

**EFFICACY OF VAITARANA BASTI AND VIRECHANA KARMA ALONG
WITH SHAMAN CHIKITSA IN THE MANAGEMENT OF AMAVATA
(RHEUMATOID ARTHRITIS) - A CASE STUDY**

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ABSTRACT

Amavata (Rheumatoid Arthritis) is a kind of painful disorder affecting the musculoskeletal system. It is a long standing auto immune disorder that primarily affects the joints. The joints affected by Rheumatoid Arthritis are usually hot swollen and painful. Pain and stiffness worsens after a period of rest. The underlying mechanism involves the body's immune system affecting the joints. This results in inflammation and thickening of joints capsule. It also affects underlying bones and cartilage. In modern therapy, understanding of initiating pathogenic pathway of Rheumatoid Arthritis remains a sizable barrier to its cure and prevention. Treatment is limited in

allopath i.e. NSAIDs, Glucocorticoids, DMARDs, and Biologics. But Ayurveda has more potential to cure Rheumatoid Arthritis. A 50 year old female patient reported hospital with chief complaints of pain, swelling and stiffness of wrist joints and knee joints. Based on clinical examination and blood investigations, diagnosis of *Amavata* was made and Ayurvedic treatment was advised with *Vaitarana Basti* and *Virechana Karma* and some *Shaman Chikitsa*. Assessment was done by taking consideration of both subjective and objective parameters. There was substantially significant improvement and patient felt relieved of pain and inflammation of the joints after the treatment. This case study reveals the potential of Ayurvedic treatment in management of *Amavata* and may form a basis for further detailed study of the subject.

KEYWORDS: *Amavata*, Rheumatoid Arthritis, *Vaitaran Basti*, *Virechana Karma*, *Shaman Chikitsa*.

INTRODUCTION

In this modern era, due to change in life style, busy schedule, and junk food, people are more prone to various types of diseases. *Aamavata* is one of them. *Amavata* occurs mainly due to derangement of *Agni* resulting in production of *Ama* which circulates in body with the help of *Vayu* and gets located in *Sandhi* (joints) causing pain, stiffness and swelling over the joints. Prevalence of Rheumatoid Arthritis is 0.8%, which is quite high. It is more common in females with ratio of 3:1 as compared to males. The typical clinical phenotype of Rheumatoid Arthritis is symmetrical deforming small and large joint polyarthritis, often associated with systemic disturbances. *Aamavata* resembles to Rheumatoid Arthritis (R.A.) which is a chronic autoimmune disease that causes inflammation and deformity of joints. Rheumatoid arthritis can also cause inflammation of tissues around the joints as well as other organs in the body. It's a common disorder with varied clinical signs and symptoms related to multiple anatomical sites, both articular and extra articular. Therefore we can assume *Aamvata* as Rheumatoid Arthritis is a disease which is hampering the quality of life of thousands of people over the world.

Treating *Aamavata* is really a difficult task. In modern therapy, limited treatment is available for rheumatoid arthritis like NSAIDs, DMARDs, Steroids and physical exercise. Many research works have been done to solve this clinical enigma, but an effective, safe, less complicated treatment is still required in the management of *Amavata*. In this clinical study, combination of two therapies i.e. *Vaitarana Basti* and *Virechana Karma* and some *Shaman Chikitsa* has been attempted to evaluate their efficacy in *Amavata*. Combination of *Vaitarana Basti* along with *Virechana Karma* can prove effectiveness in the treatment of Rheumatoid Arthritis. Significant improvement observed in CRP, ESR, and RA factor (quantitative), and also highly significant results were found in symptoms of *Amavata*.

AIM

To evaluate clinical efficacy of *Vaitarana Basti* and *Virechana Karma* and some *Shaman Chikitsa* in the management of *Amavata*.

MATERIALS AND METHOD**CASE REPORT****1. Basic Information**

- Name: XYZ
- Age: 50 Years
- Sex: Female
- Socio-Economic Status: Middle Class

2. *Pradhan Vendnavishesh* (Chief Complaints)

- Pain and swelling at B/L of wrist joint
- Pain and swelling at B/L of knee joint
- Morning stiffness till 10 am
- Decreased range of movement of wrist joints.

