REVIEW ON RHEUMATOID ARTHRITIS IN AYURVEDIC PERSPECTIVE AND ITS MANAGEMENT

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ABSTRACT
Rheumatoid arthritis is a chronic multisystem disease of unknown cause, although there are a variety of systemic manifestation, the characteristic feature of RA is persistent inflammatory sinusitis, usually involving peripheral joints in a symmetric distribution. The onset is during 4th and 5th decades of life. This condition is correlated with Amavatain Ayurveda. According to Ayurveda, in trike & sandhi vitiated Ama and vata simultaneously lodged & leading to shotha (swelling), stabdhata (stiffness) in body and joints; Guruahara, mandagni, avayayama etc are the etiological factors of Amavata. Pratyatma lakshana of Amavata are Sandhishula, Sandhi shotha, Gatrabdstabdhata, Sparshasahyata. Complications are stated as – Chardi, Antrakujana, Jadya, Shula, Khanjata, Bahumutrata, Samkocha etc. According to modern medicine, Analgesics (pain killer), Steroids, Anti-inflammatory (used to reduce inflammation) drugs are used which gives only symptomatic relief and serious side-effects. Langhana, Dipana, Katu rasa seven, Virechana, Basti, Ruksha sveda, Snehan etc supported by most Acharya for the treatment of Amavata.

Keywords: Rheumatoid Arthritis, Ayurveda, Amavata, Sinusitis, Sandhi shotha.

INTRODUCTION

Etymology:-
The words Ama and Vata join to form Amavata. The predominance of these two factors in the pathogenesis of this disease is already suggested in following phrase. The association of Vata Dosa with Ama is termed as Amavata. The propulsion of Ama by Vata in the whole body is illustrated with this derivation. Due to indigestion, Ama is produced and along with Vata it causes a well-known disease entity. The improperly formed Annarasa is known as Amavata. So all the above mentioned derivation emphasizes that the disease is based on
Ama and Vata mainly which clarifies the importance of these two.

**Definition:**- The condition in which Vitiated Ama and Vata simultaneously lodge in Trike and Sandhi (Joints) leading to Stabdhata (Stiffness) of the body is known as Amavata.\(^1\) According to modern it is correlated with Rheumatoid arthritis. Rheumatoid arthritis is a chronic multisystem disease of unknown cause, although there are a variety of systemic manifestation, the characteristic feature of RA is persistent inflammatory sinusitis, usually involving peripheral joints in a symmetric distribution. The potential of the synovial inflammation to cause cartilage destruction and bone erosion and subsequent changes in joints integrity is the hallmark of the disease.\(^2\) In recent years the therapeutic attitude towards rheumatoid arthritis has changed considerably. Now, the disease is treated in an increasingly earlier phase and also more aggressively.\(^3\)

**AIM and Objective**
- To assess the etiopathogenesis and sign& symptom of Amavata patients.
- To assess the yoga effects on Amavata.
- To conclude cost effective and reliable treatment for Amavata.

**MATERIAL and METHOD;**
- It is a review study article.
- In classics the Amavata’s described form of etiology, causative factors, sign &symptom and treatment briefly in Madhav Nidan and Chakra Dutta explain it.
- In this article review some Ayurvedic text, modern books, pub med and Research article.

**Distribution and Prevalence:**- Women are affected approximately three times more than men.\(^4\) The prevalence increases with age and sex, difference diminish in the older age group. The onset is most frequent during 4\(^{th}\) and 5\(^{th}\) decades of life, with 80% of all patients developing the disease between the age of 35 and 50.\(^5\)

**Basic Concept:**- The main factors of disease are Ama, Agni, Vata and involvement of Sandhi.

**Ama:** Ama is a stage which is due to hypofunctioning of Pachakagni i.e. Mandagni as a consequence of Ahara, which can’t be digested properly. This undigested food material remains as an intermediate product of digestion in Amashaya. It is a type of toxic material, which is called Ama, is strong enough to cause inflammation in the various body parts.

