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Ayurvedic Management Of Amavata W.S.R. To Rheumatoid Arthritis – A Case Study

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Abstract

Amavata is one of the commonest disorder caused by the impairment of Agni. It develops due to the accumulation of *Ama* in association with aggravated *Vata Dosha*, which then localizes in the *Shleshma sthana* i.e. joints producing symptoms of *Amavata*, such as *Sandhishool*, *Sandhishotha*, *Sandhigraha* etc. *Amavata* can be correlated with so many inflammatory joint disease but due to similarities in clinical features it can be correlated with *Rheumatoid Arthritis*. *Rheumatoid Arthritis* is an autoimmune disease marked by symmetrical polyarthritis, joint deformity, and progressive disability. The management in Modern medical science primarily focuses on symptomatic relief and immune suppression, often associated with long-term adverse effects. This case study evaluates the effectiveness of *Ayurvedic* management in a diagnosed case of *Amavata*. A 58-year-old female patient approached to *Rognidan* OPD with a chief complaint of pain and morning stiffness in the multiple joints of both hands from one year, swelling in both hands and wrist joint from 3 months, intermittent low-grade fever from 3 months. After few days, pain got aggravated and found difficulty in the daily routine activity with severe stiffness. Blood investigation of the patient revealed that she was anaemic with HB – 9.4 gm/dl, had elevated ESR & CRP and positive RA factor. According to her symptoms, and the lab reports we diagnosed her as a patient of *Aamvata*(RA). Patient was advised *Shamana Chikitsa* with *Tb. Rasnadi guggul*, *Tb. Sanjivani vati*, *Tb. Punarnava Mandoor*, *Tb. Muscalt forte*(Aimil pharma) and *Syp. Rasnasaptak Kwath* as orally and *Valuka Pottali Swed* for external application. After treatment, marked improvement was observed in signs and symptoms and inflammatory markers. There was no side effect observed during and after treatment. Hence it is concluded that the given drug can be of great help in managing the cases of *Rheumatoid Arthritis*.

Keywords: *Amavata*, *Rheumatoid Arthritis*, *Ama*, *Vata*, *Shaman chikitsa*

Introduction :

Amavata is a chronic inflammatory disorder described in *Ayurvedic* classics, resulting from the accumulation of *Ama* and aggravation of *Vata dosha*. Impaired digestive fire (*Mandagni*) leads to the formation of *Ama*, which circulates in the body and localizes in the *shleshma sthana i.e. joints*, producing pain, swelling, stiffness, and restricted movement. Classical features of *Amavata* include *Angamarda* (body ache), *Aruchi* (loss of appetite), *Trishna* (excessive thirst), *Alasya* (fatigue), *Gourava* (heaviness), *Jwara* (fever), *Avipaka* (indigestion), and *Shotha* (swelling), as described in *Madhav Nidan*^[1].

Amavata is clinically similar to Rheumatoid arthritis, a systemic autoimmune disorder that primarily affects the synovial joints, leading to swelling, pain, stiffness and progressive destruction of cartilage and bone, often leading to functional disability^[2]. In nearly two-thirds of patients, the disease begins gradually, presenting with symptoms such as fatigue, anorexia, low grade fever, generalized weakness, and musculoskeletal discomfort. Morning stiffness lasting for more than one hour is an almost invariable symptom and is present in almost all cases^[3]. RA affects the multiple joints bilaterally symmetrical, commonly involving small joints of the hands, wrists and feet but larger joints and extra *articular* organs may also be affected as the disease progresses. *Treatment* in modern medicine has limitations due to their side effects with long-term use. Considering the chronic nature and limitations of conventional therapy, *Ayurvedic* management offers a holistic and safe approach. *Ayurveda* focuses on eliminating the root

cause of disease and restoring health, rather than just managing symptoms, making it a suitable approach for conditions like Rheumatoid Arthritis (RA). Here, the OPD patient was diagnosed as *Amavata* (RA) as per the signs and symptoms, so on the OPD basis *Shaman chikitsa* was given to patient with herbs like *Tikta* (bitter) and *Katu* (pungent) Rasa as well as *Deepana-Pachana, Shothahara* and *Vednasthapana* properties.

