



UNFOLDING THE COMPLEXITIES OF AMAVATA THROUGH AYURVEDIC MANAGEMENT- A SINGLE CASE STUDY

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ABSTRACT

Amavata is a condition in which vitiation of *Vata Dosha* and accumulation of *Ama* gets lodged in joints, it is said as rheumatoid arthritis (RA) in modern community. In contrast to modern medicine, which relies on side-effect-prone anti-inflammatory, analgesic, steroid, and disease-modifying antirheumatic medicines for its care, *Ayurveda* recommends *Shamana* (conservative) and *Shodhana* (biological purification of the body) therapy. A female patient was diagnosed with *Amavata*/RA after experiencing various joints discomfort and oedema, significant morning stiffness, movement restrictions, malaise, and *Mandagni* (low appetite). In *Ayurveda*, *Nidana Parivarjana* (avoidance of the causes of the ailment) is regarded as the earliest and most important form of treatment.¹ Considering that also, *Shamana* and *Basti Chikitsa* specifically *Vaitarana Basti* is also mentioned in ancient texts. Patient found significant relief after getting this line of treatment for 21 days including 8 days of *Basti* and additional to 15 days of *Shamana Chikitsa* by giving *Simhnada Guggulu* and *EBH* (*Erandbhrusta Haritaki*) at considerable doses.

KEY WORDS: *Amavata*, *Vaitarana Basti*, Rheumatoid arthritis, *Simhanada Guggulu*, *EBH*

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INTRODUCTION

Simultaneously, vitiated *Ama* and *Vata* when lodge in the *Trika-Sandhi* leading to *Stabdhatu* of that body part this condition is known as *Amavata*.² Due to hypo functioning of *Ushma* (Agni), First, the *Anna Rasa* undergoes fermentation process, which is kept in the *Amashaya*, because the *Dhatu 'Rasa'* is not properly digested. This *Rasa* is called as *Ama*.³ *Ama* is a maldigested product, which is not homogeneous for the body. It can cause pain, stiffness, swelling, soreness, etc. in the associated joints once that *Ama* becomes concentrated in body tissue or joints. *Amavata* shares many characteristics with RA, an autoimmune condition that results in symmetrical, persistent polyarthritis with inflammation. In Ayurveda, *Nidana Parivarjana* (avoidance of causative factors) is considered as the first and foremost line of management for any disease Various diseases emerge as a result of *Agni's* weakened state.⁴ *Mandagni* is a causative factor for a number of diseases.⁵

From babies to the very old, anyone can suffer from RA. The common age to start is from 20s to 50s. Females are more common than males (3:1). RA usually starts off slowly (insidious) over weeks to months and progresses, it can come on overnight called as acute condition but this happens very rarely. The subacute form can be occurred over a few weeks. These stages are crucial for the prognosis of the diseases. Symptoms can vary from person to person. Bouts of RA symptoms are called flare-ups. Initially, most patients notice stiffness of the joints which seems more pronounced in the morning with account of some fatigue in the body and pain in the affected joints.⁶ RA usually begins as an oligoarticular process (<5 joints) and progresses to polyarticular involvement. Joints are usually become swollen, warm and somewhat redness seen. Morning stiffness is the prominent feature. It could last for greater than 60 minutes after waking up. It could be generated due to inflammatory fluid increases in and around the joint. As patients get moving, the fluid gets reabsorbed. Stiffness can occur after rest "gelling". Extra-articular manifestations can be listed as Sicca features: Xerostomia & Xerophthalmia, Raynaud's phenomenon, Carpel Tunnel Syndrome as neuropathy, Rheumatoid nodules, pleural effusions, Rheumatoid vasculitis.

CASE REPORT

A 55-year-old female having 71 kg body weight, housewife, of *Vata-Kaphaja Prakriti*, residing in an urban area, suffering from multiple joints pain visited the outpatient department of *Panchakarma* for Ayurvedic treatment. The patient was suffering from multiple joints pain of the second and third metacarpophalangeal joints and second and third proximal interphalangeal joints of both hands along with swelling, severe morning stiffness, restricted movements, malaise, and *Mandagni* (poor appetite) for the past 1½ year. The sleep was also disturbed as pain was increasing at night. Sometimes, symptoms were so severe that the patient was unable to stand or walk even after taking strong pain killers.

