

SYMPTOMATIC MANAGEMENT OF RHEUMATOID ARTHRITIS THROUGH PANCHAKARMA THERAPY VIZ JAMBIRPIND SWEDA - A CASE REPORT

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ABSTRACT

Rheumatoid arthritis is a chronic inflammatory disorder that affects not only joints but also other body systems including skin, eyes, lungs, heart and blood vessels. Wrong dietary habits, lifestyle and environment have led to various autoimmune disorders i.e. *aamvishjanya vikara* and R.A. is one of them. Due to similarity in *lakshnas* Rheumatoid Arthritis can be co related with *Aamavat*¹. Prevalence of Rheumatoid Arthritis in India, in adults has been reported to vary from 0.5 to 3.8% in females and from 0.15 to 1.37% in male in 2019.² Modern treatment consists of immunosuppressants, most cases can be managed with DMARDS, anti-inflammatory and steroids. Disease progression can be slowed down with these drugs, but they have more and less side effects. So, it is a need of time to seek *Ayurvedic* treatment and *Panchakarma* therapies to manage the pain, slow down the disease progression and improve patient's quality of life. In the present study, a 32 years old female patient of *Aamavat* having restricted movement of right shoulder joint, pain during movement, morning stiffness, *kshudamandya* was managed successfully with *Panchakarma* therapies like *Virechana*, followed by *matra basti*³ and locally *Jambirpinda sweda*. It was found that patient had significant relief in the pain, movement restriction and stiffness after *Jambir pind swed* and *bala-varna-agni vriddhi* after *matrabasti*.

Keywords: *Aamvishjanya Vikara, Jambir Pind Sweda, Virechan, Matra Basti*

INTRODUCTION

Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system – which normally protects its health by attacking foreign substances like bacteria and viruses – mistakenly attacks the joints. This creates inflammation that causes the tissue that lines the inside of joints (the synovium) to thicken, resulting in swelling and pain in and around the joints. If inflammation goes unchecked, it can damage cartilage, the elastic tissue that covers the ends of bones in a joint, as well as the bones themselves. Over

time, there is loss of cartilage, and the joint spacing between bones can become smaller. Joints can become loose, unstable, painful and lose their mobility. Joint deformity also can occur.

Rheumatoid arthritis most commonly affects the joints of the hands, feet, wrists, elbows, knees and ankles. The joint effect is usually symmetrical. Because RA also can affect body systems, such as the cardiovascular or respiratory systems, it is called a systemic disease.

In the early stages, people with RA may not initially see redness or swelling in the joints, but they may experience tenderness and pain.

These following joint symptoms are clues to RA:

- Joint pain, tenderness, swelling or stiffness for six weeks or longer
- Morning stiffness for 30 minutes or longer
- More than one joint is affected
- Small joints (wrists, certain joints of the hands and feet) are affected
- The same joints on both sides of the body are affected

Along with pain, many people experience fatigue, loss of appetite and a low-grade fever.

The symptoms and effects of RA may come and go. A period of high disease activity (increases in inflammation and other symptoms) is called a flare. A flare can last for days or months.

Aim of the study- to assess the efficacy of Panchakarma therapy viz swedan in the symptomatic management of rheumatoid arthritis.

Case Report-

Name- X.Y.Z.

Age -32 years

Sex- female

c/o-

1. Pain during movement of right shoulder joint - 1year
2. Restricted movement of right shoulder- 6-8months
3. Kshudha mandya
4. Sandhi shoth, graha, ushna sparsh- 2-3months

Previous history- no history of any major medical or surgical illness.

s/h/o- LSCS 3 years before

Assessment criteria-

1. Angle of extension of right shoulder (with the help of goniometer)
2. Pain (VAS scale)

Materials and methods-

1. Pachan given with- Hingwashtak choorna, Simhanaad guggulu

2. Virechanpurv snehpan –Guggulu tiktam ghritam Virechan yog- Abhayadi modak with Erand sneha
3. Jambir pind swed- at Rt. shoulder joint. For 8days
4. Matra basti – Til taila and Erand taila for 8days Jambir pind swed –

Materials-

1. Jambir 750gm
2. Erandmool choorna-100 gm
3. Haridra choorna- 30gm
4. saindhav -30gm
5. cotton cloth 2

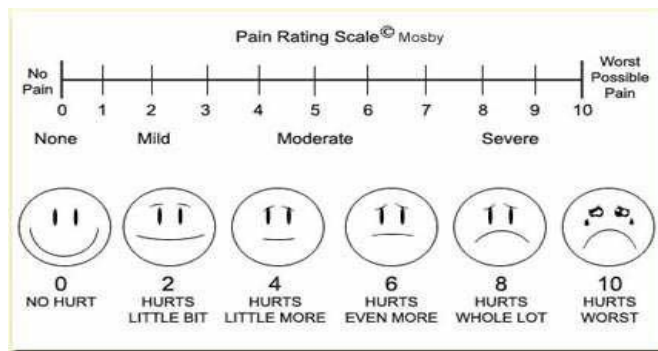
Pradhan karma- temperature of pottali- 40-45 °C

Duration of karma- 20-30 min

Days- 8

Assessment-

Sr no.	Parameter	BT	AT
1.	Angle of extension	70 ⁰	110 ⁰
2.	Pain (Pain scale)	8	2



DISCUSSION

Swedan may broadly be defined as a process of external heating by which the body is induced to produce sweat to mitigate several localized and systemic disorders. Aacharya Dalhan has introduced 2 types of sweda⁴-

1. shodhanang and
2. sanshamniyang.

Shodhanang swed is introduced before Panchakarma procedure and sanshamniyang is introduced as a treatment of disease.

Jambir pind swed is ruksha snigdha type of swed and it is indicated in Aamvat⁵. Amla ras is pachan and

*shaithilya karak*⁶. And *sweda* is *mardavkar*⁷ so it works best in restricted movement of joints in *Aamvat*. *Swedan* increases the flow of blood in the affected area making available an increased supply of oxygen, nutrients, antibodies, WBC and thereby reduces inflammation. Though the dilatation of capillaries increases the exudation of fluid into the tissues, it is subsequently followed by the absorption of waste products etc. from the area as a result of increased blood flow. The judicial adjustment of both these phenomena helps in resolution of inflammation. In acute stage of inflammation, *swedan* should be given with utmost caution as there is marked vasodilatation and exudation of fluid. In the sub-acute stage, stronger *swed* is beneficial (as *prastara or pind*). In chronic condition (*jirnavastha*), *swedan* for longer duration should be used⁸.

CONCLUSION

There was significant relief in joint pain and restricted movement after *Jambir pind swed*. After *virechan karma* overall health of patient improved *kshudha* improved. And *matra basti* caused marked effect on *bal varna upchaya*.

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