



ISSN 2456-3110

Vol 5 · Issue 5

Sept-Oct 2020

Journal of **Ayurveda and Integrated Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Ayurveda management of Rheumatoid Arthritis - A Case Study

Dr. Pravin A. Patil¹, Dr. Pranam S. Kharche², Dr. Sandhya G. Kharche³, Dr. Sandeep N. Nagre⁴, Dr. Vaishali S. Peddawad⁵

¹Assistant Professor, Dept. of Rasashastra and Bhaishajya Kalpana, ²Associate Professor, Dept. of Dravya Guna, ³Associate Professor, Dept. of Kaumarbhritya, ⁴Associate Professor, Dept. of Swasthvritta, ⁵Associate Professor, Dept. of Panchakarma, ASPM Ayurved College Hospital and Research Institute, Buldhana, Maharashtra, INDIA.

ABSTRACT

Rheumatoid Arthritis is an autoimmune disease that can cause joint pain and damage throughout the body. Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more on joints. As per Ayurvedic science Rheumatoid Arthritis sign and symptoms resemblance with *Aamvata*. *Aamvata* is the disease caused by impairment of *Agni*, formation of *Ama* and vitiation of *Vatadosha*. There is limited treatment in modern science for rheumatoid arthritis. Ayurveda treatment has the best result for *Amavata*. So in this case study Ayurveda treatment has used to cure *Aamvata*.

Key words: Rheumatoid Arthritis, *Aamvata*.

INTRODUCTION

Now a day's Arthritis is the most common disease in the society. Out of all arthritis Rheumatoid arthritis is the common one. *Aamvata* is the disease caused by formation of *Ama* and vitiation of *Vatadosha*. The *Ama* combines with *Vatadosha* and occupies joints which results in *Amavata*. Acharya Chakradatta mentioned *Chikitsa Siddhant* for management of *Amavata* which includes *Langhan*, *Swedan*, use of drugs having *Tikta*, *Katu Rasa* and *Deepan* property, *Virechan*, *Snehpan* and *Basti*.^[1] By using this *Chikitsa Siddhant Amavata* can be successfully treated.

Address for correspondence:

Dr. Pravin A. Patil

Assistant Professor, Dept. of Rasashastra and Bhaishajya Kalpana, ASPM Ayurveda College Hospital and Research Institute, Buldhana, Maharashtra, INDIA.

E-mail: drpravinpatil15@gmail.com

Submission Date: 18/09/2020 Accepted Date: 09/10/2020

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

CASE PRESENTATION

A 48 year old female patient presented with OPD of ASPM Ayurved College, Buldhana, Maharashtra, with a chief complaint of *Ubhaya Janusandhishoola* with *Shotha*, *Ubhaya Manibandha Shoola* with *Shotha*, *Angamarda*, *Aruchi*, and Morning stiffness in joints.

Table 1: Ashta Vidha Pariksha

SN	Pariksha	Pramana
1.	Nadi	84/min
2.	Mala	Vibandha
3.	Mutra	Samyak
4.	Jeeva	Saam
5.	Shabda	Samyak
6.	Sparsha	Samyak
7.	Druka	Samyak
8.	Akruti	Madhyama

ASSESSMENT CRITERIA**Sandhishool (Pain in Joints)****Table 2: Grading of Sandhishool**

SN	Severity of Pain	Grade
1.	No Pain	0
2.	Mild pain	1
3.	Moderate but no difficulty in moving	2
4.	Slight difficulty in moving due to pain	3
5.	Much difficulty in moving the bodily parts	4

Sandhishoth (Swelling in Joints)**Table 3: Grading of Sandhishoth**

SN	Severity of Swelling	Grade
1.	No swelling	0
2.	Slight swelling	1
3.	Moderate swelling	2
4.	Severe swelling	3

