

## ROLE OF KSHAR BASTI IN THE MANAGEMENT OF AAMAVATA W.S.R. OF RHEUMATOID ARTHRITIS

Sheetal Katariya<sup>1\*</sup>, Ravi Sharma<sup>2</sup> and Ruhi Zahir<sup>3</sup>

<sup>1</sup>PG Scholar Department of Kaya Chikitsa,

<sup>2</sup>Prof. Prof. and HOD., Department of Kaya Chikitsa,

<sup>3</sup>Assi. Prof., Department of Kaya Chikitsa,

MMM. Government Ayurved College Udaipur, Rajasthan. (PIN 313001).

Article Received on  
22 May 2023,

Revised on 12 June 2023,  
Accepted on 02 July 2023

DOI: 10.20959/wjpr202311-28852

### \*Corresponding Author

**Dr. Sheetal Katariya**

PG Scholar Department of  
Kaya Chikitsa, MMM.

Government Ayurved  
College Udaipur, Rajasthan.  
(PIN 313001).

### ABSTRACT

Ayurveda is traditional medicine system with historical roots in the Indian subcontinent. The theory and practice of Ayurveda is scientific. Rheumatoid Arthritis is an autoimmune disease that can cause multiple and symmetrical joint pain and damage throughout the body. Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more on small joints. As per Ayurveda science Rheumatoid Arthritis sign and symptoms resemblance with *Aamavata*. *Aamavata* is the disease caused by impairment of *Agni*, formation of *Ama* and vitiation of *Vatadosha*. There is limited treatment in modern science for rheumatoid arthritis. Ayurveda treatment has the best result for *Aamavata*. 41 year old female came for *Ayurvedic* treatment for

*Aamavata*. First we planned *Panchkarma* therapy as *shodhan chikitsa*. We use sequence of *kala basti kram* in that *kshar basti* as *Niruha Basti* and *Brihuta saindhvadi* oil as *Anuvasan Basti*. After completion of 16 days procedure, we gave *Sanshamana Chikitsa*, We found significant symptomatic and laboratory results in 2 month.

**KEYWORDS:** *Aamavata*, *Panchkarma* therapy, Rheumatoid Arthritis, *Kshar Basti*, *Anuvasan Basti*.

### INTRODUCTION

Among the diseases mainly found in *Sandhi* region, the major diseases are *Aamavata*, *Sandhivata*, *Vatarakta*, *Grivagraha*, *Sandhigraha*. *Aamavata* is indicated in the *Samhitas*. However, its description as an independent chapter has first come in *Madhav Nidana*.

*Aamavata* is indicated by *Sandhishoth*, *Stabdghata* and *Shool*. In *Aamavata*, the *vata dosha* contaminated by *Aama* (undigested toxins) causes the disease. This disease can occur in any age group in all major and minor joints of the body. This disease is mostly found in adults and women. Ayurvedic '*Aamavata*' disease has a lot of similarity with Rheumatoid Arthritis described in modern medical science.

Etymology: 'आमेन सहितः वातेन आमवातः'

The word '*Aamavataa*' is derived from the two words '*Aama*' and '*Vata*'. The combined form of the two, being one and the same, is called '*Aamavataa*'.

Defination: “युगपत्कुपितावन्तस्त्रिकसन्धिप्रवेशकौ ।

स्तब्धं च गुरुतो गात्रमामवातः स उच्यते ॥" (मा.नि. 25/5)

When *Ama* and *vata doshas* get aggravated together and enter the *Trikapradesha*, *koshtha* and *shandhi* of the body, causing *Shotha* (inflammation), *shool* (colic) and *Stabdghata* (numbness), then it is known as *Aamavat* (Rheumatoid Arthritis)

Symptom of *Aamavata* :

अङ्गमर्दोऽरुचिस्तृष्णाह्यालस्यं गौरवं ज्वरः।

अपाकः शूनताऽङ्गानामामवातस्य लक्षणम् ॥" (मा.नि. 25/6)

*Angamarda* (Pain in whole body), *Aruchi* (anorexia), *Trishna* (thrust), *Alasya* (laziness), *Gouravam* (haviness), *Jwara* (fever), *shunta* (numvness) are symptoms of *Aamavata*.

