

OBSERVATIONAL STUDY ON ROLE OF VIRUDDHAHARA IN ETIOPATHOGENESIS OF AMAVATA WITH SPECIAL REFERENCE TO RHEUMATOID ARTHRITIS**Kamble Sagar*¹, T Saritha², S. Nagaraj³ and Shetty Sandesh Kumar⁴**¹PG Scholar of PG Studies in Roganidana, S.D.M. College of Ayurveda Kuthpady, Udupi- 574118.²Assistant Professor Dept. of PG Studies in Roganidana, S.D.M. College of Ayurveda Kuthpady, Udupi- 574118.³Professor and HOD Dept Roganidana. of PG Studies ,S.D.M. College of Ayurveda Kuthpady, Udupi- 574118.⁴Associate Professor Dept. Of Swasthavritta, S.D.M. College of Ayurveda Kuthpady, Udupi- 574118.***Corresponding Author: Kamble Sagar**

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ABSTRACT

The *Amavata* is a chronic disease of *Madhyama Rogamarga* which involves *Ama* and *Vata* as the main pathological entities, which is characterised dominantly by *Ruja* and *Shopha* significantly in *sandhi*. The etiology of *Amavata* is described in *Madhavanidana* consists of various dietary habits, the first among them is considered as *ViruddhaAhara*. The concept of *ViruddhaAhara* is well explained by *Acharya Charaka* by classifying them into 18 types in *AtreyabhadraKapeyamAdhyaya*. There are other factors which act on etiopathogenesis of *Amavata*, in that *ViruddhaAhara*, *Viruddhacheshhta* are the important factors. Hence in this study an attempt is made to study the role of *Viruddhaahara* in etiopathogenesis of *Amavata*. **Methods:** It was an observational study on minimum of 30 patients diagnosed with *Amavata* using diagnostic parameters, physical examination and laboratory investigations. A detailed questionnaire was prepared on *ViruddhaAhara* and *Amavata* including detailed history taking. **Result-** *Kaala Viruddha* and *SamyogaViruddha* is assumed as most probable causes of *Amavata* among different types of *Viruddhaahara* as their frequency was between 75% to 100%. The incidence *VeeryaViruddha*, *SatmyaViruddha*, *Karma Viruddha*, *DeshaViruddha*, *Samskara Viruddha*, *SampatViruddha* were assumed as most probable causes of *amavata* among different types of *Viruddhaahara* as their frequency was between 50% to 75%. *MatraViruddha*, *HritViruddha*, *Vidhi Viruddha*, *PaakaViruddha*, *Parihara* & *UpacharaViruddha*, *Dosha Viruddha*, *Agni Viruddha* were not identified as significant cause of manifestation of *Amavata vyadhi*.

KEYWORDS: *Ama Amavata*, *Viruddha*, Etiopathogenesis.**INTRODUCTION**

Health is a multi-factorial complex which is influenced by things like *Ahara*, *vihara* etc. When an individual indulges in faulty dietary habits and life style and does *prajnaparadha* which hampers the *agni* and manifest the diseases. *Amavata* is also such a disease, where *mandagni* is considered as one of the important cause for the manifestation of the disease. *Agni* is considered as one of the important factor in maintenance of health in equilibrium. *Ama* is considered as a toxic substance, which is formed due to impairment in *agni*. *Amavata* is the disease which is comprised of two factors *ama* and *vata*, which was first explained by *Acharya Madhava* and said as *ViruddhaAhara*,^[1] and *Viruddhacheshhta*,^[2] are the important causative factors in manifestation of disease. *Acharya Charaka* explained in detail about *Viruddha Ahara* and he mentioned that it interrupts metabolism and deteriorating action on *dhatu*,^[3] and told that when person consumes *ViruddhaAhara*, is prone to many disorders.