Angamarda (Body ache)**Table 4: Grading of Angamarda**

SN	Severity of Body ache	Grade
1.	No Body ache	0
2.	Mild Body ache	1
3.	Moderate Body ache	2
4.	Severe Body ache	3

Sandhigraha (Stiffness in Joints)**Table 4: Grading of Sandhigraha**

SN	Severity of Sandhigraha	Grade
1.	No Stiffness	0
2.	5 min to 2 hr	1

3.	2 hr to 8 hr	2
4.	>8hr	3

MATERIALS AND METHODS**Material**

SN	Dravya	Dose	Duration	Anupana
1.	<i>Sihnad Guggulu</i>	250 mg	2 BD	Lukewarm Water
2.	<i>Amavatori Rasa</i>	250 mg	2 BD	Lukewarm Water
3.	<i>Tab. Gandharva Haritaki</i>	500 mg	2 BD	Lukewarm Water
4.	<i>Rasnasaptaka Kwatha</i>	10 ml	BD	Lukewarm Water

Panchakarma

<i>Swedana</i>	<i>Valukapottali Swedana</i>
<i>Snehana</i>	<i>Vishgarbha Taila</i>
<i>Virechana</i>	<i>Eranda Taila (5ml at Morning)</i>

Method

Centre of Study - ASPM Ayurved College Hospital and Research Institute, Buldhana

RESULTS

Patient got relief from *Sandhishotha* and *Angamarda* in 7 days. After 14 days of treatment Patient got relief from rest of the symptoms. We took follow-up of patient up to next 3 months. After 3 months follow up it was observed that patient got relief from all symptoms except slight pain in knee joints.

SN	Sign and Symptoms	Before Treatment	After Treatment
1.	<i>Sandhishoola</i>	2	1
2.	<i>Sandhishotha</i>	2	0
3.	<i>Angmarda</i>	2	0
4.	<i>Sandhigraha</i>	1	0

DISCUSSION

Amavata is the disease caused by formation of *Ama* and vitiation of *Vatadosha*. Also it can be said that *Mandagni* is the cause of formation of *Ama*. In present case *Sinhanad Guggula* enhances *Agnibala* and suppress *Ama Utpatti* which helps in breaking of *Samprapti*.^[2] *Amavatari Rasa* act by its virtue of *Deepana, Anulomana, Vatashamaka, Rasayana, Shothagna, Yogvahi* property. *Gandharva Haritaki* removes *Ama* from the body by its purgative action. *Rasnasaptak Kwatha* acts as *Shoolagna*, anti inflammatory and immunomodulator.^[3] *Valukapottali Swedan* acts as *Vaatshamak*.^[4] *Vishgarbha Taila* acts as Antinflammatory. Thus by doing *Samprapti Bhanga*, Ayurveda management give best results in *Amavata*.

CONCLUSION

By considering results of this case it can be concluded that Ayurveda management gives significant results in *Amavata* disease.

REFERENCES

1. Chakrapani Datta, Chapter 25, Indradev Tripathi, Chaukhmba Sanskrit Pratisthan, Varanasi, Page no 167-168.
2. Yashsavi Aushadhi, Chapter 6, Vd Deshpande, Ayurvediya Prasarak Mandal Publication, Page no 188.
3. Yashsavi Aushadhi, Chapter 6, Vd Deshpande, Ayurvediya Prasarak Mandal Publication, Page no 221.
4. Charaka Samhita, Chapter 22, Ravidatta Tripathi, Chaukhmba Sanskrit Pratisthan, Varanasi, Page no 309.

How to cite this article: Dr. Pravin A. Patil, Dr. Pranam S. Kharche, Dr. Sandhya G. Kharche, Dr. Sandeep N. Nagre, Dr. Vaishali S. Peddawad. Ayurveda management of Rheumatoid Arthritis - A Case Study. J Ayurveda Integr Med Sci 2020;5:535-537.

Source of Support: Nil, **Conflict of Interest:** None declared.