The cause of Rheumatoid arthritis is unknown. However it is thought that, particularly in genetically predisposed individuals, some environmental antigenic trigger, probably a virus, stimulates the production of antibodies (IgM rheumatoid factor) against the bodies, own IgM immunoglobins. This process can become self-perpetuating. The prominent feature is the formation of immune complexes (*Aamavisha*) within the joint resulting from tissue damage. These complexes activate complement and attract neutrophils. Phagocytosis of immune complexes by neutrophils leads to release of chemical mediators of inflammation. Continued inflammation stimulates the formation of a proliferative synovitis. This hypertrophic granulation tissue is called pannus. It is this process that is responsible for causing joint erosion.

## AIMS AND OBJECTIVES

A case study on *Aamavata* (Rheumatoid Arthritis) managed with *shodhan chikitsa* as *Kshar basti* and *Shaman chikitsa*.

## MATERIAL AND METHODS

Patient's personal history

Name - xyz

Age - 41 yr.

Sex - female

Occupation - house wife.

Chief complaints -

- Pain in both hand and morning stiffness since 6 month.
- Swelling on small phalangeal joints.
- Difficulty in movement of joints.
- Anorexia
- Bowel - constipated.
- Sleep - disturb due to joint pain.

### Vitals

- BP - 124/80 mm of hg.
- Pulse - 76/min.
- RR. - 17/min.
- Weight - 72 kg.
- Temp. - Afebrile
- History of past illness-NAD
- Family history-NAD
- Treatment history

A 41 yr. Old female patient came into the O.P.D. of Govt. Ayurvedic Hospital Mottichohtta, Udaipur in Kaya Chikitsa Dept. With the complaint of Pain in both phalangeal joint of hands and morning stiffness since 6 month with swelling in morning, Difficulty in movement of joints, Anorexia, Constipated bowel, Sleep - disturbed due to joint pain. The patient has taken modern medicine, but no relief was found, so she come to us for Ayurveda treatment.

**Table no. 1: Ashtavidha pariksha.**

<i>Nadi</i>	Normal in rate and rhythm, <i>Vata Pradhan</i>
<i>Mala</i>	<i>Niram</i>
<i>Mutra</i>	Pale yellow
<i>Jihwa</i>	Coated
<i>Shabda</i>	<i>Samanya</i>
<i>Sparsh</i>	<i>Ruksha</i>
<i>Drika</i>	Swetabh
<i>Aakriti</i>	<i>Samanya</i>

**Table no. 2: Dashvidha pariksha.**

<i>Prakriti</i>	<i>Vata- Pittaja</i>
<i>Vikriti</i>	<i>Asthi vikriti</i>
<i>Sara</i> (purest body tissue)	<i>Mansa sara</i>
<i>Samhanana</i> (body built)	<i>Madhyam</i>
<i>Pramana</i> (body)	<i>Madhyam</i>
<i>Satmya</i> (homologation)	<i>Madhyam</i>
<i>Satva</i> (mental strength)	<i>Madhyam</i>
<i>Aharshakti</i> (food intake)	<i>Madhyam</i>
<i>Vyayamshakti</i> (to carry on physical activities)	<i>Madhyam</i>
<i>Vaya</i>	<i>Yuvavstha</i>

**Table no. 3: Investigation.**

Investigation	Before treatment	After treatment
RA FACTOR	28.57 IU/ml.	18.3 IU/ml.
CRP	1.51 mg/dl.	0.27 mg/dl

