

## MANAGEMENT OF AMAVATA W.S.R TO RHEUMATOID ARTHRITIS - A CASE STUDY

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### ABSTRACT

In today's modern lifestyle, unhealthy dietary habits, stress, and sedentary routines have led to a rise in Ama-related disorders, with Amavata being one of the most prevalent. First described by Madhavkar in 700 A.D., Amavata is a disease characterized by the accumulation of Ama (bio-toxins) and vitiation of Vata dosha, leading to symptoms like joint pain, stiffness, swelling, fatigue, fever, and digestive disturbances. Clinically, it bears resemblance to Rheumatoid Arthritis (RA), a chronic autoimmune disorder affecting the joints. This study evaluates the effectiveness of Ayurvedic herbo- mineral formulations and Panchakarma therapies in managing Amavata. The treatment protocol included internal medicines Krimikuthar Rasa, Agnitundi Vati, and Arshakuthar Rasa—and external therapies like Abhyang with Sahacharadi Taila, Nadisweda with Dashmool Kwath,

Pindasweda with Devdaru and Ashwagandha, and Anuvasan Basti for Doshotkleshana. These therapies aim to improve digestion, reduce Ama, balance doshas, and alleviate pain and inflammation. The comprehensive approach combining Shodhan and Shaman Chikitsa showed promising results in relieving symptoms of Amavata and improving patient quality of life.

**KEYWORDS:** Ama, Amavata, Rheumatoid arthritis.

### INTRODUCTION

Now a days due to modern life style, unhealthy eating habits, hectic schedule and stress, incidence of Ama related diseases are increasing. One of the most common disease is Amavata. In Ayurveda, Madhavkar (700 A.D.) first mentioned Amavata as a separate

disease.<sup>[1]</sup> Amavata is derived from two words i.e. Ama and Vata. The main causative factor Ama is formed due to malfunctioning of the digestive and metabolic mechanisms. Bio toxins (Ama), in its abnormal form circulates throughout the body and vitiated by three of the Doshas, leading to considerable impairment of body movements.<sup>[2]</sup> Ama with Vata gets localized in the body address for corresponds tissues and joints resulting in pain, stiffness, swelling, tenderness, fatigue, heaviness in the body, fever, body ache, anorexia, excess thirst, indigestion, oedema, low back ache etc. and presents as a Amavata disease.<sup>[3,4]</sup> In chronic condition deformity of the joints takes place. Treatment modality of Amavata includes fasting, dry fomentation and intake of digestive medicines, purgation and administering enema for certain duration. The features of Amavata are much identical to Rheumatoid Arthritis. The disease is chronic, progressive, autoimmune disorder characterized by bilateral symmetrical involvement of joints with some systemic clinical manifestation. sometimes RA may be acute in onset with morning stiffness, polyarthritis and pitting oedema.<sup>[5]</sup> Stiffness dominating in the mornings lasting more than 1 hour is characteristic feature. Routine activities are hampered. Three types of medical therapies are used in treatment of RA i.e. NSAIDs, glucocorticoids, dMARDs. and other general measures include rest and splinting, physiotherapy, cessation of smoke, control of cardiovascular risks. In global scenario, more than one million people are affected by rheumatic disorders and one fifth of these are severely disabled. Onset is between 30 and 50 years but can occur at any age and female are more prone than male.<sup>[2]</sup> Aims and Objectives of the study is to evaluate the effectiveness of simple ayurvedic herbo- mineral formulations and Panchakarma therapy for the treatment of complicated metabolic and systemic disease Amavata.

## CASE REPORT

26 years female patient came with the complaints of multiple joint pain especially in both wrist Joints and metacarpal joint since 2 years, on and off swelling and stiffness over elbow joint, wrist joint and metacarpal joint since 4 month, morning stiffness for 1 hour, backache, facial swelling, loss of appetite, intermittent low grade fever, difficulty in performing the daily routine activity.

