



EFFECT OF PATHYA PALAN/ DIET, PANCHAKARMA AND AYURVEDA MEDICINE IN AAMVATA- A CASE STUDY

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ABSTRACT

The menopausal stage is the condition where a female wants to be at ease but if other ailments occur where she has to face continuous pain and agony make is more uncomfortable along with the psychological disturbances. The present case is a female patient who came with the symptoms of *Aamavata* (R.A.) in her menopausal age and was diagnosed with the same (*Aamvata*). She received Dietary guidelines along with lifestyle modification (*Pathya Palan*), *Panchakarma therapy* i.e. *Vaitran Basti* (medicated enema) for 7 days, *Ruksha Swedana* (dry sudation), *Aamvatari Rasa*, *Trivrata Avleha*, *Ajmodadi churna*, *Giloy Satva* for 1 month, later only *Ajmodadi Churna* and dietary guidelines for 2 months.

The application of *the Ayurvedic* principle shows remarkable results in this case where other treatment options are limited.

Keywords: *Aamvata*, R.A., *Pathya Palan*

INTRODUCTION

Aamvata is a disease described in classical Ayurvedic texts as a consequence of various factors or can be said

as multifactorial causation of the disease, due to which unmetabolized material (*Aam*) is deposited in joints as

a resultant¹. As described in the classics there are 13 types of Agni which are responsible for the whole metabolism at different levels, that diminishes because of various factor that became the reason for the formation of Aam. *Aamvata* is correlated with Rheumatic Arthritis which is a multisystem disorder with a specific feature of inflammatory synovitis, which can damage cartilage and bones in chronic condition². Further discussed patient is a known case of RA shown classical symptoms of *Aamvata*/R.A., which shows R.A. positive, CRP positive, ESR raised significantly. The patient is a middle-aged female, psychologically disturbed because of the continuous stage of pain and agony and didn't get precise benefits because of previous treatment she was taking, which brings her here to get maximum benefit in overall health.

She was diagnosed as a case of *Aamavata* and treated according to Ayurveda Principles i.e. *Pathya Palan*, *Shodhan* and *Shaman* i.e. dedicated dietary and lifestyle guidelines, *Vaitran Basti* (for 7days), *Ruksha Swedan* and Medication³. A considerable improvement had been noticed in joints pain, morning stiffness within 10 days, patient didn't find a need for analgesics which were needed previously. Quantitative R.A. factor, ESR, decreased gradually

CASE REPORT

A 55-year-old female patient came with C/O Pain and swelling in all joints (more intense in knee, elbow and metacarpophalangeal joints) with morning stiffness which lasts up to 1-2 hours, loss of appetite and indigestion from 2 years, according to the patient symptoms persists whole day but intense in the morning.

On examination- it shows tenderness and restricted mobility in joints. On investigation, it was Hb 10.5gm, ESR – 40mm 1st hour, R.A. positive 350.65 IU/mL, CRP- positive.

Diagnosis – It was a case of *Aamvata* according to Ayurveda with differential diagnosis of *Sandhigatavata* (osteoarthritis) and *Vatarakta* (Gout), as per the examination, there is the involvement of small and big joints but no specific symptoms of vitiation of *Rakta* which brings a conclusion to rule out of *Vatarakta*. The absence of the symptom i.e. *Vatapurna Druti Sparsha* helps in rule out *Sandhigatavata*⁴.

Hence owing to the symptoms of bodyache (*Angamarda*), anorexia (*Aruchi*) stiffness (*Stambha*) and severe tenderness in joints bring it out as a case of *Aamvata*⁵. It was a case of R.A. according to the criteria given by the American College of Rheumatology (and European league against rheumatism (EULAR) 2010⁶.

Treatment

The patient received Dietary guidelines, along with lifestyle modification, In Shaman *Aushadh Ajmodadi Churanam* 3gm twice daily after food with Lukewarm water, *Aamvatari Rasa* 2 bd *Giloy Satva* 1/4tsf twice daily after a meal, *Rasnasaptaka Kwatha* 10 ml with equal water thrice daily, *Trivrut Avleha* 1tsf at night with warm water. The patient had gone for Panchakarma procedure, *Ruksha Baluka Swedan*, along with later *Vaitran Basti* (including *Sarvanga Abhyanga* with *Erand tail* and *Sarwanga swedan* with *Dashmool* infused steam) formed with (guda/ jaggery 24gm, Amlika 50gm, Til tail 50ml, Saindhav 12gm, Gomutra 200ml), *Vaitran Basti* is given for 7 days. Later the patient was discharged with an indication of *Pathya* and Medicines Due to Covid patient was unable to come to the hospital for 3 months but was in touch telephonically and regularly following given guidelines. Guidelines are given to the patient (*Pathya*)- Daily body massage with *Tripahala* powder (*Udvardana*) 5-10 minutes, eat food only when felt hunger, intake only lukewarm water, hot fomentation, or dry sudation for 5-10 minutes. In breakfast – intake of aged grains like mung beans/ Moth beans (steamed or boiled), sprinkled with rock salt and *Panchkol* powder, fruits can be taken according to the availability Pomegranate, Amalaki, Cheeku, Papaya etc, in Lunch have to take Chapati (*Yava*, *Godhum*) 1-2 according to digestive fire, rice cooked with the infusion of Lavanga and Jeerak ½ to small 1 bowl, *Daal*, Vegetable suitable – *Karela*, *Parmal*, *Baingan*, *Sehjan Phali*, *Bathua*, *Palak*, 1 glass of *Takra* with roasted *Jeerak/ Yavani* powder. Evening - *Dashmool* decoction (herbal tea) mixed with jaggery, sporadically cooked *Shayamak/ roasted Chana*, Dinner must be between 6.30-7.30 (preferable before sunset) – aged grains/ rice to be avoided at night, vegetable cooked with Rason,

milk boiled with *Pipalli churanam*. At night 30 minutes before sleeping usually around 9-9.30 pm 10ml *Erand Tail* with warm water.

