

## ROLE OF NIDAN PARIVARJAN IN AAMVATA

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## ABSTRACT

*Aamavata*, a chronic inflammatory disorder described in *Ayurveda*, is primarily caused by the simultaneous vitiation of *Vata* and the accumulation of *Ama* due to impaired *Agni* (digestive fire). The *Nidan* (causative factors), such as *Mithya ahara-vihara* (improper diet and lifestyle), play a key role in the pathogenesis of the disease. *Nidan Parivarjana*, the avoidance of these causative factors, is considered the foremost line of management in Ayurvedic therapeutics. By preventing the intake of incompatible foods, irregular eating habits, sedentary lifestyle, and other causative factors, *Nidan Parivarjana* helps restore *Agni*, reduces the formation of *Ama*, and prevents the progression and recurrence of the disease. Thus, *Nidan Parivarjana* acts as a preventive as well as a curative approach, highlighting its significant role in breaking the pathogenesis of *Aamavata*. This article emphasizes the importance of *Nidan Parivarjana* as a primary and cost-effective

strategy in the management of *Aamavata*.

**KEYWORDS:** *Aamvata*, *Nidan Parivarjana*, *Ama*, *Vata*, *Agni*.

## INTRODUCTION

*Aamavata*, a chronic inflammatory disorder described in *Ayurveda*, is characterized by joint pain, swelling, and stiffness, resembling rheumatoid arthritis. It occurs due to the combined effect of *Ama* (undigested toxic material from impaired *Agni*) and *Vata dosh*. Improper diet and lifestyle (*Mithya ahara-vihara*) are the main causative factors, leading to *Agnimandya* and *Ama* formation. *Ayurveda* emphasizes prevention through the principle “सङ्क्षेपतः क्रियायोगो

निदानपरिवर्जनम्” —avoiding causative factors as the best treatment. Thus, *Nidan Parivarjana* plays a crucial role in preventing and managing *Aamavata*.

## AYURVEDIC REVIEW

### Definition

Vitiated *Ama* and *Vata* when lodge in the *Trika* and *Sandhi* leading to *Stabdghata* of the body parts then this condition is known as *Aamavata*.

### *Nidan*(Etiology)

- 1) *Viruddha Ahara* (Incompatible food)
- 2) *Viruddha Cheshta* (Improper physical activity)
- 3) *Mandagni* (Decreased digestive power)
- 4) *Nischalata* (Lack of physical activity)
- 5) *Snigdham bhuktavato annm vyayaamam* (Performing physical exercise soon after intake of heavy food causes *Ama* in the body)

### *Samprapti* (Pathophysiology)

There is vitiation of *Vata* due to indulgence in the *Vata Prakopaka Nidan*. Now this morbid *Ama* circulates all over the body by the vitiated *Vata Dosha*. This condition can be clinically termed as *Samavata*. *Ama* propelled by *Vata* reaches the *Sleshma Sthana* of the body. Here, *Ama* blends with all the three *Dosha* and consequently attains various colors and becomes heavy and viscous. The vitiated *Ama* facilitates *Srotoabhishyandana* and *Srotorodha*, leading to the manifestation of the symptoms like *Hridgaurava*, *Hriddaurbalya* etc. Simultaneously vitiated *Vata* and *Ama* reaches the *Trika* and other joints causing stiffness in the whole body and thus producing disease *Aamavata*.

### *Samprapti Ghatak*

*Dosha - Vata pradhan tridosha*

*Dushya-Rasadi dhatu, Asthigata snayu; Sira Agni-Jatharagni, Rasadhatwagni*

*Ama-Jatharagnijanya & Rasadhatwagnijanya Srotas-Rasavaha, Asthivaha*

*Udbhava Sthana - Amashaya Adhishtan - Asthisandhi Rogamarga- Madhyama*

### Role of *Nidan Parivarjana*

*Nidan Parivarjana* plays a dual role in *Aamavata*:

#### 1. Preventive Aspect

By avoiding causative factors, the formation of *Ama* and *Vata* aggravation can be prevented, reducing the risk of disease onset.

#### 2. Curative Aspect

In ongoing disease, removal of etiological factors helps to break the *Samprapti* (pathogenesis) and prevents further progression.

### Benefits

Prevents *Agnimandya* and *Ama* formation Maintains *Dosh* balance

Reduces recurrence and complications

Supports effectiveness of other therapies like *Langhana*, *Svedana*, etc.

### Examples of *Nidan Parivarjana* in *Amavata*

1. *Dadhi* (Curd/Yogurt), *Mamsa* (Fish), *Guda* (Jaggery), *Ksheera* (Milk), Heavy foods (*Upodika*, *Masha* – black gram): These are heavy-to-digest, mucogenic, increase *Kapha* and *Ama*. High saturated fat, fermented curd, and excessive protein may trigger inflammation in autoimmune conditions.
2. *Dushtaneer* (contaminated water)- systemic inflammation
3. *Guru* (heavy to digest like fried, fatty food), *Abhishyandi* (Substances which cause obstruction to *srotas* and heavy in nature) e. g. *Curd*
4. *Virudha ahara*(Incompatible food combination e.g. milk with fish, fruits with milk), *Vishamashana* (Irregular eating), *Asatmya Ahara* (Unwholesome diet): irregular eating and poor diet quality to higher systemic inflammation.
5. *Vegarodha* (suppression of natural urges like urine, stool, etc), *Ratrijagrana*(lack of sleep)

### DISCUSSION

*Aamavata* involves *Ama* and *Vata*, making its management difficult. Modern treatment focuses on symptom relief, while Ayurveda stresses prevention through *Nidan Parivarjana*—avoiding causative factors. Improper diet, sedentary lifestyle, and day sleep lead to *Agnimandya* and *Ama* formation, aggravating *Vata*. Avoiding these *Nidan* helps restore *Agni*, prevent *Ama*, and stop disease progression. This approach is simple, cost-effective, and essential in preventing recurrence.

## CONCLUSION

*Nidan Parivarjana* is the most effective and essential principle in the management of *Amavata*. Since the disease originates primarily due to *Ama* formation and *Vata* vitiation caused by faulty diet and lifestyle, avoiding these causative factors addresses the disease at its root. *Nidan Parivarjana* not only prevents disease occurrence but also reduces the severity, recurrence, and complications of *Amavata*. Therefore, it should be considered as the first line of treatment, along with appropriate *Sodhana* and *Samana* measures for comprehensive management.

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