Past medical/ surgical/ family history: Patient had no history of DM/ HTN/ Surgical history/ Family history menstrual and obstetric history: Irregular menstrual cycle, patient was third gravida with one male child of 5years age FTND, and two abortions.

### Personal history

- Diet- Non-vegetarian food, Spicy food
- Appetite- Irregular
- Bowel- Constipated
- Bladder- Normal
- Sleep- less night sleep (2hrs sleep at day time)
- Addictions- No any Eight-fold examination
- Pulse- Vata -kafaj dominant
- Urine- normal
- Motion- constipation
- Tongue- coated
- Speech-clear
- Eyes- normal
- Built- moderate built

Systemic Examination: Systemic examination and all Vital signs were normal. On examination

- Severe bony tenderness bilateral pitting oedema over wrist and metacarpal joints.
- Restricted movements of affected joints due to pain

### Investigation

- RA factor- positive
- CRP- positive
- Hb- 10.20gm/dl
- BSL ® - 98 mg/dl
- Sr. Uric acid- 6.5 mg/dl
- Sr. Calcium -9.2mg/dl
- ESR – 110 mm fall in first hour Differential Diagnosis

Sandhigata Vata: It is degenerative joint disease mainly affecting major joints. Bony crepitus, pain and swelling is the chief complaints. Patients' gets relief after doing body massage and rest, but in case of Amavata no relief found after doing massage and symptoms will be aggravated.

Vatarakta

It is metabolic joint disease mainly affecting the minor joints. Pain, burning sensation, itching and discoloration over joints are the features. Patient feels better after rest. Pain is like a mice bite. Gets relief after doing bloodletting therapy, purgation and enema. But in case of Amavata large joints involvement is present and severe stiffness and pain like scorpion bite is present.

### Diagnosis

Positive findings for diagnosis

Clinical presentations

- Symmetrical involvement of more than 3 joints i.e.,
- MCP, wrist, and elbow.
- Morning Stiffness
- Swelling in bilateral hands
- Intermittent low- grade fever
- Loss of appetite Investigations
- Elevated ESR
- Positive serum rheumatoid factor
- Positive C reactive protein

According to (REF-ACR 2010) (7)

Subjective parameter before the treatment

Sr.no	Sign and Symptom	Scores
1.	Joint pain (Sandhi Shoola)	3
2.	Affected Joints	2
3.	Joint tenderness(Sparshasahatwa)	2
4.	Joint stiffness (Sandhi Graha)	1

- Etiopathogenesis of Amavata (samprapti)
- Dosha :Vata Kapha predominant Tridosha
- Dushya:Rasa, Rakta, Mamsa, Snayu, Asthi, Sandhi, Kandara
- Srotas:Rasavaha
- Srotodushti :Sanga
- Adhishtana:All joints
- Udbhavasthana :Amashayoktha
- Rogamarga :Madhyam

- Agni : Jatharagnimandya, Dhatwagnimandya Sadhyasadyata : Yappa

### Treatment

Treatment protocol used for this case is shaman chikitsa and shodhan chikitsa including abhyang, swedan and basti.

- Abhyantar chikitsa ( Internal medicine)
  1. Krimikuthar Rasa 250 mg BD with water
  2. Agnitundi vati 250 mg BD with water
  3. Arshakuthar rasa 250 mg BD with water
- Bahya- chikitsa of panchkarma
  1. Abhyang -sahacharadi tail
  2. Nadiswed -Dashmool kwath
  3. pindaswed -Devdar +Ashwagandha
  4. Anuvasan basti -Doshokleshan basti
- Duration of treatment -21days Subjective parameter after treatment According to (REF- ACR 2010) (7).

