

## ROLE OF RASAYANA CHIKITSA IN AUTO-IMMUNE DISEASE WITH SPECIAL REFERENCE TO AMAVATA

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### ABSTRACT

In an autoimmune disease, there is a wrong reaction of our defense mechanism against the body's own tissue. Our immune system has a very sophisticated system to keep us disease free. Auto-immune diseases occur when the body is working hard to defend against potentially hazardous substances our bodies, such as allergens, toxins, infections or food, but does not see the difference between the invaders and our own body cells. *Ayurveda* describes this in a slightly different way. *Ayurveda* suggests that the immune system attacks the body's own cells do not accidentally, but it does to defend against a form of harmful metabolites body, *ama*'. *Amavata* is a chronic, progressive autoimmune disease. *Amavata* is a special disease entity in *Ayurveda* and were *Ama* as well as *vata* play a predominant role in *samprapti* of the disease *Amavata*. So many *Ayurvedic* management had been described in different *Ayurvedic* classical books for the treatment of *Amavata* such *Ayurvedic* management i.e *Rasayanchikitsasevan*.

**Keywords:** Auto-immune disease, *Ama*, Free radical theory, *Amavata*, *Rasayanachikitsa*

### INTRODUCTION

Autoimmune diseases <sup>[1]</sup> occur when the body is working hard to defend against potentially hazardous substances our bodies, such as allergens, toxins, infections or food, but does not see the difference between the invaders and our own body cells. Because certain body cells for harmful antibodies are sent on off. This leads to considerable physical properties *Ayurveda* describes this in a slightly different way. *Ayurveda* suggests that the

immune system attacks the body's own cells do not accidentally, but it does to defend against a form of harmful metabolites body, genaamd '*Ama*'. *Ama* is produced in the tissues that are attacked. There are several reasons for the emergence of *Ama* Likewise, there are several reasons for the different ways in which *Ama* out. Actually, *Ama* also responsible for a number of other conditions, ranging from occasional diarrhea to chronic diseases,

such as diabetes, and an everyday until incurable indigestion SLE (systemic lupus erythematosus). The reason behind such a wide range of disorders caused by *Ama* lies in the property of the *Ama* that it takes out on various cells of the body, and deep within the biological systems calls. Autoimmune diseases are usually caused by large amounts of *Ama* penetrate certain body tissues or physiological systems. In addition, prolonged exposure to poorly digestible food, pollutants, allergenic, toxic synthetic chemicals and drugs is another cause of autoimmune diseases. Poor treatment of the disease and repeated suppression of symptoms without addressing the cause, also accelerates disease progression. Rheumatoid arthritis is a common autoimmune systemic inflammatory disease affecting worldwide population. A similar type of disabilities mentioned in Ayurveda known as *Amavata*.<sup>[2]</sup> *Ama* and *Vata Dosha* plays important role in this disease. Modern treatment has so many side effects so think an alternative approach that is *Rasayanchikitsa*, which is very effective in its management. Free radical plays an important role in pathogenesis of rheumatoid arthritis. Concept of *Ama* and free radical Correlated between, *Ama* is not a single entity but is a generalized term which can be applicable for many malformed substances in the body and responsible for various diseases. In the same way, free radicals are found to be root cause of many diseases in contemporary science.

#### **AIMS AND OBJECTIVES –**

**Aim-** To evaluate the role of *Rasayanchikitsa* in Auto-immune disease w.s.r to *Amavata*.”

#### **Objectives-**

- To study the concept of autoimmune disease

- To study the concept *Amavata*
- To evaluate the concept of *Ama* as per Ayurveda.
- To evaluate the correlation of concept *Ama* and free radical theory.
- To understand the role of *Ama* pathology of disease in Ayurveda as well as contemporary science.

#### **MATERIALS AND METHODS-**

Ayurvedic textual materials were referred, mainly *Charakasamhita*, *Sushruta samhita*, *Astangahridaya* and available commentaries of these *samhitas*, for the study. Some modern books of biochemistry, journals etc.

#### **Autoimmune disease**

Autoimmune diseases a case of mistaken identity; it is an abnormal condition in which the body reacts against constituents of its own tissues. The result may be simple hypersensitivity reaction and or autoimmune disease when the body begins attacking its own healthy tissues. We can say it is a case of mistaken identity resulting in failure of the immune system to differentiate between self and non-self This failure to differentiate between self and non-self may result due to some extraneous environmental factors like some viral infections and exposure to some mutagenic agents; can be due to the breakdown and failure of immune regulation and due to some aberration in the genes. Whatever the reason the result is autoimmune disease which may involve a particular organ when it is called an organ specific disease. Oxidative stress plays a role in autoimmune diseases. It can be compared to a piece of metal rusting and results from the action of damaging molecules (ie, free radicals), which are a natural byproduct of the body's metabolism.

