

**ROLE OF SHODHANA AND SHAMANA CHIKITSA IN THE MANAGEMENT OF  
AAMAVATA W.S.R. TORHEUMATOID ARTHRITIS: A CASE STUDY****<sup>1</sup>\*Dr. Kapish Rameshwar Kulwal and <sup>2</sup>Dr. Shrikant G. Deshmukh**<sup>1</sup>PG Scholar (Kayachikitsa), <sup>2</sup>MD Kayachikitsa, Prof. & HOD Dept. of Kayachikitsa  
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**ABSTRACT**

Ayurveda is the science which mentioned various principles for prevention and treatment of disease. 'Prevention is better than cure' is the basic concept of Ayurveda.<sup>[1]</sup> In Ayurveda, Aamavata is an important disease in today's era. It is a one of the Auto-immune disorder. In this disease the vitiation of Vata and accumulation of Aama doshas are the main parts of pathogenesis. It can be correlated with Rheumatoid arthritis in modern science. Aamavata is common disease found in society. Females are more prone to Aamavata than males. In this the mortality rate increases due to the increased risk of cardiovascular diseases. It is one of the updrava of Aamavata mentioned by acharya. In Aamavata there is vitiation of Vata and Aama both increases, and sthansanshrita into the sandhi sthana.<sup>[2]</sup> It is mentioned by Acharya Sharangdhara in Sharangdhara samhita. In this shodhana chikitsa and shamana chikitsa both are very important. For relief patient had given Ruksha Swedana, Vaitarana Basti and Simhanada guggulu, Rasnasaptaka Kwatha, Agnitundi vati was given for 1 month.

**KEYWORDS:** Aamavata, Rheumatoid arthritis, Shamana Chikitsa, Shodhana Chikitsa.**INTRODUCTION**

Aamavata is a disease in which vitiation of Vata Dosha and accumulation of Aama goes into the joints, which simulate rheumatoid arthritis in modern science. Rheumatoid arthritis is the most common persistent inflammatory arthritis, in these bilateral symmetrical joints are affected. Female to male ratio is 3:1 in this disease. It is a chronic inflammatory arthritis. It is a systemic and Auto-immune disorder.<sup>[3]</sup> Whenever that Aama gets localized in the body tissue or joints, it can lead to production of pain, stiffness, swelling, tenderness, etc., in the related joints.<sup>[4]</sup> In Ayurveda Nidanaparivarjana is considered to be the first line of treatment in every disease. In Aamavata Ruksha swedana is indicated. As Snehana is contraindicated in this disease. Because due to snehana the symptoms can be aggravated. So here Ruksha swedana like Valuka pottali swedana is given along with Vaitarana basti which is indicated for Aamavata.

**CASE STUDY**

A 43-year-old male patient came hospital with symptoms like Ubhaya Janu sandhi shoola, shotha, Ubhaya hastaparva snadhi sandhi shoola, Morning stiffness, Sakashta Chankramana, Aruchi since from 6 months. Patients Nidana was done initially along with Ashtavidha and Dashvidha Pariksha.

**Name of Patient** - ABC, 43 year – Male.**Religion** - Hindu **Occupation** - Farmer **OPD no.** - 11040  
**IPD no.** - 1693 **D.O.A** - 10/6/2020.**Chief Complaints**

1. Ubhaya Janu sandhi shoola, shotha
2. Ubhaya hastaparva snadhi sandhi shoola
3. Morning stiffness
4. Sakashta Chankramana
5. Aruchi

**Ashtavidha Pariksha**

1. Nadi - 80/min.
2. Mala - Samyaka.
3. Mutra – Bahumutrata.
4. Jivha - Alpa Sama.
5. Shabda - Spashta
6. Sparsha - Anushna
7. Druka - Prakruta
8. Akruiti - Madhyam

**General Examination**PR - 80/min  
BP - 110/70 mm of HgRS - AE= BE, Clear CVS – S1  
S2 N  
CNS - Conscious, OrientedP/A - Soft, No Tenderness

**Past history**

Patient having no any major disease illness like Diabetes mellitus, Hypertension etc.

chikitsa. First Aamapachana is important which is done with the help of Aamapachaka vati.