Amavata is the disease where in *ama* is carried by *prakupitavata dosha*, which settles in *kaphasthana* leading to *ruja* and *shopha*, mainly in *sandhi*. The *ama* acts as an external agent which is formed of *mandagni* and other factors, antibodies are formed against this and they interact with each other forms immune complexes and get settles in joints. Hence this disease is characterised by inflammation with systemic and articular manifestations. As In *texts* mentioned as *sandhi shoola*, *sandhi graha* and *sandhi shopha* are clinical features of *Amavata* are seen in inflammatory joint disease. There are many other inflammatory joint diseases like Ankylosing Spondylitis, Gouty arthritis, Psoriatic arthritis, Systemic lupus erythematosus and Rheumatoid arthritis which exhibits stiffness, swelling, pain, redness, inflammation of joints, fluid effusion and skin changes etc. Exact etiology of these joint disorder is still unknown.

MATERIALS METHODS

It was an observational study on minimum of 30 patients diagnosed with *Amavata* using diagnostic parameters, physical examination and laboratory investigations. A detailed questionnaire was prepared on *Viruddha Ahara* and *Amavata* including detailed history taking.

Viruddhahara^[6]

Viruddha ahara is a unique concept which is explained by many Acharyas but the Acharya Charaka in *sutrasthana*, *Atreyabhadra kapeeyam adhyaya*, he has mentioned *ahara*, *ahara vidhi* and 18 types of *viruddha aharas*, Acharyas have mentioned that *viruddha ahara* will manifest many diseases and *Amavata* is one among them. 18 types of *viruddhahara* as per Acharya Charaka are as following

1. *Desha Viruddha*-Incompatibility To Region
2. *Kaala Viruddha*-Incompatibility To Season
3. *Agni Viruddha* -Incompatibility To Digestive Power
4. *Matra Viruddha*-Incompatibility In Terms Of Quantity
5. *Satmya Viruddha*-Incompatibility To Conduciveness
6. *Dosha Viruddha* -Antagonistic To Dosha

7. *Samskara Viruddha* -Faulty Method Of Preparation
8. *Veerya Viruddha*- Incompatibility To Potency Of The Food
9. *Koshta Viruddha*- Non-Compliant To Nature Of Bowel
10. *Avastha Viruddha* -Incompatibility To Status Of The Individual
11. *Krama Viruddha* -Faulty Way Of Food Consumption
12. *Parihara Viruddha*- Antagonism To Existing Practices
13. *Upachara Viruddha* -Antagonism Of Effectiveness On Bowels
14. *Paaka Viruddha* -Antagonism In Terms Of Process Of Preparation
15. *Samyoga Viruddha*- Incompatibility In Terms Of Combination
16. *Hrit Viruddha*- Incompatibility To One's Palatability
17. *Sampat Viruddha*- Incompatibility To Quality Of Food
18. *Vidhi Viruddha*- Incompatibility To Codes Of Eating

RESULT

Table 1:

Types of <i>viruddha</i>	Sometimes +Always+ Often (in %)	Rarely+Never (in %)
<i>Desha viruddha</i>	53.5	46.5
<i>Kaala viruddha</i>	76.6	23.4
<i>Agni viruddha</i>	46.7	53.3
<i>Matra viruddha</i>	10	90
<i>Satmya viruddha</i>	56.7	43.3
<i>Dosha viruddha</i>	46.7	53.3
<i>Samskara viruddha</i>	53.3	46.7
<i>Veerya viruddha</i>	63.3	36.7
<i>Avastha viruddha</i>	50	50
<i>Karma viruddha</i>	56.7	43.3
<i>Parihara&Upacharaviruddha</i>	16.7	83.3
<i>Samyoga viruddha</i>	70	30
<i>Paaka viruddha</i>	43.3	56.7
<i>Hrit viruddha</i>	10	90
<i>Sampat viruddha</i>	53.3	46.7
<i>Vidhi viruddha</i>	30	70

