

**EFFECT OF AYURVEDA ON HAEMOGLOBIN, ESR, AND RA FACTOR W.S.R. TO RHEUMATOID ARTHRITIS (~AMAVATA) – A CASE STUDY***¹Megha Panchal and ²Deelip Kumar Vyas¹PG Scholar, PG Department of Panchakarma, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur, Rajasthan, India.²Assistant Professor, PG Department of Panchakarma, Post Graduate Institute of Ayurveda, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University, Jodhpur, Rajasthan, India.

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ABSTRACT

Background - Rheumatoid Arthritis (RA), according to modern medicine, and Amavata according to Ayurveda, has an etiological and clinical relationship. Amavata is a disease complex of which RA is a part. Shamana (conservative) and Shodhana (biological purification of the body) treatments are advised in Ayurveda whereas anti-inflammatory, analgesics, steroids, and disease-modifying antirheumatic drugs are required for its management as per modern medicine, which is not free from side effects. **Brief. Case Report** - For this study, the patient was selected from the Sanjivani Hospital, DSRRAU, Jodhpur. A female was suffering from multiple joint pain with swelling, severe morning stiffness, restricted movements, malaise, and Mandagni (poor appetite) for the past 1½ years. The patient was treated with Ayurveda medicines and Panchakarma procedures. The patient was advised initially to follow up after 7 days and later after every 15 days. Along with medication, the patient was advised to follow diet and lifestyle restrictions. **Result** - The patient got relief in signs and symptoms and the laboratory report showed a good effect on haemoglobin, ESR, and RA factor. **Conclusion** - The treatment is safer, cost-effective, and traditionally proven. The case described in this article cannot prove it concretely as there is no large data, but it can be helpful to show the path towards the Ayurvedic management of Rheumatoid Arthritis. This single case report highlights that Amavata/RA can be managed effectively with Ayurveda treatment.

KEYWORDS: Amavata, Ayurveda, Panchakarma, Rheumatoid Arthritis.**1. INTRODUCTION**

Rheumatoid arthritis is nowadays a common disorder occurring due to changes in the lifestyle. Rheumatoid arthritis (RA) is a chronic autoimmune disease characterized by an inflammatory polyarthritis that preferentially affects the small joints. RA is a multicausal disease that most likely results from a combination of genetic predisposition and various environmental and lifestyle factors.^[1] Articular and systemic manifestations in RA can lead to poor long-term outcomes such as disability and death. Rheumatoid arthritis (RA) is estimated to affect approximately 0.24 to 1 percent of the population and to be twice as common in women compared with men.^[2] Based on signs and symptoms; it can be correlated with *Amavata* described in *Ayurveda*. *Amavata* is one of the most common disorders caused by the impairment of *Agni*, formation of *Ama*, and vitiation of *Vata*.^[3] *Ayurvedic* treatment of *Amavata* leads to a break in the pathogenesis of the disease and hence provides a complete cure. The treatment is safer, cost-

effective, and traditionally proven. The case described in this article cannot prove it concretely as there is no large data, but it can be helpful to show the path towards the Ayurvedic management of Rheumatoid Arthritis.

2. MATERIALS AND METHODS**2.1 CASE STUDY**

Past History: - There was no history of DM, HTN, thyroid, or any other systemic ailment. Her diet was veg. type. She did not have any family history of major illness.

Table 1: History, Examination, and Investigations of Patient.

Personal History Marital status - married Smoker - NAD Tobacco - No History Alcohol - No History	Family History Father -NAD Mother - NAD
On Examination GC - Fair Pulse - 78/min BP - 110/70mmHg SPO2 - 98% R.R. - 20/min Pallor/ Icterus - Absent Clubbing - Absent CVS: S1 & S2 Normal RS: B/L equal air entry with no added sound CNS: The patient was conscious and well-oriented to time, place, and person.	Asthavidh Pariksha Nadi - Vata-pitta Mala - Samyak Mutra - Daha Yukta Jihva - Ama Shabda - Prakrut Sparsha - Ushna Druk - Prakrut Akruti – Madhyama

2.2 Treatment given

Table 2: Treatment given to the patient.

Days	Treatment	Dose	Anupana	Time
1 - 7 days	<i>Dhanya – Nagara Sadhita Ushna Jala</i>			Whenever feel thirsty
	<i>Baluka Swedana</i>	15 min.		10 am
8 – 21 days	<i>Matra Basti (Brihat Saindhavadi Taila)</i>	60 ml		Just after the lunch
8 – 60 days	<i>Simhanada Guggulu</i>	2 Tab.	Lukewarm water	BD on an empty stomach
	<i>Rasnaptak Kwatha</i>	15 ml		BD on an empty stomach
	<i>Guduchyadi Kwatha</i>	15 ml		
	<i>Eranda Taila</i>	05 ml		
	<i>Agnitundi vati</i>	1 Tab.	Lukewarm water	BD after meal
	<i>Chandraprabha Vati</i>	2 Tab.	Lukewarm water	BD after meal

In the first week of treatment, the patient was advised to drink *Dhanya – Nagara Sadhita Ushna Jala* only whenever she feels thirsty and *Baluka Swedana* in the morning. After that, the patient was given *Matra Basti* and oral medicines. *Matra Basti* was stopped after 14 days but oral medicines were continued for 2 months.

