

## REVIEW ON RHEUMATOID ARTHRITIS IN AYURVEDIC PERSPECTIVE AND ITS MANAGEMENT

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### ABSTRACT

Rheumatoid arthritis is a chronic multisystem disease of unknown cause, although there are a variety of systemic manifestation, the characteristic feature of RA is persistent inflammatory sinusitis, usually involving peripheral joints in a symmetric distribution. The onset is during 4<sup>th</sup> and 5<sup>th</sup> decades of life. This condition is correlated with *Amavata* in *Ayurveda*. According to *Ayurveda*, in *trike* & *sandhi* vitiated *Ama* and *vata* simultaneously lodged & leading to *shotha* (swelling), *stabdghata* (stiffness) in body and joints; *Guruahara*, *mandagni*, *avayayama* etc are the etiological factors of *Amavata*. *Pratyatma lakshana* of *Amavata* are *Sandhishhula*, *Sandhi shotha*, *Gatrastabdghata*, *Sparshasahyata*. Complications are stated as – *Chardi*, *Antrakujana*, *Jadya*, *Shula*, *Khanjata*, *Bahumutrata*, *Samkocha* etc. According to modern medicine, Analgesics (pain killer), Steroids, Anti-inflammatory (used to reduce inflammation) drugs are used which gives only symptomatic relief and serious side-effects. *Langhana*, *Dipana*, *Katu rasa seven*, *Virechana*, *Basti*, *Ruksha sveda*, *Snehan* etc supported by most *Acharya* for the treatment of *Amavata*.

**Keywords:** Rheumatoid Arthritis, *Ayurveda*, *Amavata*, Sinusitis, *Sandhi shotha*.

### INTRODUCTION

#### Etymology:-

The words *Ama* and *Vata* join to form *Amavata*. The predominance of these two factors in the pathogenesis of this disease is already suggested in following phrase. The association of *Vata Dosa* with *Ama* is termed as *Amavata*. The propulsion of *Ama* by *Vata* in the whole

body is illustrated with this derivation. Due to indigestion, *Ama* is produced and along with *Vata* it causes a well-known disease entity. The improperly formed *Annarasa* is known as *Amavata*. So all the above mentioned derivation emphasizes that the disease is based on

*Ama* and *Vata* mainly which clarifies the importance of these two.

**Definition:-**The condition in which Vitiated *Ama* and *Vata* simultaneously lodge in *Trike* and *Sandhi* (Joints) leading to *Stabdhatta* (Stiffness) of the body is known as *Amavata*.<sup>1</sup> According to modern it is correlated with Rheumatoid arthritis. Rheumatoid arthritis is a chronic multisystem disease of unknown cause, although there are a variety of systemic manifestation, the characteristic feature of RA is persistent inflammatory sinusitis, usually involving peripheral joints in a symmetric distribution. The potential of the synovial inflammation to cause cartilage destruction and bone erosion and subsequent changes in joints integrity is the hallmark of the disease.<sup>2</sup> in recent years the therapeutic attitude towards rheumatoid arthritis has changed considerably. Now, the disease is treated in an increasingly earlier phase and also more aggressively.<sup>3</sup>

### AIM and Objective

- To assess the etiopathogenesis and sign & symptom of *Amavata* patients.
- To assess the yoga effects on *Amavata*.
- To conclude cost effective and reliable treatment for *Amavata*.

### MATERIAL and METHOD;

- It is a review study article.
- In classics the *Amavata's* described form of etiology, causative factors, sign & symptom and treatment briefly in *Madhav Nidan* and *Chakra Dutta* explain it.
- In this article review some *Ayurvedic* text, modern books, pub med and Research article.

**Distribution and Prevalence:-**Women are affected approximately three times more than men.<sup>4</sup> the prevalence increases with age and sex, difference diminish in the older age group. The onset is most frequent during 4<sup>th</sup> and 5<sup>th</sup> decades of life, with 80% of all patients developing the disease between the age of 35 and 50.<sup>5</sup> **Basic Concept:-**The main factors of disease are *Ama*, *Agni*, *Vata* and involvement of *Sandhi*.

**Ama:-***Ama* is a stage which is due to hypo functioning of *Pachakagni* i.e. *Mandagni* as a consequence of *Ahara*, which can't be digested properly. This undigested food material remains as an intermediate product of digestion in *Amashaya*. It is a type of toxic material, which is called *Ama*, is strong enough to cause inflammation in the various body parts

### Etiology of *Amavata*<sup>6</sup>:-

- *Mandagni*
- *Guruahara*
- *Avayayama*
- *Virrudhahara*
- *Viruddha Chesta*.

RA is a life style disorder. It's of 3 types

1. *Vata*
2. *Pitta*
3. *Kapha*

### Sign & Symptoms of *Amavata*:-

*Acharya Madhavkara* has clearly stated the *Rupas* (sign & symptoms) of *Amavata* in *Madhavnidan*.

