

## LITERARY REVIEW ON GENERAL CONCEPTS OF AAMVATA: AN AYURVEDA PERSPECTIVE

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### ABSTRACT

*Amavata* is autoimmune disease which causes symptoms of pain, swelling, stiffness and disability in joints. It is chronic multisystem disease involves inflammatory consequences including synovitis and bone erosions. Mainly peripheral joints get affected along with cartilage destruction and more common in women than men. Generally middle age and elderly person get affected by *Amavata*. Modern science described *Amavata* as Rheumatoid Arthritis which is a progressive and inflammatory disease. *Amavata* involves vitiation of *Vata* and *Ama* associated with *Shula & Shotha*. The general treatment of *Amavata* involves utilization of *Shamana* and *Shodhana Chikitsa*. *Langhana*, *Deepana* and *Pachana*, etc. also helps to alleviates accumulated *Ama*. *Snehapana*, *Swedana*, *Virechana* and *Basti* also indicated for eliminating *Doshas* especially *Vata Dosha*. Present article described causes, symptoms, pathological events and management of *Amavata* as per Ayurveda.

**KEYWORDS:** *Ayurveda, Amavata, Autoimmune, Rheumatoid Arthritis.*

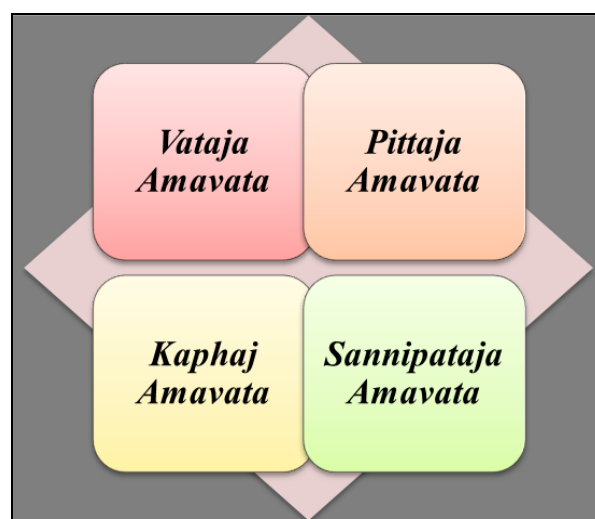
### INTRODUCTION

*Amavata* is disease which associated with vitiation of *Vata Dosha* along with accumulation of *Ama*. Disease mainly affects joints and lead symptoms of inflammation such as; pain, swelling and tenderness, etc. Modern science described diseases as autoimmune disorder and termed as rheumatoid arthritis. Vitiated *Ama* and *Vayu* affects *Kostha*, *Trika* and *Sandhi* in case of *Amavata*. Ancient ayurveda texts described various types of *Amavata* as depicted in **Figure 1**. The virulent *Ama* moves in body under the influence of vitiated *Vata dashas* block *Sandhi* and affects small joints including joints of *Pada*, *Hasta*, *Sira*, *Trika*, *Janu*, *Uru* and *Gulpha*. *Amavata* involves aggravation of *Ama* which blocks channels and affects metabolic activities while vitiated *Vata* produces *Stabdghata*, *Sandhigraha* and restrict movements of joints.<sup>[1-5]</sup>

### Description in Ancient Texts

- Ancient Ayurveda texts; *Sushruta Samhita*, *Charak Samhita*, *Ashtang Samgrah* and *Ashtang Hridaya* have described role of *Ama* and *Vata* in pathogenesis of diseases.
- *Madhav nidana* described *Amavata* separately as disease.
- *Chakaradutta*, *bhaishjya ratnavali* and *Vangsen* explored treatment approaches of *Amavata*.

- *Madhava Nidana* described *Samprapti* of *Amavata* according to the *Shatkriyakal*.<sup>[6-9]</sup>



**Figure 1: Types of *Amavata* based on *Dosha* predominance.**

### Symptoms

- ❖ Pain in joints of hand, foot, knee and thigh.
- ❖ Scorpion bites like pain in joints.
- ❖ Anorexia, indigestion and feeling of heaviness.
- ❖ Fever and burning sensation.

