



VALIDATION & ASSESSMENT OF AAM AND AGNI IN AAMVATA WITH ITS NIDANATAKMAK STUDY

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ABSTRACT

This review summarizes current evidence and recommendations regarding *Agni Dushti*, *Aam* formation, and *Nidan* of *Amavata* disease, the most common disease in adults. The onset is more frequent during the 4th & 5th decades of life with 80% of patients developing the disease between the age of 30-40 years. The description of *Aamvata* has been found in many Ayurvedic texts such as *Madhav Nidan*, *Bhavprakash*, *Yoga Ratnakar*, and *Bhaisajya Ratnavali* but the foremost description as a separate entity is found in *Madhava Nidan*. The clinical features of *Aamvata* have a quiet resemblance with a special type of rheumatoid disorder called rheumatoid arthritis. **Aims and Objectives of the study:** To validate the assessment criteria for *Agni* and *Aam*, to conduct a *Nidanatmaka* study (Epidemiological survey) of *Aamvata* w.s.r to Rheumatoid Arthritis., **Material & Methods** – To fulfill the above Aims & Objectives, 32 patients age between 16 -60 years were surveyed for the prevalence of *Aamvata* w.s.r rheumatoid arthritis. The status of *Agni*, as well as *Aam*, were also assessed based on a specially prepared Performa incorporating Signs and symptoms of *Agni* and *Aam* in addition to *Aamvata* and standard criteria such as RA factor, CRP, etc. **Conclusion** - As per the Ayurvedic principles, a new tool was developed with 14 questions for validation of *Aam*, and the Effect of *Agni* will be assessed by six parameters *Ayu*, *Varna*, *Bala*, *Swasthya*, *Utsaha*, and *Upchaya*. On the basis of these parameters, we divided *Agni* into 3 types *Mandagni*, *Madhyam Agni*, and *Uttam Agni*. Most of the population uses Intake of *Dadhi*, *Takra*, *Kola*, *Kulattha*, *Masha*, *Atasi*, *Kusumbha Sneha*, etc, *Gramya*, *Audalka* & *Anupa Mansa* with *Ksheera*, Consuming curd at night, *Tikta*

and *Katu Rasa Dravya* at the starting of meals, Milk with yogurt, eating Deep-fried food, rarely Grain with fruits, Hot drinks with mangoes, cheese, fish, meat, starch, and yogurt, etc., Cold drinks with pizza, cake, pastries, burger, etc.

Keywords: RA, CRP, *Deepana*, *Aamdoshanasaka*, *Virasta*, *Bahumutrata*.

INTRODUCTION

According to *Acharya Charaka Dehagni* or *Jatharagni* is the reason for *Ayu* (life), *Varna* (colour) *Bala* (strength and immunity), *Swasthya* (health), *Utsaha* (energy), *Upachay* (bulk, shape), *Ojas* (immunity), *Tejas* (complexion). The proper maintenance of *Agni* helps a person to live longer and its impairment gives rise to disease. Therefore, *Jatharagni* is considered to be the key regulator or the most important sustaining factor of living beings.^[1] Improper dietary habits like *Adhyasana*, *Vishamsana* and wrong behavioural patterns like *Vegadharan* which leads to vitiation of *Tridoshas* independently or together results in the manifestation of the disease *Agnimandya*. In *Ayurveda*, it is believed that *Agnimandya* is the root cause of all diseases like *Prameha*, *Sthaulya Aamvata*, etc. Due to the disturbed function of *Agni*, partially digested food transformed into *Aam*. *Mandagni* and *Avara Agnibala* leads to the pathogenesis of *Aam Pradoshaja Vikara*. When *Aam* mixes with *dosha*, *Dhatu*, and *Mala*. it develops certain complex adverse reactions, which is the basis of disease. There are two states of *Dosha*, *Dhatu* and *Mala* i.e. *Saam* and *Niraam*. Ayurvedic texts explained *Saam* and *Niraam* on the basis of signs and symptoms and *Mala Pariksha* was given by *Acharaya Charak*. On the basis of these signs and symptoms, an attempt is made to assess the state of *Aam* in the body. A short questionnaire was developed for the clinical evaluation of *Aam & Agni*. A faulty life style precipitates many diseases, *Aamvata* is one among them. As the

Aamvata itself shows, *Aam* and vitiated *Vata* are the main causative factors in the disease.