The electrically charged free radicals attack healthy cells, causing them to lose their structure and function and eventually destroying them. Free radicals are not only produced by our bodies, but are also ingested from toxins and pollution in the air we breathe. The correct use of antioxidants may be useful to prevent free radical-related disorders.

### Concept of Ama:

According to Ayurveda “Ama”<sup>[3]</sup> is responsible for most of the diseases we suffer from. The synonym of disease i.e., *Amaya* is said to be a condition produced by Ama<sup>1</sup>. According to Acharya *Vagbhatta* due to the diminution of *agni* the first dhatu namely *rasa* is not formed properly and the *anna rasa* (food essence) undergoes fermentation and purifying retained in the *amashaya* (stomach) this state of *rasa* is *Ama*. So, the improperly digested *rasa* is *Ama*. *Ama* (as per the different classics) can be understood as-

- Undigested food.
- Unprocessed food.
- Food which is undergoing the process of digestion.
- Partially digested.
- Matter which requires further *parinama*<sup>2</sup>.

### Effects of Ama:

According to Acharya *Vagbhatta* *Ama* produces-

- *Srotarodh* (obstruction of channels).
- *Balabhramsa* (loss of strength)
- *Gaurava* (heaviness)
- *Anilamudhata*
- *Alasya*
- *Apakti* (indigestion)
- *Nisthiva* (excessive salivation)

- *Mala sanga* (obstruction of stools, urine etc)
- *Aruchi* (anorexia)
- *Klama* (lethargy).

### Etiological Factors:<sup>[4]</sup>

Charaka has very elaborated view regarding etiology and pathogenesis of *Ama*. He says that not only food taken in excess quantity cause production of *Amabut* heavy, cold, dry, impure etc. diets may also cause *ama*. He also indicates mental factors causing *Ama* like anger, greed, jealousy, grief, fear etc. Intake of wholesome food in proper quantity do not get properly digested when individual is afflicted with these mental conditions. Again, the impairment of *agni* may be brought about by abstinence from food, indigestion, never-eating, irregular diet habits, indulgence in incompatible food items, the consumption of cold substances

### Correlation of concept *Ama* and free radical theory-

Majority of the endogenous disease begins with the formation of *Ama* in the body. It has tremendous capacity to vitiate the *Doshas* and disturbing the homeostasis (*Dhatu-samya*). *Ama* is the resultant of improper digestion or partially digestion of the food particle due to hypofunction of *Jatharagni* and also due to accumulation of *mala* in the body and also considered as *Prathamdoshadusti*. It may be considered as partially or incompletely metabolized *Dhatu* in case of *Dhatvagnimandya*.

In modern parameters, *Ama* is supposed to be deadly Free radical. Free radical is an atom/molecule that contains one or more unpaired electron,<sup>[5]</sup> which requires neutralization by free radical scavengers.<sup>[6]</sup> *Ama* is not

a single entity but is a generalized term, which can be applied to many malformed substances in the body. This *Ama* is responsible for the production of various diseases. In the same way, free radicals are also found to be the root cause of many diseases. Here we discuss about properties and qualities in both entities, which are similar and dissimilar, also whether free radicals can be considered under *Ama*.

#### **Amavata-**

*Acharya Madhavakara* was the first scholar to give appropriate definition of *Amavata* vitiated *Vata* and *Ama* simultaneously moves into the *trika* and other *sandh* is leading to *stabdhata* of the body. This condition is known as *Amavata*. The terms *Ama* and *Vata* unite to form the word *Amavata*, which are the two main pathogenic factors in the causation of disease *Amavata*. When *Vitiated vata* and *ama* simultaneously move towards the *trika* and *sandh* is leading to *stabdhata* of the body. This condition is known as *Amavata*. *Ama* and *vata* get vitiated due to their own respective causes to promote disease. The *nidana* of *amavata* can be *Viruddha Ahara*, *Viruddha Chesta*, *Mandagni Nishchalata*, *Vyayama* soon after the *Snigdha Ahara*. The accumulated *ama* circulate throughout the body along with vitiated *vata*, exhibiting an affinity to get lodged in *Shleshma Sthana* i.e. *sandhi* and immune system. There by due to action of vitiated *vata*, *ama* propelled into the whole body through the *Dhamani*. Then by the combined action of *vata*, *pitta* and *kapha*, *ama* becomes more vitiated further with the interaction of *tridoshas*. So, after the lodging of *ama* and vitiated *vata dosha-dushya sammurchana* starts in the *sandhithana*. The features of the pain present in the *sandhi* is typical like Scorpion bite pain and other symptoms like

*Stabdhata*, *Sandhisoola*, *Sandhishotha*, *SparsasahataTrisna*, *Gaurava*, *Govrat-  
abdhata*, *Agnimandya*, *Apaka*, *Angamarda*, *Aruchi*

and *Jwar* are found in this disease. *Tikata* and *katu* rasa have got the antagonistic properties that of *ama* and *kapha*. Because of their *AgniVardhaka* property, they increase digestive power which digests *amarasa* and reduces the excessive production of *kapha* and also removes the obstruction of channels. *Deepana* rugs act through the same mechanism. These all properties also help in transportation of the *dosha* from *sakhas* to *kosta* and thus help in the *sampraptivighatana* process in *Amavata* disease.

