

## A CLINICAL CASE REPORT ON AMAVATA

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## ABSTRACT

Autoimmune disorders have become increasingly concerning, necessitating prompt diagnosis and management to prevent complications. Rheumatoid arthritis (RA), a prevalent lifestyle disorder, is characterised by pain and stiffness in small joints lasting over an hour, along with swelling and fever. While modern treatments include steroids and DMARDs, many patients experience side effects without considerable relief. This article discusses how early diagnosis of RA can be effectively managed through Ayurvedic chikitsa, which aims to provide symptomatic relief. RA closely resembles the symptoms of *Amavata*, including issues in the hands and feet, joint pain, and swelling. The treatment for *Amavata* consists of *Langhana*, *Swedana*, *Tikka-Katu Deepana*, *Virechana*, and *Vaitarana Basti*. A 44-year-old male patient with RA, indicated by elevated ESR and CRP levels, reported experiencing pain and stiffness in his hand joints. After undergoing *Vaitarana basti* following the yoga basti schedule, he experienced relief from his symptoms.

**Keywords:** *Amavata*, Rheumatoid arthritis, *Valuka sweda*, *Vaitarana basti*.

## INTRODUCTION

*Amavata* consists of two words: *ama* and *vata*. *Ama* refers to undigested food material that, when it remains for an extended period, transforms into *Ama*, referred to as a toxin, which circulates through the

*Dhamanias* in the body and settles in the small joints, leading to pain, swelling, and stiffness. This results in a reduced quality of life. In modern medical science, *Amavata* correlates with Rheumatoid Arthritis, an

autoimmune disorder for which there is no definitive treatment. Steroids and DMARDs often come with side effects, prompting many people to seek Ayurvedic treatments. *Amavata chikitsa* includes *Langhana*, *Swedana*, *Tikta-katu Deepana*, *Virechana*, and *Basti*, along with *Ruksha Swedana*. Among these, *Valuka Swedana* and *Vaitarana Basti* have shown the best results.

#### CASE REPORT

A 44-year-old male patient presented with complaints of pain and stiffness in the small joints of both hands, as well as the elbow, shoulder, and knee joints for the past two months.

Swelling in the small joints and right lower limb for 15 days, with associated complaints of heaviness in the body and body aches for 2 months.

History of Present Illness: The patient appeared healthy until 15 years ago when, due to excessive consumption of *Ushna*, *Tikshna*, *Mamsa*, and *Madya sevana* so forth, he gradually developed *Bhagandara*. He subsequently underwent Ayurvedic *Kshara Sutra* treatment at Navalgunda Hospital, which provided relief. However, due to the continued intake of the same *Nidana*, he gradually experienced pain and stiffness in the small joints of both hands, as well as in the elbows, shoulders, and knees. He then sought consultation at our hospital.

*Vyavasaya Vrittanta*: Occupation-Lecturer, Nature of Work-Moderate

Time duration of Occupation-18 yrs, Nature of Workplace-Long standing history, Excessive speaking.

#### *Chikitsa Vrittanta*

He took ayurvedic treatment *Kshara Sutras* for *Bhagandhara* 15 years ago.

*Poorva Vyadhi Vrittanta*- N/K/C/O-DM, HTN, S/H/O- *Bhagandara* (Fistula in ano ) 15 yrs ago. Took *Kshara Sutra* treatment.

#### VAYAKTIKA VRITTANTA (PERSONAL HISTORY)

DIET-Mixed food

APPEITE-Good. No Tongue coating.

BOWEL-Normal (Previously *Malabaddhata*)

MICTURITION-Day-5-6 times/day, Nocturnal-1 time

SLEEP-6 Hours

HABITS-H/0-Smoking 20 yrs, Alcohol consumption 10 yrs

General Examination

Consciousness- Well-oriented, responsive, and awake with time, place, and person.

Nourishment-Well nourished.

Tongue-Normal

Height-161 cms

Weight-90 kgs

BMI-34.7kg (Obesity 1)

#### LOCAL EXAMINATION

Gati- (Range of movements):

1) Left-hand Wrist joint. MCP, PIP, DIP-Flexion, Extension, Abduction, Adduction

2) Right-hand Wrist joint, MCP, PIP, DIP-Flexion, Extension, Abduction, Adduction

Restricted in Morning hours 15 min. Afterwards Normal

*Sandi Sputana* (Joint Crepitus)-Absent in both Knee joints

*Sparsha Asahyata* (Joint Tenderness)-Mild+ Over b/l PIP, DIP

*Ushnata* (Warmth)- Mild + Over b/l PIP, DIP

*Rakta Varnata* (Redness)-No redness

*Mamsa Ksaya/Shosha* (Muscle waste)- NAD

#### ASHTA STHANA PAREEKSHA

Nadi-74/min

*Mala-Prakruta*, previously *malabaddhata*,

Systemic examination

CNS

Consciousness oriented towards time, place, and person.

