

## THE CLINICAL EFFICACY OF VISHALADI PHANTA IN AMAVATA: A SINGLE CASE STUDY

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### ABSTRACT

*Amavata* is one of the chronic disorder mainly affecting the joints. It is a *shula pradhan* disease and according to *Acharya Madhava*, the intensity of pain is high grade among the other disease. This disease varies from person to person with its clinical pattern. It has been a great challenging disease for the medical science due to its chronicity, incurability, complications etc. Various treatment procedures are applied in this disease with partial success. In the present clinical study, a 35 year old female patient of *Amavata* (Rheumatoid Arthritis) were treated with the formulation called *Vishaladi Phanta* to evaluate

its efficacy. *Vishaladi Phanta* was described in *Charak Samita* (Ch.Chi.16/60-62).

**KEYWORDS:** *Amavata*, Rheumatoid Arthritis, *Vishaladi Phanta*, *Charak Samita*.

### INTRODUCTION

*Amavata* is not only the disorder of locomotor system but is also a systemic disease and as the name indicates itself that *Ama* and *Vata* are the main pathogenic factors, responsible for the disease. *Amavata*, as a disease was first described in detail by *Madhavakara* in his text, *Madhava Nidana*. It is a disease of *Madhyam rogamarga* as per its disease usually starts from the *Kostha* and *Agnimandya* is usually found.

The etiopathogenesis of *Amavata* is mainly due to the disturbance of *Agni* and *Vata* dominant *Tridosha*. Excessive intake of *nidana* of *Amavata* in pre-existing stage of *Mandagni* leads to formation of *Ama* and simultaneous vitiation of *Vata* dominant *Tridosha*. *Ama*, under the influence of vitiated *Vata*, circulates in the whole body and comes in *Sleshama sthana* mainly

in *sandhis* (joints) and gets lodged there and causing *Sandhishula* (joint pain), *Sandhishotha* (joint swelling), *Stabdghata* (stiffness) and *Sparshasehatva* (tenderness) which are the cardinal features of *Amavata*. Other constitutional symptoms like *Angamarda*, *Alasya*, *Aruchi*, *Balabhransha*, *Vivandha*, *Apakti* etc. are normally found in the patients of *Amavata*.

*Amavata* can be correlated with Rheumatoid Arthritis in modern science due to the similarities of clinical features. Rheumatoid Arthritis (RA) is a chronic, auto immune, multisystem disease of unknown etiology. Although there are variety of systemic manifestations, the characteristic features of RA is persistent inflammatory synovitis, usually involving peripheral joints in symmetric distribution. The potential of synovial inflammation to cause cartilage destruction is the hallmark of the disease. Characteristically the course of the disease is prolonged with exacerbations and remissions forms are not uncommon.

The etiology of Rheumatoid Arthritis is uncertain, but it is thought to be multifactorial. There are several popular theories established regarding the cause like auto immune mechanism, free radical, genetic susceptibility etc. So uncertainty in the etiology of RA is the main hurdle to find out an effective treatment in modern science. Only anti-inflammatory, analgesic drugs provide some symptomatic relief but do not treat its root cause and underlying pathology goes on and in due course of time the destruction of articular cartilage and ankylosis not only makes the patients to cripple but may also restrict them to the bed for the rest of life. Long course of these drugs also causes many side effects and also reduces the immunity. So the management of RA is still a great challenge for the modern science. On the other hand, *Ayurveda* treats it in a natural way without any side effects. *Ayurvedic* classics provides a clear therapeutic guidelines for the management of *Amavata*, namely *langhana*, *swedana*, *virechana*, *tikta-katu deepana* drugs etc. The treatment is mainly based on *Ama pachana*, *Vata shaman* and *Strotoshodhan*. Several formulations (*Shaman Yoga*) are also mentioned for the treatment of *Amavata*.

