

## MANAGEMENT OF CHRONIC RHEUMATOID ARTHRITIS WITH *VIRECHANA KARMA, TAILA DHARA AND UPANAHA SVEDA* - A CASE STUDY

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### ABSTRACT

A male patient aged 23 years was admitted in IPD of Panchakarma, with complaining of multiple joints pain, Stiffness, swelling, reduced range of movement of joints since 8 years. Contracture developed in both elbow joint. It was diagnosed case of chronic Rheumatoid Arthritis. In *Ayurveda* it can be considered as *Amavata*, hence patient was treated methodically by employing classical *Virechana Karma*, *Taila Dhara* and *Upnaha Sweda*. This treatment shows excellent result as swelling, stiffness, pain markedly reduced with improved range of movement of joints.

**KEYWORDS:** Rheumatoid Arthritis, *Pravridhdha Amavata*,  
*Virechana Karma*, *Taila Dhara*, *Upnaha Sweda*.

### INTRODUCTION

Rheumatoid Arthritis is one of the most debilitating forms of arthritis. It can cause joint pain deformities and severe joint stiffness. It is a chronic inflammatory disease of unknown etiology primarily involving the synovial membrane and articular surfaces and multiple joints. In rheumatoid arthritis, the synovium is inflamed. This lead to the destruction of the synovium as well as the underlying joint. The disease is often progressive with pain, stiffness and swelling of joints. In later stages, permanent deformity and ankylosis of joints develop<sup>[1]</sup>

### MATERIALS AND METHODS

Single case study.

Clinical intervention.

**History of present illness** –A male patient aged 23 years was admitted. He was complaining of multiple joints pain, severe pain in right elbow and right shoulder joint, contracture in both elbow joint, swelling and pain in both wrist joint, Reduced range of motion of joints, stiffness in body, difficulty in movement since 8 years.

Associated Complains: Anxiety, Depression, Loss of appetite, Chronic constipation.

Family History: Not significant.

### General Examination

\_ Pulse : 70/min  
Blood Pressure : 110/70mmhg  
Pallor : ++  
Icterus :-ve  
Clubbing :-ve  
Cyanosis :-ve  
Oedema :-ve

**Cardiovascular System** - Normal  
**Respiratory System** - Normal  
**Per Abdomen** - Gaseous Distension

### In Ayurveda

*Dosha* - *Vata, Kapha*  
*Dushya* - *Rasa, Rakta, Snayu-Kandara -Asthi-Sandhi*  
*Agni* - *Mandaagni*  
*Adhithan* - *Sarvasandhi*  
*Srotas* - *Annavaha, Rasavaha, Purishvaha*

### Method

#### Intervention

Patient was admitted and subjected to *Deepana-Pachana, Snehapana, Virechana, Upanaha Sweda, Taila Dhara* and some *Shamana Aushadhi*.

**Deepana-Pachana** – 3 gm Ajmodadi Churna<sup>[2]</sup> three times in a day with lukewarm water for 5 days.

**Shodhananga Snehapana** - with Indukant Ghrita<sup>[3]</sup> till samyak Snigdha lakshana Achieved.

### **Virechana Yoga**

Triphala Kwath - 150ml

Nimba-Amritadi Erand Taila - 60ml

### **Sansarjana Krama**

After Virechana karma (total 9 Vega) Sansarjana Krama for 3 days followed by oral administration of Shaman Aushadhi.

### **Shaman Aushadhi.**

- 1) Rasna Saptaka Kwath<sup>[4]</sup> 20gm BD
- 2) Sinhanad Guggula<sup>[5]</sup> - 2 tabs TDS
- 3) Ashwagandha Churna 2gm+ Shatawari Churna 2gm+ Chopchini churna 500mg- TDS
- 4) Yashtimadhu Churna 2 gm+Gokshura Churna 2 gm- BD

**Taila Dhara** done with lukewarm Brihat Saindhawadi Taila for 20 minutes per day for 7 days.

### **Upanaha Svedana<sup>[6]</sup>**

It is similar to poultice, warm herbal paste is applied on affected joint with the help of Bandage and kept for 12 hours in place. It was done for 15 days.

<b>Drugs of Upanaha Sveda</b>	Shunthi	-	25 gm
	Devdaru	-	50 gm
	Erandamula	-	50 gm
	Nimba Kalka	-	50 gm
	Millet Churna	-	100 gm
	Brihat Sandhavad Tailam-		100 ml
	Gomutra Arka.	-	25 ml

## DISCUSSION

In *Ayurveda*, based on sign and symptoms Rheumatoid arthritis can be considered as *Amavata*. **Virechana** is indicated in *Amavata*.<sup>[7]</sup> *Virechana* helps in breaking the *Samprapti* of disease *Amavata* by clearing the morbid *dosha*, thereby relieving sign and symptom of the disease. It improves *Agni*, which in turn helps to prevent *Ama* formation, it clears constipation, causes *Vatanuloman*<sup>[8]</sup>, thus swelling, pain, stiffness is reduced to some extent. *Virechana* drug due to its *Ushna*, *Tikshna*, *Sukshma Guna* reaches to heart by virtue of their potency and thereby circulates all over the body. They liquefy the morbid *Dosha* and bring them up to the *Amashaya* from here the morbid factors are expelled out by inducing purgation. It has direct effect on *Agnisthan* and thus also helpful in increasing *Agni*. *Virechana* has *Srotovishodhan* property hence it clears *Srotorodha* present in *Amavata*. *Virechana* does *Vatanulomana*, thus it also helps in normalizing *Pratiloma Gati* of *Vata*.

**Taila Dhara**- It is a combination of both *Snehana* and *Svedana* [Oleation and Fomentation]. Heating helps to improve the localised circulation. The oleation effect due to oil specially *Brihat Saindhavadi Tailam* helps to relieve stiffness, increases mobility of joint. The combined effect of Oleation and Fomentation helps to mobilize the inflammatory mediators thus reduces inflammation and improves the range of movements.

**Upanaha Svedana** – Application of heat by the warm herbal paste induces sweating and hence helps in reducing inflammation.

## RESULTS

There was a moderate improvement in all signs and symptoms. Pain, swelling, stiffness reduced, range of movements of joints improved.

## CONCLUSION

Patient is suffering with Rheumatoid Arthritis since 8 years and developed flexion deformity in the joints with restricted movements. By classical *Ayurvedic* treatments like *Virechana Karma* followed by *Taila Dhara* and *Upanaha Sveda* had shown moderate improvement in stiffness, pain and range of movements.

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