



INTEGRATED SCOPE TO THE MANAGEMENT OF AMAVATA W. S. R. TO RHEUMATOID ARTHRITIS.

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ABSTRACT

The words Ama and Vata are combined to form the word Amavata Disorders frequently result from the derangement of Agni, including Jatharagni, Dhatvagni, and Bhutagni, among others, causing the creation of Ama, which is then distributed throughout the body by the vitiated Vata and put in the Shleshmasthan (Amashaya, Asthisandhi), causing pain, stiffness, and swelling, and swelling around the small and major joints. Rheumatoid Arthritis (RA) is a symmetrical polyarthritis that is chronically inflammatory, and deforming and as with systemic involvement. Many peoples in the society are unaware about disease and its complications which is responsible for lifelong joint deformities many herbal as well as Ayurvedic preparations are mentioned in the classic which are very effective remedy in Amavata. The main moto of RA management is to get pain relief prevention of joint and functional loss. Panchakarma is an effective therapy managing musculoskeletal disorders. RA is correlated to Ama vata based on the symptoms produced in RA. Ayurveda is an ancient system of medicine that deals with the prevention as well as treatment of the diseases. This is a science well known for its role in mentioning the techniques for better life style ahara (food) is considered Mahabhaishajya (the superior medicine). Consideration for specific diet pattern and healthy life style in the management of Amavata are mentioned in the ayurvedic samhitas.

KEYWORDS: Amavata, Ama, Rheumatoid Arthritis, Shleshmasthan, Panchakarma.

INTRODUCTION

Amavata is the most common endogenous disease which is produced due to frequently formation of Ama in the human body. It is the commonest among chronic inflammatory joint disease in which joint becomes swollen, painful, and stiff. Due to its chronicity and complications it has taken the foremost place among the joint disease. The things that trouble most of the people are faulty dietary habit and not to follow dai regimen. Frequent indulgenc of such factors leads to altered status of Jatharagni as well as Dhatvagni.

In 21st century Rheumatoid arthritis (RA) has been more common and distressing among all joints problem. As the disease progresses, the inflamed synovium invades and damages the cartilages and bones of the joints. RA affects 1% of population worldwide/ affecting women two to four times more than the men. As RA is an autoimmune disease, so here, the self – tolerance of immune system breaks down and immune system fails to recognize self-antigens and mounts a misguided attack against them thinking the body’s immune factors as enemies. In the various studies, the treatment helps, but the underlined pathology remains untreated because the treatment is ineffective and also causes many side effects and toxic symptoms. The prevalence of rheumatoid arthritis (RA) in developing countries is standing around 0.1 – 0.5%. In the acute stage, it is often accompanied by symptoms like fever, lymphadenopathy etc. Rheumatoid nodules are the most common cutaneous lesion, mainly observed in ulnar aspect of the forearm. The most common factors involved in the etiopathogenesis of RA are a genetic predisposition, oxidative stress, and the autoimmune reaction within the synovial membrane cytokines. It is observed that antioxidant defense mechanism, especially like catalase & glutathione peroxidase low or absent in the blood plasma, synovial fluid. So the antioxidant defense system of the body cannot work properly / oxidative stress within the inflamed joints. A is a serious condition, it very rarely show complete cure. Factors producing rheumatoid arthritis include infections triggers, weakness & acute development of polyarthritis accompanied.

MATERIAL AND METHODS

For this study literary materials which include the reference of “Ama and Amavata” have been collected through the Ayurvedic text mainly Madhav Nidan. Literature was received from various Ayurvedic classics madhava nidana. Ayurvedic Journals & articles & modern text books of all informations are compiled & discussed.

REVIEW OF LITERATURE

There is no direct reference of amavata in Charaka samhita, the disease Amavata is available from the period of Charaka as a reference in various treatment context. Charaka does not describe amavata as an independent disease instead he describes about ana & ama pradoshaja viakaras. He describes while explaining avarana chikitsa of vatavyadhi, in the lines of pramehahara & medohara vidhi, treatment for amavata can be seen.

In Madhava Nidana, where devoted a chapter (25th) of Amavata describe in details Amavata as separate disease.

CONCEPT OF AMA

Ama is a result of the Agnimandya process.

Etymology: The word Ama is derived from the root word ‘Am’ with suffix ‘niinj’. It means improper or partially digested matter .In which substances undergo digestion but not completely digested. The substances does not digest properly & remains yet to undergo for digestion is being called Ama.

DEFINITION OF AMA

Due to hypo-functioning of Ushma the 1st Dhatu Rasa is not properly digested, instead the Anna ras undergoes fermentation being retained in the Amashaya . This Rasa is called as Ama.

Line of Treatment –

Langhana – first is the langhana which helps in load shedding on Agni & production of Ama is disease.

Deepana – The use of Deepana Dravya which helps in improving status of Agni & enhancing its action.

