire) *Nischalata* (Sedentary habits)

Vyayama (physical exertion) immediately after having *Snigdha Ahara*

Rupa (signs & symptoms)

Acharaya Madhavakara have described the *Rupa* of *Amavata* [4]. These can be classified under the following categories:

Samanya Lakshana: *Angamarda* (generalized bodyache), *Aruchi* (anorexia), *Trishna* (excessive thirst), *Alasaya* (lethargy), *Gaurava* (heaviness), *Apaka* (indigestion) and *Angashunta* (edema in different parts of body).

Doshanubandha Lakshana: *sensation*, *Raga* (redness) and *Shula* (pain in joints), *Pittanubandha* is *Daha* (burning) *Kaphanubandha* is *Staimityata*, *Gaurava* (heaviness), *Kandu* (itching).

Pravridha Lakshana: *Saruja Shotha* (pain and swelling in hands, legs, ankle, knee, wrist, shoulder, and hip joints) *Vrishchika danshavata Vedana* (pain like scorpion bite), *Bahumutrata* (polyuria), *Agnidaurbalya* (diminished digestive fire), *Praseka* (excessive salivation), *Aruchi* (anorexia), *Gauravata* (heaviness), *Utsah-hani* (loss of enthusiasm), *Vairasyata* (tastelessness), *Daha* (burning sensation), *Kukshikathinyata* and *Kukshishoola* (abdominal pain), *Nidraviparyaya* (sleep disturbance).

Samprapti

Acharaya Madhava has described the *Samprapti* of *Amavata*. All the three doshas take part in pathogenesis of disease but *Ama* and vitiated *Vata* plays the dominant role.

Due to intake of etiological factors, function of *Jatharagni* diminished (*Agnimandaya*). This *Mandagni* is unable to digest the food properly leading to formation of *Ama*. This *Ama* when

combined with vitiated *Vata*, circulates throughout the body via channels (*Srotas*) and cause obstruction of *Srotasa*. Due to obstruction of channels various symptoms (*Gurugatrata* & *Stabdhta*) appears. All this cause insufficiency of nutrition to further dhatus leading to *Dhatukshaya* and *Daurbalya*. Later, *Ama* lodge at *Trika* and *Sandhi Pradesha* which cause *Shoola*, *Shotha*, *Stabdhta* in *Sandhi* (joints).

Samprapti Ghataka (Table 1)

Agni	Jatharagni and Dhatvagnimandya
Udbhava Sthana	Amashaya and Pakvashaya
Vyakata Sthana	Kaphasthana i.e., Sandhi, Uras, Amashya
Vyadhi Swabhava	Chirakari and Punah Punah Akramanasila
Roga Marga	Madhyama

Table 1: Classifications of *Samprapti Ghataka*.

Pathophysiology (Figure 1)

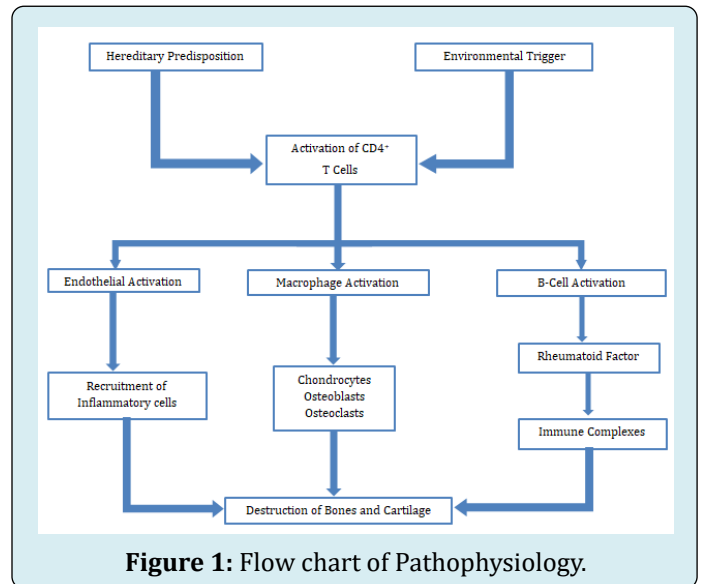


Figure 1: Flow chart of Pathophysiology.

Presentation

Rheumatoid arthritis presents as acute polyarthritis developing over a period of few days or from weeks to month. Commonly affected joints are metacarpophalangeal, metatarsophalangeal and wrist. Ra usually presents in symmetrical manner along with morning stiffness.