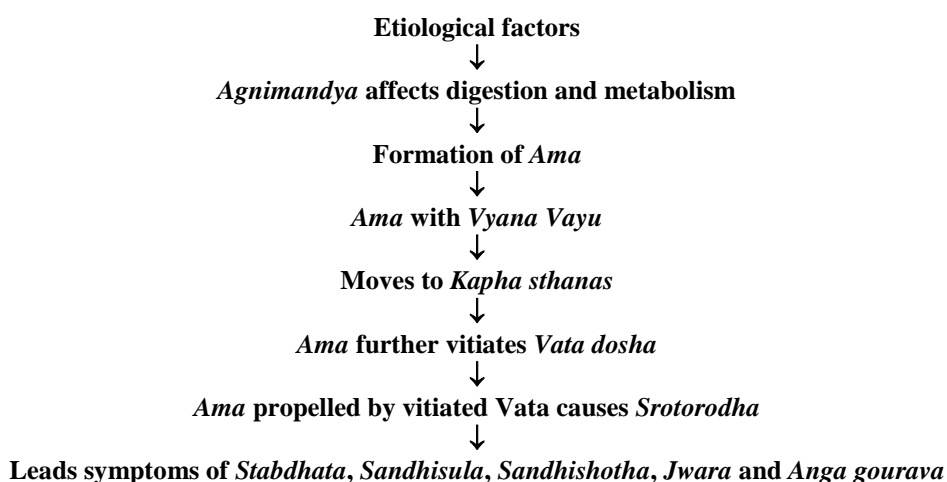
- ❖ Stiffness, tenderness and swelling in joints.
- ❖ Disturbed sleep pattern and deteriorated quality of life.

**Nidana (Causes)**

- ✚ *Viruddha Ahara* means excess consumption of incompatible food
- ✚ *Viruddha Chestha* means indulgence in awful behavior.
- ✚ *Mandagni* means hypo functioning of *Agni*
- ✚ Involvement in sedentary life style and *Nischala*
- ✚ Late night awakening and day time sleeping habits
- ✚ Environmental and genetic factors which triggers autoimmune activities.

**SAMPRAPTI****Samprapti Ghatakas**

- ✓ *Dosha:* *Vata* and *kapha*
- ✓ *Dhatu:* *Rasa, Mamasa* and *Asthi*
- ✓ *Srotases:* *Annavaha, Rasavaha* and *Asthivaha*
- ✓ *Srotodusti:* *Sanga* and *Vimaragagmana*
- ✓ *Udbharasthana:* *Amashya* and *Pakvasaya*
- ✓ *Vyaktasthana:* *Sandhi*
- ✓ *Agni:* *Jataragni, Mandya* and *Dhatwagni Mandya*

**Management**

- ❖ *Nidana Parivarjana* (avoidance of causative factors) is prime approach to control disease pathogenesis.
- ❖ Drugs possess *Katu* and *Tikta Rasa* can be used in *Amavata*.
- ❖ *Ushna* and *Laghu* drugs with *Tikshna* qualities provide *Vata Hara* and *Amapachaka* actions.
- ❖ *Swedana, Virechana* and *Vasti* are recommended.<sup>[8-12]</sup>

**Ayurveda Formulations Recommended for Amavata**

- ❖ *Ajmodadi Churna*
- ❖ *Vaishvanara Churna*
- ❖ *Guduchyadi Kvatha*
- ❖ *Rasnadi Kvatha*
- ❖ *Maha Yogaraja Guggulu*
- ❖ *Yogaraja Guggulu*
- ❖ *Vishamushtika Vati*

**Pathya**

*Rakta Shali, Syamaka, Yava* and *Kulattha*, bulb of *Rasona*, root of *Punarnava, Shigru, Vastuka* and fruit of *Karavellaka*.

**Apathya**

*Guru* and *Abhisyandi Anna, Maṣa*, milk, curd, fish, suppression of natural urges and indulgence in sedentary life style, etc.

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