#### **Laboratory Findings<sup>[7]</sup>**

The laboratory findings in rheumatoid arthritis are those of a chronic inflammatory disease.

##### **a. Hematologic Findings:**

Normochromic or hypochromic, normocytic anemia usually moderate in degree is common in RA. White cell counts are usually in the normal range or only slightly elevated. Leukocytosis is generally not associated with increased activity of the disease. Leukopenia is rare in RA but may be observed in chronic stage. The differential white cell count is usually within normal limits but on increase in neutrophils may occur in more acute cases. In active RA, the ESR is usually markedly elevated and tends to parallel and activity of the disease.

##### **b. Biochemical Investigations:<sup>[8]</sup>**

C-reactive protein is present in almost all the patients and also indicates the disease activity just as ESR. Measurements of immunoglobulins may show increased levels of IgG, IgM and IgA. These findings however have

little diagnostic value. Like other inflammatory arthritis the serum cholesterol level is reduced and is related with severity and activity of the disease.

#### **Rheumatoid factor:**

In a majority of rheumatoid arthritis, the test for rheumatoid factor is positive as indicated by the latex agglutination. The test is based on the principle that the antigen, human or rabbit - IgG coated on a carrier particle i.e. red blood cell, latex or bentonite is allowed to react with rheumatoid factor and the agglutination is visualized. The rheumatoid factor usually can be detected within the first year of disease. It is observed that the patients with seropositive results are also found to have rheumatoid nodules or clinical evidence of vasculitis.

#### **Liver function tests:**

All the liver function tests with exception of the tests which reflect the serum protein synthesis are reported to be within normal range. There may be mild to moderate abnormalities in A: G ratio.

#### **Synovial fluid:**

Synovial fluid has a turbid appearance because of increased number of leukocytes. The cells are predominantly neutrophils and range from 10,000 to 50,000 per cubic millimeter. In rheumatoid synovial fluid, the viscosity is decreased and the mucin clot is poor because of smaller than

#### **Rasayanachikitsa-**

*Rasayanachikitsa*<sup>[9]</sup> is a boon to mankind. Different *rasayan* has been explained in the classics which are helpful not only to preserve the health but also to get rid of diseases.

Rheumatoid arthritis is a common autoimmune systemic inflammatory disease affecting worldwide population. The interaction of genetic and environmental factors results in an increase of immune reactions, which ultimately lead to the development of synovitis, joint damage, and structural bone damage. These, in turn, lead to pain, disability, and emotional, social, and economic challenges. Free radical plays an important role in pathogenesis of rheumatoid arthritis. A similar type of disabilities mentioned in Ayurveda known as *Amavata*. *Ama* and *Vata Dosha* play an important role in this disease. Modern treatment has so many side effects so think an alternative approach that is *Rasayan chikitsa*, which is very effective in its management. *Rasayana* not only slowdown the process of destruction in the joint but also helps in rejuvenation. *Rasayana* therapy is very effective in reducing symptoms of *Amavata* due to its *Deepana-Paachana*, *Vata-Kapha Shamaka*, antioxidant properties, it is very suitable for interrupting the pathogenesis of the disease, For example – *Vardhamana Pippali Rasayana*.<sup>[10]</sup>

## **DISCUSSION**

*Amavata* (Autoimmune disease) is challenging to the physician owing to its apparent chronicity, incurability, complications and morbidity. Despite of the administration of best available modern drugs, the disease has a tendency to persisting progress and disables the patients. Major events that take place in the pathogenesis of *Amavata* are *Ama* that is produce due to *Agnimandya*, *tridosha* especially of *Kapha* and *Vata*, *SrotoVibandha*. In modern point of view free radical also play important role in destruction of joint. The increased free radical levels and diminished ac-

tivity of body antioxidant system are also the major responsible factors for the cartilage damage and the disease progression. For this *rasayana* is better approach because majority of these drugs having *dipana*, *pachana*, *medhya*, antioxidant.

## CONCLUSION

*Amavata* (Autoimmune disease) severe degree of pain and progressive disability associated, so it needs active and urgent care which has no side effect on the health for long term use of medicine. For this *Rasayana* therapy is very effective in reducing symptoms of *Amavata* due to its *Deepana-Paachana*, *Vata-Kapha Shamaka*, antioxidant properties, it is very suitable for interrupting the pathogenesis of the disease. Anti-oxidants are the key elements in the immune system which the body uses in order to neutralize the activity of dangerous and over the long term, deadly free radical enemies

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