The *Pratyatma Lakshana* (Main symptoms) is

- *Gatrastabdhatta*,

- Sandhishhula
- Sandhishoth
- Sparshasahyata

**SamanyaLakshana (General symptoms) is** <sup>7</sup>

- Angmarda
- Aruchi
- Trisna
- Alashya
- Gaurav
- Jvara
- Apaka
- Angasunnata

In modern science, symptoms of R.A. are

- Anorexia,
- Weight loss
- Fatigue
- Stiffness and pain in joints (Arthralgia) are the most common symptoms that occur throughout the disease course and many precede the assets of articular symptoms by weeks or months.

**Complications of Amavata:-**

In *Madhavidan* and *Anjana-Nida* the *Upadrava* are stated as

- *Jadya* (Stiffness)
- *Antrakujana* (Blotting)
- *Trisna* (Dyspnea)
- *Chardi* (Chardi)
- *Bahumutrata* (Polyuria)
- *Shula* (Pain)
- *Samkocha* (Contraction)
- *Khanjata* (Limping) <sup>8</sup> etc.

**In modern:**

- Septic arthritis

- Amyloidosis
- Pain
- Swelling behind knee may be caused by extension of inflamed synovia into the popliteal space called as Baker's cyst. <sup>9</sup>

**Samprapti of Amavata:-**

When a person of sedentary habits with hypo functioning digestive mechanism indulge in incompatible diet and regimen (*Viruddha aahara – vihar*) or does physical exercise after taking fatty food the *Ama* is formed and propelled by *Vayu* and reaches the site of *Sleshma*. Where this *Amarasa*, get much vitiated by *Vata*, *Pitta*, and *Kapha* & then it is circulated (all over the body) through the vessels (*Dhamini*). It then takes on accumulates in the small channels & joint pores. It renders the patients weak and produces a feeling of heaviness & stiffness in whole body. This substance named *Ama* is the cause of so many distressing diseases. When this aggravated *Ama* simultaneously afflicts the (pelvic and shoulder) girdles, and other joints making the body stiff, this condition is known as *Amavata*. <sup>10</sup>

**Samprapti Ghatak of Amavata:-** <sup>11</sup>

*Dosha– Tridoshaja* mainly *vata* (*Vyana*, *Samana*, *Apana*) and *Kapha* (*Kledak*, *Bhodhak*, *Sleshak*).

*Dushya- Rasa*, *Mamsa*, *Asthi*, *Majja*.

*Upadhatu- Snayu*, *Kandara*.

*Srotodusti– Sanga*, *Vimargagaman*.

*Udbhavsthana (origin) – AmaPakvasayottha*

Site of production of *Ama*. *Pakvasaya– MulaSthan* of *Vata*.

Adhithan– Sandhi (Whole body)  
VyadhiSheabhava– Mainly Chirkari

### Diagnosis of RA:-

In diagnosis of any disease following basic tools are important:-Cardinal

Sign and symptoms, laboratory findings, any establish criteria, Study of the differential Diagnosis.

American rheumatism association criteria (1988 – revision) for diagnosis RA is as follows-<sup>12</sup>

- **Clinical:-**Morning stiffness (> 1hr.)
- Arthritis of 3 or more joints area,
- Arthritis of hands joints,
- Symmetrical Arthritis,
- Rheumatoid nodules,
- Rheumatoid factor,
- Radiological changes. Diagnosis of RA should be made with above mentioned four or more criteria.

### Investigations of RA:-

- Anti-CCP
- ESR
- CRP
- RA–factor
- Hb
- MRI
- Radiographs
- Serological tests
- Synovial Analysis.

**Chikitsa of Amavata:-**Acharya Chakradutta was first who described the line of treatment and

Drugs for Amavata. Further texts Bhavprakashand Yogratnakar followed the same guideline.

- Langhana
- Swedana
- Tikta

- Dipana
- Katurasasevan
- Virechana
- Snehan

Supported by most Acharya for the treatment

of Amavata.<sup>13</sup>

### Some Herbal Preparations useful in Amavata:-<sup>14</sup>

Fomentation should be Ruksha (dry) type using bags of heated sand, or Upnahas (applying poultices) may become even these without use of fats.

For the patient of Amavata suffering from thirst, drinking water prepared by boiling Panchkola in water is said to be beneficial.

- Yusa (soup) prepared from either dried
- Mulaka or Panchamula or Kanjika added with powder of Sunthi may also be given.
- Shatapusp, Vacha, Vishva Gokhshura bark of Varuna Punarnava, Devdaru, Prasarini and Madanphala all equal in quantity macerated in sukta or Kanjika and applied as Unaha (Poultice) is ideal.
- Chitraka Katuka Patha Kalingra, Ativisha Amrta Devdaru Vacha Musta and Abhya should be made into fine powder and consumed with warm water daily. This is the ideal medicine for Amavata.
- Decoction of Shathi, Sunthi, Abhaya, Ativisha and Amrita is a good digestive in Amavata.
- Decoction of Punarnava Brhati, Vrdhmana, Phanijjaka, Murva and Shigrudruma is to be used.
- Bathing the painful part (joints)with decoction of Eranda (Ricinuscommunis), is

beneficial, so also licking (powder of) *Pathya* (*Terminalliachebula*), added with and *Amrita* or consuming *Guggulu* along with cows urine or consume paste of *Vishva* and *Alambusa* or of *Tila* and *Vishva* all are helpful.

