



REVIEW OF LITERATURE STUDY ON FUNDAMENTAL ASPECTS OF AMAVATA

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ABSTRACT

Amavata is made from a combination of phrases, *Ama* and *Vata*. The disorder is often because of derangement of *Agni*, like *Jatharagni*, *Dhatvagni* and *Bhutagni*, and so forth. resulting within the production of *Ama* and this *Ama* circulates in the whole frame by the vitiated *Vata* and gets placed in the *Shleshmashana* (*Amashaya*, *Asthisandhi* and so on) inflicting ache, stiffness and swelling over the small and large joints making someone lame. The scientific presentation of *Amavata* carefully mimics with the particular range of Rheumatological issues called Rheumatoid Arthritis according with their similarities on scientific features Rheumatoid Arthritis (RA) is a chronic inflammatory, negative, and deforming symmetrical polyarthritis related with systemic involvement. RA is an autoimmune condition which, which means that it's caused by the immune machine attacking wholesome frame tissue; but, it isn't always yet recognized the precise motive, a few genetic and environmental elements have an effect on the threat for RA. *Amavata* is one of the hard problems for the clinicians because of its chronicity, incurability, issues and morbidity. In allopathy treatment are suggested NSAIDS, steroids, which offers the symptomatic remedy, but those has more facet impact. The Ayurvedic remedy not simplest devoid such type of sick effect, but additionally offers a better way by way of using treating *Agni* and *Ama* at its by the use of treating *Agni* and *Ama* at its roots. The principles of administration of *Amavata* are *langhana*, *Swedana*, *Dravyas* having *tikta*, *katu rasa*, *deepan pachana* as *Shamana chikitsa*. the first precise description of *Amavata* as a illness is located in *Madhav Nidan*, so the prevailing study offers with systemic assessment of *Amavata* w.s.r. Rheumatoid Arthritis from all of the classics of Ayurveda and its control.

KEYWORDS: *Ama*, *Amavata*, *Langhan*, *Virechan*, *Basti*, *Swedan*, Rheumatoid Arthritis.

INTRODUCTION

When *Ama* and *Vata* simultaneously get vitiated and enters the *Trika* and *Sandhi* ultimately main to *stabdhat* (stiffness) of the body, the circumstance is known as *Amavata*. Acharaya *Madhavkara* has clearly cited the *Roopas* (sign & symptoms) of *Amavata* in *Madhav Nidana*. The *Pratyatma Lakshana* (Main symptoms) are *Gatrastabdhat*, *Sandhishula*, *Sandhishoth*, *Sparshasahyata* and *Samanya Lakshana* (General symptoms) are *Angmarda*, *Aruchi*, *Trishna*, *Alashya*, *Gaurav*, *Jvara*, *Apaka*, *Angasunnata*. In modern Rheumatoid arthritis (RA) is a long-term autoimmune disorder that specially influences joints. Its consequences warm, swollen, and painful joints. Pain and stiffness regularly worsen following rest. Most commonly, the wrist and arms are involved, with the identical joints usually concerned on both facets of the body. The ailment may additionally also influence other parts of the body. This can also result in a low red blood corpuscles count, inflammation round the lungs, and inflammation around the heart. Fever and low energy might also be present. The prevalence of rheumatoid arthritis in India

in person has been mentioned to differ from 0.5 to 3.8% in women and from 0.15 to 1.35% in men The overall world prevalence is 0.8% and regularly increases to 5% in ladies over the age of 70. RA is two to three instances extra frequent in women in contrast to men.¹

OBJECTIVES

- 1) To review disease *Aamvata* from various Ayurvedic *samhita*.
- 2) To study and correlate *Aamvata* with Rheumatoid Arthritis.

Etiology (Nidana)^[2]

- Viruddhahara -The dietetic articles which are unwholesome for the normal *Dhatu* (tissue elements) and *Doshas* of the body and tend to disagree with the system are known as *Viruddha*. This *Viruddha Ahara* is most common etiological factor for most of the diseases similar is the case with the disease *Amavata*.
- Viruddha cheshta - *Viruddha Cheshta* has not been clear-cut described. It causes the vitiation of *Agni*

and ultimately leads to the production of Ama, plays the major role in the manifestation of the disease.

- Mandagni- The disturbance in the functioning of Agni in the body leads to various ailing states via formation of Ama.
- Nischalata- physical inactivity is responsible for Kapha Vriddhi which results in Agnimandya leads to the formation of Ama.
- Exertion.