Case Report :

A 58 yrs. old female patient presented with pain and morning stiffness in the multiple joints of both hands from one year, swelling in both hands and wrist joint from 3 months, intermittent low-grade fever from 3 months. And she said that after few days, her pain got aggravated and found difficulty in the daily routine activity. Along with joint pain, she had stiffness in multiple joints which was more in morning hours and after inactivity and lasts for about 1-2 hour. Also, she had complained of loss of appetite. She has no history of Diabetes, *Hypertention* or any other major illness in the past.

Aims And Objective : To study the *ayurvedic* management of *Aamvata w.s.r.* to Rheumatoid Arthritis.

Materials And Methods :

- Study design – Randomized open labelled clinical study with pre-test and post-test design.
- Conceptual study – *Ayurvedic* and Modern literary review of *Aamvata* (Rheumatoid Arthritis) was done.
- Clinical study – Detailed history taking along with physical and systemic examinations and assessment of the treatment was done.

Examination**A) Ashtavidha parikshan –**

1. *Nadi* (Pulse) – *Vata Kaphaj*
2. *Mala* (Faeces) – *Baddhata* (constipation)
3. *Mutra* (Urine) - *Samyaka* (Normal)
4. *Jivha* (Tongue) – *Sama* (Coated)
5. *Shabda* (Speech) – *Spashta* (Clear)
6. *Sparsha* (Touch) - *Ushna* (Warm)
7. *Druk* (Eyes) - *Samyaka* (Normal)
8. *Aakruti* (Body type) – *Madhyam* (Normal)

B) Systemic Examination –

- Respiratory Examination – AEBE Normal
- Central Nervous System- Conscious and oriented
- Cardio Vascular System- S1S2 normal

C) Samprapti Ghatak –

- *Dosha* – *Vata - Kapha Pradhan Tridoshaj*
- *Dushya* – *Rasa, Mamsa, Asthi, Majja*
- *Srotas* – *Annavaha, Rasavaha, Asthivaha , Majjavaha*
- *Agni* – *Jatharagnimandya* , *Dhatvaagnimandhya*.
- *Srotodushti* – *Sang and Vimarggamana*
- *Udbhava sthan* – *Amashaya* – chiefly production of *Aam, Pakvashayav- Mula sthan of Vata*
- *Adhithana* – *Slesmasthan- Sandhi*
- *Vyakti sthana* – *Sandhi*
- *Roga Marga* – *Madhyama*
- *Vyadhi Swabhava* – *Chirakari*

General Examination –

- Pulse rate – 78/min
- Blood pressure – 122/86 mmHg
- SPO2 – 98%
- Weight – 62kg

Diagnostic Assessment – Based on the signs and symptoms the present case was diagnosed as Rheumatoid Arthritis. The assessment was done by comparing the baseline parameters with 45 days administration of Shaman *Chikitsa*.

Baseline Lab. Investigations –

Hb. – 9.4 gm/dl

RA Factor – 56 IU/mL

CRP – 32 mg/L

ESR – 78 mm/hr

Therapeutic Intervention –

Therapeutic intervention begin with the administration of Shaman *Chikitsa*.

Sr.No.	Drugs	Dose	Time	Route	Anupan	Duration
1.	<i>Rasnadi Guggulu</i>	500mg	BD	Oral	Luke warm water	45 days
2.	<i>Sanjivani vati</i>	500mg	BD	Oral	Adrak ras followed with water	45 days
3.	<i>Punarnava Mandoor</i>	500mg	BD	Oral	Gud + Luke warm water	45 days
4.	Tb. Muscalt forte	500mg	BD	Oral	water	45 days
5.	<i>Rasnasaptak kadha</i>	20 ml	BD	Oral	Luke warm water	45 days
6.	<i>Valuka Pottali Sweda</i>	-	BD	Local application	-	45 days

Advised –

- *Valuka Pottali Sweda* was advised in the form of external treatment.
- Patient was advised general physical activity and to avoid *Aamjanya Aahara* (*Dadhi, Matsay, Guda, Ksheer*), etc [4].