3. *Vartamanvyadhivritta* (History of present illness)

Patient was treated with DMARDs and steroids by allopathic doctor since one year but was not getting satisfactory results. So further treatment she came to our hospital for Ayurvedic management.

4. *Purvavyadhivritta*(History of past illness)

- Hyperacidity since last two years
- Tubal ligation done 25 years ago
- Menopause since last five years

5. *Vayaktikrittanta*(Personal history)

- *Aaharaya*(Diet):Patient have cold, *vatprakopak ahara* and junk food habits
- *Viharaya*(Movement):Patient has moderate exertion
- *Vyasan*(addiction): None

6. General Examination

- B.P.: 110/80 mmhg
- Weight: 50 Kg

7. *Ashtavidhapariksha*

- *Nadi*(Pulse):70/min

- *Mala*(Stool):constipation
- *Mutra*(Urine):Normal
- *Jivha*(Tongue):*Saam*(coated)
- *Shabda*(Voice):Normal
- *Druk*(Eyes):Normal
- *Aakriti*(Built):Normal

Criteria of Assessment

The following subjective and objective parameters were used to assess the combined effect of the treatment.

Subjective Parameters

- 1) *Sandhishula*(Joint pain)
- 2) *Sandhishotha*(Joint swelling)
- 3) *Sandhisthabdhata*(Joint stiffness)
- 4) *Sandhisparsha-asahyata*(Joint tenderness)
- 5) *Angamarda*(Bodyache)
- 6) *Gaurava*(Heaviness of the body)
- 7) *Agni dourblya*(Impaired digestive capacity)

Objective Parameters

- 1) C-Reactive Protein(CRP)
- 2) Erythrocyte Sedimentation Rate(ESR)
- 3) Rheumatoid Factor(RF)

Gradation for assessment of disease

SN	Parameter	Grade	Severity
1	<i>Sandhishula</i> (Joint pain)	0	No pain
		+	Slight pain
		++	Moderate pain
		+++	Sever pain
2	<i>Sandhishotha</i> (Joint swelling)	0	No swelling
		+	Slight swelling
		++	Moderate swelling
		+++	Sever swelling
3	<i>Sandhisthabdhata</i> (Joint stiffness)	0	No stiffness
		+	5 min to 2 hours
		++	2 hours to 8 hours

		+++	More than 8 hours
4	<i>Sandhisparsha-asahyata</i> (Joint tenderness)	0	No tenderness
		+	Subjective experience of tenderness
		++	Wincing of face on pressure
		+++	Wincing of face and withdrawal of the affected part on pressure
5	<i>Angamarda</i> (Body ache)	0	No body ache
		+	Slight body ache
		++	Moderate body ache
		+++	Sever body ache
6	<i>Gaurava</i> (Heaviness of the body)	0	No heaviness
		+	Slight heaviness
		++	Moderate heaviness
		+++	Higher heaviness
7	<i>Agni dourblya</i> (Impaired digestive capacity)	0	No impaired digestive capacity
		+	Slight impaired digestive capacity
		++	Moderate impaired digestive capacity
		+++	Severe impaired digestive capacity

Total duration of treatment: 60 days

Treatment plan: - *Vaitaran Basti* along with *Shaman* drugs-15 days.

Virechana Karma -15 days.

Amrita ghrita – 30 days.

Contents of *Vaitarana Basti*

SN	Contents	Qauntity
1	<i>Saindhava Lavana</i> (Rock Salt)	1 <i>Karsha</i> (12 g)
2	<i>Guda</i> (Jaggary)	1 <i>Shukti</i> (24 g)
3	<i>Chincha</i> (Tamarindus)	1 <i>Pala</i> (48 g)
4	<i>Tila Taila</i> (Sesame oil)	50 ml
5	<i>Gomutra</i> (Cows urine)	1 <i>Kudava</i> (192 ml)

Anuvasan Basti: *Sahachar Taila* 60 ml.

Method of Preparation of Vaitarana Basti

Vaitarana Basti is prepared as per the classical method used for the preparation of *Niruha Basti*. Metric measurements are as per Ayurvedic formulary.