Pathogenesis (Samprapti)^[3]

hypo functioning digestive mechanism indulge in incompatible diet and regimen (Virrudhaahara vihar) or does physical exercise after taking fatty food the Ama is formed and propelled by Vayan Vayu and reaches the site of Sleshma. Where this Amarasa, get vitiated by Vata, Pitta, and Kapha & then it is circulated (all over the body) through the vessels (Dhamini). Then it accumulates in the small channels & joint pores. It renders the patients weak and produces a feeling of heaviness & stiffness in whole body. This substance named Ama is the cause of so many distressing diseases. When this aggravated Ama simultaneously afflicts the (pelvic and shoulder) girdles, and other joints making the body stiff, this condition is known as Amavata.

Responsible factors^[4]

- Dosha- Vata Kapha pradhan Tridosha, Amadosha.
- Dushya- Rasa, Rakta, Mamsa, Asthi, sandhi, Snayu, Kandara.
- Srotodusti- Sanga, Vimargagaman.
- Udbhavsthana (origin) – Amapakvasayottha.
- Adhistan- Sarvasandhi (Whole body)
- Rog Marga- Madhyam Rogmarga
- Vyadhi Shvabhava- Aashukari, kastaparda
- Agni- Agnimandhya

Sign and symptoms (Roopa)^[5]

- Sandhi shoala
- Sandhi shotha
- Angamarda
- Aruchi
- Apaka
- Trishana
- Gourav
- Aalasya
- Angashunata
- Jwara
- Angavaikalya
- Jaadhyata

The joints involved in R.A are^[6]

- Finger joint
- Shoulder joint
- Foot joint
- Wrist joint

Joints deformity in R.A.^[7]

- Swan neck deformity
- Boutonniere deformity (buttonhole deformity)
- Z-deformity
- Ulnar deviation
- Cockup deformity

Diagnosis^[8]

Marker of disease

- AOCD (Anemia of chronic disease)
- Raised level of ESR.
- Raised level of CRP.
- Increased Platelet count.
- Decreased Synovial fluid viscosity.

Diagnosis of RA should be considered in patient with bilateral, symmetric, inflammatory, poly-arthritis involving small and large joints, with sparing of the axial skeleton.

Treatment (Chikitsa)^[9]

- Langhana
- Swedana
- Pachana
- Deepana
- Virechana
- Snehana
- Basti
- Anuvasana
- Asthapana

According to modern science^[10]

- Nonsteroidal Anti-inflammatory drugs (NSAIDs)– (Aspirin, indomethacine, fenamides, Celecoxib, rofecoxib.)
- Disease modifying anti-rheumatic drugs (DMARDs)
 - Non biological agent
 - Biological agent
- Immunosuppressive drug-

MATERIALS AND METHODS

The literary resources for the existing have a look at was amassed by means of ayurvedic samhitas like Charaka Samhita, Sushruta Samhita, Astang Sangrah, etc. it will likely be correlated with the contemporary available books, literature, journals, web sites, and studies paper as according to examine

DISCUSSION

Ama means undigested food which stays inside our body and cause many diseases. It is the root cause of nearly all diseases. It produced mainly because of Mandaagni. Amavata closely resemble with rheuma-toid arthritis according to their sign and symptoms. The treatment goal for diseases is to maintain the Agni of the patient and relieves the pain and swelling in joint. So, in treatment first Langhana is advised which help in Agni improvement and after that Deepana Pachana is done with Tikta and Katu Rasa. To pacify the vata Sneha Pana

Swedana and Basti are advised. No doubt allopathic system of medicine has got an important role to play in overcoming agony or pain, restricted movement and crippling caused by the articular disease. NSAIDS Drugs are available to ameliorate the symptoms due to inflammation. But most of the NSAIDS have gastrointestinal side effects. Hence, the management of this disease is merely insufficient in other systems of medicine and patients are continuously looking with a hope towards Ayurveda to overcome this challenge.

CONCLUSION

Amavata is a complicated of disease, pathogenesis of which lies in era of Ama after Mandagni. This Ama alongside with vitiated Vata and Kapha dosha consequences in Dosha-Dushya combination, as a result producing the Nidus for signs of Amavata to occur. The sickness Amavata can be effectively compare to Rheumatoid arthritis. The purpose of the treatment in Amavata is to minimize Ama through its metabolism (Aam-pachana) and to normalise the two vitiated Vata and Kapha Dosha. Chronicity makes this disease difficulty for the treatment.

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