

PRACTICAL APPROACH TO AMAVATA SAMPRAPTI AND CHIKITSA**Hemant D. Patel*¹ and D. S. Swami²**¹PG Scholar, ²PG Guide.Reader Department of Kayachikitsa at Yashwant Ayurved College Post Graduate Training and Research Centre
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ABSTRACT

Ayurveda- the Great Healer Science of ancient as well as modern era which give message of health & better living. Amavata term derived from words as “ama” & “vata”. The word ama is the condition in which various ailments in system creates toxic effect. Such ama when combines with vatadosha & occupies sheshmasthan results in painful disease “amavata”. In modern science Rheumatological disorder called Rheumatoid Arthritis is similar to amavata on the basis of their clinical features like pain, swelling, stiffness, fever, redness, fatigue etc. Amavata is such disease not dealt with important in ancient classics. It is well described in 7century by Acharya Madhav in Madhav nidan under the category of vatakapahaj disorders. Hetu of amavata as said by madhavkara are viruddhahara, mandagni, Exercise after heavy meal etc. The treatment procedure described are Langhan, Swedan, Tikta-katu dipan, Virechan, Basti etc. so in the present study we have practical approach to amavata samprapti and chikitsa.

KEYWORDS: Ama, Vata, Amavata, Langhan, Swedan, Virechan, Basti.**INTRODUCTION**

Ayurveda- the Great Healer Science of ancient as well as modern era, maintained its relationship with the Nature & survived long period of 5000 years, making itself the oldest medical science of present world. The unique principles of Ayurveda based on Human-Nature relationship. In this system (Ayurveda), each and every matter of this world is known to have some pharmacological action.

Amavata is such disease not dealt with important in ancient classics. It is well described in 7century by Acharya Madhav in Madhav nidan. Acharya Madhavkar being 1st described Amavata as independent disease along with its etiology pathogenesis, sign, symptoms, prognosis & Chakra datta was to 1st described line of treatment with ayurveda herb's.

Amavata is disease of madhyama roga marga there is predominance of ama & vata which vitiates tridosha. The disease affects sandhi murma which leads to morbidity & which inturn many cause death.

Rheumatoid arthritis (RA) is a chronic inflammatory disease of unknown etiology marked by asymmetric, peripheral polyarthritis. It is the most common form of chronic inflammatory arthritis & often results in joint

damage & physical disability. The Prevalance Rate of this disease is about 3% with a male to female ratio of 1:3.

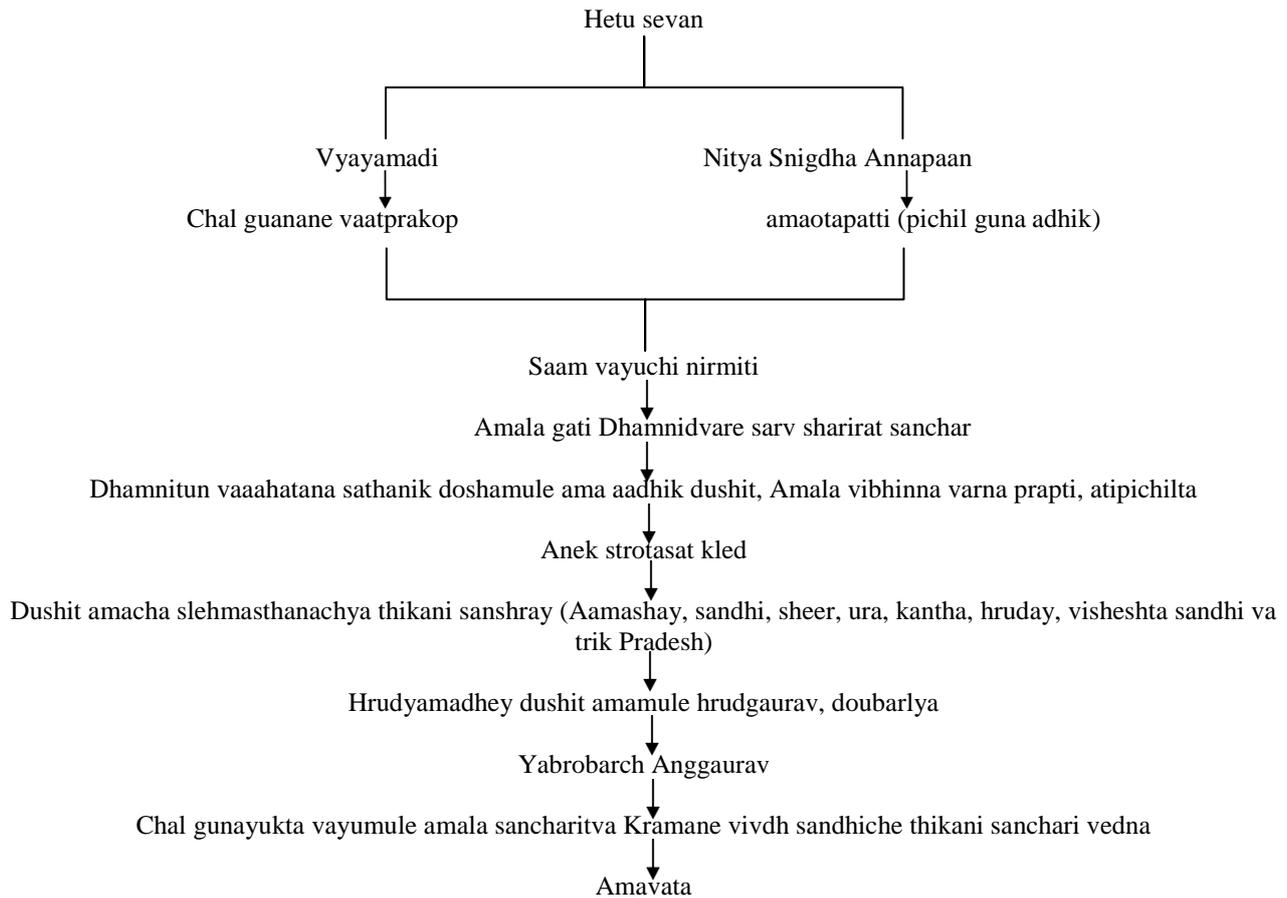
In the present era life style is become so complex & busy that millions of people in develop & developing country become prone to amavata in the developing country like India 100 million people suffering from amavata.