Step 1: Initially 24 g (1 *Shukti*) of Jaggary (*Guda*) was mixed uniformly with equal quantity of lukewarm water.

Step 2: 12 g (1 *Karsha*) of *Saindhava* was added to the above.

Step 3: *Tila Taila* was added till the mixture becomes homogenous.

Step 4: 48 g (1 *Pala*) of *Chincha Kalka* was taken and added to above said mixture carefully

Step 5: Lastly remaining quantity (1 *Kudava*) of *Gomutra* was added slowly and mixing continued so as to have uniform *Basti Dravya*.

Step 6: *Basti Dravya* was filtered and made lukewarm by keeping it into hot water.

Time of Administration: *Niruha Basti* before meal and *Anuvasan Basti* after meal.

Vaitarana Basti* : (Duration: 15 days)*1 to 15th day:**

Following drugs prescribed along with *Vaitarana Basti*.

- 1) *Sinhanad Guggulu*: 250 mg 2 TDS.
- 2) *Mahavat Vidhvansan Ras*: 250 mg 1BD.
- 3) *Gandharva Haritaki Churna*: 3 gm at bed time with lukewarm water.
- 4) *Amapachaka Vati*: 500 mg thrice a day.

Virechana Karma* : (Duration: 15 days)*1 to 5th Day**

- Then *snehapan* was started with an initial dose of 30 ml of cow ghee once a day followed by light diet.
- Amount of ghee was increased by 30 ml daily up to 150 ml on 5th day as per protocol of *Snehapan*.

6 to 8th day

- *Abhangya* with *mahavishagarbha taila* and *Petiswedana* was started by 6th day for three consecutive days after the appearance of symptoms of *snehapan* on 5th day.
- *Virechana Karma* was done by administration of *Trivruth*, *Aragwadha*, *Triphala*, *Sidha Kwath* 150 ml, *Castor oil* 30ml and 2 *Abhayadi Modaka* on 8th day.

- About 3 hours later, *Virechana vega* was started and total 14 *vega* (passed stool) were observed till the evening.

9 to 13th Day

- From 9th day onward, *Sansarjana Karma* (a process of resuming normal diet) by prescribing *Peya*, *Vilepi*, *Akruta Yush*, *Krut Yush*, *Krishara* and normal diet successively for 5 days.

14th day onward

- From 14th day onward, *Pathyakar Ahar* suggested.

After *Virechana Karma*

- Amrita Ghrita* 20 ml at morning given for one month.

OBSERVATIONS AND RESULTS

Subjective Parameters

SN	Subjective Parameters	Before treatment	After treatment
1	<i>Sandhishula</i> (Joint pain)	+++	+
2	<i>Sandhishotha</i> (Joint swelling)	+++	+
3	<i>Sandhishabdhatata</i> (Joint stiffness)	+++	+
4	<i>Sandhisparsha-asahyata</i> (Joint tenderness)	++	+
5	<i>Angamarda</i> (Body ache)	++	+
6	<i>Gaurava</i> (Heaviness of the body)	++	0
7	<i>Agni dourblya</i> (Impaired digestive capacity)	++	+

Objective Parameters

SN	Objective Parameters	Before treatment	After treatment	% Relief
1	C-Reactive Protein(CRP)	40 mg/L	15 mg/L	62.50
2	Erythrocyte Sedimentation Rate(ESR)	60 mm/hr	30 mm/hr.	50.00
3	Rheumatoid Factor(RF)	50 IU/ml	20 IU/ml	60.00

DISCUSSION

Nidanparivarjan:*Ahar*- Salad with curd, Bakery products, *Vishamashan*.

Vihar- Late night sleeping, day sleeping.

Vaitarana Basti

Vaitarana Basti works by the virtue of action of ingredients present in it and by action of *Basti Karma*. The ingredients present are *Chincha*, *Saindhava*, *Guda*, *Gomutra* and *Tila Taila*. The action of each ingredient can be described as follows.

