

THE EFFECT OF AMRUTADYAM CHURNA IN AMAVATA W.S.R. TO RHEUMATOID ARTHRITIS: A CASE STUDY**Hemant D. Patel*¹ and Dr. D. S. Swami²**¹PG Scholar, ²PG Guide. Reader

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ABSTRACT

Ayurveda deals with holistic approach of life and treatment of disease i.e. balance of body mind. The changes in life style & food habit often leads to vitiation in dosha, dhatu and mala creating vyadhi (disease) in the body. Ayurveda has since long time provided answer to the problem arising due to life style disorder. Rheumatoid arthritis is a disorder with varies clinical sign & symptoms related to multiple organ system. On the basis of clinical presentation, it is close to amavata. A disease described in madhavidan samhita by acharya madhav. In modern science Non steroidal anti-inflammatory drugs (NSAIDs) are the treatment in this condition. Which have limitation for long term therapy so there is need for drugs having good efficacy with low toxicity. In this disorder the whole treatment includes deepana, pachana. Drugs like Amrutadyam churna with kanji possess the deepana & pachana properties. Thus case described in this article was treated with the same guidelines of amavata chikitsa in ayurveda and results were obtained. Though a single case is not enough to prove the efficacy, author has tried to share his experience through this article to state that ayurvedic treatment for Rheumatoid arthritis is very effective & enhances the quality of life of patient without creating any side effects.

KEYWORDS: Amavata, ayurveda, Rheumatoid arthritis, chikitsa.**INTRODUCTION**

Ayurveda the great healer science of ancient as well as modern era, maintained it's relationship with the nature & survived long period of 5000yr. The unique principles of ayurveda based on Human- Nature relationship. In this system (Ayurveda) each & every matter of this world is known to have some pharmacological action.

Amavata first described in the 7th century by Acharya madhav in madhav nidana as independent disease along with it's etiology pathogenesis & chakra data was to 1st described line of treatment with Ayurveda Herb's.

Amavata is one of the commonest disorders caused by the impairment of agni, formation of ama & vitiation of vata. As in Ayurveda, treatment is aimed towards complete cure from disease leading to reversal to healthy state & not merely the absence of symptoms, it has best answer to many disease where modern medical science fails to give results. Ayurvedic treatment of amavata leads to break in pathogenesis of the disease & hence provides complete cure. The case described in this article can't prove it concretely as there's no large data. But it can be helpful to show path towards the ayurvedic management

of Rheumatoid arthritis.

CASE REPORT

A male patient of age 44yr old with pain & swelling over wrist, metacarpophalangeal and interphalangeal joints of right side. There was mild stiffness and tenderness in joint. He also had minor complaints like Anorexia, Nausea, constipation, heaviness in body etc.

General Physical Examination

P- 84/min, B.P.- 130/80 mm of hg, Pallor – absent, Icterus- absent, Clubbing – absent RS – B/L AEBE Clear, CVS – S1S2 Normal, CNS – Conscious, oriented.

Methods for determining objective parameters- Grip power & Pressing Power

The functional status of wrist joints, metacarpophalangeal joints & interphalangeal joints was assessed by measuring of pressing power & grip power. For this test, patient were asked to grip the inflated cuff of a sphygmomanometer by both palms & fingers separately & the rise of manometer reading was recorded in mm of hg of mercury at the time of registration & follow ups of the patient of amavata.

In both the test the cuff of sphygmomanometer was inflated up to basal value of 30mm of hg grading was done.

Grading for assessment of disease- Pain

No pain.	0
Mild pain of bearable nature comes occasionally.	1
Moderate pain but no difficulty in moving.	2
Slight difficulty in joint movement due to pain requires medication and may remain throughout the day.	3
More difficulty in moving the joint and pain is severe disturbing sleep and requires strong analgesic.	4

Swelling

No swelling	0
Just covering bony prominences	1
Considerably above land marks	2

Tenderness

No tenderness	0
Tender but bearable	1
Tender & winced	2
Tender winced & withdraw	3

Stiffness

No stiffness or stiffness lasting for 5 min	0
Morning stiffness up to 30 min	1
Morning stiffness >30 min. & <1 hour	2
Morning stiffness > 1 hour	3

Grip power & Pressing power

0	200 mm of hg
1	198-120 mm of hg
2	118-70 mm of hg
3	<70 mm of hg

Grading for subjective & objective parameters before treatment -

Pain: 2 Stiffness: 1

Tenderness: 2

Swelling: 2

Press power: 2

Grip power: 2

Shabd – Kshama

Sparsh – Anushna

Drika – Samanya

Aakruti – Madhyam.

Samprapti Ghatak

Dosha – Tridosha (Vata Dominated) Dushya – Ras, mamsa, Asthi, Majja Adhithana – Sandhi, Hridaya Strotas – Rasvaha, Annavaha, Asthivaha, Majjavaha, Udakvaha, Mutravaha, Purishvaha Vyaktisthana – Sandhi

Rogamarg – Madhyam Vyadhi Avastha – Jeerna Agni – Manda

Laboratory Finding-

Hb – 10.8%; TLC- 11,000/cumm; ESR – 15 at the end of first hour ; RA factor – Positive

Diagnosis –

On the basis of the 1987 revised criteria by American college of Rheumatology for diagnosis of Rheumatoid arthritis was made.

Clinical examination

Astavidha Pariksha –

Nadi – vata pittapradhana, sama (80/min)

Mala – Baddha

Mutra – Bahumutrata

Jivha – Sama

Treatment

In Ayurveda, Rheumatoid arthritis can be taken parallel to amavata Hence, following Amavata chikitsa sutra, Deepana, Pachana & snehana was done. Following treatment schedule was selected:

Amrutadyam churna 4mg TID with Kanji.

RESULTS

On first Follow up after 15 days treatment, Symptoms like Anorexia, Nausea were Completely relieved. There was moderate reduction in pain & mild reduction in tenderness & stiffness of joints.

After completion of treatment of 1.5 months, there was drastic change in the parameters as

Pain: 1 Stiffness: 0

Tenderness: 0 Press power: 2

Swelling: 1 Grip power: 2

After completion of whole treatment at the last follow up, all the complaints of patient were relieved and all the objective parameters were to Normal. (all grade 0)

Laboratory Finding after completion of treatment:

Hb- 10.2%; TLC- 10,700/cumm ; ESR- 11 ; RA factor – Negative

DISCUSSION

Ama and vata are the important components In the pathogenesis of amavata. As no disease occurs without impairment of agni, the important issue in chikitsa is deepana & pachana.

The ingredient of Amrutadyam churna is Amruta, Shunthi, Gokshur, Gorakh mundi, Varun which particular drug has an action of deepana along with kanji prepared by fermenting incompletely boiled Masha dhanya (*Phaseolus mungo* linn) with gruel prepared out of Rakta shali (*Oryza sativum*) which act as pachana. Thus is helpful in samprapti vighatana.

The disease was chronic one. The diseased state of patient leads to weakness of body & mind. Also due to prolonged agnimandya & Ama, poshana get disturbed. Thus to counteract all these problems & gains bala. The rasayana chikitsa given accordingly.

CONCLUSION

From this case study, it can be concluded that Rheumatoid arthritis can be taken parallel to amavata. Ayurveda can provide a solution to the daily increasing concern about this disease. When treated with Ayurvedic treatment schedule as described in ayurveda according to the condition of a patient & state of the disease, we can get best results for treating many other disease like this.

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