DISCUSSION

- ❖ The *Amavata*,^[7] is a unique disease which involves the two dominant pathological entities *Ama* and *Vata*, which are mutually opposite in properties.
- ❖ The main causative factors which manifest the disease are *Viruddhaahara* and *Viruddhacheshta*, where the *Viruddha* is capable of vitiating *Tridosha* and *Dhatu*, which does *srotorodhaka* and *Mahaabhisyanthi*.
- ❖ On detailed analysis of symptomatology of *Amavata*, it clinically resembles the disease Rheumatoid arthritis, SLE Gouty arthritis and ankylosing spondylosis but can be correlated with Rheumatoid arthritis

- ❖ The opinion about the disease activity and outcome is made by taking complete history physical examination and laboratory investigations.
- ❖ The conceptual part of the *Amavata* is studied under the triads of diagnosis i.e., *Samuthanavishesha*, *Vikaraprakriti* and *Adhishtanantarani*.
- ❖ Different *Viruddhaahara* as *Nidana* is clinically studied to analyse it is as a *Dosha hetu* and *Vyadhi hetu*.
- ❖ In the disease *amavata* the presence of *asatmyabhava* in the body is considered to be the *utpadakahetu* which might be either due to *bheejaswabhaba* or *apathyanimitaja*.

- ❖ Here *anyonyasammurchitadushtadosha* are involved.
- ❖ *Asatmya doshas, vata* and *kapha* are *abhyantara nidanas* and among *dooshyas rasa, asthi* and *majja* are *abhyantara nidanas*.
- ❖ The gravity of *Viruddha ahara* as a *nidana* was assessed on the basis of the framed questionnaires, principally based on *Charaka sutrasthana* 26th chapter.
- ❖ Totally 18 *Viruddhas* are explained in *sutrasthana koshta Viruddha* was excluded as it is directly related with the treatment aspect i.e., *Aoushadha Dravya* which has significance in relation to *Aharadravya*.
- ❖ When it come to clinical current day to day practice, single *Viruddha ahara* seems less common and combination of two or more *Viruddha ahara* are more prevalent in manifestation of the disease.
- ❖ Questions were prepared under the each subheading in order to cover all the dietary practices which gives weightage to *Viruddhaaharas* explained in the classics.
- ❖ To assess these *Viruddhas*, different grades were assigned to the observations ranging from 0 to 3 based on frequency of intake. The frequency of the particular type of *Viruddha ahara* was fixed as that of the question under it with maximum frequency.
- ❖ The intake of each *Viruddha ahara* of each type along with its frequency was assessed and the total sum of a *Viruddha ahara* in all subjects based on its frequency is obtained and obtained result is converted in to percentage.
- ❖ Again these percentages are further classified into four groups
 - Most definite cause : 75-100%
 - Assumed as most probable cause : 50-75%
 - Assumed as physiological limit : 25-50%
 - Physiological limit : 25-50%

CONCLUSION

- ❖ Present study highlights *Kaala Viruddha Samyoga Viruddha Veerya Viruddha, Satmya Viruddha, Karma Viruddha, DeshaViruddha, Samskara Viruddha, SampatViruddha, Avastha Viruddha* as significant cause of manifestation of *Amavatavyadhi*.
- ❖ *Kaala Viruddha and SamyogaViruddha* is assumed as most probable causes of *Amavata* among different types of *Viruddhaahara* as their frequency was between 75% to 100%.
- ❖ The incidence *VeeryaViruddha SatmyaViruddha, Karma Viruddha, DeshaViruddha, Samskara Viruddha, Sampat Viruddha* were assumed as most probable causes of *amavata* among different types of *Viruddhaahara* as their frequency was between 50% to 75%.
- ❖ *MatraViruddha HritViruddha, Vidhi Viruddha, Paaka Viruddha, Parihara&UpacharaViruddha, Dosha Viruddha, Agni Viruddha* were not identified

as significant cause of manifestation of *Amavatavyadhi*.

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