

CASE STUDY ON AMAVATA W.S.R TO RHEUMATOID ARTHRITIS

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INTRODUCTION

This case study is based on the case of Rheumatoid Arthritis, where the patient is presented with Clear signs of Rheumatoid Arthritis. On examination, the patient is also having the classical signs of *Amavata* as mentioned in the Ancient Ayurvedic texts. It is a Disease in which Synovial joints of the body gets affected by the *Ama* dosh present in the body in the abundance, which happens due to the various *Nidan* factors for the disease like *Mithya Aahar*, which includes various types of foods like *Abhishyandi* food items & food combinations like eating Curd (*dahi*) mixed with Onion bits. *Mithya vihar* includes various Mental & Physical conditions which will lead to the progress of the Disease within the body. Once this *Ama* dosh starts accumulating with the body of the person, then it affects the *Vata* dosh, present in the body which in turn mainly affects the body at various Synovial joints like Knee Joints, Wrist joints & small joints like Carpal, Metacarpal joints of the hands, making the person sufferer of this disease which ultimately affects the Daily life mobility activities related to walking & various hand movements, together making the patient experiencing difficulty in carrying these daily life activities, which might seek the assistance of the helper or external aids to carry these activities in the later stage. So the Patient whose case study is being discussed here was also diagnosed with the *Amavata* disease, experiencing the symptoms from listed above and specifically mentioned below. And the treatment is also decided as per the classical formulations of Ayurveda, as detailed later in this article.

CASE DETAILS, TREATMENT & FOLLOW UP

A Female Patient aged 54 years was presented with symptoms of Rheumatoid Arthritis, mainly which include the following,

- 1) Pain & Inflammation beginning from wrist & knee.
- 2) Constipation
- 3) Indigestion.
- 4) Morning stiffness, which was lasting for more than half an hour after waking up.

Patient presented initially with the following investigations:

- 1) RA factor value: 137 IU/ml.
- 2) C-Reactive Protein value: 5.1 mg/L.

Medicines prescribed:

- 1) Aamvatari Ras Tablets- 2 BD.
- 2) Rasnadi Guggul- 3 BD.
- 3) Panchsakaar churna- 5gm at night.

All medicines were given with warm water for the period of 40 days.

After following the above treatment, the Patient has shown the improvement in the symptoms as well as the Laboratory Investigation values, which includes:

Patient presented with the following investigations, after taking the above prescribed treatment:

- 1) RA factor value: 119 IU/ml.
- 2) C-Reactive Protein value: 4.9 mg/L.

Following to the effectiveness of the treatment already given, the treatment was continued further & the follow up of the patient is taken at regular intervals, after 40 days the following inferences are noticed:

Laboratory Investigations include:

- 1) RA factor value: 104.9 IU/ml.
- 2) C-Reactive Protein value: 4.7 mg/L.

RESULTS

- 1) Stiffness reduced to Grade 2 from Grade 4.
- 2) Swelling reduced in fingers, wrist & knee joints.
- 3) Patient relieved from Constipation.
- 4) Improvement was seen in the Digestion of the Patient.

KEYWORDS: *Amavata*, Rheumatoid Arthritis, Pain, *Vata*, *Ama*.