

## AYURVEDIC APPROACH IN MANAGEMENT OF AAMAVATA- A CASE STUDY

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### ABSTRACT

*Ayurveda* is unique amongst the health care disciplines as it places an emphasis on removing the cause of disease and suffering. *Aamavata* was described for the first time in *Madhava Nidana*. The immature *rasa* in the *Amashaya* i.e *Aama* is taken up by vitiated *Vata dosha*, especially to the *Kaphasthanas* mainly *Sandhi*, *Uru*, *Kati*, etc. This leads to *Stabdghata* in the body and produces *Aamavata*. *Aamavata* is correlated with Rheumatoid Arthritis in modern science. Rheumatoid Arthritis is an autoimmune disease that causes joint pain and damage throughout the body. It affects about 15% of the adult population in India. The conventional treatment for Rheumatoid

Arthritis includes exercise, physiotherapy, and NSAIDS which have no effect on long term disability but provide symptomatic relief. Here a case study is presented of 28 years older male patient with complaints of *Sarvangsandhi shoola with Sanchari vedana*, *Sandhi shotha*, *Chankraman Kashtata* from last 4-5 years was admitted in SSNJ Ayurved Hospital, Solapur. According to *Ayurveda*, this case was treated by *Shodhana* and *Shaman chikitsa* including *Aamapachak*, *Agnideepaka* and *Vatanulomana* formulations. Compared to other treatments, this proved to be more effective in *Aamavata*.

**KEYWORDS:** *Aamavata*, *Shodhana*, *Shamana*, *Aama pachak*, *Agni Deepak*, *Vatanulomak*.

### INTRODUCTION

*Aamavata* is a disease in which vitiation of *Vata dosha* and accumulation of *Aama* takes place in major joints of the body.<sup>[1]</sup> The concept of *Aama* is a unique contribution of

Ayurvedic science that causes the number of diseases. *Aamavata* are of three types- *Vataj*, *Pittanubandha*, and *Kaphanubandha*. If *Aamavata* is *Vataj*, it consists of *Toda*; if it is *Pittanubandha*, it shows *lakshanas* like *Daha* and *Raag*; and if it is *Kaphanubandha*, it shows *lakshanas* like *Sthaimitya*, *Guruta*, *Kandu*.<sup>[2]</sup>

Rheumatoid Arthritis has characteristics like morning stiffness, arthritis of three or more joints, arthritis of hand joints.<sup>[3]</sup> Similarly, in *Aamavata* *Aalasya*, *Aruchi*, *Sandhi shotha*, *Sandhishoola* is also seen.<sup>[4]</sup> So, it can be correlated with Rheumatoid Arthritis in contemporary science. Rheumatoid Arthritis affects 15% of the adult population in India.<sup>[5]</sup> The conventional treatment for *Aamavata* includes exercise, physiotherapy, NSAIDs which have no effect on long term disability but provide symptomatic relief.<sup>[6]</sup>

In most of the patients, *Aamavata* is caused mainly due to *Agni Mandya*, *Virudhashan*, and continue working under Air Conditioner (A.C.). As described in *Yogratnakar*, Ayurvedic treatment for *Aamavata* is *Langhana*, *Swedana* (*ruksha Swedan* and *upanah Swedan*), *Agni deepana*, *Virechan*, *Snehpana*, *Basti*.<sup>[7]</sup> As a result, this treatment proved to be more effective and is successful in reducing the suffering of the patient.

## CASE REPORT

A 28 year old male patient, Engineer by profession who visited department of Kayachikitsa at SSNJ Ayurved Hospital, Solapur with complaints of *Sarvangsandhishoola* along with *sanchari vedana*, *Sandhi Shotha*, *Prushta Shoola*, *Kati Shoola*, *Chankraman Kashtata* since 4-5 years.

### Ashtavidha Pariksha

*Nadi*- *Vata Pradhan pitta*; *Sarpagati*- 80/min

*Mala*- *Grathit*, *Asamyak mala pravrutti*.

*Mutra*- 4-5 times/day

*Jivha*- *Saama*

*Shabd*- *Spashata*

*Sparsha*- *Snigdha*

*Druk*- *Prakrut*

*Akriti*- *Madhyama*

### Past medical history

H/O- *Aamavata* and Ayurvedic medicines were taken.

No H/O- DM, HTN, TB, Asthma or any other illness.

No H/O- any surgery.

### Dosha Dushya lakshana

In the patient, the predominant *dosha* is *Vyana vayu*, *Samana vayu*, *Prana vayu* which affect *Annavaha*, *Rasavaha* and *Asthivaha Srotas* and gives rise to above symptoms.

### Nidan Panchak

**Hetu:** *Aahara- Dahi, Shengachatni, Mansahar, Rice, Junk food.*

*Vihara- continuous working under A.C., exercise after taking meal.*

### Rupa

1. *Janu Sandhi Shoola, Gulf Sandhi Shoola, Vankshan Sandhi Shoola* (joint pain) along with *Sanchari vedana. Sandhi Shotha* with *Ushna Sparsh*.
2. *Kati Shool* and *Prushta Shoola*.
3. *Chankraman Kashtata*.
4. *Mand jwara prachiti*.

### Samprapti

H/O *aamavata*, continuously working in A.C. → *Agni Mandya*. *Aama* → taken up by vitiated *Vatadosha* → circulates all over the body through *Sira* and *Dhamani* → gets lodged in *Kaphasthanas* i.e *Sandhi, Uru, Kati*, etc. → *Aamavata*.