**Table no. 4: Treatment profile.**

S. No.	Medicine	Dose	Anupan	Aushadh Kaal
1.	<i>Aamavatari ras</i>	250 mg. (BD)	With honey	After food
2.	<i>Godanti bhasma</i>	250 mg. (BD)	With honey	After food
3.	<i>Punarnava mandur</i>	500 mg. (BD)	With honey	After food
4.	<i>Ajamodadi churna</i>	3 gm. (BD)	With honey	After food
5.	<i>Giloy churna</i>	2 gm. (BD)	With honey	After food
6.	<i>Aamavatahar kwath</i>	5 gm. (BD)	Lukewarm water	Empty stomach
7.	<i>Shothhar kwath</i>	5gm. (BD)	Lukewarm water	Empty stomach
8.	<i>Eranda sneha</i>	20 ml. (OD)	Lukewarm water	In night, before sleeping
9.	<i>Shatavari guggulu</i>	2 Tab. (TID)	Lukewarm water	After food

## DISCUSSION

Due to wide spectrum of disease, much prevalence in the society and lack of effective medicament, the disease is being chosen for the study. The line of treatment described for the

disease in Chakradatta can be summarized under following captions. i.e to bring Agni to normal state to digest *Ama*, and eliminate vitiated *Vata* and *Ama*. Thus, here *Kshara Basti* is selected for the present study as *Samshodhana* process use sequence of *kala basti kram* which corrects all of above captions. It is mentioned in *Chikitsa Sutra* described by Chakradatta.

*Kshara Basti* is formulated using *Amlika*, *Gomutra*, *Guda*, *Shatahva*, and *Saindhava lavana* It is having *teekshna guna* which helps in combating vitiation of *Kapha* and here *Basti* exhibits its mode of Action in terms of *Vatahara*, *Kaphahara* and *Amahara*.

And *Brihuta saindhvadi* oil as *Anuvasan Basti*.

In shansaman chikitsa we used classical drug formulations such as:

*Shatavari Guggulu* is used for pacifying aggravated *Vata Dosha*, strengthening the muscles, energizing the nerves, stimulating and restoring neuromuscular functions. Therefore, it is beneficial in all types of *Vata Disorders* categorized in *Ayurveda*.

*Ajmodadi churna* is a polyherbal *Ayurvedic* medicine used as a carminative and an antispasmodic and helps in all painful conditions like sciatica and stiffness in back and also restores normal digestive functions. *Ajmoda* have *Kapha-Vata shamak* properties so it help in *Aama Pachan*, it is also *Vatanulonama*, *shoolprashamana*, *Guna*.

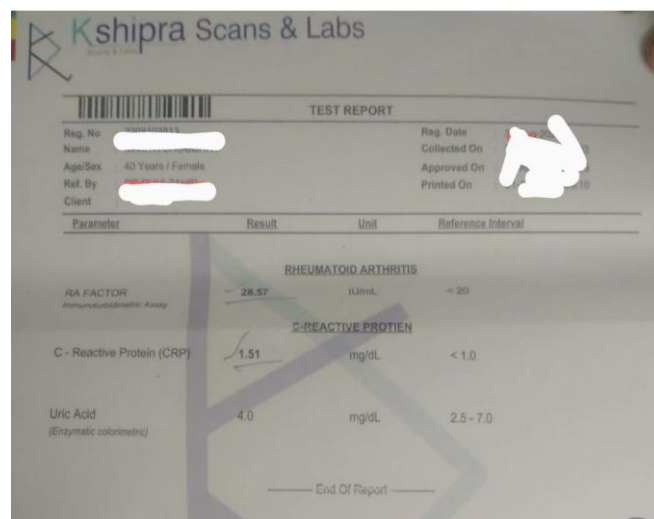
*Aamavata ras* it is used in treatment of rheumatoid arthritis and osteoarthritis. It helps to relieve pain, inflammation and improves joint movement and flexibility. Psoriatic arthritis, osteoarthritis.

*Eranda Thaila* is one of the main drugs used for *Virechana karma* (Purgative therapy) and *Snehana karma* (Oleation therapy) under *Panchakarama* therapy. It pacifies *Vata*, the aggravation of which is the root cause of all diseases. it clears obstruction in the *Srotas* (body channels) and relieves *Vata* vitiation subsequently. And has been praised for its *Amvathahara* (rheumatoid arthritis) property.