Acharya Charaka has mentioned –

13 types of *Agni*, *Jatharagni*, 5 types of *Bhutagni*, and 7 types of *Dhatvagni*.^[2] *Acharya Sushruta* has described five types of *Agni* as the types of *Pitta*. also mentions five types of *Bhutagni* indirectly making it to ten.^[3] *Acharya Vagbhata* mentions even three *Malagni* and three *Doshagni* apart from 5 *Bhutagnis* and 7 *Dhatvagnis*.^[4]

Definition of Aam - Due to hypo-functioning of *Dhatwagni* the 1st *Dhatu* “*Rasa*” is not properly digested, instead, the *Anna rasa* undergoes fermentation being retained in the *Aamshaya*. This *Rasa* is called *Aam*.^[5]

When *Aam* and *Vata* are vitiated simultaneously and enter the *Trika* and *Sandhi Pradesh* leading to *Gatrastabdha*, this condition is known as *Aamvata*.^[6] **Nidan -Viruddhahara** (unwholesome diet), **Viruddhacheshhta** (Erroneous habits), **Mandagni** (diminished *Agni*), **Nishchalata** (sedentary life), Exertion immediately after taking *Snigdha Ahara* is the causative factors for disease *Aamvata*.^[7]

Material and Method - In this survey study, 32 patients were surveyed for the prevalence of *Aamvata* w.s.r rheumatoid arthritis. The status of *Agni*, as well as *Aam*, were also assessed based on a specially prepared Performa incorporating Signs and symptoms of *Agni* and *Aam* in addition to *Aamvata* and standard criteria such as RA factor, CRP, etc.

AIMS AND OBJECTIVES -

1. To validate the assessment criteria for *Agni* and *Aam*.
2. To conduct a *Nidanatmaka* study (Epidemiological survey) of *Aamvata* w.s.r to Rheumatoid Arthritis

Table no 01: Total Scoring

0-7	<i>Nirama</i>
8-14	Moderate <i>Aam</i>
15-21	Severe <i>Aam</i>
>22	Chronic <i>Aam</i>

Table 02:

S.N.	Symptoms	Yes always (Grade 2)	Yes, now (grade 1)	No (Grade 0)
1.	Do you notice coating over the tongue?			
2.	Do you have indigestion?			
3.	Do you have an aversion (dislike) to food?			
4.	Do you have constipation?			
5.	Do you have watery/loose stools?			
6.	Does your stool have a pungent smell?			
7.	Does your stool sticky?			
8.	Does your stool sink in water?			
9.	Do you feel tired or lack energy?			
10.	Do you feel sleepy the whole day?			
11.	Are you suffering from headaches?			
12.	Do you have pain in your joints?			
13.	Do you feel the feverish whole day			
14.	Do you suffer from body aches?			

Table 3:

Assessment parameter	No. of patients Grade 1	No. of patients Grade 2	No. of patients Grade 3
Tongue coating	09	11	12
Indigestion	09	14	09
Dislike food	10	13	09
Constipation	08	14	08
Watery stool	23	09	00
Stool has pungent smell	11	17	04
Sticky stool	10	17	05
Stool sink in water	10	15	07
Lack of energy	08	18	06
Sleep whole day	13	16	03
Headache	21	10	01
Pain in joint	07	15	08
Fever	12	16	03
Body aches	12	14	06

Table 4:

<i>Aam</i>	Score	No. of patients	Percentage
<i>Niraam</i>	0-7	06	18.7
Moderate	08-14	21	65.6
Severe	15-21	05	15.6
Chronic	>22	00	00

Assessment Of Effect Of Agni: The effect of Agni will be assessed by six parameters *Ayu, Varna, Bala, Swasthya, Utsaha* and *Upchaya*. The maximum score was 18 following the scoring pattern of 1, 2, and 3 resp. for each question.

Table 06:

s. no.	Assessment Parameters	Grade -1	Grade -2	Grade -3
1.	<i>Ayu</i>	Looks aged than actual	Looks younger than the age	Appearance match with the age
2.	<i>Varna</i>	Dull	Normal	Lustrous appearance
3.	<i>Bala</i>	Not able to do normal daily activities	Able to do normal daily activities	Can tolerate even vigorous exercise
4.	<i>Utsaha</i>	Not enthusiastic even in the normal activities	Ready to do the normal activities	Ready to do even difficult task
5.	<i>Upchaya</i>	Tendency to lose weight	Does not gain weight/ constant	Tendency to gain Weight
6.	<i>Swasthya</i>	Usually remain sick	Usually do not have the feeling of well-being	Generally, have the feeling of well being

Assessment of Agni

Table no.7

Assessment parameter	No. of patients Grade 1	No. of patients Grade 2	No. of patients Grade 3
<i>Ayu</i>	24	02	06
<i>Varna</i>	24	07	01
<i>Bala</i>	24	06	02
<i>Utsaaha</i>	27	04	01
<i>Upachaya</i>	26	05	01
<i>Swasthya</i>	24	06	02