Along with this, the patient was strictly advised to avoid the use of curd, pickle, non-veg, incompatible foods, sleep during daytime, heavy exercise just after meals, and holding natural urges. She was advised to take lukewarm water, *Yava*, *Kulattha*, *Kodrava*, *Karvellaka*, *Patola* and *Ardraka*.

3. RESULT

On the first follow-up after 7 days of treatment, symptoms like anorexia, and nausea were completely relieved. There was a mild reduction in pain and morning stiffness of joints. After the completion of treatment of 2 months, there was a drastic change in the symptoms. After completion of the whole treatment, at the last follow-up, all the complaints of the patient were relieved and the Laboratory findings showed good results.

4. DISCUSSION

In Ayurveda, Rheumatoid Arthritis can be taken parallel to *Amavata*. *Acharya Chakrapani* described the *Chikitsa Sutra* of *Amavata* in his book *Chakradatta* which comprises *Langhana* (lightening therapy), *Swedana*

(sudation), *Deepana-Pachana* (appetizer and digestive drugs), *Tikta-Katu* (diet and drug articles having bitter and pungent taste with digestive action), *Virechana* (purgation therapy), *Snehapana* (unctuous therapy), *Anuvasana Basti* with *Saindhavadi Taila* and *Kshara Basti*.^[4] The patient was coming with the symptoms of *Ama*. Hence *Langhana*, *Swedana* & *Deepana-Pachana* effect was achieved by *Dhanya–Nagara Sadhita Ushna Jala* and *Baluka Swedana*.^[5] *Matra Basti* with *Brihat Saindhavadi Taila* was administered for 14 days in a dose of 60 ml. *Brihat Saindhavadi Taila* mentioned in *Chakradatta* is indicated in *Amavata*. It is a multi-Herbo-mineral oil that contains fourteen important herbs, three types of *Lavana* and *Kshara* in equal quantity, and *Mastu*, *Kanji*, *Kwatha*, and *Eranda Taila* which is best to treat *Ama* & *Vata* and increases the *Agni*.^[6] *Rasna Saptak Kwatha* is an Ayurvedic polyherbal decoction prescribed for arthritis. The formulation contains medicinal plants that are known for their anti-inflammatory activity, analgesic, and anti-arthritis activity. viz *Rasna* (*Pluchea lanceolata*), *Gokshura* (*Tribulus terrestris*), *Eranda* (*Ricinus communis*); And some for their antioxidant activity like *Aragvadha* (*Cassia fistula*) and Immunomodulatory activity like *Guduchi* (*Tinospora cardifolia*).^[7,8] *Guduchi kwatha* helps to digest the *Ama* and remove the obstruction to the normal movement of *Vata* with the *Vatashamana* effect and anti-inflammatory effect. *Guduchi kwatha* possesses *Shothahara* and *Shula Prashamana* qualities and gives the desired *Rasayana*

effect. The drug suitably acts on vitiated *Vata & Kapha* and produces the ultimate effect.^[9] *Eranda Taila* is considered the best for the treatment of *Amavata*.^[10] *Eranda Taila* is a combination of *Kashaya*, *Madhura* and *Katu Rasatmak*, *Madhura Vipaka*, and *Ushna Viryatmak*, which acts as *Vata-Kaphahara*, *Dipana*, *Bhedana*, *Krmighna*, *Amasodhana*, *Srotovisodhana*, *Sothahara*, *Vrsya*, *Sukrasodhana*, *Kusthaghna* and *Angamarda-Prasamana*.^[11] *Agnitundi Vati* digests the *Ama* & kindles the *Agni*.^[12] *Chandraprabha Vati* is one of the important formulations used in the classics. It is considered as *Sarva Roga Pranashini* which cures all types of diseases. *Chandraprabha Vati* has *Katu*, *Tikta*, *Kashaya*, *Madhura Rasa*, *Ushna Virya*, and *Gunas* like *Laghu*, *Ushna*, *Tikshna*, and *Ruksha*. It has many therapeutic utilities in multi-system organs.^[13] *Simhanada Guggulu* can be considered as *Laghu*, *Ruksha*, *Ushna*, *Tikshna*.^[14]

5. CONCLUSION

It can be inferred from this case study that rheumatoid arthritis and *Amavata* are comparable. The growing concern over this ailment daily might be alleviated with the help of *Ayurveda*. We can achieve the best outcomes for treating many other diseases like these when we follow the *Ayurvedic* treatment schedule as prescribed by *Ayurveda*, taking into account the patient's condition and the stage of the disease.

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Nil.

8. CONFLICT OF INTEREST

None.

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