**Etiology of Amavata**\(^6\)-
- Mandagni
- Guruahara
- Avayayama
- Virrudhahara
- Viruddha Chesta.

RA is a life style disorder. It’s of 3 types
1. Vata
2. Pitta
3. Kapha

**Sign & Symptoms of Amavata**:-
* Acharya Madhavkara has clearly stated the Rupas (sign & symptoms) of Amavata in Madhavnidan.
* The Pratyatma Lakshana (Main symptoms) is
  - Gatrastabdhata,
SamanyaLakshana (General symptoms) is

- Angmarda
- Aruchi
- Trisna
- Alashya
- Gaurav
- Jvara
- Apaka
- Angasunnata

In modern science, symptoms of R.A. are
- Anorexia,
- Weight loss
- Fatigue
- Stiffness and pain in joints (Arthralgia) are the most common symptoms that occur throughout the disease course and many precede the assets of articular symptoms by weeks or months.

Complications of Amavata:-
In Madhavnidan and Anjana-Nida the Upadrava are stated as
- Jadya (Stiffness)
- Antrakujana (Blotting)
- Trisna (Dypsia)
- Chardi (Chardi)
- Bahumutrata (Polyuria)
- Shula (Pain)
- Samkocha (Contraction)
- Khanjata (Limping)

In modern:
- Septic arthritis
- Amyloidosis
- Pain
- Swelling behind knee may be caused by extension of inflamed synovia into the popliteal space called as Baker’s cyst.

Samprapti of Amavata:-
When a person of sedentary habits with hypo functioning digestive mechanism indulge in incompatible diet and regimen (Viruddha aahara – vihar) or does physical exercise after taking fatty food the Ama is formed and propelled by Vayu and reaches the site of Sleshma. Where this Amarasa, get much vitiated by Vata, Pitta, and Kapha & them it is circulated (all over the body) through the vessels (Dhanini). It then takes on accumulates in the small channels & joint pores. It renders the patients weak and produces a feeling of heaviness & stiffness in whole body. This substance named Ama is the cause of so many distressing diseases. When this aggravated Ama simultaneously afflicts the (pelvic and shoulder) girdles, and other joints making the body stiff, this condition is known as Amavata.

SampraptiGhatak of Amavata:-
Dosha– Tridoshaja mainly vata (Vyana, Samaña, Apana) and Kapha (Kledak, Bhodhak, Sleshak).

Dushya- Rasa, Mamsa, Asthi, Majja.
Upadhatu- Snayu, Kandara.
Srotodusti– Sanga, Vimargagaman.
Udbhavsthana (origin) – AmaPakvasayotha
Site of production of Ama. Pakvasaya– MulaSthan of Vata.
Adhisthan— Sandhi (Whole body)
VyadhiSheabhava— Mainly Chirkari

Diagnosis of RA:
In diagnosis of any disease following basic tools are important:-
Cardinal Sign and symptoms, laboratory findings, any establish criteria, Study of the
differential Diagnosis.
American rheumatism association criteria (1988 – revision) for diagnosis RA is as fol-
low:-
- Clinical:-Morning stiffness (> 1hr.)
- Arthritis of 3 or more joints area,
- Arthritis of hands joints,
- Symmetrical Arthritis,
- Rheumatoid nodules,
- Rheumatoid factor,
- Radiological changes. Diagnosis of RA
should be made with above mentioned
four or more criteria.

Investigations of RA:-
- Anti-CCP
- ESR
- CRP
- RA–factor
- Hb
- MRI
- Radiographs
- Serological tests
- Synovial Analysis.

Chikitsa of Amavata:-Acharya Chakradutta
was first who described the line of treatment and
Drugs for Amavata. Further texts Bhavpraka-
shand Yogratnamkar followed the same guide-
line.
- Langhana
- Swedana
- Tikta

Some Herbal Preparations useful in-
Amavata:-
Fomentation should be Ruksha (dry) type using bags of heated sand, or Upnahas (applying
poultices) may become even these without use
of fats.
For the patient of Amavata suffering from
thirst, drinking water prepared by boiling Pan-
chkola in water is said to be beneficial.
- Yusa (soup) prepared from either dried
- Mulaka or Panchamula or Kanjika added
  with powder of Sunthi may also be given.
- Shatapuspa,Vacha, Vishva Gokshura bark
  of Varuna Punarnava, Devdaru, Prasarini and
  Madanphala all equal in quantity macerated in
  sukta or Kanjika and applied as
  Unaha (Poultice) is ideal.
- Chitraka Katuka Patha Kalingra, Ativisha
  Amrta Devdaru Vacha Musta and Abhya
  should be made into fine powder and con-
  sumed with warm water daily. This is the
  ideal medicine for Amavata.
- Decoction of Shathi, Sunthi, Abhaya, Ativi-
  sha and Amrita is a good digestive in
  Amavata.
- Decoction of Punarnava Brhati, Vrdhma-
  na, Phaniyaka, Murva and Shigrudruma is
to be used.
- Bathing the painful part (joints) with decoc-
tion of Eranda (Ricinuscommunis), is
beneficial, so also licking (powder of) Pathya (Terminilliachebula), added with an-
dAmrita or consuming Guggulu along with cows urine or consume paste of Vishva and Alambusa or of Tila and Vishva all are helpful.

