

## EFFECT OF SHUNTHYADI KWATH AND VALUKA POTTALI SWEDA IN AMAVATA

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### ABSTRACT

*Amvata* is a common disease seen in middle age group people, which affects in both male and female but percentage of female is greater. Symptoms of *Amvata* seen in disease Rheumatoid Arthritis in modern science and Allopathic Practitioner cured it with steroids, anti-inflammatory and analgesic drugs. It gives only temporary relief. But in *Ayurveda* there is treasury of *kalpas* for cured *Amvata*. So the aim of this study was to evaluate the efficacy of *Shunthyadi kwatha* which mentioned Chakradatta in *Amvatadhikara* and *Valuka sweda* in the management of *Amvata*. And for this study 30 patients were selected and divided in to two groups for the comparison purpose.

**Key Words:** *Amvata*, Rheumatoid Arthritis, *Shunthyadi kwath* *Valuka sweda*

### INTRODUCTION

*Amavata*<sup>1</sup> is first described in detail by *Madhavkara in Madhavidana*. *Amavata* is a disease/ condition which is difficult to treat. The words *ama* and *vata* combine to form *Amavata*. It means *vata dosha* along with *ama* is termed *amavata*. It indicates the propulsion of *ama* by vitiated *vata* in the entire body.

The production of *ama* is due to *agnimandya*<sup>2</sup> i.e. *jatharagni dhatvagni bhutagni*. This *ama* circulates in the whole body by the vitiated *vata* and gets located in the *sandhithana* causing stiffness, pain and swelling over joints.

There is no effective medicine for *amavata* (Rheumatoid arthritis) in modern science. Modern medicine practitioner gives anti-inflammatory and analgesic treatment for this condition/disease and it gives only temporary relief. But no satisfactory modern medical management has been developed for this disease till date.

In *Ayurveda shodhana* and *shamana* are two types of treatment<sup>3</sup> for any disease. In

*amavata*, there are mainly two component predominant in *samprapti* i.e. *ama* and *vata*. *Ama* is produced because of *agnimandya*. And used *Shunthyadi kwatha*<sup>4</sup> is *vata-shamaka*, *agnidipak* and *pachak* in property. So in the present study *Shunthyadi kwatha* has been selected as *shaman chikitsa* which is mentioned in *chikitsa sutra* described by *chakradatta*

*Swedana* also helps in *amapachana* and relieving *sandhishula* and *sandhigraha*. In this study *valuka sweda* is adopted for evaluate effect<sup>5</sup>.

### AIMS AND OBJECTIVES

1. To evaluate efficacy of *shunthyadi kwatha* in the management of *Amvata*.
2. To evaluate efficacy of *shunthyadi kwatha* and *valuka sweda* in the management of *Amvata*.

### MATERIALS AND METHODOLOGY

#### Source

Patients who were fulfilling the sign and symptoms and diagnostic criteria of *Amavata* were selected from the OPD and IPD

in *kaychikitsa* dept. Vasantdada Patil Ayurvedic Medical College Sangli.

**Diagnostic criteria**

The patient having the clinical features of *Amavata* according to *Ayurvedic* classic like *Angamarda, Aruchi, Gaurav, Trisna, Jwara, Shotha* etc.

The base of criteria lead down by American Rhumatism Association (ARH) was also taken in to consideration as morning stiffness (more than one hour), affected more than three joints, arthritis of hand joint, symmetrical arthritis and presence of rheumatoid factor.

**CRITERIA FOR ASSESSMENT**

The following parameters were assessed before and after the treatment in both groups.

**Pain in joints**

Severity of pain	Grading
No pain	0
Mild pain, comes occasionally	1
Moderate pain, slight difficulty in joint movement and appears frequently.	2
Severe pain, requires medication and may remains throughout the day	3
Severe pain, disturbing sleep and requires strong analgesics	4

**Stiffness of joints**

Severity of Stiffness	Grading
No stiffness or stiffness lasting for 5 min.	0
Stiffness lasting for 5min.to 2 hrs.	1
Stiffness lasting for 2 hrs. to 8 hrs.	2
Stiffness lasting for more than 8 hrs.	3

**Swelling of the joints**

Severity	Grading
No swelling	0
Mild swelling	1
Moderate swelling	2
Severe swelling	3

**Tenderness of joints**

Severity	Grading
No tenderness	0
Say tenderness	1
Patient winces	2

**Inclusion criteria**

1. Both male and female patients.
2. Age of patient between 21 to 60 years
3. Patients having signs and symptoms of *Amavata* and Rheumatoid Arthritis.

**Exclusion criteria**

1. Age less than 21 years and more than 60 years.
2. Patients having other Systemic disorder.
3. Severe deformities.
4. Rheumatic Arthritis, Septic Arthritis, Osteoarthritis, Gouty Arthritis.

Winces and withdraws	3
Not allowed to be touch	4
<b>Other clinical features</b>	
<i>Angamarda, Aruchi, Trishna, Alasya, Gaurav, jwara</i>	<b>Grading</b>
Complete relief after treatment	0
More relief after treatment	1
Some relief after treatment	2
No any relief after treatment	3

**Material used:** In this study following drugs were utilized

1 **Shunthyadi kwatha:** Prepared as per method<sup>6</sup> i.e. Kwath was prepared by boiling the powder of drugs (*shunthi* + *gokshura* 10 gm each) in 320 ml of water on low heat and reduced to 40 ml and stained in cloth.

*Shunthi* : 10 gm

*Gokshur* : 10 gm

Water : 320 m

Dose : 40 ml twice a day before meal

2 **Valuka sweda:** The heated sand taken in cloth made in to *pottali* and applied over the affected joints.