Chikitsa Sutra

लङ्घनं स्वेदनं तक्तितदीपनानि कटूनचि ।
वरिचनं स्नेहपानं बस्तयश्चाममारुते ॥

रूक्षःस्वेदो वधातव्यो बालुकापोटलैस्तथा ।
उपनाहाश्च कर्तव्यास्तेऽपि स्नेहविरजिताः। (Y.R Amavata
Chikitsa Adhikara) [5]
Chikitsa of Amavata can be divided in two stages
Stage 1 [Chikitsa of Sama Awastha]- Langhana, Svedana and
Deepana
Stage 2 [Chikitsa of Jeerana Amavata]- Virechana, Snehapana
& Basti etc.

Langhana: The process of bringing Laghuta in the body is Langhana [6]. In Amavata, Ama is primary cause of Agnimandya and disease. Langhna helps to get rid of Ama and increase digestive fire (agni).

Swedana: The process whichs reduces *Sthabhana* (stiffness), *Guruta* (heaviness) is *Swedana* (sudation) [6]. *Ama* is *Guru* and *Snigdha* in nature, *Swedana* having opposite qualities is beneficial. In *Amavata Rooksha Valuka Pottali Sweda* (in *Naveena Amavata*) and *Upanaha* (in *Jeerana Amavata*) is

Shamana Aushadis for Amavata (Table 2):

Rasa Aushadis	Churana	Vati and Gugglu	Kwatha	Ekala Aushadis
Amavatri rasa Amavateshwara rasa Vatagajendara rasa Shakha bhsama	Sunthi Churana Haritaki Churana Vaishvanar churana	Agnitundi vati Sanjeevani vati Amapramathini vati Shimhanaada gugglu Yogaraja gugglu Vatari gugglu	Erandadi kwatha Rasonadi kwatha Rasnapanchaka Rasnasaptaka Maharasnadi kwatha	Eranda Sneha Guduchi Sunthi Bhalataka Rasna

Table 2: classification of Shamana Aushadis for Amavata.

Discussion

According to *Acharaya Vagbhata* 'रोगाःसर्वेऽपि मन्देऽग्नौ' [9] Impaired status of *Agni* leads to development of various kinds of diseases. *Amavata* is one of those disease caused by poor digestive fire (*Mandagni*). This *Mandagni* leads to formation of *Ama* which is a major contributor to the development of disease *Amavata*. *Ama* combined with vitiated *Vata* and hamper the normal function of *Vata Dosha*. This *Ama* and vitiated *Vata* tends to deposit in *Kapha* dominant areas specially in *Sandhis* (joint) and produce *Lakshana* like *Sandhishotha*, *Sandhishoola*, *Angamarda*, *Aruchi*, *Trishna*, *Alasaya*, *Gaurava* etc.

Symptomatically it can be correlated with sign and symptoms of Rheumatoid arthritis (RA), it is an autoimmune and inflammatory disease of unknown cause. Although it is a multisystem disease but mainly affect joint in symmetrical manner.

recommended.

Tikta Katu And Deepana Dravayas: The diet or medicine which stimulates digestive fire (*Agni*) is called *Deepana* [7]. *Agnimandya* is important pathological factor in *Amavata*. *Katu* and *Tikta Rasas* are antagonistic to *Kapha* and *Ama*, and are useful as *Amapachana* and *Vatanulomana*.
Eg: *Sunthi Churana*, *Panchkola Churana*, *Trikatu Churana*, etc.

Virechana: The process of eliminating doshas (toxins) through anal route is *Virechana* (purgation).
Eranda Taila and *Haritiki* is considered best for *Virechana* in *Amavata*.

Basti: It is one of the chief *Panchkarma* procedure used to treat *Vatika* disorder. *Acharaya Chakradutta* mentioned *Saindhavadi Anuvasanabasti* and *Ksharabasti* in *Amavata* [8].

Conclusion

Contemporary system of medicines offers only symptomatic treatments. NSAIDS, DMARDS and corticosteroids are the major line of treatment for this disease which has severe adverse effects and limitations for long term. So, this is the time to opt for Ayurvedic system of medicine. After proper *shodhana* various *Shamana Aushadis* along with *Rasayana* can be used for better management of *Amavata*.

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