

**MANAGEMENT OF AMAVATA (RHEUMATOID ARTHRITIS) WITH GUD (JAGGERY)
AND ADRAKA LEPA (GINGER PASTE): A NATURAL AYURVEDIC APPROACH****Dr. Rushikesh Suryawanshi^{1*}, Dr. Jijaba M. Shirke², Dr. Vinayak N. Joshi and Dr. Asmita Wele⁴**¹Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.²Professor, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.³HOD, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.⁴Research Director of Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.***Corresponding Author: Dr. Rushikesh Suryawanshi**

Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

Article Received on 04/03/2025

Article Revised on 25/03/2025

Article Accepted on 14/04/2025

ABSTRACT

Amavata, as described in Ayurveda, closely resembles Rheumatoid Arthritis (RA) in modern medicine. It occurs due to the accumulation of *Ama* (metabolic toxins) and the vitiation of *Vata Dosha* leading to joint pain, swelling, and stiffness. Conventional RA treatments, including NSAIDs and DMARDs, often cause adverse effects. *Ayurveda* emphasizes *Ama Pachana* (detoxification) and *Vata Shamana* (pacification) for effective management. *Gud* (Jaggery) is known for its *Deepana* (digestive stimulant), *Pachana* (detoxification), and *Vatahara* (balancing Vata) properties, helping to eliminate *Ama* and restore digestive function. *Adraka Lepa* (Ginger Paste) has *Shothahara* (Reducing Swelling) and *Vedanasthapana* (analgesic) properties, reducing joint inflammation and stiffness by modulating pro-inflammatory cytokines like TNF- α and IL-6. Scientific research supports the anti-inflammatory and antioxidant effects of ginger and jaggery in reducing oxidative stress and inflammation in joints. Their combined application presents a natural, holistic, and safe alternative for *Amavata* management. Further clinical trials are needed to validate their efficacy in RA treatment.

KEYWORDS: *Amavata*, Rheumatoid Arthritis, *Ayurveda*, Jaggery, Gud, Ginger, *Adraka Lepa*, Natural Remedies, Anti-inflammatory, Detoxification.

INTRODUCTION

Ayurveda, the ancient science of life, focuses on both disease treatment and health maintenance. It describes *Amavata* as a disorder primarily caused by *Ama* (undigested metabolic toxins) accumulation and *Vata Dosha* aggravation. The main symptoms include joint pain, swelling, stiffness, edema, and warmth over the affected joints. *Amavata* closely parallels Rheumatoid Arthritis (RA), an autoimmune disorder that affects 0.5–1% of the population, significantly impairing the quality of life.

Modern treatment with NSAIDs, corticosteroids, and DMARDs can lead to adverse effects such as gastric irritation, renal dysfunction, and immune suppression. *Ayurveda*, however, emphasizes identifying and treating the root cause of the disease rather than merely managing symptoms. The treatment of *Amavata* focuses on.

- *Deepana* (stimulating digestion)
- *Pachana* (removing *Ama*)
- *Vata Shamana* (balancing Vata Dosha)

Among various Ayurvedic therapies, *Gud* (Jaggery) is recognized for its digestive, detoxifying, and *Vata*-pacifying properties, while *Adraka* (Ginger) is well known for its *Deepana-Pachana*, anti-inflammatory, and analgesic effects. This study explores the potential of *Gud-Adraka Lepa* as an external application in managing *Amavata* through *Lepa Chikitsa* (topical therapy).

MATERIALS AND METHODS

A comprehensive literature review was conducted using.

1. Ayurvedic Classical Texts – *Charaka Samhita*, *Sushruta Samhita*, and *Bhavaprakasha Nighantu* were

referenced to understand the pathology (*Samprapti*) and treatment of *Amavata*.

2. Scientific Research Papers – Publications indexed in PubMed, Scopus, and Google Scholar were reviewed to analyze the pharmacological properties of *Gud* and *Adraka*, particularly their anti-inflammatory and analgesic effects.

RESULTS AND DISCUSSION

1. Ayurvedic Pathophysiology of *Amavata*

The primary factors contributing to *Amavata* are.