- Decoction of *Visva*, *Pathya* and *Amrita* added with
- *Kausika* (*Guggulu*) consumed warm relieve the pain of the waist, knee and back.
- *Pippali*, *Pippalimula*, *Chavya*, *Chitraka* and *Nagar* made into decoction should be consumed for cure of *Amavata*.
- Paste of *Sunthi* and
- *VishvaUsadhi* added to the decoction of *Varsabhu* (*Boerhavi-adiffusa*) and consumed for seven days cure *Amavata*.
- *Chitraka*, *Indrayan Patha Katuka Ativisha* and *Abhya* made into fine powder should be administered with warm water for curing *Amavata*.
- To win over/defeat the mighty elephant called *Amavata* roaming all over the body only one (*Keshari* lion) called *ErandaTaila* is enough.<sup>15</sup>
- Leaves of *Aragwadha* fried in *Katutaila* consumed before night meals make the person free from *Ama*.
- Decoction of *Sunthi* and *Gokshura* consumed in the morning daily relieves pain of the waist.
- *ErandaTaila* cooked with the juice of
- *Prasarini* and consumed mitigates all the *Doshas* and the best to cure diseases arising from
- *Kapha*.

### Classic Ayurvedic formulations helpful in *Amavata*:<sup>16</sup>

**Swarasa**:-*Rasna*, *Prasarini*, *Nirgundi* etc

**Kwath**:-*Rasnasaptak*, *Rasnadashmoola*, *Dasmulyadi* etc.

**Churna**:-*Ajmodadi*, *Badwanal*, *Vaisvanar*, *Pachchola* etc.

**Vati**:-*Sanjivini*, *Ag-nitundi*, *Amavatari Vati* etc

**Guggulu**:-*Singhnaad*, *Keshor*, *Rasnadi*, *Amritadi* *Yograjetc*.

**Rasa**:-*Amavatavidhvansan*, *Samirpannag*, *Amavatari* etc.

**AsavArista**:-*Amritarista*, *Dashmoolarista*, *Devdarvyadi* etc.

**Sweden**:-*LavanSweden*, *BalukaSweden* etc.

**Diet**:<sup>17</sup> Patients should be given *Barley*,

- *Punarnava*, *Garlic*, *Ginger*, along with substances containing *wheat* and small amount of rice. Fresh buttermilk with *Trikatu* is advisable. Castor oil is beneficial, two teaspoons of castor oil in *Ginger* tea every day is advised.
- Avoid *Vata* and *Kapha* increasing foods like *Curds*, *Cheese*, *Fruits* having cold potency (like *Banana*, *Guava*, and *Cucumber*), cold drinks, and working in damp and cold atmosphere.

### DISCUSSION

RA is a life style disorder. It's of 3 types

1. **Vata**
2. **Pitta**
3. **Kapha**

The description of *Amavata* is the specific contribution of Acharya Madhav as well as Chakradutta. In Ayurveda *Amavata* is broadly classified in *Vata Pitta & Kapha*. In ayurveda, treatment and treatment therapies are de-

scribed uniquely for every person and special contribution in etiopathogenesis of Amavata. Yoga is definitely one option for people with arthritis after conducting a small study of the effects of six weeks of Iyengar yoga on a group of women with Rheumatoid arthritis Evans was impressed by yoga's immediate, positive impact on people with a serious chronic disease.<sup>18</sup>

## CONCLUSION

Thus from above description it can be concluded that in 'Amavata' there is vitiation of *Ama* along with *Vata* as major. Pathological factor caused by the excess use of fatty & heavy meals, sedentary life style & heavy exertion just after heavy meals. Stiffness & pain in joints are major symptoms along with other inflammatory systemic manifestations. Modern medicine has no effective & specific treatment. Steroids, DMARD's & other drugs used for this condition are having serious side effects. The condition can be well managed with *Ayurvedic* drugs & regiments.

*Amavata* is condition where *stabdhata* of body occurs due to lodging of vitiated *Ama* & *Vata* in trike sandhi. It causes due to *virrudhahara*, *Mandagni*, *snigdham bhuktvat Annam vyayamam*,

*Amavata* is *amashyotha vyadhi* so treatment given in *Amavata* is *Langhana*, *Swedana*, and *Tikta Katu Dipana Drava*. *Virechana*, *Snehpana* and *Basti*. Which has ultimate goal to achieve *amapachana*? *Vatashaman* and *sroto-shodhan Chikitsa*.

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