



STEPWISE AYURVEDA MANAGEMENT OF RHEUMATOID ARTHRITIS (AMAVATA) – A CASE STUDY

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ABSTRACT

A female patient aged 38 years was admitted in IPD of Panchakarma, with complaining of bodyache, multiple joints pain, Stiffness, swelling, reduced range of movement of joints, difficulty in walking, since 11 years. It was diagnosed case of chronic Rheumatoid Arthritis, with RA test positive, CRP (C reactive protein) test positive and raised ESR. Rheumatoid Arthritis (RA) is a chronic systemic inflammatory joint disease. RA is a destructive and deforming polyarthritis affecting small and large synovial joints. Disease modifying antirheumatic drugs [DMARD] are widely used for improving and maintaining the function of joints and prevention of deformity, but these medicines are associated with severe adverse effect. In Ayurveda based on clinical manifestations there is a close resemblance between *Amavata* and Rheumatoid Arthritis, hence patient was treated methodically as per line of management of *Amavata*, by employing *Langhana (alpa Bhojana)* for 7 days, *Valuka Swedana (Ruksha Sweda)* for 7 days, classical *Virechana karma*, classical *Basti Karma* followed by oral administration of some *Shamana Aushadhi* as *Rasnasaptak kashayam*, *Amritadi guggulu*, *Avartita Kshirabala oil* (101). This treatment shows an excellent result as swelling, stiffness, pain were markedly reduced with improved range of movement of joints.

KEYWORDS: Amavata, Rheumatoid Arthritis, Valuka Swedana, Virechana Karma, Basti Karma.

INTRODUCTION

Rheumatoid Arthritis (RA) is a chronic systemic inflammatory joint disease. RA is a symmetrical, destructive and deforming polyarthritis affecting small and large synovial joints.^[1] The disease prevalence worldwide is approximately 0.8% of the population.^[2] The disease starts most commonly between the third and fifth decades but recent observational study reveals that disease can start in any age group.^[3] RA is one of the common debilitating disease. The disease can undergo spontaneous remission. Along with locomotor system it also affects the cardiovascular system, Nervous system, Respiratory system, Reticuloendothelial system and Excretory System of the body. Disease modifying antirheumatic drugs [DMARD] focused on three issues i.e. relieving pain, improving and maintaining the function of joints and prevention of deformity but their use is restricted because they are associated with several adverse effects like liver damage leading to liver cirrhosis, Renal damage, Bone marrow depression, loss of muscle mass, osteoporosis.^[4]

In Ayurveda based on clinical manifestations there is a close resemblance between *Amavata* and Rheumatoid

Arthritis. *Angamarda* (Bodyache), *Aruchi* (Anorexia), *Trishna* (Thirst), *Alasya* (Lethargy), *Jwara* (Fever), *Apaka* (Indigestion), *Shunata* (swelling), *Sandhishula* (pain in joints), *Stambha* (Stiffness) are clinical features of *Amavata*^[5], some of them resemble with signs and symptoms of RA such as pain, stiffness, swelling of small and large joints, lethargy etc.

Ayurveda advocates a range of preventive and curative measures, Panchakarma radical treatment corrects the basic pathology by eliminating the chief causative factors. The aim of present study is to evaluate efficacy of *Langhana (alpa bhojana)*, *Valuka Swedana (Ruksha Sweda)*, classical *Virechana karma*, classical *Basti Karma* followed by oral administration of some *Shamana Aushadhi* in the management of Rheumatoid Arthritis (*Amavata*).

MATERIAL AND METHOD

Single case study

Clinical intervention

A female patient aged 38 years was admitted in I.P.D. of Panchakarma Dept National Institute of Ayurveda Jaipur Rajasthan India. Reg no- 411, with complaints of multiple

joint pain, swelling, difficulty in movement with morning stiffness, reduced range of movement of joints, reduced appetite, oftenly constipation since 11 year, was diagnosed case of seropositive RA, CRP also positive with raised ESR. She was treated methodically as per *Chikitsasutra* of *Amavata*^[6], *Langhana (alpa bhojana)*, *Ruksha Valuka sweda*, *Deepan –Pachana* with *Panchakola Churna*, *Snehapan* with plain cow *ghee*, classical *Virechana Karma* followed by classical *Basti Karma*, followed by *Shamana Aushadhi*.

Langhana (alpa bhojana) & Valuka sweda - Patient was advised to take (Laghu, alpa bhojana) *Mudga Yusha* (green gram soup) and avoid milk product *Paneer*, curd, *kheer*, all bakery products, sea food particularly Fish, oily food, Sweets etc. Along with *Langhana*, *Valuka swedan* was done for 20-25 minuets once in a day for 7 days.

Classical Virechana karma

Classical *Virechana karma* was administered in the following steps

Poorvakarma

1 Deepan and Pachana- *Deepan and Pachana* was done with *Panchakola Churna* 3gm with luke warm water, three times a day orally after food for 7 days till *niram lakshana* achieved.

2 Snehapana was done with *Shuddha goghrita* till *samyak Snigdha lakshana* achieved.

Table no. 1 Schedule of *Snehapana*

Day	Dose (<i>Shuddha goghrita</i>)
1 st	40ml
2 nd	80 ml
3 rd	120 ml
4 th	150 ml

Patient was advised to take luke warm water for drinking and to avoid exposure to excessive wind, sunlight, emotional exacerbation etc.

Diet –liquid, warm light diet like rice gruel, green gram soup with little vegetables.

Sarvanga Abhyanga and Swedana

Sarvanga Abhyanga with *Dashmoola Taila* done for 25 to 30 minutes followed by *mrudu Bashpa swedana* for 4 days.

