

AMAVATA A CASE STUDY**Mittal Mamta¹ Gupta Rakesh²**¹M.O. (Ayur) , Deptt. of *Stri & Prasuti roga*, Govt. Ayu. College and Hospital, Patna, Bihar, India²S.M.O. I/C (Ayur), Ayu Unit, C.G.H.S., Patna, Bihar, India**ABSTRACT**

Amavata is a disease condition which is comparable with Rheumatoid Arthritis in modern medicine. In disease *Amavata*, *ama dosha* is being directed into joints by the vitiated *Vata dosha* (*vyana vata*) and affects the *shleshma dhara kala* (may be similar to synovial tissue inflammation), resulting in effusion and swelling of joints. Due to this restriction of movement and persistent unendurable pain confined patient to bed with limited working area. Approximately 0.05% of total adult population i.e. 2.5 million adults of India are victims of these ailment. A female patient aged 13 yrs suffering from the same is discussed in this article

Key Words: *Amavata, Deepan Pachan, Rasayan*

INTRODUCTION:

We describe a patient who was suffering from pain in both Upper & Lower limb from past 5 yrs. There was no H/o Diabetes, Thyroid disease, Hypertension etc. The A.S.O. Titre was +ve i.e. 400 units (Normal less than 200 units) and was treated for the same on and off from past five years, including allopathic medicaments. Even after that patient was unable to have relief and turned to Ayurvedic medicines.

O.P.D No : 4952

Date : 10.12.2015

Place : Govt. Ayurvedic College Hospital, Patna

Present History:

A Patient aged about 13 years old, student, Hindu by religion with complain of pain & tenderness in upper & lower limb, excessive thirst, early fatigue and morning stiffness. Patient approached the OPD for the above

symptoms to get remedy for pain & stiffness.

General Examination-

On examination patient was having Tenderness on all joints (upper and lower limbs) along with marked swelling on the joints of hands and restriction of movements.

Pathological reports-

Hb-9.8gm/dl, E.S.R.-35 mm in 1 Hr, T.L.C - 10,400 /mm³, D.L.C – N₆₇ L₂₃ E₉ M₁ B₀, S. Uric Acid-4.0 mg/dl, A.S.O. Titre -+VE (400 unit)

Medicines advised

1. Tab. *Yograj Guggulu* & Tab *Rumalaya* – each 1 tab twice daily with luke warm water
2. Maha *Rasnadi Kwath*-2 tsf twice daily
3. Tab *Aarogyavardhini Vati*-1 tab, *Kaishore Guggulu*-1 tab with *Amrita Satva* 250mg twice daily
4. Cap *Manoll*-1 cap twice daily

5. Shallaki Liniment / *Vishtinduk Taila* for local Application.

RESULTS:

There were significant changes in post-treatment Symptoms of pain & tenderness in joints and joint swelling within 10 days. She was advised to repeat the test after 20 days.

A.S.O. Titre was Negative (less than 200 Unit), ESR 19 mm and Hb 10.15 gm on 29.01.2016

The results showed significant decrease in post-treatment levels of ESR and ASO Titre and increase in Haemoglobin as compared to baseline levels along with significant improvement in overall activities & other symptoms.

DISCUSSION

Madhav was the first to identify *Amavata* as a disease in details. *Amavata* is complex disease to deal since there are variety of triggering factors .Due to the unpredictable therapeutic outcomes it is impossible to give accurate information, prognosis & pathogenesis of the disease. Generally *virudhahara*, *virudhachesta*, *mandagni*, sedentary life styles leads to acculamation of *Ama*, which circulates in the body (*vyan-vayu*) & accumulates in kapha predominant places especially in large joints along with the pathogenecity or vitiation of *vata* leads to *Amavata*.

Agnimandya & *Ama* are mainly responsible for the disease. Improving *Jathragani* and removal of *ama* was the aim of treatment along with *vatahara* treatment. Hence for the improvement of *Jathragani* & *pachan of Ama*, *Langhana*, *deepan pachana* with *tikt rasa* predominant diet was prescribed. The *Yograj Guggulu*, *Rumalaya*, *Kaishore Guggulu*, *Aarogyavardhini*, *Rasnadi kwath*, *Manoll* were added. These drugs possess *Deepana*, *Pachana*, *Kapha-Vata* alleviating properties, *Shothaghna* and *Rasayana prabhava*. *Yograj guggul* is the best medicine for *vata vikara*. It has *Triphala*

and *guggul* as main ingredient. It act as *yogavahi rasayan dhatuposhak* and *jata-haragni pradeepak*. *Rumalya tablet* possesses analgesic and antiarthritic properties. By regulating the mediators of inflammation, it exerts a significant anti-inflammatory activity. *Maharasnadi kwath* is also best medicine for *vata vikara* and more useful when used with *yograja gugul*. *Arogyavardhini vati* is having *deepan pachan sroto-shodhak* and *mala shudhhi kara* properties. *Amrita satva* and *Manoll* both have *rasayan* properties. It acts as a immunomodulator and modulates both the humoral & cell mediated immune response to aches & pain. The medicine was found to be effective and safe treatment for patients with *aamvata*. The result of the present study is in concordance with several studies on Ayurvedic treatment.

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