Intelligence: Intact.

Memory Power: - intact

Emotional disturbance: Stress

CVS

S1, S2 heard

No added sounds

RS

The shape of the chest -bilaterally symmetrical

Trachea-centrally placed

Normal vesicular breaths sound

GIT-P/A

No Tenderness

No Organomegaly  
INVESTIGATIONS

ON 14/08/2024

HB %- 12.5 Gm/dl

8.9 mg/dl

ESR-70 mm/hr

RBS-75 gm/dl

2/10/24

RA TEST – Positive

7 Positive > 18

Total Cholesterol-210.6 gm/dl

HDL-35.0 gm/dl

Miu/L

LDL-141.5 gm/dl

ng/dl

Serum Uric acid -6.2 mg/dl

*Nidana Panchaka*

*Nidana-*

<sup>1</sup>Aharaja -Excessive intake of *Lavana, Amla, Katu Rasa Ahara, Ushana, Tikshna* and *Guru Ahara Mamsa, Snigda, Madya Sevana* (Egg daily, Weekly once chicken, Fish, *Dadhi Sevana*)

*Viharaja-Diwaswapna.*

*Manasika- Krodha, Chinta.*

*Roopa*

<sup>2</sup>*Hasta, Paada, Gulpha, Jaanu Sandi Shola,*

*Stabdahta, Shotha*

*Angamarda, Alasya, Gourava*

*Upashaya- Ushnopachara, Atapa Sevana.*

ON 23/9/24

Sr. Calcium -

CRP-1.8 mg/dl

Serology on

ANTI-CCP <

Thyroid profile

TSH- 2.49

T3-145.30

T4-8.40 Mg/dl

*Anupashaya- Seethopachara, Madura, Amla, Sheeta, Katu, Snigdha, Guru Ahara Sevana (Fish, Meat, Chilli, Pickle, Dadhi, Exertion/Strenuous work)*

*Samprapti Ghataka*

*Dosha-Vata Pradhana Tridosha*

*Dushya-Rasa, Rakta, Snayu, Purish.*

*Agni-Jatharagni Mandya and Dhatwagni Mandyajanya Ama*

*Srotas- Rasvaha, Udakavaha, Raktavaha, Majjavaha, Purishvaha*

*Sroto Dushti Prakara- Sanga*

*Udbhava Sthana- Ama-Pakvashaya*

*Sanchara Sthana- Dhamani*

*Adhithana- Sandi*

*Vyadhi marga- Bahya*

*Vyadhi Swabhava- Chirakari*

*Vyadhi bheda- Yapy*

<sup>3</sup>*Samprapti*

*Nidana Sevana (Ushna, Tikshna, Katu)*

*Agni Jatharagni Mandya*

*Vata Pradhana Ama, Tridosha Prakopa*

*Ama Reach the Dhamani, which circulates all over the body*

*Occupies the Shleshma Sthana*

*Dosha-Dushya Sammurchana at Sandhis*

*Srotas get Obstructed*

*Dourbalya, Gourava, Angamarda, Alasya, Saruja,*

*Sashotha of Hasta, Pada, Gulpha Sandi*

| Date     | Complaints                                       | Treatment given (Procedure)  |
|----------|--|--|
| 23/9/24  | Pain in small joints<br>Swelling in small joints | <i>Sarvanga Valuka Sweda D1</i>  |
| 24/09/24 | Pain still persists                              | <i>Sarvanga Valuka Sweda D2</i>  |
| 25/09/24 | Pain still persists                              | <i>Sarvanga Valuka sweda D3</i>  |
| 26/09/24 | Pain in the small joints reduced slightly        | <i>Sarvanga Valuka Sweda D4</i><br><i>Niruha Basti morning</i><br><i>Afternoon Anuvasana Basti</i> |
| 27/09/24 | Generalized weakness                             | <i>Sarvanga Valuka sweda</i><br><i>Niruha Basti</i>  |
| 28/09/24 | NFC  | <i>Sarvanga Valuka Sweda D6</i><br><i>Anuvasana Basti</i>  |
| 29/09/24 | NFC  | <i>Sarvanga Valuka Sweda D7</i><br><i>Niruha Basti</i>   |

|          |                                 |   |
|----------|---------------------------------|---|
| 30/09/24 | NFC                             | <i>Sarvanga Valuka Sweda D8</i><br><i>Anuvasana Basti</i> |
| 1/10/24  | Pain and Tenderness got reduced | <i>Sarvanga Valuka Sweda D9</i><br><i>Anuvasana Basti</i> |