However, this patient was well adapted to the dietary regimen but in another case-patient complain about *Pitta Vriddhi* because of *Erand tail* intake at night that was resolved by intake of *Amalaki Churanam* or other *Pittashaman* or *Rechan* food articles.

Treatment outcome

At the end of the first 10 days of oral medication and *Ruksha Baluka Swedan* there was a slight reduction in pain and swelling and the patient stopped the intake of analgesics from day 3rd, which she was taking for a long. After that *Vatran Basti* was planned and given for consecutive 7 days, morning stiffness was reduced to 15-20 minutes which was initially at around 1-2 hours, anorexia is reduced, body ache stiffness and pain was reduced. After completion of a total of 17 days of panchakarma and oral medicine, the patient shows remarkable improvement. In continuation of *Pathya* i.e. dietary regulation and modification along with oral medicine for 127 days the patient (16/03/2021 -20/07/2021), there was a marked improvement in the symptoms, ESR within limits, CRP – negative, R.A. Factor below 20 IU, morning stiffness is sporadically present for few minutes, body aches joint pain is not present for now, there is no aggravation of the diseases till July 2021.

DISCUSSION

The worldwide prevalence of RA is estimated between 0.3% and 1% and is commonly seen in women in developed countries⁷. In India, the prevalence is estimated to be 0.75%⁸. However, there is no specific cause that can be clearly understood, disability because the condition can lead towards mental agony and later psychological condition. However, in Ayurveda, there is no marked demarcation that the prevalence rate is high in women or men. In the present case, the female is suffering from the condition diagnosed as *Aamvata* with clear symptoms as defined in classics. In Ayurveda, we consider *Aamvata as Rasavaha Strotasa Dusti Vyadhi* which means the major effect of dietary habits, its metabolism and lifestyle which was

kept as a priority in managing the condition just because *Doshas* were vitiated extremely so there was need of *Shodhan* and *Shaman chikitsa* also which was later shifted to *Pathya palan* only and patient benefited tremendously. Ama is defined as an outcome of unmetabolized material which is later deposited in different areas and resultant in *Amaja Vyadhi*⁹. In the current case, the female was in her menopausal age which was another factor that can be considered responsible for the occurrence of the disease because of the physiological vitiation of *Vata Dosha*. The treatment principle given is ancient classics was adopted for the treatment as due to intake of less food and only when needed/ extreme hunger arousal helps in increasing digestive fire which help in digestion of *Aam Dosha*, along with that in Diet there is addition of *Panchkol* powder which helps as *Agnideepan* as well as *Aampachana*¹⁰, *Udvartan with Triphala* coarse powder helps in passive exercise, melting *Kapha and Aama* along with metabolism of *Aam* present in extremities, enhance blood circulation to remove toxins also¹¹, dry hot fomentation helps in metabolism of *Aam* and removal of toxins and brings lightness & soothing effects¹², *Nitya Virechana* was given in the form of *Trivrut Avleha (Sukha Virechananam)*¹³ and later *Erand Tail* which helps in management of vitiated *Vata* as well as *Rechan* of extra *Doshas* in diet, aged food grains i.e. *Godhum, Yava, Mung, Moth* etc were advised because they are light to digest and don't vitiate *Kapha Dosha* and prevent formation of ama, Hot water intake had effect in *Pachana/* metabolism of *Aama* and increased digestive fire, other vegetables and fruits which are added had *Tikta rasa* predominance and had *Rechak* properties along with *Balya* properties which are helpful in this condition and which are easily available in local and no specific need of out of pocket expenditure. *Vatran Basti* was given as per the principle of *Kshar Basti* indicated by Chakradutta because it directly works in *Lekhana* i.e. scraping and *Rechan*, Removal of *Doshas*¹⁴. *Ajamodadi Churnam* is given for *Pachan* of *Dosha*, removal of inflammatory swelling¹⁵ and removal of chances of occurrence of the condition again, *Giloy satva* was given to give rejuvenation and along with it due to its *Tikta*

rasa it helps in the metabolization of Ama, Rasanasantaka kwatha works on Kapha Dosha as well as Vata Dosha which was added in Shaman Ausadh. Aamavata Ras reduces inflammation manage pain due to the condition and helps in the reduction of

stiffness and swelling¹⁶. Dashmool decoction with jagery was added to the diet as a replacement of tea to ensure its Tridosha Sahamaka effect and it had a great effect on Sotha and Shool Parashamana¹⁷.

Table 1

Treatment outcome

No.	Timeline	Morning stiffness	Anorexia	Joints pain	R.A. factor(IU/ml)
1.	Baseline- mid-March 2021	Severe last for 1-2 hours	Present	Severe	350.56
2.	10 days after treatment	Slightly reduced	Absent	Slight reduced	Not done
3.	17 days after treatment	Markedly reduced last for 20-30 minutes	Absent	Markedly reduced	>120
4.	127 days after treatment	Absent	Absent	Absent	>20

CONCLUSION

In the present scenario, we had negatively changed our lifestyle due to various factors for which we have to pay off in terms of ill health, and one consequence is Aamvata which is a result of different factors some of which are modifiable and preventive and with the help of Ayurveda principles even along with treatment and after that, we can provide curative services as well as preventive and avoidance of reoccurrence. This effect is seen with the treatment and Pathyapalan. More studies are needed to be done to find sustainable effects on Aamvata.

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