

**AYURVEDIC MANAGEMENT OF FIBROMYALGIA: A HOLISTIC APPROACH****Dipika Dhruw¹, Shubham Thakur², Astha Mishra³, Aruna Ojha⁴, Rashmi Diwan⁵**^{1,2,3}PG Scholar Department of Kayachikitsa, Shri N.P.A. Govt. Ayurveda College Raipur, C.G.⁴Professor & HOD Department of Kayachikitsa, Shri N.P.A. Govt. Ayurveda College Raipur, C.G.⁵Lecturer Department of Kayachikitsa, Shri N.P.A. Govt. Ayurveda College Raipur, C.G.**Corresponding Author:** dipidhruw@gmail.com<https://doi.org/10.46607/iamj1813032025>**(Published Online: March 2025)****Open Access**

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Fibromyalgia (FM) is a chronic musculoskeletal disorder characterised by widespread pain, fatigue, sleep disturbances, and cognitive dysfunction. Conventional treatment primarily focuses on symptomatic relief through pharmacological interventions, often with limited success. Ayurveda, the ancient Indian system of medicine, offers a holistic approach by addressing the underlying imbalance of *Vata dosha*, reducing *Ama* (toxins), and enhancing *Ojas* (vital energy). Ayurvedic interventions such as *Panchakarma* therapy, herbal formulations (*Ashwagandha*, *Guduchi*, *Shatavari*), dietary modifications, and lifestyle practices have shown promise in managing fibromyalgia symptoms. This review explores the Ayurvedic understanding of fibromyalgia, its pathophysiology, and therapeutic strategies for effective management.

Keywords: Fibromyalgia, *Vata Dosha*, *Ama*, *Ojas*.**INTRODUCTION**

Fibromyalgia is a chronic disorder that affects the musculoskeletal system and is characterized by widespread pain, fatigue, sleep disturbances, cognitive dysfunction (fibro fog), and emotional distress. De-

spite extensive research, the exact aetiology remains unclear, with proposed mechanisms including central sensitization, neuroinflammation, oxidative stress, and mitochondrial dysfunction[1][2]. The lack of de-

finitive treatment options has led to exploring alternative and complementary therapies such as Ayurveda. Ayurveda considers fibromyalgia as a disorder primarily caused by aggravated *Vata dosha*, often associated with the accumulation of *Ama* (toxins) and depletion of *Ojas* (vital energy). Ayurvedic treatment focuses on balancing *Vata dosha*, detoxifying the body, and rejuvenating tissues through a combination of herbal remedies, *Panchakarma* therapies, offers a holistic approach to fibromyalgia through personalized therapies, dietary modifications, and herbal formulations. Among its specialized remedies, *Rasaushadhis*—herbo-mineral formulations—play a crucial role in managing fibromyalgia by balancing doshas, improving metabolism, and enhancing vitality. This review provides an in-depth analysis of Ayurvedic interventions for fibromyalgia management.

Pathophysiology of fibromyalgia in Ayurveda –

It can be understood as a *Vatavyadhi* (Vata-dominant disorder), where aggravated *Vata dosha* plays a key role in causing systemic pain, stiffness, and nervous system dysfunction. Additionally, impaired digestion (*Agni Mandya*) leads to the accumulation of metabolic toxins (*Ama*), which obstruct the *Srotas* (microchannels), further exacerbating symptoms.

Ayurvedic Pathophysiology of Fibromyalgia

1. Vata Imbalance (Vatavyadhi)

- *Vata*, being *laghu*, *sheeta*, *sukshma* and *chala guna*, disturbs the nervous system, leading to pain, restlessness, and hypersensitivity.
- It affects *Majja Dhatu* (nervous tissue) and causes muscular stiffness and tenderness.[3]

2. Ama Accumulation:

- Weak digestion (*Agni Mandya*) leads to the formation of *Ama*, a toxic substance that accumulates in the *Srotas* (microchannels), causing inflammation, heaviness, and fatigue.
- *Ama* blocks the proper nutrition supply to *Dhatu*s (tissues), leading to chronic fatigue and weakness.

3. Rakta and Mamsa Dhatu Dushti (Blood and Muscle Tissue Imbalance)

- *Vata* disrupts *Rakta* (**blood circulation**) and *Mamsa Dhatu* (**muscles**), leading to widespread pain and tenderness.[4]
- This results in poor tissue nourishment and increased sensitivity to pain.

Ayurvedic Management of Fibromyalgia

1. Panchakarma Therapy

Ayurveda emphasizes detoxification and rejuvenation to restore systemic balance.

- **Abhyanga (Oil Massage):** Warm medicated oils such as *Mahanarayana Taila* and *Dhanwantaram Taila* improve circulation and relieve muscle stiffness.
- **Swedana (Herbal Steam Therapy):** Induces perspiration to eliminate toxins and relax muscles.
- **Basti (Medicated Enema):** Herbal enemas using *Dashamoola* and *Sahacharadi Taila* help pacify *Vata* and enhance gut health.
- **Virechana (Purgation Therapy):** Removes toxins through controlled purgation, cleansing the digestive tract.

2. Herbal Remedies [5]

Several Ayurvedic herbs are beneficial for fibromyalgia due to their analgesic, adaptogenic, and anti-inflammatory properties.

- **Ashwagandha (Withania somnifera):** Reduces stress, fatigue, and muscle pain.[6]
- **Guduchi (Tinospora cordifolia):** Enhances immunity and combats inflammation.
- **Shatavari (Asparagus racemosus):** Nourishes tissues and promotes hormonal balance.
- **Guggulu (Commiphora wightii):** A potent anti-inflammatory agent for pain relief.
- **Turmeric (Curcuma longa):** Reduces oxidative stress and neuroinflammation.