Grading for assessment of diseases –

The results of the therapy were assessed on the basis of clinical signs and symptoms mentioned in the *ayurvedic* texts before the start of the therapy and after completion of treatment [5].

<i>Sandhishool</i> (Pain in joint)	
No Pain	0
Mild Pain	1
Moderate, but no difficulty in moving body part	2
Slight difficulty in moving body part due to pain	3
Much difficulty in moving body part due to pain	4

Sandhishoth (Swelling in joints)	
No Swelling	0
Swelling involving only one joint	1
Swelling involving 2-4 joint	2
Swelling involving 5-7 joint	3
Swelling involving more than 7 joints	4

Sandhistabdhata (Stiffness in joints)	
No Stiffness	0
Stiffness last for 5min to 2 hrs	1
Stiffness last for > 2 hrs to 4hrs	2
Stiffness last for > 4 hrs to 6 hrs	3
Stiffness last for > 6 hrs	4

Jwara (Fever)	
No fever	0
99 ⁰ F – 100 ⁰ F	1
Mild 101 ⁰ F - 102 ⁰ F	2
Moderate 103 ⁰ F - 104 ⁰ F	3
Severe > 104 ⁰ F	4

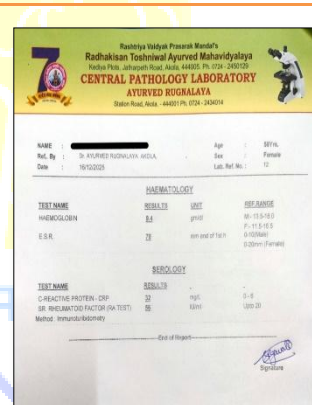
Aruchi (Anorexia)	
Normal desire for food	0
Eating timely with less desire	1
Decrease desire for food late than normal	2
Desire for food only after long interval	3
Taking late food without any desire	4

Alasya (Lethargy)	
No alasya	0
Starts work in time with efforts	1
Unable to start of work in time	2
Delay in start of work	3
Never able to start the work	4

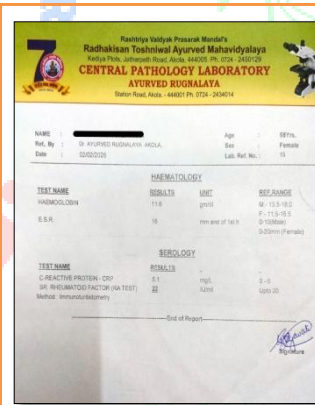
Result : Follow up and outcome – After 45 days patient was advised to undergo following investigation after taking regular medications.

Table –Effect of therapy before and after treatment.

Sr. No.	Test done	Observed value		Reference range
		Before treatment	After treatment	
1	Hb%	9.4 gm/ dl	11.6 gm/ dl	13-18: male 11.5-16.5: female
2	CRP	32 mg/ L	05 mg/L	0 – 6 mg/ L
3	ESR	78 mm/ hr	18 mm/ hr	0-10 male 0-20 female
4	RA Factor	56 IU/ mL	22 IU/ mL	1 – 20 IU/ mL



Effect of therapy before treatment.



Effect of therapy after treatment.

Table – Improvement in symptoms (based on assessment criteria)

Sr. no.	Symptoms	0 day (before t/t)	15 th day (1 st follow up)	30 th day (2 nd follow up)	45 th day (3 rd follow up)
1	Sandhishool (pain in joint)	++++	+++	++	+
2	Sandhishotha (swelling in joints)	+++	++	+	0
3	Sandhistabdhata (stiffness in joints)	+++	++	+	0
4	Jwara (Fever)	+	+	0	0
5	Aruchi (Anorexia)	+++	++	+	0
6	Alasya (Lethargy)	+++	++	+	0

Discussion :

Amavata is a commonest inflammatory joint disease because of which patient's life becomes miserable, patients are crippled. No effective remedies are available so far in modern science. According to *Ayurveda*, the basic pathology in the *Amavata* is the formation of *Ama* in the body due to *Agnimandya*, followed by vitiation of all the three *doshas*, predominantly *Vata*. Therapeutic approaches focus on correction of function of Agni, eliminate *Ama*, and pacify aggravated *Vata*.