*Brihat Saindhavadi Taila* is multi-herbo-mineral oil which contains fourteen important herbs, three types of *Lavana* and *Kshara* in equal quantity and *Mastu*, *Kanji*, *Kwath* and *Eranda taila* in one *Prastha* quantity. Mode of action of *Brihat Saindhavadi Taila*. In *Bhavaprakasha* it is mentioned that it can be used for *Abhyanga*, *Pana* or *Basti*. The base of the *taila* is *Eranda Taila*. The crude drugs of *Brihat Saindhavadi Taila* prepared in the form of oil is

found to be useful in treating *Amavata*, *Sarvavatavyadhi*, *Kati*, *Janu*, *Uru Roga*, *Sandhiroga*, *Parsvashoola*.

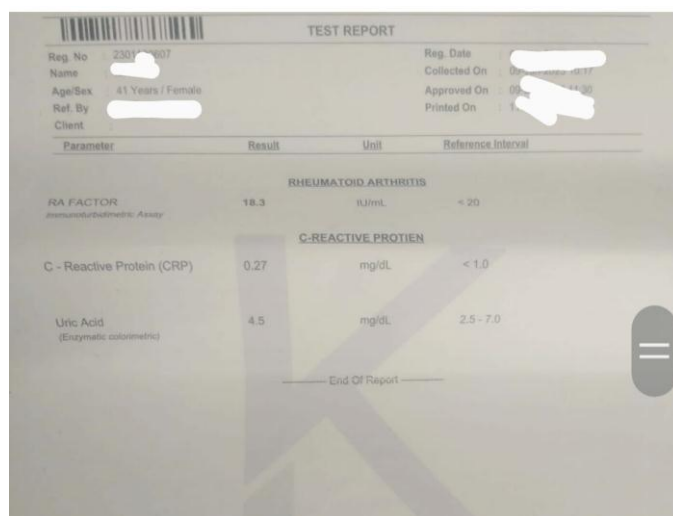
### Before treatment



Parameter	Result	Unit	Reference Interval
<b>RHEUMATOID ARTHRITIS</b>			
RA FACTOR (Immunoturbidimetric Assay)	28.57	IU/mL	< 20
<b>C-REACTIVE PROTEIN</b>			
C - Reactive Protein (CRP)	1.51	mg/dL	< 1.0
Uric Acid (Enzymatic colorimetric)	4.0	mg/dL	2.5 - 7.0

End Of Report

### After treatment



Parameter	Result	Unit	Reference Interval
<b>RHEUMATOID ARTHRITIS</b>			
RA FACTOR (Immunoturbidimetric Assay)	18.3	IU/mL	< 20
<b>C-REACTIVE PROTEIN</b>			
C - Reactive Protein (CRP)	0.27	mg/dL	< 1.0
Uric Acid (Enzymatic colorimetric)	4.5	mg/dL	2.5 - 7.0

End Of Report

### CONCLUSION

Due to *Kshar Basti*, *Anuvasan Basti* and *shaman chikitsa* patient have relief in symptomatic and as well as laboratricle investigation. In symptomatic, reduced joints pain and stiffness, reduced swelling, relieve in indiagestion, constipation. And in laboratricle investigation RA factor, CRP and Uric acid reports are done on the patient before and after treatment of Aamavata. RA factor is reduced due to treatment, from 28.57 IU/ml to 18.3 IU/ml., CRP reduced 1.51 mg/dl to .27 mg/dl.

**REFERENCES**

1. Ayurvedacharya shreeyadhunandanopadhyay, Madhav Nidan, 511, 1: 25 – 6.
2. Ayurvedacharya shreeyadhunandanopadhyay, Madhav Nidan, 1, 509: 25 – 5.
3. Ayurvedacharya Pandit Jagannatha Sharma Bajpeyee, Chakradatta (Amavatadhikar), 131: 1 – 2.
4. Acharya Priyavatt Sharma, Dravyagunavighyaniya.