

**STUDY OF APPLICATION OF SIDDHANT “TYAGAT VISHAM HETUNAM.
“CH.SU.16/36” IN TREATMENT OF AMAVATA W.S.R. TO ATYAMBUPAN**Vivek Vasantrya Kulkarni¹, Mangesh Deshpande²

scholar of fellowship in Ayurvediya Rheumatology, at Arthoved Hospital, Dombivali, Affiliated with MUHS Nashik

Corresponding Author: Vaidyavivek7484@gmail.com

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**ABSTRACT**

In today's era, due to wrong information from social media and wrong knowledge, people are following haphazard water drinking habits. According to Ayurved, it is a causative factor for many diseases. Improper water intake habit leads to *Ama* formation in the body. In developing cities lots of people suffer from complaints of Joint pain, swelling, and redness i.e. inflammation of joints. It is observed that in such cities most diseases are caused due to *Santarpana*. So, the retrospective study is conducted to evaluate improper water intake habit *hetu* (causative factor) of Joint disorders i.e. *Amavata*, and the application of Siddhant *Hetu viparit chikitsa* in the treatment of *Amavata*.

Keywords: *Amavata, hetu, Atyambupan*

INTRODUCTION

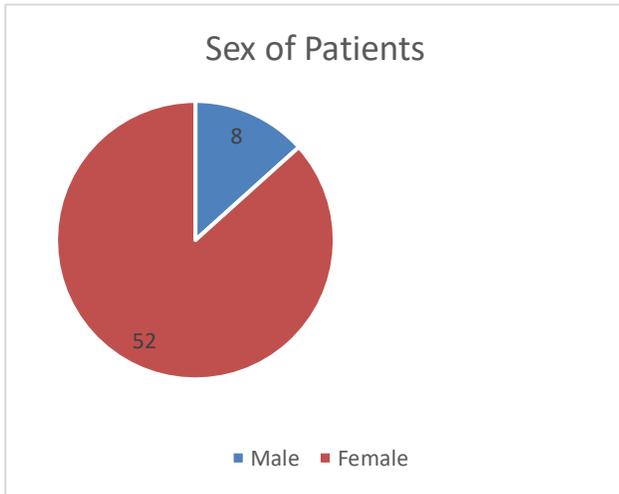
1. After use of all higher medicine because we are not getting results as mentioned in samhitas.
2. Due to Illiteracy about water intake and due to improper information from TV, social media, etc. peo-

ple are drinking the water haphazardly. It is the cause of many diseases.

Objectives: 1. To study Amavata and its Hetus.
2. To study Atyambupana as hetu of Amavata.

3. To assess the importance of nidan parivarjan in the treatment of Amavata with special reference to

Atyambupana.



Complaints: Pain with swelling – 40 pts.
Only pain-20 pts.

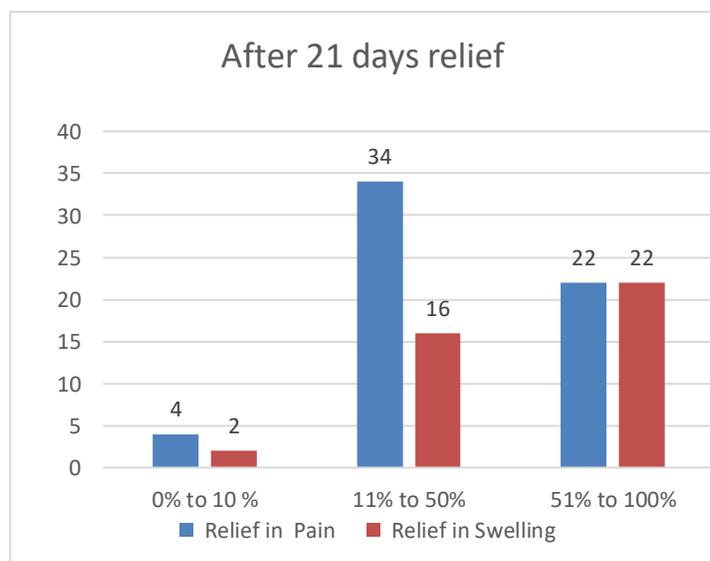
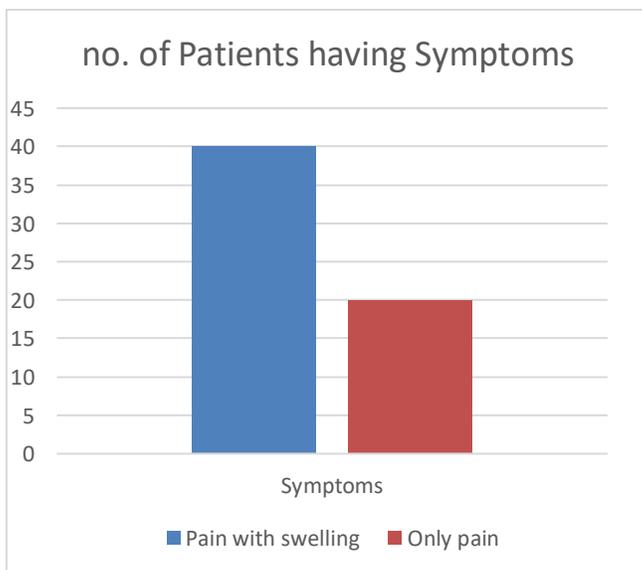
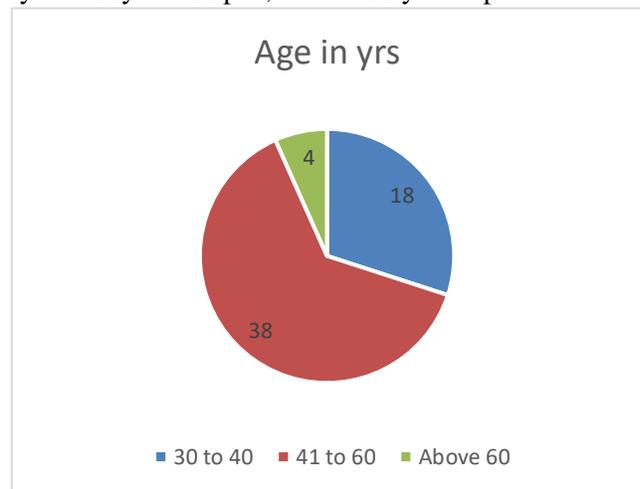
after 21 days of Avoiding Atyambupana (*hetu tyag*)