### Treatment

#### Shodhana Chikitsa

Sr.no.	Shodhana karma	Ingredients	Duration
1.	<i>Swedana</i>	<i>Valuka pottali</i>	12 days
2.	<i>Vaitaran basti :-120 ml</i>	<i>Gomutra, amlika, sneha, guda, saindhava (16:4:4:2:1)</i>	8 days
3.	<i>Virechana</i>	<i>Eranda sneha:- 15ml</i> <i>Anupana:- Lukewarm water</i>	8 days

#### Shamana Chikitsa

Sr.no	Ingredients	Dose	Anupana	Duration
1.	<i>Ativisha, Musta, Shunti, Haritaki choorna</i>	Each 500mg BD	Luke warm water	16 days
3.	<i>Suvarna Sutshekhar</i>	500mg BD	Honey	16 days
4.	<i>Shunti Kwatha</i>	1 lit per day	-	10 days
5.	<i>Maharasnadi Kwatha</i>	10 ml	Luke warm water & <i>Erandataila:- Nishakala</i>	10 days
7.	<i>Simhanada Guggula</i>	1gm BD	Luke warm water	10 days

## DISCUSSION

In *Ayurveda*, most of the diseases are believed to be the result of *Aama*. *Samprapti* of *aamavata* initiates with *Mandagni* which causes indigestion, this yields immature *rasa* in the *Amashaya* which further undergoes fermentation or putrefaction due to its retention for longer duration in *Aamashaya* manifesting to *Aama*. So the aim in the management of the *Aamavata* is prevention of formation of *Aama* and then it's *Pachana* by stimulating *Jatharagni* which is achieved by *Deepana*, *Pachana* medications.

As per *Ayurveda*, treatment for *Aamavata* includes *Langhana*, *Swedana* (*ruksha swedana* and *upanah swedana*), *Agni deepana*, *Virechan*, *Snehapana* (*Eranda sneha*) *Basti* as mentioned in *Yogratnakar*.

### 1. *Langhana*

*Langhana* gives sufficient time to the *Agni* to digest the existing *Aama*. *Langhana* in the form of *laghu aahar* was advised to the patient.

### 2. *Swedana*

*Swedana* increases circulation and reduces inflammation. *Ruksha sweda* in the form of *Valuka pottali sweda* was administered to the patient which helps in reducing vitiated *vata*.

### 3. *Agni deepan*

After *Langhana* when *Laghuta* is achieved in the body, remaining *Aama* is treated with *Pachana dravyas* this will help in digesting *Aama* and separating it from its accompanying *Doshas*. This helps in removing the *Vikrut Doshas* by giving *Shunti Kwatha*, *Ativishadi Choorna*. *Simhanada Guggulu* which is the drug of choice for *Aamavata* as it does *Agnideepan* and improves the strength of the joints. *Suvarna Sutshekhar* acts as *Deepana* and *Pachana*.<sup>[8]</sup> Since the *Doshas* get *nirama avastha* they require elimination from the body by *shodhana*. *Maharasnadi Kwatha* acts as *shoolaghna* and *shoothaghna*.<sup>[9]</sup>

### 4. *Virechana And Snehapana*

In *Aamavata*, as *Vata dosha* has got *pratilomagati* due to which it has *Sancharitwa* and also the formation of *aama* is the result of *avarana* of *Pittasthana* by *Kledaka Kapha* and *Virechana* is the best therapy for *sthanik pitta dosha* *Eranda taila* is most beneficial for *aamavata* as mentioned in *Yogratnakara*. *Eranda taila* has properties of

*deepana, pachana* and *vatanulomana*, which leads to *aampachana* and *vata shaman* which helps to cure *Aamavata*.<sup>[10]</sup>

## 5. Basti

*Acharya Chakradatta* has indicated *Vaitaran Basti* which is a type of *shodhana basti* in the management of *Amavata*.<sup>[11]</sup> The name *Vaitaran* itself signifies a name of a river which can bring back dead to live which simply means eliminating morbid *doshas* and bringing relief from the disease *Amavata*.

*Vaitaran basti* acts on the basis of ingredients present in it which are *Saindhav, Guda, Amlika, Gomutra, Tila taila*. The mode of action of each ingredients is as follows: *Saindhava Lavan* which is *tridosahar, deepana pachana* due to its *sukshma* and *tikshna* property which helps the *Basti Dravya* to reach up to the molecular level. *Guda* which is *laghu, Agnivardhaka, Sneha* is *vataghna, deepana, pachana, and balya*. *Amalika* which is *Vata Kapha shamak* and *ruksha guna* help in reducing *Aama*. *Gomutra* is the chief content as its *ruksha guna, Agnideepana, strotovishodhana* and *Vatanulomak* properties which is very effective in *Aamavata*. *Tila taila* is best *snehana* and helps in pacifying *vata*.

## CONCLUSION

Ayurveda is an ancient science which cures the disease as well as it prevents its reoccurrence. *Amavata* is one of the most prevalent disease in the present era so its early diagnosis and its management is the key for prevention of its further complications. From this case study it can be concluded that the disease *Amavata* can be effectively managed by the *chikitsa siddhant* described by *Yogratnakar*. This single case study give a belief that *Ayurveda* can be the best treatment for chronic disease.

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