**METHODOLOGY**

30 patients those fulfilling the criteria were selected. Patients were randomly divided in to two groups. Group A and group B

**Group A**

15 Patients were administrated *Shunthyadi*

**Table No 1:** The effect of therapy on clinical features and objective parameter in Group A i.e. *Shunthyadi kwatha* and *valuka sveda*

Symptoms In joints	Mean score		% of Relief	S.D. ±	S.E. ±	‘t’	‘p’
	B.T.	A.T.					
pain	2.93	0.86	70.64	0.79	0.20	10.30	<0.001
swelling	2.20	0.60	72.72	0.69	0.22	7.27	<0.001
stiffness	1.85	0.64	65.40	0.89	0.23	5.26	<0.001
tenderness	2.35	0.85	63.82	0.75	0.20	7.50	<0.001

**Table No 2:** Effect of therapy on clinical features and objective parameter in Group B i.e. Only *Shunthyadi kwatha*

Symptoms In joints	Mean score		% of Relief	S.D. ±	S.E. ±	‘t’	‘p’
	B.T.	A.T.					
Pain	2.60	1.06	59.23	0.74	0.19	7.80	<0.001
swelling	2.00	0.66	67.00	0.77	0.22	6.04	<0.001

*kwatha* and *valuka sveda* for 6 weeks (42 days)

**Group B**

15 patients were administrated only *Shunthyadi kwatha* for 6 weeks (42 days)

Both groups patients asked to take light diet and warm water.

**OBSERVATION AND RESULT**

Maximum number of patient i.e. 50.00% belongs to 40-50 years of group. The 76.66% Patients were female. 83.33% were Hindu, all were married, 82% patients developing disease between 35-50 years. 73.33% patients were vata-kapha prakriti, 66.66% were krura koshti. Maximum 90% patients were having *mandagni*. 73.33% were having *vishamashana*. 60% patients had habitual constipation. In this 30 patients 53.33% patients were middle class family. And 60% patients were educated from 5<sup>th</sup> to 10<sup>th</sup> level.

<b>stiffness</b>	1.46	0.73	50.00	0.55	0.15	5.60	<0.001
<b>tenderness</b>	2.06	0.80	61.16	0.70	0.18	6.66	<0.001

**Table No 3:** Effect of therapy on associated signs and symptoms in Group A i.e. *shunthyadi kwatha* and *valuka sweda*

Symptoms	Mean score		% of Relief	S.D. ±	S.E. ±	't'	'p'
	B.T.	A.T.					
<b>Agnimandya</b>	2.00	0.33	83.50	0.50	0.30	5.53	<0.001
<b>Aruchi</b>	2.00	0.42	79.00	0.53	0.34	4.61	<0.01
<b>Trishna</b>	1.69	0.69	59.17	0.55	0.15	5.60	<0.001
<b>Alasya</b>	2.00	0.60	70.00	0.54	0.24	5.23	<0.01
<b>Gaurav</b>	2.00	0.36	82.00	0.50	0.30	5.43	<0.01
<b>Jwara</b>	2.20	0.93	57.22	0.81	0.21	6.33	<0.001

**Table No 4:** Effect of therapy on associated signs and symptoms in Group B i.e. *shunthyadi kwath*

Symptoms	Mean score		% of Relief	S.D. ±	S.E. ±	't'	'p'
	B.T.	A.T.					
<b>Agnimandya</b>	2.00	0.36	82.00	0.50	0.30	5.43	<0.001
<b>Aruchi</b>	2.00	0.60	70.00	0.54	0.24	5.23	<0.01
<b>Trishna</b>	2.00	0.71	64.50	0.48	0.18	7.10	<0.001
<b>Alasya</b>	2.20	0.93	57.72	0.81	0.21	6.33	<0.001
<b>Gaurav</b>	2.00	0.87	56.50	0.83	0.29	3.96	<0.001
<b>Jwara</b>	2.00	1.00	50.00	0.60	0.19	5.26	<0.001

Effect of therapy on chief complaints such as pain (*Sandhishula*), swelling (*sandhishotha*), stiffness (*Sandhigraha*), and tenderness (*Sandhisparsha*) is found to be statistically highly significant. Result was found on general symptom such as *Agnimandya*, *Aruchi*, *Trishna*, *Alasya*, *Gaurav*, *Jwara*...etc is also statistically significant. (Table No. 1 to 4)

## DISCUSSION

It is difficult for the patient to prepare fresh *kwath* daily as compare to other forms like *guti*, *vati*, *churna*,...etc. which is easily available in market. But in *kwath kalpana* the unnecessary cellulose part of the drug is excluded which makes the *kalpana* easily digestible than other form. Virtue of *agni sanskara* in the manufacturing process, the *kalpana* becomes *laghu* also due to its liquid form and administra-

tion in hot form the active ingredients reach faster and easily at the *srotasa*. Also due to *ushna guna kwatha* acts on *agni*, *vata* and *kapha* which are mainly involved in *Amvata*.

*Shunthi* is having well known *shothaghna* and *shulaghna* action. *Gokshura* is having *vedanashapak*, *shothahar* and *vatapittashamak*. The *yoga* is *katu madhura rasatmak*, *madhura vipaki*, *ushna viryatmaka* and *kapha vataghna* properties and these properties are useful in *samprapti vighatana* of *Amavata*.

*Swedana* is considered as prime in the *chikitsa* of *vata vyadies*, due to its *ushna guna* overcomes the *shita guna* of *vata* and *shula*, *stambha* are relieved so *valuka swedana* helps in cure signs and symptoms of *Amvata*.

## CONCLUSION

Both the groups showed significant relief, but Group A showed better improvement than Group B .The *Shunthyadi kwatha* is effective in reducing *Amvata symptoms*, but when it gives with *valuka pottali swe-da* as *sthanic chkitsa* the therapy gets extremely effective.

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