- Relief in pain- 0 to 10% -4 pts.; 11 to 50%-38pts.; 51 to 100%-22pts.exce
- Relief in Swelling- 0 to 10% -2 pts.; 11 to 50%-16 pts.; 51 to 100%-22 pts.

Methodology: 1. Random 60 patients from Shreyas-Ayurved Chikitsalaya, Latur, and Ortho-ved Ayurved Hospital, Dombivli are selected for an observational study. 2. Inclusive criteria- 1. Patients have symptoms of pain and swelling of joints. 2. Patient Having Atyambupana in history. 3. Symptoms of Selected 60 patients are assessed after 21 days of avoiding Atyambupana.

Observations: 60 patients

Sex: Male-8, Female – 52, Age: 30yrs to 40yrs – 18 pts.; 41yrs to 60yrs – 38 pts.; Above 60 yrs.- 4 pts.



DISCUSSION

1. In Ashtansangraha sutrasthan dravyadravyadividnyaniy adhyaya acharya Vagbhata has stated that excessive intake of water leads to Agnisad means vitiation of Jatharagni and increase of Ama in the body³.
2. Acharya Madhav in Amavata nidan adhyaya while explaining Amavata samprapti told that vata is vitiated due to Viruddha chesta, vyayam, and due to Viruddha ahar, mandgni Ama is accumulated in the body. This vitiated vata along with Ama stagnated all over the body especially at shleshmasthan to form symptoms of Amavata⁴. In this Adhyaya, Angamards i.e. Pain, and Shoon i.e. Shoth- swelling these two are stated as atypical symptoms of Amavata⁵.
3. People are getting wrong and baseless information about instructions for Drinking water from T.V., YouTube, newspapers, public lectures, etc. People blindly follow those instructions. Due to this wrong guidance, people are drinking empty stomach water, early in the morning. They are drinking plenty of water without thirst. Rapidly they drink water before going to sleep when they have no thirst. According to Ayurved classics, these wrong habits of drinking plenty of water without thirst are called Atyambupana.
4. While studying case papers and the history of 60 patients who are taking Ayurved treatment for Amavata at Shreyas-Ayu Ayurved chikitsalay and panchakarma center, we come to know that these patients had the habit of Atyambupana, and they had complaints of Pain and Swelling.
5. Charakacharya in sutrasthana in Chikitsaprabhrtiy Adhyay while describing the definition of chikitsa stated that By stopping the Visham hetu i.e. things those are done without following rules told in samhitas, Bad habits and starting to be following good habits, the state of samavastha of

sharir dhatu's is achieved and disease will automatically get treated⁶.

6. As stated 60 patients of Amavata are advised to avoid Atyambupana and after 21 days of avoiding Atyambupan symptoms of pain and swelling are accessed. After 21 days out of these 60 patients, 22 patients got 51% to 100% and 34 patients got 10% to 50% relief in Pain. After 21 days out of 40 patients, 22 patients got 51% to 100% and 16 patients got 10% to 50% relief in swelling.

CONCLUSION

Atyambupan is a very significant hetu for causing pain and swelling in Amavata patients. Avoiding Atyambupan gives significant relief in pain and swelling is observed. It signifies the Sidhant of "Tyagat Visham hetunam. Ch.su.16/3 6." For the clinical practice of Ayurveda assessment of every hetus thoroughly is very important

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