3. Rasaushadhis [7]

1. **Swarna Bhasma** (Gold Ash): Known for its rejuvenating and anti-inflammatory properties, Swarna Bhasma strengthens the nervous system, alleviates pain, and enhances overall vitality.
2. **Rajata Bhasma** (Silver Ash): This formulation helps calm the nervous system, reduce anxiety, and improve cognitive function.

3. **Vanga Bhasma** (Tin Ash): Vanga Bhasma supports musculoskeletal health and energy metabolism, which is beneficial for muscle weakness and fatigue.
4. **Abhraka Bhasma** (Purified Mica): Rich in trace minerals, it enhances cellular regeneration, boosts stamina, and reduces oxidative stress.
5. **Loha Bhasma** (Iron Ash): Effective in managing fatigue and improving oxygen circulation, which is beneficial for fibromyalgia patients.
6. **Trivanga Bhasma** (a Combination of Gold, Silver, and Tin) supports nervous system health and reduces muscle pain.
7. **Mahayogaraja Guggulu**: A potent herbo-mineral compound that alleviates inflammation, stiffness, and joint pain.
8. **Rasraja Rasa**: Enriched with gold and other minerals, it is widely used for neurological and musculoskeletal disorders, enhancing nerve strength and reducing fibromyalgia symptoms.[8]
9. **Sameera Pannaga Rasa**: Known for its efficacy in managing Vata disorders, it relieves muscular pain and stiffness.
10. **Ekangaveera Rasa**: Beneficial for neuromuscular disorders, it supports nerve function and relieves body pain.[9]

4. Diet and Nutrition

A *Vata-pacifying* diet is recommended for fibromyalgia patients:

- Warm, cooked, and nourishing foods such as soups, stews, and porridges.
- Avoid processed foods, caffeine, and excessive raw or cold foods.
- Herbal teas infused with ginger, cinnamon, and licorice for digestive support.

5. Lifestyle Modifications for Fibromyalgia

Adopting a balanced lifestyle can help manage fibromyalgia symptoms effectively. Key modifications include:

1. **Dietary Changes**: Consuming a nutrient-dense, anti-inflammatory diet rich in whole foods, lean proteins, healthy fats, and fibre can support overall health. Avoiding processed foods, caffeine,

and excessive sugar can reduce inflammation and pain.

2. **Regular Physical Activity**: Engaging in low-impact exercises such as walking, swimming, or cycling helps improve muscle flexibility and reduce stiffness.
3. **Sleep Hygiene**: Maintaining a consistent sleep schedule, limiting screen exposure before bed, and creating a restful sleep environment is crucial for improving sleep quality.
4. **Stress Management**: Techniques like meditation, deep breathing, and engaging in hobbies can help reduce stress and prevent symptom flare-ups.
5. **Hydration and Detoxification**: Staying well-hydrated and incorporating detoxifying drinks like herbal teas can help eliminate toxins that contribute to inflammation.
6. **Time Management and Pacing**: Learning to balance activities and incorporating rest periods helps prevent overexertion and energy depletion.

Yoga for Fibromyalgia Yoga is a holistic practice that combines physical postures, breathing exercises, and meditation, making it highly beneficial for fibromyalgia patients. Specific benefits include:

1. **Pain Reduction**: Gentle yoga postures enhance flexibility, reduce muscle stiffness, and alleviate chronic pain.
2. **Improved Sleep**: Relaxation techniques and restorative yoga help regulate the sleep cycle, reducing insomnia and fatigue.
3. **Enhanced Mental Well-being**: Practicing yoga reduces stress, anxiety, and depression, which are common in fibromyalgia patients.
4. **Increased Energy Levels**: Controlled breathing exercises (pranayama) improve oxygen flow, boosting energy levels and reducing fatigue.

Yoga-asana [10]

1. **Child's Pose (Balasana)**: Relaxes the nervous system and eases muscle tension.
2. **Cat-Cow Stretch (Marjaryasana-Bitilasana)**: Improves spinal flexibility and relieves back pain.

3. **Legs-Up-The-Wall Pose (Viparita Karani):** Reduces fatigue and promotes relaxation.
4. **Seated Forward Bend (Paschimottanasana):** Stretches the back muscles and calms the mind.
5. **Corpse Pose (Shavasana):** Encourages deep relaxation and stress relief.

Scientific Evidence Supporting Ayurvedic Approaches

Several studies support the efficacy of Ayurvedic interventions in fibromyalgia:

- A clinical study demonstrated that *Ashwagandha* supplementation significantly reduced fatigue and pain in fibromyalgia patients.[11]
- *Panchakarma* therapies, particularly *Abhyanga* and *Basti*, have improved muscle stiffness and reduced pain perception. [12]
- Herbal formulations like *Guduchi* and *Turmeric* have anti-inflammatory and neuroprotective effects, benefiting fibromyalgia management.

CONCLUSION

Ayurveda offers a promising holistic approach to managing fibromyalgia by addressing its root cause rather than just alleviating symptoms. Through a combination of *Panchakarma* therapies, herbal remedies, and dietary modifications, ayurvedic *Rasaushadhis* offers a promising alternative for managing fibromyalgia by addressing the root cause, improving energy levels, and reducing pain and inflammation. Incorporating lifestyle modifications and yoga into daily routines can provide substantial relief for individuals with fibromyalgia. By addressing physical, mental, and emotional aspects, along with dietary and lifestyle modifications, these formulations offer a comprehensive approach to alleviating fibromyalgia symptoms and enhancing overall well-being. Ayurvedic management aims to restore balance, reduce pain, and improve overall quality of life. Further clinical research is warranted to establish

standardized Ayurvedic treatment protocols for fibromyalgia, integrating traditional wisdom with modern medical advancements.

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