For this clinical trial, a *shaman yoga* i.e. *Vishaladi Phanta* was selected from *Charak Samhita Pandurogachikitsa adhyaya* (Ch.Chi 16/60-62)

## AIMS AND OBJECTIVES

1. To assess the effect of *Vishaladi Phanta* in *Amavata*.

## CASE REPORT

A 35 years female patient working as housewife visited in the OPD of kayachikitsa gurukul campus uttrakhand Ayurveda university haridwar having complaints of pain and swelling in both knee joints since 2 months, pain in both wrist joints since 1 month, morning stiffness more than 1 hour since 1 month and loss of appetite since 15 days. The patient was alright before 2 months ago. Gradually she developed pain and swelling in both knee joints. Thereafter, pain started in both wrist joints along with morning stiffness. She had also complained of loss of appetite. For that she took allopathic treatment but did not get relief. So for further management, she came to gurukul campus, haridwar. There is no history of Hypertension, Diabetes or any other major illness in the past.

### Examination

Vitals of patients were within normal limits and showed no any abnormal findings on systemic examination.

### Local examination

- Swelling present on both knee joints
- Tenderness presents on both knee and wrist joints
- Local temperature were raised
- Range of movements were restricted and painful of both knee and wrist joints.

### Parameters for assessment

#### Assessment on the basis of clinical features

The assessment was done on the basis of clinical features of *Amavata* described in the *ayurvedic* classics.

The cardinal features of *Amavata* are -

- *Sandhi shula* (Joint pain)
- *Sandi shotha* (Joint swelling)
- *Sandhi sthabdhata* (Joint stiffness)
- *Sandhi sparsha-asahytva* (Joint tenderness)

### General symptoms

- *Angamarda*
- *Gaurava*

- *Agni daurbalya*
- *Alasya*
- *Aruchi*
- *Apaka*
- *Trishna*
- *Jwara*

### Investigations

- Blood test – Hb%
- ESR
- Rheumatoid factor

### Treatment

Patient was treated with the *vishaladi phanta* in the dose of 50 ml BD for 1 month. The study gives the good results with symptomatic relief.

### *Vishaladi phanta*

#### Ingredients of *vishaladi phanta*

Name	Rasa	Guna	Virya	Vipaka	Dosha karma	Karma
<i>Indravaruni</i> ( <i>Cirullus colocynthis</i> )	Tikta	Laghu, Ruksha, Tishna	Ushana	Katu	Kapha-Pitta Shamak	Vamak, Rechana, Pittasarak, Shothahar, Jwaraghana
<i>Haritaki</i> ( <i>Terminalia chebula</i> )	Madhur, Amala, Katu, Tikta, Kashya	Laghu, Ruksha,	Ushana	Madhur	Tridosha Shamak	Deepana, Pachana, Balya, Mridu rechana, Anulomana, Srotosodhan, Shothahar, Jwaraghana, Vedanasthapan
<i>Bibhitaki</i> ( <i>Terminalia bellirica</i> )	Kashya	Laghu, Ruksha,	Ushana	Madhur	Tridosha Shamak	Deepana, Anulomana, Shothahar, Vedanasthapan, Dhatuwardhaka, Jwaraghana
<i>Amalaki</i> ( <i>Emblica officinalis</i> )	Madhur, Amala, Katu, Tikta, Kashya	Guru, Ruksha, Sheeta	Sheeta	Madhur	Tridosha Shamak	Rochana, Deepana, Anulomana, Amaltanashak, Shothahar, Jwaraghana
<i>Nagarmotha</i> ( <i>Cyperus rotundus</i> )	Tikta, Katu, Kashya	Laghu, Ruksha,	Sheeta	Katu	Kapha-Pitta Shamak	Deepana, Pachana, Grahi, Shothahar, Jwaraghana, Balya