## DISCUSSION

Chikitsa Sutra<sup>4,5</sup> of Amavata includes *Langhana*, *Swedana*, *Tikta-Katu Deepana*, However The incidence of RA has become more common and distressing among all joint problems. About 0.8% of world population is affected with RA. In India, RA affects about 0.92% adult population and 7 million new cases are seen per year. Females are 3 times more affected than males. It is a chronic inflammatory joint disease with multi-system involvement. Onset is usually during 4th and 5th decades of life. The factor producing RA include infectious triggers, genetic predisposition and autoimmune response. Insidious onset of joint involvement is usually symmetrically characterized by pain, swelling, tenderness and painful limitation of the movement. Morning stiffness persistent for a period of more than 1 hour is a characteristic feature. The metacarpophalangeal and interphalangeal joints of hands, wrists, knee and feet are more common.<sup>6</sup>

With advancement in diagnostic and management approach in modern medical system treatment is planned either symptomatic or managed with DMARD (Disease-modifying Anti-Rheumatic Drugs)<sup>7</sup>, steroids and NSAIDs. These are having immune suppressing activity and produces multidrug adversities.

The primary aim of *Vaitarana Basti* is to eliminate *Ama*—the accumulation of undigested food particles that contribute to inflammation. When *Ama* accumulates in the joints, it leads to the pain and swelling seen in *Amavata*. *Vaitarana Basti* helps to expel *Ama*, reducing the pain and swelling on the joints and alleviating symptoms.

*Vata Dosh*a primarily responsible for joint pain and stiffness in *Amavata*. *Vaitarana Basti*, by its nature, helps in balancing *Vata* by providing *Shena* to the *Ruksha*, calming the nervous system, and improving blood circulation. This process reduces the pain and stiffness in the affected joints, *Amavata*

The therapy assists in the detoxification process by encouraging the elimination of harmful toxins from the body. By cleansing the colon, it helps to eliminate excess *Vata* and *Ama*, preventing further aggravation of *Amavata*. This results in a reduction of inflammation and a return to joint health.

As *Amavata* is linked to<sup>8</sup> *Mandaagni*, *Vaitarana Basti* helps to improve the *Agni* by clearing out toxins from the gastrointestinal tract. This improves the metabolism and digestion, preventing the formation of *Ama* and contributing to overall health. Bhavamishra<sup>9</sup> compares Eranda taila with a Lion, as the lion can overpower an elephant in same way Erand taila can overpower the *amavata*. It is *vata-kapha shamak*, *Ama-pachaka*, *Madhura*, *katu rasa*, *Ushna virya*, *Madhura vipaka*, *Snigdaa*, *Tikshna* and *Sukshmaguna*

The primary benefit of *Vaitarana Basti* in *Amavata* is the significant reduction of joint pain and inflammation. The medicated enema directly influences the colon and *Vata*, helping to relieve pain and swelling in the joints. By balancing *Vata* and reducing stiffness, *Vaitarana Basti* aids in restoring the range of motion in the affected joints. This can be particularly beneficial in cases of chronic inflammation, where joint mobility is severely restricted.

## CONCLUSION

*Amavata*, rheumatoid arthritis in modern medicine, is an autoimmune disorder according to the<sup>10</sup> 2010 EULAR Criteria that involves joint inflammation, stiffness, and pain. Its treatment in Ayurveda focuses on detoxification, the balance of *Vata*, and the elimination of *Ama* through a combination of diet, herbs, lifestyle modifications, and therapies. By addressing the root causes of the disease, Ayurveda offers a holistic approach to not only manage symptoms but also prevent complications and improve overall quality of life.

*Valuka Sweda* and *Vaitarana Basti* are powerful Ayurvedic therapies that aim to detoxify and balance

the body's doshas. **Valuka Sweda** uses the therapeutic power of heat and sand to reduce pain and stiffness and promote circulation. **Vaitarana Basti** provides internal detoxification through the administration of medicated enemas, targeting Vata imbalance and eliminating toxins.

These therapies are effective in treating musculoskeletal pain and digestive disorders. They are also essential to Ayurvedic practices that restore and maintain overall health.

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