

**VIRECHANA KARMA IN THE MANEGMENT OF RHEUMATOID  
ARTHRITIS (AAMAVATA)****Vd. Sunil A. Bhaskare\***

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18.**ABSTRACT**

Rheumatoid Arthritis is the chronic inflammatory disease of unknown etiology which is marked by symmetric, Peripheral Polyarthritis. It is the most common form of chronic inflammatory disease results in joint damage and physical disability, also may result in variety of extra articular manifestation like fatigue, pericarditis etc. It is mostly found in 23-55 age group with morning stiffness lasting for more than 1 hr and easing with physical activity. In Ayurveda Rheumatoid Arthritis is compared with Aamavata. Basically, the symptoms arising "Aama" i.e. Tenderness (Sparsha-Asahatva), Temperature (Ushana-Sparsh), Swelling (Sandhi-Shoth), Pain (Ruja) which are quite similar to Rheumatoid Arthritis. Therefore-Here I present the case of 53 years old male patient; whose early diagnosis of Rheumatoid Arthritis

(Aamavata) permitted successful management according to ayurvedic principles. Though initially bedridden due to pain, he return to normal life.

**CASE****PATIENT NAME- XYZ**

AGE - 53 yrs.

SEX- Male

Occupation-

Worker Reg. No. 76102/2016

D.O.A-17/12/2016

D.O.D-20/01/2017

**C/O – Multiple joint pain**

Morning stiffness

Difficulty in walking -since 3 yrs.

No H/O- Malaria /Typhoid /Jaundice.

K/C/O- HTN -since 5 yrs

### On Tab-Amlo 5mg OD

No K/C/O- DM/PTB/BA/Epilepsy.

No H/O- Any Surgical illness.

No H/O- Any Drug Allergy.

### O/E- GC- Fair & Afebrile

P-80/min BP-130/80 mm of hg

### S/E- RS- AEBE Clear

CVS-S1 & S2 Normal

CNS-Conscious & Oriented

### RTVC RTDS

**Pupils:** Rt-Normal size and reacting to light

Lt-Normal size and reacting to light

Planters-Bilateral flexor

### P/A- soft & non-tender

Urine-passed

Stool-Passed

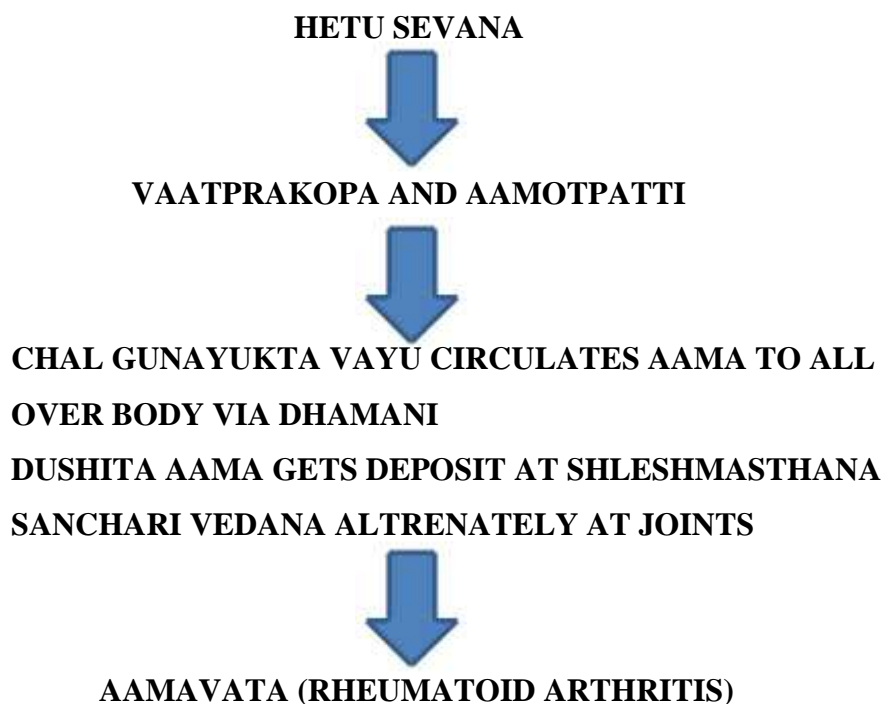
### INVESTIGATIONS

Hb-16%; RBC-5570; WBC-9200; ESR-05; Platelets- 238000

RA -Positive, VDRL, HbsAg -Negative

### CRP (C-Reactive Protein) Value

CRP	BEFORE TREATMENT 12/11/2016	AFTER TREATMENT 05/01/2017
	18	6.69

**Samprapti-**

**Poorvarroopa-** Mild Fever, Mild Multiple Joint pain

**Roopas** -Moderate Multiple Joint pain

- Morning Stiffness
- Difficulty in walking

**TREATMENT GIVEN**

<b>Oral: -</b>	-Tab. Aarogyavardhini Vati (500mg)	TDS x 7days
	-Tab. Sinhanad Guggulu (500mg)	TDS x 14 days
	-Tab. Shunthi kwath(30ml) with Erand Tail(10ml) BD x 14 days	
	-Haritaki Choorna	5 gm HS
	-Hingwashtaka Choorna (3gm)	BD

**Panchakarma**

- Sarvanga BAshpa Sweda Daily
- Virechana karma –
- Snehapana with Balaguduchyadi Tail
- Virechana with- Triphala+Aaragvadha+Nishottar Kwath (50ml)+Eranda Tail (30ml) +Tablet Abhayadi Modak -2

**AFTER TREATMENT**

No joint pain & pt. walk without difficulty

**ON DISCHARGE-** Patient is advised oral medicines and regular follow up in OPD.

**DISCUSSION**

Initially when patient came to us, patient was suffering from the disease almost since 3 yrs. Having – Multiple joint pain Morning stiffness & Difficulty in walking. After therapy of one month no pain at B/L heel & patient walk without difficulty. There is no other complains. Patient can now do his routine work without taking NSAIDS.

We have manage this patient with the help of Ayurvedic Medicines & Panchakarma.

**CONCLUSION**

The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is less effective as compared with Ayurvedic Medicine. The patient was diagnosed in Ayurvedic term and treated accordingly Oral Medicine & Virechana therapy in case of Rheumatoid Arthritis. Patient can now do his routine work without taking NSAIDS.