PHYSICAL EXAMINATION

- Blood pressure - 140/90mmhg.
- Pulse rate – 78/min.
- Respiratory rate – 20/min.
- Temperature – 98.60 F

- Oedema – bilateral knee joint
- Pallor – No
- Icterus – No
- Clubbing – No

ASHTASTHANA PARIKSHA⁷

- *Nadi*(Pulse) - *Vatapradhana kapha*
- *Mala* (Stool) - *Vibhandata*
- *Mutra* (Urine) - *5-6 times per day*
- *Jivha* (Tongue) - *Saama*
- *Shabda* (Speech) - Proper speech
- *Sparsha* (Tactilation) - *Samashitoshna*
- *Druk* (Eyes) - *Prakruta*
- *Akriti* (Anthropometry) – *Madhyama*

SYSTEMIC EXAMINATION

- Respiratory system - on auscultation, normal sounds heard and no abnormality detected.
- Cardiovascular system - S1 S2 heard and no abnormality detected.
- Gastrointestinal system - Soft, non-tender, no organomegaly detected.
- Musculo-skeletal system-

Table 1: Tone of Muscles:

Upper Extremity	Right side	Normal (Neither rigidity nor flaccidity)
	Left side	Normal (Neither rigidity nor flaccidity)
Lower Extremity	Right side	Normal (Neither rigidity nor flaccidity)
	Left side	Normal (Neither rigidity nor flaccidity)

Table 2: Power of Muscles:

Upper Extremity	Right side	Grade 5
	Left side	Grade 5
Lower Extremity	Right side	Grade 5
	Left side	Grade 5

Table 3: Joints Examinations:

	Shoulder joints		Wrist joints		Knee joints	
	Right	Left	Right	Left	Right	Left
Stiffness	+++	++	+++	++	++	++
Tenderness	++	+	++	++	+	++
Pain on motion	++	+	++	++	+	++
Swelling	+++	++	+++	++	++	++
Deformity	-	-	-	-	-	-
Limitation of motion	+	+	+	+	+	+
Rheumatoid nodules	-	-	-	-	-	-

Table 4: Showing details of treatment given to patient

No	Procedure	Dates	Days
1	<i>Vaitarana Basti</i> and <i>Anuvasan Basti</i>	24/2/22 to 3/3/22	8

Table 5: Ingredients of *Vaitarana Basti*⁸

No.	Drugs	Dose
1	<i>Chincha Paka</i>	50 ml
2	<i>Guda Paka</i>	25 ml
3	<i>Saindhava</i>	10 gm
4	<i>Murchhita Tila Taila</i>	40 ml
5	<i>Go mutra</i>	200 ml
	TOTAL	325 ml

Table 6: Ingredients of *Anuvasana Basti*

No.	Drugs	Dose
1	<i>Murchhita Tila Taila</i>	80 ml

Table 7: Duration and doses

Drug	<i>Vaitarana basti.</i> <i>Anuvasana – Murchhita Tila Taila</i>
Dose	<i>Vaitarana Basti</i> - 325 ml <i>Anuvasana Basti</i> - 80 ml
Kala	<i>Niruha(Vaitarana) – Bhuktavastha</i> ¹ <i>Anuvasana - adrapaninam bhojana</i> (immediately after meals)
Duration	<i>Yogabasti krama:</i> D1, D3, D5, D7, D8 - <i>Anuvasana basti</i> D2, D4, D6 - <i>Vaitarana basti</i>

Table 8: Lakshanas of Amavata according to Madhavakar⁹

Lakshana	Before the treatment	After the treatment	During follow-up
Angamarda(Bodyache)	++++	++	+
Aruchi(Anorexia)	++++	++	+
Trushna (Thirst)	+++	++	+
Alasya (Malaise)	++++	+	+
Gaurava (A feeling of heaviness)	+++	+	+
Jwara (Fever)	++	-	-
Apaka (Indigestion)	+++	-	-
Shuntaanganam (Inflammation of the body part)	++++	++	+

Table 9: Investigations

Investigations	Before the treatment	After the treatment
RA Factor	139	110
CRP	16	6