**Management**

In this patient we had given Shodhana chikitsa like Valuka pottali swedana, Vaitarana basti and Shamana

**A) Shodhana Chikitsa**

	<b>Dravya</b>	<b>Duration</b>	<b>Period of Study</b>
<b>a) Ruksha Swedana</b> <sup>[5]</sup>	Valuka Pottali	20 minutes	15 days
<b>b) Vaitarana Basti</b> <sup>[6]</sup>	Saindhava – 1 karsha Guda – ½ pala Tila taila Amlika – 1 pala Gomutra – 1 kudava	1 Muhurta	15 days

**B) Shamana Chikitsa**

	<b>Matra</b>	<b>Kala</b>	<b>Anupana</b>
<b>a) Aamapachakavati</b> <sup>[7]</sup>	250 mgm	Purvabhakta	Koshna jala
<b>b) Simhnadaguggulu</b> <sup>[8]</sup>	250 mgm	Adhobhakta (2 times a day afterfood)	Koshna jala
<b>c) Agnitundi vati</b> <sup>[9]</sup>	250 mgm	Adhobhakta (2 times a day afterfood)	Koshna jala
<b>d) Rasna saptaka kwatha</b> <sup>[10]</sup>	40 ml	Adhobhakta (2 times a day afterfood)	Samabhaga jala

Along with treatment proper pathya had been followed by patient. In Ahara, ghrita, taila, vasa, Shunthi, Panchkola, godhum, masha, shashtika shali, patola, draksha, etc, vata shamak dravyas are given. In Vihara, Vyayam is Important. Also some apathyas was advised that is vata prakopaka ahara such as chanaka, vatana,

mudga, jambu, shushka mansa, karvellaka etc.

**Observations**

Effect of the treatment on Ubhaya Janu sandhi shoola, shotha, Ubhaya hastaparva snadhi sandhi shoola, Morning stiffness, Sakashta Chankramana, Aruchi.

	<b>Symptoms</b>	<b>Before treatment</b>	<b>After treatment</b>
<b>VAS Scale</b>	Ubhaya Janu sandhi shoola, shotha	10	5
	Ubhaya hastaparvasnadhi sandhi	8	5
<b>Morning stiffness</b>		+++	++
<b>Aruchi</b>		++++	+

**Gradation of Symptoms**

1 - 3 = Mild ; 4 - 6 = Moderate ; 7 - 10 = Severe  
+ = Mild, ++ = Moderate, +++ = Severe

**DISCUSSION**

In this study, observations was done before and after treatment based on symptoms and though VAS Scale - is often used for pain, etc. Samprapti bhanga is important in the Aamavata. Because in this disease the aggravated vata dosha with vitiated Aama circulates in the body and goes into the shleshmasthanana via dhamani. Where it vitiates tridoshas i.e. Vata, Pitta & Kapha dosha and then it increases kledata in the strotas where it develops Aamavata. In this management valuka pottali swedana and vaitarana basti is given for 15 days and Simhanada guggulu, Agnitundi vati & Rasnasaptaka kwatha is given for about 1 month. In this period the

symptoms like Aruchi, Ubhaya janu sandhi shula, shotha etc are markedly diminished due to the Aamapachana, vata shaman.

**Ruksha swedana:** like Valuka Pottali swedana helps to pachana of Aama and vata shaman.

**Vaitarana basti:** vaitarana is the name of river, which a person is supposed to cross during his death. This basti is powerful in a sense that it can bring life of a person who is about to cross the Vaitarana river. It is mainly indicated for Aamavata disease by Chakradatta. It helps to remove the vitiated Aama dosha and decreases aggravated vata.

**Simhanada guggulu:** It contains Triphala kwatha, Gandhaka, Eranda taila, guggulu. It helps to remove the vitiation & avrutatva of Aama dosha from the body.

**Rasnasaptaka kwatha:** it contains Rasna, Guduchi, Aaragvadha, Devadaru, Gokshur, Eranda & Punarnava. Helps to decrease the pain.

**Agnitundi vati:** it contains Parada, Gandhaka, Ajamoda, Triphala etc. helps to correct Agnimandya.

## CONCLUSION

In this case all symptoms like Ubhaya Janu sandhi shoola, shotha, Ubhaya hastaparva sandhi sandhi shoola, Morning stiffness, Sakashta Chankramana, Aruchi are markedly diminished in 1 month study. In conclusion Ruksha swedana, Basti and Shamana chikitsa are significantly effective in Aamavata, followed by proper pathya & apathy chikitsa.

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