- **Saindhava:** Due to its *Sukshma* and *Tikshna* properties, *Saidhava* helps to pass the drug molecule in systematic circulation through mucosa. Thus, it helps the *Basti Dravya* to reach up to the molecular level. It also helpful for the elimination of waste due to its irritant property. It is capable of liquefying the viscid matter and breaking it into minute particles (*Vishyadana*).
- **Guda(Jaggary):** It along with *Saidhava* makes homogenous mixture(emulsion) that makes water easily permeable. The retention of the irritant substances may be favored by making it solution as nearly isotonic as possible by using colloidal fluid. Here,*Purana guda* should be taken as it is *Laghu pathya*, *Anabhishyandi*, *Agnivardhaka*, *Vatapittaghna*. It also helps in carrying the drug up to microcellular level.
- **Tila Taila:** It is best in *Snehana* and pacification of *Vata*.
- **Chincha:** It is having *Vata-Kaphashamaka*, *Ruksha* and *Ushna* properties. These properties of the *Chincha* make it useful for the disease *Amavata*. *Ruksha guna* helps in counteracting the *Ama* which is chief pathogenic factor of the disease.
- **Gomutra:** In Vaitarna Basti, the *Gomutra* is the chief content which owing to its *Katu Rasa*, *Katu Vipaka*, *Ushna Virya*, *Laghu*, *Ruksha*, *Tikshna Guna* pacifies the *Kapha*. The *Ruksha Guna* of *Gomutra* is very much helpful in the disease condition like *Amavata*. It is useful for Vaitarana Basti owing to its *Tridosahara*, *Agnideepana*, *Pachana*, *Srotovishodhana* and *Vatanulomka* properties.

Other supporting drugs

- **Sinhanada Guguulu:** *Simhanad Guggulu* has *trifala* & *saugandhika* which act as *Rasayana* and improves the immunity system. *Guggulu* has anti-inflammatory & analgesic property that helps to control joint pain & swelling symptoms.
- **Mahavat Vidhwansan Rasa(Jayapal rahit):** It is classical preparation that maintains the balance of *Vata Dosha*. It used to manage the various problems like *Vata* disorders, adnominal pain, neuralgia, epilepsy, paralysis, aches and pains.
- **Gandharva Haritaki Churna:** It contains laxative herbs i.e. *Haritaki* and *Eranda*. It softens stools and eases the problem of the constipation by inducing regular bowel movement. It does *Anulomana* of *Apan vayu*.

Virechana Karma

Virechana Karma is described for the effective management of *Amavata* as a *Shodhana* therapy. As it is the most suited therapy for the *Sthanika Pitta Dosha*, it might be responsible

for *Agnivardhana* and evacuation of *Ama*, which is the main culprit of this disease. *Virechana* helps in this condition through two ways.

- 1) *Virechana* has direct effect on *Agnisthana* and hampered *Agni* (*Mandagni*) is one of the initiating factors in *Amavata*. It pacifies the vitiated *Kapha* and *Vata Dosha* and has the quality of *Srotovishodhana*.
- 2) *Sandhi pradeshas* (*Madhyama Rogmarga*) are the specific site of *Dosha avasthana* and *Virechana* is useful measure for such type of condition i.e. morbid *Doshas* turn and adhere to *Bahya* and *Madhayama Rogamarga* with *Tiryak gamana*.
- 3) *Virechana* helps to normalize the *Pratiloma gati* of *Vata*, which produces symptoms like *Anaha*, *Antrakujana*, *Vibandha*, *Kukshikathinya*, *Kukshi shoola* etc. in *Amavata*.

Amrita Ghrita

It contains *Amrita* and *Shunthi* processed in *Ghrita*. Both *Amrita* and *Ghrita* are immunomodulatory drugs. *Shunti* has properties of *Katu Rasa* and *Ushna Virya* is well known for *Vata Shleshma* and *Vibandhahara*. *Guduchi* has qualities of *Tikta Kashaya Rasa*, *Madhura Vipaka* and *Ushna Virya*. *Ghrita* and *Guduchi* have the dual action of *Vata Shaman* and *Bruhana* on the tissues especially the *Asthi Dhatu*.

CONCLUSION

- *Vaitarana Basti and Virechana Karma* is an effective treatment in the management of *Amavata*.
- Proper line of treatment gives better result in *Amavata*.

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