Mode of action of drugs –

1. *Rasnadi Guggul*^[6] – *Rasnadi guggulu* is commonly used medicine for the treatment of *Aamvata*. It contains *Rasna*, *Guggulu*, *Eranda Mool*, *Devdaru*, *Shunthi*. Due to its *Katu*, *Tikta Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Virya* and *Katu Vipaka*, it works as *Amapachaka*, *Vata-shamaka*, *Shothahara* and *Vedanasthapana*. That's why it is very effective to reduce inflammation, acts as mild laxative to eliminate toxins and improves mobility, thereby breaking the pathogenesis of *Aamvata*.
2. *Sanjivani Vati*^[7] - (*Vidang*, *Sunthi*, *Pippali*, *Triphala*, *Vacha*, *Guduchi*, *Sudh bhallataka*, *Sudh vatsnabh*) helps to reduce *Aam*, as it has *Deepan* and *Pachan* in nature and *Vata* balancing property. To lower the symptoms of fever it may be used as Anti – pyretic. Due to the presence of *Shuddha Vatsnabh* here it is used as analgesic and antipyretic drug to provide relief in the symptoms of Rheumatoid Arthritis.
3. *Punarnava Mandoor*^[8] - (*Punarnava*,

Trivrit, *Sunthi*, *Pippali*, *Maricha*, *Vidanga*, *Devadaru*, *Chitraka*, *Kushtha*, *Haridra*, *Daruharidra*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Danti*, *Chavya*, *Kalinga*, *Pippalimula*, *Musta*, *Mandur Bhasma*). It helps to improve the hemoglobin level and enhances total iron-binding capacity thereby reducing the symptoms of anemia. *Punarnavadi Mandoor* also has *Rasayana* property which helps regulate metabolism, enhance immunity and strength. It acts as diuretic and anti-inflammatory drug. It also improves appetite with the help of its *Deepana* (appetizer) and *Pachana* (digestive) properties.

4. *Tb. Muscalt forte* - (*Nirgundi*, *Guduchi*, *Rasna*, *Lodhra*, *Sunthi*, *Punarnava*, *Kutaki*, *Sudh guggul*, *Sudh Shilajeet*, *Pippali*, *Suranjan*, *Haridra*, *Eranda mool*, *Ashwagandha*). It nourishes and protects the joints health, protects cartilage. It relieves the pain, swelling and inflammation.
5. *Rasnasaptak Kadha* - (*Rasna*, *Gokshura*, *Eranda*, *Devadaru*, *Punarnava*, *Guduchi*, *Aragvadha*, *Dhataki*). It helps in enhancing the function of the musculoskeletal system. It also helps in reducing the pain and inflammation in the joints and reduce joint stiffness. *Rasna* may also help in eliminating the toxins which are affecting the joints.
6. *Valuka Pottali Sweda*^[9] - It is a type of *Ruksha sweda*. It expels the morbid *Ama*, *vata*, *kapha* and *meda*. It causes sweating and brings about lightness and a feeling of

health in the afflicted joints, muscles and soft tissues Relieves stiffness and rigidity of thighs and lower limbs.

Conclusion :

The present study highlights that the *Ayurvedic* management of *Amavata* (Rheumatoid Arthritis) demonstrates therapeutic potential through a multimodal approach targeting the core *pathophysiology* of *Ama* accumulation and *Vata* vitiation. Interventions including *Deepana-Pachana*, and *Shamana* therapies such as *Rasnadi Guggulu* contribute to significant clinical improvement in parameters like pain, swelling, stiffness, and functional *disability*. The observed outcomes suggest that *Ayurvedic* treatment not only provides symptomatic relief but also addresses disease modifying aspects by improving Agni, reducing systemic inflammation, and enhancing metabolic correction thereby improving quality of life. Furthermore, the integrative approach appears to be safe and well-tolerated, with minimal adverse effects.

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