<i>Kustha</i> ( <i>Saussurea lappa</i> )	<i>Tikta</i> , <i>Katu</i> , <i>Madhur</i>	<i>Laghu</i> , <i>Ruksha</i> , <i>Tishna</i>	<i>Ushana</i>	<i>Katu</i>	<i>Kapha-Vata</i> <i>Shamak</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Anulomana</i> , <i>Shulaprasaman</i> , <i>Vedanasthapan</i> , <i>Jwaraghana</i>
<i>Devdaru</i> ( <i>Cedrus deodara</i> )	<i>Tikta</i>	<i>Laghu</i> , <i>Shinigdh</i>	<i>Ushana</i>	<i>Katu</i>	<i>Kapha-Vata</i> <i>Shamak</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Anulomana</i> , <i>Krimighna</i> , <i>Shothahar</i> , <i>Vedanasthapan</i>
<i>Kutaja</i> ( <i>Holarrhena</i> <i>antidesentrica</i> )	<i>Tikta</i> , <i>Kashya</i>	<i>Laghu</i> , <i>Ruksha</i> ,	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta</i> <i>Shamak</i>	<i>Vamaka</i> , <i>Deepana</i> , <i>Sthamban</i> , <i>Amahara</i> , <i>Upsoshana</i> , <i>Jwaraghna</i>
<i>Ativisha</i> ( <i>Aconitum</i> <i>heterophyllum</i> )	<i>Tikta</i> , <i>Katu</i>	<i>Laghu</i> , <i>Ruksha</i> ,	<i>Ushana</i>	<i>Katu</i>	<i>Tridosha</i> <i>Shamak</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Ghrahi</i> , <i>Amapachana</i> , <i>Shothahar</i> , <i>Jwaraghna</i>
<i>Murva</i> ( <i>Marsdenia</i> <i>tenacissima</i> )	<i>Tikta</i> , <i>Kashya</i>	<i>Guru</i> , <i>Ruksha</i> ,	<i>Ushana</i>	<i>Katu</i>	<i>Tridosha</i> <i>Shamak</i>	<i>Deepana</i> , <i>Amapachana</i> , <i>Pittasharaka</i> , <i>Anulomana</i> , <i>Shulaprasaman</i>

### Preparation of vishaladi phanta

Mixture of coarse powder of all ingredients were taken in amount of 3 grams. After adding 50ml of water, it will be allowed to boil for 1 minute. Then after filtering, it will be given to patient. Each time fresh *Phanta* will be prepared in the same method as above.

### Probable mode of action of drug

Most of the ingredients of *Vishaladi Phanta* were *Tridosha shamak*, *Kapha pitta ama mal virechak*, *Deepana*, *Ama-pachana*, *Vedanasthapak* (analgesic), *Shothahar* (edema reducing), *Jwaraghna* (antipyretic), *Amavatahar* (antirheumatic), *Balya* (energy enhancing), *Mridu virechak* etc. properties which helped to increase the *agni bala* (digestive & metabolic power) and to remove the *Ama* (biotoxins) as well as to prevent further formation of *Ama* into the body. So *Vishaladi Phanta* helped to break down the *samprapti* (pathogenesis) of *Amavata* and thus reduces its clinical manifestations.

## RESULT

### Table comparing cardinal symptoms of *Amavata* before and after treatment.

Cardinal symptoms	Before treatment	After treatment
<i>Sandhi sula</i>	Present	Resolved
<i>Sandhi sotha</i>	Present	Mild relief
<i>Sandhi sthabdhata</i>	Present	Resolved
<i>Sparsh asahyatva</i>	Present	Mild relief

**Table comparing general symptoms of *Amavata* before and after treatment.**

General symptoms	Before treatment	After treatment
<i>Angamarda</i>	Present	Resolved
<i>Gaurava</i>	Present	Mild relief
<i>Alasya</i>	Present	Mild relief
<i>Apaka</i>	Present	Resolved
<i>Jwara</i>	Present	Resolved
<i>Aruchi</i>	Present	Resolved

**DISCUSSION AND CONCLUSION**

Based on the present study, it can be concluded that *Vishaladi Phanta* is found to be an effective drug in *Amavata*. By combating *ama* and *vata-kapha dosha* which are the chief pathological factors, it leads to *samprapti vighatana* of *Amavata*. Hence good results were achieved in all its cardinal symptoms. As encouraging results were observed during 1 month of study, increased duration of treatment and on large samples may be planned to give more significant results.

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