- Decoction of Visva, Pathya and Amrita added with
- Kausika (Guggulu) consumed warm relieve the pain of the waist, knee and back.
- Pippali, Pippalimula, Chavya, Chitraka and Nagar made into decoction should be consumed for cure of Amavata.
- Paste of Sunthi and

VishvaUsadhi added to the decoction of Varsabhu (Boehravi-adissusa)and consumed for seven days cure Amavata.

- Chitraka, Indrayan Patha Katuka Ativisha and Abhya made into fine powder should be administered with warm water for curing Amavata.
- To win over/defeat the mighty elephant called Amavata roaming all over the body only one (Keshari lion) called ErandaTaila is enough.15
- Leaves of Aragwadha fried in Katutaila consumed before might meals make the person free from Ama.

- Decoction of Sunthi and Gokshura consumed in the morning daily relieves pain of the waist.
- ErandaTaila cooked with the juice of
- Prasararini and consumed mitigates all the Doshas and the best to cure diseases arising from
- Kapha.

Classic Ayurvedic formulations helpful in Amavata:16

- Swarasa:- Rasna, Prasararini, Nirgundietc
- Kwath:- Rasnasaptak, Rasnadashmoola, Das-
mulyadietetc.
- Churna:- Ajmodadi, Badwanal, Vaisvanar, Pachchola etc.
- Vati:- Sanjivini, Ag-nitundi, AmavatariVatietc
- Guggulu:- Singhnaad, Keshor, Rasnadi, Amri-
tadiYograajetc.
- Rasa:- Amavatavidhvansan, Samirpannag, Amavatarietetc.
- AsavArista:- Amritarista, Dashmoolarista, Devdarvyadi etc.
- Sweden:- LavanSweden, BalukaSwedanetc.

Diet:17- Patients should be given Barley,
- Punarnava, Garlic, Ginger, along with substances containing wheat and small amount of rice. Fresh buttermilk with Tri-katu is advisable. Castor oil is beneficial, two teaspoons of castor oil in Ginger tea every day is advised.
- Avoid Vata and Kapha increasing foods like Curds, Cheese, Fruits having cold potency (like Banana, Guava, and Cucumber), cold drinks, and working in damp and cold atmosphere.

DISCUSSION

RA is a life style disorder. It’s of 3 types
1. Vata
2. Pitta
3. Kapha

The description of Amavata is the specific contribution of Acharya Madhav as well as Chakradutta. In Ayurveda Amavata is broadly classified in Vata Pitta & Kapha. In ayurveda, treatment and treatment therapies are de-
scribed uniquely for every person and special contribution in etiopathogenesis of Amavata. Yoga is definitely one option for people with arthritis after conducting a small study of the effects of six weeks of lyengar yoga on a group of women with Rheumatoid arthritis Evans was impressed by yoga’s immediate, positive impact on people with a serious chronic disease.\textsuperscript{18}

**CONCLUSION**

Thus from above description it can be concluded that in ‘Amavata’ there is vitiation of Ama along with Vata as major. Pathological factor caused by the excess use of fatty & heavy meals, sedentary life style & heavy exertion just after heavy meals. Stiffness & pain in joints are major symptoms along with other inflammatory systemic manifestations. Modern medicine has no effective & specific treatment. Steroids, DMRD’s & other drugs used for this condition are having serious side effects. The condition can be well managed with Ayurvedic drugs & regiments. Amavata is condition where stabdhata of body occurs due to lodging of vitiated Ama & Vata in trike sandhi. It causes due to virrudhahara, Mandagni, snigdham bhuktvat Annam vyaya-mam, Amavata is amashyotha vyadhi so treatment given in Amavata is Langhana, Swedana, and Tikta Katu Dipana Drava. Virechana, Sneh-pana and Basti. Which has ultimate goal to achieve amapachana? Vatashaman and sroto-shodhan Chikitsa.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**