- *Agnimandya* (weak digestive fire)
- *Vata Dosha* aggravation
- *Srotorodha* (blockage of bodily channels)

Improper dietary habits (*Viruddha Ahara*), a sedentary lifestyle (*Nischalata*), exercise after consumption of oily or heavy foods (*Snigdha Bhuktavat Vyayama*), and psychological factors weaken *Agni* (digestive fire), leading to *Ama* formation. *Sama Vayu* (aggravated *Vata* carrying *Ama*) directs these toxins to the joints (*Sandhi*), causing inflammation and impaired joint function.

Ayurvedic management of *Amavata* includes:

- *Langhana* (fasting or a light diet)
- *Swedana* (fomentation)
- *Deepana* (digestive stimulation)
- *Virechana* (purgation therapy)
- *Basti Karma* (medicated enema)
- *Upanaha* (poultice application)

2. Role of *Gud* (Jaggery) in *Amavata*

Ayurvedic Properties of *Gud*

- *Rasa* (Taste): *Madhura* (Sweet)
- *Guna* (Qualities): *Guru* (Heavy), *Snigdha* (Unctuous)
- *Virya* (Potency): *Ushna* (Hot)
- *Vipaka* (Post-Digestive Effect): *Madhura*

Mechanism of Action

The *Ushna Guna* of *Gud* aids in *Ama Pachana* and acts as *Swedana* therapy.

Snigdha Guna lubricates joints and pacifies *Vata Dosha*.

Jaggery, rich in minerals and antioxidants, reduces oxidative stress in joints and nourishes cartilage.

Scientific studies show that jaggery decreases inflammatory mediators, promoting joint health.

It enhances digestive enzyme secretion, improving *Agni* and preventing further *Ama* formation.

3. Role of *Adraka* (Ginger)

Ayurvedic Properties of *Adraka*

- *Rasa: Katu* (Pungent)
- *Guna: Laghu* (Light), *Snigdha* (Unctuous)
- *Virya: Ushna* (Hot)
- *Vipaka: Madhura*

Mechanism of Action

The *Katu Rasa* and *Ushna Virya* of *Adraka* help digest *Ama* i.e *Katu Pachana Karma*.

Laghu and *Snigdha Guna* improve joint mobility by reducing stiffness.

Madhura Vipaka nourishes joints and pacifies *Vata Dosha*.

Modern studies confirm that ginger inhibits inflammatory cytokines (TNF- α , IL-6), improves circulation, and acts as an analgesic by blocking prostaglandins.

4. Synergistic Action of *Gud and Adraka Lepa*

The combination of *Gud* (internal detoxification) and *Adraka Lepa* (external anti-inflammatory application) aligns with Ayurvedic principles by addressing both the root cause and symptomatic relief of *Amavata*.

CONCLUSION

The application of *Gud-Adraka Lepa* offers a promising Ayurvedic approach for *Amavata* management. It is a safe, cost-effective therapy that aligns with both Ayurvedic and modern medical principles, making it a viable complementary treatment. Further clinical trials are recommended to validate its effectiveness in RA management.

REFERENCE

1. Sharma PV. Dravyaguna Vijnana. Varanasi: Chaukhambha Bharati Academy, 1999.
2. Tripathi B. Charaka Samhita of Agnivesha. Varanasi: Chaukhambha Surbharati Prakashan, 2018.
3. Ali BH, Blunden G. Pharmacological and toxicological properties of ginger (*Zingiber officinale*): A review. Food Chem Toxicol, 2009; 46(2): 409-20. doi:10.1016/j.fct.2007.09.085.
4. Bartels EM, Folmer VN, Bliddal H, Altman RD, Juhl C, Tarp S, et al. Efficacy and safety of ginger in osteoarthritis patients: A meta-analysis of randomized placebo-controlled trials. Osteoarthritis Cartilage, 2015; 23(1): 13-21. doi:10.1016/j.joca.2014.09.024.
5. Chopra A, Patil J, Billempelly V, Relwani J, Tandle HS. Rheumatology in India: Where do we stand Indian J Rheumatol, 2013; 8(4): 151-8.
6. Goyal RK, Kadnur SV. Beneficial effects of *Zingiber officinale* on gold thioglucose-induced obesity in mice. Indian J Pharmacol, 2006; 38(4): 267-70. doi:10.4103/0253-7613.27024.
7. Srivastava KC, Mustafa T. Ginger (*Zingiber officinale*) in rheumatism and musculoskeletal disorders. Med Hypotheses, 1992; 39(4): 342-8. doi:10.1016/0306-9877(92)90059-L.