Sr.no	Sign and Symptom	Scores
1.	Joint pain (Sandhi Shoola)	1
2.	Affected Joints	1
3.	Jointtenderness (Sparshasahatwa)	1
4.	Joint stiffness (Sandhi Graha)	0

### DISCUSSION

Internal medicine given in this case works by further mode of action-

Krimikuthar Rasa is a classical herbomineral Ayurvedic medicine which acts as bhedana, deepan, krimighna, shulaprasamanam acting to relieve pain. Due to its anti- oxidant property it detoxifies the body. It is beneficial in anorexia.<sup>[8]</sup>

Arshakuthar rasa – It acts by the karma deepan, pachan to increase the appetite and reduces the ama.<sup>[9]</sup>

Agnitundi Vati is a classical Ayurvedic herbal formulation primarily used for improving digestion and managing fever related to digestive disorders. In Ayurveda, Agni refers to the digestive fire, which is essential for a healthy metabolism. It contains a blend of carminative and digestive herbs that help relieve indigestion, bloating, and gas, while promoting a healthy

digestive process. It is known for its Vata-pacifying, effective in treating Kapha-related digestive conditions. It improves digestion by stimulating the release of digestive enzymes from the liver, pancreas, and small intestine. It enhances appetite, digestion, and the sense of taste.<sup>[10]</sup>

Panchkarma therapy given in this case are abhyang swedan and basti which works by further mode of action.

Abhyang with sahacharadi tail: Sahacharadi taila is a therapeutic Ayurvedic oil widely valued for managing musculoskeletal and neurological conditions. Possessing Guru (heavy) and Snigdha (unctuous) qualities, it deeply nourishes and stabilizes the body. Its Ushna (heating) nature helps balance the Vata and Pitta doshas, effectively relieving joint and muscle stiffness, coldness, and pain. With actions such as Bruhana (nourishing), Vedanahara (pain-relieving), and Sooshma Srotogami (ability to penetrate deep tissues), it is especially beneficial in disorders like Sandhivata (osteoarthritis). Additionally, it promotes Ayushya (longevity), Bala (strength), and Varna (complexion). By enhancing physical strength, Sahachar Taila proves useful in addressing muscle weakness, joint discomfort, and rigidity.<sup>[11,12]</sup>

Swedan: Nadiswedan with dashmool kwath and pindaswed with devdar ashwagandha.

Swedana by its qualities like Ushna, Tikshna, etc., does stimulation the body. It increases the metabolic rate in the body. Ushna guna of sweda dilates the capillaries thus it increases circulation. Increased circulation leads more elimination of waste products and more absorption of sneha or drugs through the skin. Also, it stimulates muscles and nerves which promotes its renovation. Heat administration by swedana may produce a hypoanalgesic effect by diverted stimuli. In short Swedana Karma acts by Producing sedative/ tranquilizing effect and thus Results in relieving the pain, relieving stiffness, relieving heaviness. Swedana Dravya enhances the power of the steam bath and relieves the symptoms of amavata.<sup>[13]</sup>

Doshotkleshna basti: The Utkleshana Basti having the properties of Teekshana, Snigdha, Laghu, Sookshma, Picchila and Part of Guru, are having similar properties of Kapha and Ama by that they spread to all over the body with the help of Apana Samana and Vyanavayu through the medium of rasavahasrotas, their increase in the quantitative consistency of Doshotklesha, and bring back to the Kosta i.e. Pakwashaya and expel the unwanted mala by

keeping Uthklistadosha in their own site, and their elimination through malavega is done.

Utkleshana has fine effect on doshatkleshana due to presence of Erandabeeja, Pippali, Hapusha etc are most Utkleshaka drugs without irritating to the patient.<sup>[14]</sup>

## CONCLUSION

In this case study, the primary focus is on treatments that specifically target Ama— aiming to eliminate Ama and enhance Agni (digestive fire). As a result of reducing Ama, the symptoms of Amavata naturally subside without the need for separate pain-relieving (Shoolhara) or anti-inflammatory (Shothhara) interventions. Once Ama is cleared from the system, the patient experiences significant relief from Amavata.

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