DISCUSSION

According to Madhavkara¹⁰, Ama which is formed by consumption of food substance without following guidelines of diet described in *Astavidha Ahara vidhi Visheshayatan*. This Ama disturbs the agni especially *Jatharagni*. Due to this, the food is not properly digested and forms immature *ahararasa* in the *amashaya* and this spreads in the body as *Aam*. Then it is absorbed in the circulation along with the aggravated and vitiated *Vata*, *Pitta* and *Kapha* and gets accumulated all over the body specially to the *Kaphasthanas* mainly *Amashaya* and *Sandhi* leads to restriction in the movements of joints, produces pain, tenderness and swelling in affected site or joint and *Stabdhta* in the body, this condition is called *Amavata* which is correlated with Rheumatoid Arthritis. In the *Sama* stage of *Amavata* one should plan the treatment which pacifies the *Vata* and does *Pachana* (digestive) of the *Ama* (toxins from undigested food) in local and in systemic level considering the strength of the patient.¹¹

It is stated in Ayurvedic texts that *Basti* therapy has a systemic purifying effect over the body and that the *Virya* (Potency) of drugs entered through the *Basti* procedure into the *Pakwashaya* (colon) reaches the entire body through the channels (*Srotas*), much like the active principles in the water when poured at the root of the tree reach the entire plant.¹² By virtue of its *Virya*, *Basti* given to *Pakwashaya* draws the sinister elements from the foot to the head, much as a cloth coloured with simply absorbs the colour and not water.¹³ *Vata* is considered to be the main controller of the body. *Vaitarana Basti* works with the action of ingredients which are present in it and also with the action of *Basti Karma*. The mode of action of each ingredient can be described as follows:

Saindhava: Due to its *Sukshma* and *Tikshana* properties, *Saindhava* helps to pass the drug molecule in systemic circulation through mucosa. Thus, it helps the *Basti dravya* to reach up to the minute level in cells. It is also helpful for the elimination of waste due to irritant property. It is capable of liquefying the matter and breaking it into minute particles (*Vishyandana*)

Jaggery: In this *Basti*, instead of honey (*Madhu*), jaggery is used. It along with *Saindhava* makes homogenous mixture (an emulsion), that makes water easily permeable. The retention of the irritant substances may be favoured by making its solution as nearly isotonic as possible by using colloidal fluids. Here, *Puran Guda* should be taken as it is *Laghu*, *Pathya*, *Abhishyandi*, *Agnivardhaka*, *Vatapittaghna*.

Tila Taila: Emulsion is created by combining *tila taila* with the jaggery and *Saindhava* solution. It also counteracts some of irritant properties of *Saindhava* and *Guda*.

Chincha: *Chincha* is having *Vata-Kapha Shamaka*, *Ruksha* and *Ushna* properties. These properties are considered to be useful for the treatment of disease *Amavata*.

Gomutra: The *Gomutra* is the main contentment in *Vaitarana Basti*, which owing to its *Katu Rasa*, *Katu Viapaka*, *Ushna Virya*, *Laghu*, *Ruksha*, and *Tikshna Guna* lowers the *Kapha*. *Gomutra's Ruksha guna* is extremely beneficial in diseases like *Amavata*. Since it has its *Tridosahara*, *Agnideepana*, *Pachana*, *Srotovishodhana*, and *Vatanulomaka* qualities, it is beneficial for *Vaitarana Basti*.

The majority of medications have *Vata-Kapha Shamaka* effects. Due to this characteristic, the *Basti's* response to *Kapha* and *Ama* significantly improves illness signs and symptoms. *Basti's Tikshna Guna* aids in overcoming the *Srotodushti* that results from "*Sanga*." Due to *Laghu*, *Ushna*, *Tikshna*, and *Ruksha Guna* of *Vaitarana Basti Dravya*, it breaks down obstructions and expels out the morbid material from all over the body, helping to break down the pathogenesis of disease after reaching the large and small intestine and getting absorbed from there. The *Niruha Basti* aids in the elevation of the *Vata Avarana* by *Kapha*. As the symptoms of *Kaphavrita Vyana* improved, this *Avarana* was shown to decrease. *Basti* aids in *Vatanulomana*, aiding in the *Apanavata's* regulation. *Basti* therapy has the potential to stimulate both the gastrointestinal tract and all bodily functions. The colon produces regulatory peptides such serotonin, enteroglucagon, and vaso-active intestinal polypeptide (VIP). Numerous peptides are involved in how the basal ganglia work, and some of them, including (Cholecystokinin) and VIP, are dopaminergic neuronal system stimulators. *Basti* may influence these peptides' regulatory actions by activating or moderating a number of processes in the physiology of the GIT. As a result, *Basti Karma* operates through the large intestine, affecting the enteric nerve system, exerting a mainly systemic activity while exerting local action in the gastro intestinal tract. *Basti Karma* has the ability to stimulate the autonomic nerve system, aiding in the expulsion of *Basti Dravya*. *Basti's* effects can be encolonic (acting on colonic tissue), endocolonic (acting within the colon), or diacolonic (having an impact throughout the body). Due to the partial avoidance of hepatic first-pass metabolism, modern pharmacokinetic investigations have also demonstrated that drug administration via the rectum can result in higher blood levels of the drug than given through the oral route. Drugs can traverse the D rectal mucosa just like they can cross other lipid membranes since the rectum has a healthy blood and lymph supply. As a result, chemicals that are lipid-soluble and unionised are easily absorbed from the rectum. While the portion absorbed from the lower rectum travels directly