REVIEW OF LITERATURE

Acharya madhava was the 1st physician who described the disease Amavata. Before the Acharya Madhava the concept of Amavata was vague. The Samprapti & Chikitsa of amavata well described in madhav nidan.

SAMPRAPTI

As discussed earlier whenever the function of agni is disturbed in the body ama is produced. This produced ama is slimy in nature, such ama get together with Dushit vata / prakopit vata and circulates all over the body through shira and dhamani and gets lodged in kaphasthana i.e. sandhi because shleshak kapha is located in sandhi and amavata is developed.



CHIKITSA

- 1) Langhana – langhana is first line of treatment to digest ama. Here langhana means not complete fasting but intake of light food. The duration of langhana varies from person to person depending upon individual capacity.
- 2) Swedana – swedana is sudation therapy; in this disease swedana is done locally on affected joints. In amavata rooksha sweda is recommended. So for rooksha sweda valuka (sand) is recommended. Snehana is contraindicated in amavata.
- 3) Katu, Tikta & Pachak aahar & aushadhi – the drug which possess katu (pungent), Tikta (bitter) and which act as deepana, pachanaa(appetizer) are recommended in amavata. These drug by virtue of their qualities does amapachana, hence may help in relieving shotha & shoola.
- 4) Virechana – for virechana, erandataila and hareetaki are used. In amavata without any preoperative procedure virechana is recommended directly. Eranda act as strotasshodhaka, stothahara, shoolahara and amavatahara.
- 5) Basti chikitsa- Chakradatta recommends ksharabasti and anuvasanabasti in amavata.

Following tailas are used in anuvasana and nirooha basti-

- Prasarani taila
- Bruhat saindhavadi taila
- Dashmooladi taila

Eranda taila is used as base in preparation of these tailas.

6) Shamanaushadi

i. Kwath yoga

- Rasna panchak kwatha
- Rasna dwadashak kwatha
- Shunthi gokshur kwatha
- Dashmooladi yoga
- Shattyadi kwatha
- Rasonadi kashaya

ii. Churna yoga

- Pippalyadi churna
- Amrutadi churna
- Panchasama churna
- Alambushadi churna

iii. Lepa in amavata

- Shatapushpadi lepa
- Ahimrasadi lepa

iv. Guggula in amavata

- Simhanada guggula
- Yograj guggula

v. Ghrita in amavata

- Nagaradi ghrita
- Shringaveradya ghrita

7) Shoola shamanartha taila

- Vishgarbha taila
- Panchaguna taila
- Prasarini taila

8) Rasaushadhi in amavata

- Amavatarirasa
- Amavatadri vajra rasa
- Suvarna bhasma
- Amavata vidhvanshak rasa

5. Bharat Bhaisajya Ratnakar – Shree Nagindas Chaganlal saha, Bharat Bhaisajaya Ratnakar Prakaran 1 New Delhi B Jain Publisher, 2012; 23.

DISCUSSION

Amavata is well described in 7th century by Acharya Madhav in Madhav nidan.

Acharya Madhavkar being 1st described Amavata as independent disease along with its etiology pathogenesis, sign, symptoms, prognosis & Chakra datta was to 1st described line of treatment with ayurveda herb's.

Amavata is a complex of disease, pathogenesis of which lies in generation of ama after mandagani. This ama along with vitiated vata and kapha dosha results in dosh dushya combination thus generating the nidus for symptoms of amavata to occur.

CONCLUSION

From above discussion it concluded that amavata is a condition where stabdhata of the body occur due to lodging of vitiated ama & vata in trika sandhi. It is caused due to virrudhahara, virrudhachesta, mandagni, snighdham bhuktvat annam vyayamam etc.

Amavata is amshayothha Vyadhi so treatment given in amavata is 1st langhana the swedana, tikta katu dipana dravyas, virechana, snehapana & basti. Which has ultimate goal to achieve amapachana, vaatshamana & strotosodhana, sthan balya chikitsa.

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