Pradhana Karma

Virechana yoga was administered in between 9.30 am to 10 am with warm water.

Virechana Yoga

Triphala kwath – 160 ml

Nimb Amrutadi Erand Taila _ 50ml

There were total 7 vega upto 5 pm with symptoms like freshness, lightness in the body, improved appetite. It was *Kaphanta Virechana*.

Pascchat karma: *Samsarjana Krama* specific diet schedule was followed for 3 days according to *Shuddhi*.

Table no. 2 *Samsarjana Krama* specific diet schedule.

Day	Morning	Evening
1 st	<i>Virechana</i> done	Thine rice gruel
2 nd	Thick rice gruel	Rice with green gram soup
3 rd	Rice with green gram, soup salt and ghee	Normal diet

Classical Basti Karma: *Basti* was administered from 9 th day of *Virechana* in *Yoga Basti* pattern (for 8 days).

Anuvasana Basti - *Dshmoola taila* 60 ml.

Niruha Basti

Rasnasaptak Kwath (120 ml) + *Dashmoola Kwatha* (120 ml)- 240 ml

Dashmoola taila - 90 ml

Madhu - 60ml

Kalka(*Bala*, *Guduchi*, *Ashwagandha*, *Mdhuyashti*)- 30 gm.

Saindhav – 5gm

Table no.3 Observation of *Virechana Karma*

Sign & Symptoms	Before Treatment	After Treatment
Swelling	+	+
Pain	+	+
Stiffness	+	+
Tenderness	+	+
Range of movement	+	+
Appetite	Reduced	Good
Bowel	Constipated	Clear
Fatigue	+	+

Table no.4 Observation of *Basti karma*

Sign & Symptoms	Before Treatment	After Treatment
Swelling	+	Nil
Pain	+	Nil
Stiffness	+	+
Tenderness	+	+
Range of movement	+	+
Appetite	Reduced	Good
Bowel	Constipated	Clear
Fatigue	+	+

Shaman Aushadhi. Oral administration of

1. *Rasna saptaka kwath*^[7] 20gm BD
2. *Amritadi guggula*^[8] - 2 tabs BD
3. *Ashwagandha Churna* 2gm+ *Shatawari Churna* 2gm+ *Chopchini churna* 500mg-
4. *Avartita Kshirabala*^[9] (101times) 10 drops with milk -BD

RESULT

Marked improvement found in all sign and symptoms, pain, swelling, stiffness, tenderness, fatigue was markedly reduced. Appetite was improved, bowel habit became regular during treatment itself. Patient stopped modern medication like NSAID (Non steroidal anti inflammatory drugs), HCQ'S (Hydroxy Chloroquinon), Methotrexate etc. and continued oral ayurveda medicine such as *Rasnasaptak kashayam*, *Amritadi guggulu*, *Avartita Kshirabala oil* (101).

Table no. 5: Analysis.

Heamatological Test	Before Treatment	After Treatment
ESR	80	68
CRP	+ve	-ve
RA	+ve	+ve

DISCUSSION

Patient was treated methodically as per *Chikitsasutra* of *Amavata*

Langhana (laghu Bhojana)- First step of *Amapachana*. In *Amavata* formation of *Ama* is a basic causative factor, hence *Amapachana* and prevention of *Ama* formation is the most important step.

Valuka Sweda - *Ruksha sweda* devoid of *Sneha*, helps to remove *srotorodha* and brings the *Dosha* to their normalcy.

Deepana - After *Amapachana* to check the further progress of disease *Agni Deepana* should be achieved, hence *Agni Deepana* achieved with *Tikta*, *Katu rasatmaka* and *Ushna Virya dravya* like *Panchakola churna*.

Tikta Rasa – It mainly causes *Agnideepana*, *Amapachana* and it is *ruchya* It also has *lekhana* property which helps to remove *srotorodha*.^[10]

Katu Rasa-Removes *Srotorodha* causes *ruche*, gets *Shamana* of *Shlema Dosha* and causes *Laghuta* in the body.^[11]

Virechana Karma – To achieve long term *Agnideepti* Classical *Virechana Karma* was done. It is basically cleansing in nature,there by eliminate vitiate *Dosha*, in general and *Pitta* in particular, clears *srotas* (channels of transportation) improves *Agni*, which inturns helps to prevent *Ama* formation, Lots of fluid will be excreted along with *Dosha* which helps to reduce swelling may be by eliminating inflammatory mediator.

Basti karma

Basti is the best line of treatment for vitiated *Vata dosha*.^[12] *Vata Dosha* has predominant role in the pathogenesis of any diseases.^[13] *Vata dosha* causes *Praspanadana* (to move), *Udvahana* (to carry), *Vivek* (to separate)^[14] i.e, *Vata Dosha* is capable for mobilizing

pathological accumulation of *Dosha* from the periphery into the *koshta*. Thus by regulating the movement of *Vata Dosha* pain, stiffness, swelling get relieved.

Virechana Karma and *Basti Karma* may worked by correcting the immune system there by helps to prevent autoimmune reactions in the body, helps to clear free radicals there by prevent cellular damage due to free radical.

CONCLUSION

It can be concluded from the present case study that In *Ayurveda*, sequential treatment *Langhana* (*alpa bhojana*), *Ruksha Valuka sweda*, *Deepan –Pachana*, classical *Virechana Karma* followed by classical *Basti Karma* and *shamana Aushadhi* such as *Rasnasaptak kashayam*, *Amritadi guggulu*, *Avartita Kshirabala oil* 101 had been effective in the management of Rheumatoid arthritis (*Amavata*).

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