into the systemic circulation via the middle and inferior hemorrhoidal veins, that absorbed from the higher rectal mucosa is transported by the superior hemorrhoidal vein into the portal circulation. As a result, administering medications in the Basti form has a faster absorption rate and produces outcomes more quickly.

The key characteristic of castor oil is its minuteness (*sookshmata*), which aids in deeply penetrating and expelling the widely dispersed, vitiated *vata dosha* from numerous routes. In the end, it softens the smaller and larger routes (*srotas*), relieving the morbidity's accumulation or obstruction. The carminative and anti-flatulent properties of the additional component *Hareetaki* are promoted. Being a good rejuvenator and anti-spasmodic, it also helps to relieve colic pain and stiffness in the back joints, among other things. Because of this, this recipe is special in that it effectively treats a variety of back, hip, urogenital, large intestine, and bladder disorders

Ama Dosha and vitiated *Vata* are main causative factors in the pathogenesis of *Amavata*. Each ingredient of *Simhanada Guggulu* alleviates *Ama* and *Vata* Dosha in the body.¹⁴ *Triphala* consist valuable phytochemicals such as tannin, alkaloid – quinone, flavonoids, phenol – gallic acid, ascorbic acid. So *Triphala* has antimicrobial, antibacterial, antioxidant and immunomodulatory properties. It is an excellent *Rasayan*, having rejuvenating components. *Eranda Taila* (castor oil) has the properties which are *Bhedhaka* (penetrate into micro channel), *Srotoshodhaka* (remove obstruction from the micro channels), *Agnivardhaka* (increase in digestive fire), balances *Vata-Kapha* Doshas and remove them by *virechan*. The *ama* and *kapha* doshas, which are the main contributing reasons to this condition, are antagonistic to the bitter and pungent tastes found in *guggulu*. *Guggulu's* hot potency relieves vitiated *Vata* and prevents the *Ama Dosha* from remaining at the site of pathogenesis and causing *Srotorodha* (obstruction). Additionally, it has *Vata's* (vitiating air) cold and dryness antagonistic effects. *Guggulu's* abrasive properties and bitter taste remove stuck-on *Dosha* from the body's microchannels. Thus, it minimises the pathogenic process while simultaneously controlling *Ama* and *Vata*. The combination of all these potent herbs can provide significant relief for *Amavata* (rheumatoid arthritis) symptoms.

CONCLUSION

So *Vaitarana Basti* can be considered a curative as well as a cleansing element. The procedure aids in delaying the pathogenesis of rheumatoid arthritis or *Amavata*. When used properly with scientific methods, *Vaitarana Basti* can help in decreasing significant load on healthcare system due to Rheumatoid Arthritis and patients a better and healthier life with lesser complications. Also, *Tila tail Anuvasana basti* adds the more value as it is considered as the part of *Yoga Basti*. Apart from this *Shodana Chikitsa*, the *dravyas* of *Simhnada guggulu* and EBH have the potency to pacify the remaining *utkrusta* doshas in the body. Also, they are *Kaphavatahara*, *Pittavardhaka*, *Agnideepaka* and *Amapachaka* so the contents of them may act as Disease Modifying Anti Rheumatic Drugs (DMARDS). It has analgesic and anti-inflammatory properties and it modify the immune response to autoantigens. Hence this combination of procedures makes wonders for *Amavata* patients and enhance their quality of life. So, it is concluded that these medicines can be used as an effective Ayurvedic medicines for *Amavata* (Rheumatoid Arthritis).

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