Pachana- Pachana Dravyas helps in digestion of already produced Ama

Chikitsa Siddhanta: -

Chakradatta, the explorer of Amavata Chikitsa, says that Langhana, Swedana, Tikta, Deepana & katu drugs, Virechana, Snehapana & Saindhavadi Anuvasana as well as kshara basti are praised for Amavata. Bhavamishra & Yog ratnakara also added Ruksha Baluka sweda, etc.

Panchaarma treatment For RA:-

Swedana: The use of swedana therapy in Amavata & in other Rheumatic diseases are well mentioned in Ayurvedic classic. Snehana is contraindicated in ama pradoshaj vyadhi as it triggers the condition. For managing rheumatic conditions, Ruksha sweda has been advised in the form valuka pottali , churna panda sweda , etc due to the presence of Ama . In chronic stage, if there is increased in Rukshanata, then snigdha sweda can be given in a particular condition lie in the presence of sthambha gaurava, & shula & there are the main features of Amavata. Another is the type of treatment that is Ushna jalapana which is an internal swedana, which also acts as Deepana, Pachana Jwaraghna, srotoshodhna etc. Swedana helps in sroto shuddhi.

Virechana: Basically virechana is the treatment for predominantly pitta dosha, yet it can effective in the vitiated kapha vata dosha. So for the treatment co Amavata after the langhana , swedana, tikta, katu, Deepana d8ravayas are given for the attainment of nirama doshava. In the Amavata, the patients are subjected to virechana causes are –a) Amavata of pitta stanza by kledaka kapha. b) It is the most suitable for sthanika pitta dosha. symptoms of Amavata that is pratilama gati of vata, vibhandha, Anaha which can be best controlled by virechana.

The herbal analgesic use in the Amavata:-

Boswellia reduces inflammation, Garlic can be used as antioxidant, anti-inflammatory, Guggulu decreases the oedema

Use of anti-inflammatory drugs:

Non-steroidal anti-inflammatory drugs (NSAIDS) that is aspirin. Uses in the management of RA
Antioxidant & RA:-

Antioxidant are having a broad range foods, living tissues, including proteins, carbohydrates, DNA. especially these antioxidant are flavonoids , Isoflavonoids ,beta-carotene etc .The dietary as well as nutritional supplements which act as an antioxidant in combating RA , are turmeric , Ginger , Vit A , Vit C , Vit E

Physiotherapy:-

By the use of physiotherapy there is improvement in the management of RA & also helps in the patient reduction of difficulties faced by them. Before starting, patient should be examine thoroughly for functional assessment, postural assessment, and range of motion of joints muscle strength test.

Yoga:-

Since yoga is essential in today's era, today's day to day life yoga plays very important role in the management of certain diseases.

Meditation:

Meditation is mainly attentive on stress-related issues or conditions. Also it's a type of complementary therapy. It results in relaxation & reduction of stress especially occupation related stress. It is helpful in the pain management of RA. As we generally noticed, RA in general associated with various forms of distress, depression. Management of stress in RA, especially in case of pain related manifestations.

Diet & Lifestyle:-

For a healthy lifestyle we must improving diet & lifestyle by consuming a healthy diet mainly focused on healthy body weight, Avoid consumptions of non-vegetarian food, alcohol & tobacco consumption. In the ayurveda text mentioned pathya-apathya

RESULTS

As RA is an autoimmune disorder & there is no permanent cure for RA. Ayurvedic line of treatment including both oral medications & external applications as mentioned in Samhita. Physiotherapy , meditation , healthy diet & lifestyle for getting better relief from the symptoms of RA. Generally all pathological conditions, saam dosha will sticks to various srotasas & it should be stimulated from the body through deepana, Pachana, swedana shows significant relief in the pain of Amavata.

DISCUSSION

As mentioned above detailed description of Amavata, given the integrative treatment. RA is a non-communicable autoimmune disorder mainly due to change in lifestyle, Diet & lifestyle, Physiotherapy, Panchakarma, treatment, meditation, various non – pharmacological strategies , anti-inflammatory drugs. Vit C, Boswelvia etc shows the proper integrative practice. In Rheumatoid Arthritis Ayurveda, patient is advice to take ruksha sweda due to the presence of aama. When by different procedure like langhana, Deepana, & Pachana .etc Agni normalize, Ama at different level digested & stiffness decrease with all cardinal symptoms like pain, swelling, etc.

CONCLUSION

Amavata is a condition where stiffness of the body occurs due to lodging of vitiated Ama & Vata , potent cause is diminished function of Agni at Jatharagni, Bhutagni, & Dhatwagni level. It is clear that there is a positive result in the cure of Amavata, if integration is done. Nowadays people are showing more interest in searching alternative measures in conditions like pain management, depression & we are also seeing publications in impact medical journals on the benefits & efficacy of alternative therapies like meditation, yoga, lifestyle modifications.

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