<i>Agni</i>	Score	No. of patients	Percentage
<i>Uttam</i>	18-12	03	9.3
<i>Madhyam</i>	11-06	07	21.9
<i>Heen</i>	<6	22	68.7

Nidanatakṃak Trial:- Aharaja Nidaan

Table no- 08

S.No	Viruddha Ahara	Never	Rare	Sometimes	Often	Constantly
1.	Intake of <i>Dadhi, Takra, Kola, Kulattha, Masha, Atasi, Kusumbha Sneha</i> etc	0	4	11	10	07
2.	Intake of <i>Mulaka & Lashuna</i> with <i>Ksheera</i>	22	6	4	0	0
3.	Continuous intake of <i>Gramya, Audalka & Anupa Mamsa</i> with <i>Ksheera</i>	0	15	4	8	5
4.	Fish+ milk	23	6	3	0	0
5.	Heated honey	23	4	2	3	0
6.	Honey+ cow's ghee mixed in equal proportion	26	4	2	0	0
7.	Pungent substances in summer and cold substances in winter	12	9	2	4	5
8.	Consuming curd at night	7	7	9	4	5
9.	<i>Tikat</i> and <i>Katu rasa dravaya</i> at the starting of meals	10	8	5	7	2
10.	Use of <i>Mulaka</i> with <i>Guda</i>	16	9	4	3	0
11.	Milk with yoghurt	5	4	14	6	3
12.	Deep-fried food	2	5	4	8	13
13.	Excessive use of alcohol & milk	9	5	6	9	5
14.	Intake of articles having sour taste with milk	14	6	7	2	3
15.	Use of fish, citrus fruits & milk together	13	7	7	3	2
16.	Use of milk with bread containing yeast	19	5	7	2	0
17.	Use of yogurt with fruit, cheese, eggs, fish, hot drinks, meat, and milk, etc.	12	8	10	2	0
18.	Grain with fruits	11	14	3	2	0
19.	Hot drinks with mangoes, cheese, fish, meat, starch, yogurt, etc.	8	8	8	5	3
20.	Cold drinks with pizza, cake, pastries, burgers, etc.	2	4	13	9	4
21.	Beans with fruit, cheese, eggs, fish, milk, yogurt, etc.	5	11	9	5	1
22.	Melons with everything especially dairy, eggs, fried food, grains,	19	7	3	0	0

Viruddha Chestha

Table no – 9

S.No.	Viruddha chestha	Never	Rare	Sometimes	Often	Constant
1.	Exertion soon after taking food	0	8	7	8	9
2.	Taking <i>Ushna</i> and <i>Sheet</i> substances immediately after one another	5	8	5	5	10
3.	<i>Vegavidharana</i> ~ Suppression of natural urges	5	6	11	6	4
4.	<i>Divaswapna</i> -Daytime sleeping	4	7	5	3	13
5.	<i>Ratrijagarana</i> -Awakening at night	5	4	12	5	6
6.	<i>Atimathuna</i> -Excessive indulgence in a sexual act	5	7	9	5	6
7.	Any type of physical involvement just after taking a meal excessive	3	3	9	6	11

DISCUSSION

Assessment of Agni in Aamvata - In this study we found that 9.3% of patients were having *Uttam Agni*, 21.9% of patients were having *Madhyam Agni* and 68.7% of patients were having *Mandagni*. As it is said that *Mandagni* is the root cause of all diseases. It includes hypo functioning of various forms of *Dehagni* i.e. (*Jatharagni*, *Bhutagni* & *Dhatvagni*). *Mandagni* leads to the formation of *Aam*, which causes *Srotorodha* & results in reduced *Dhatuposhana* in turn causing *Dhatukshaya*. This *Dhatukshaya* leads to *Vataprakopa*. On the basis of the above observation, we can say that patients suffering from *Aamvata* have *Mandagni*. Which leads to *Aam* Formation and *Vata Prakopa*. *Vata* and *Aam* is the main causative factor in the pathogenesis of *Aamvata*.

Assessment of Aam in Aamvata - In this study we found that maximum patients were having moderate *Aam* i.e., 65.6%, followed by *Niraam* (18.7%), severe *Aam* was found in 15.6% of patients. In this disease, no one suffers from chronic *Aam* condition. A probable reason might be that patients were in the initial stage of the disease. In *Aamvata Nidana Sevan* *Kapha* and *Vata*, *Dosha Prakopa* occurs, which causes *Mandagni*. *Mandagni* is responsible for *Aam* formation, with help of these questionnaires we can categorise the level of *Aam*, which helps us with the management of *Aamvata*.

Discussion on the Nidanatmaka trial:

Acharya Charaka has explained *Aharaja*, *Viharaja Nidana*, for vitiation of *Kapha* & *Vata dosha*. Vitiat-

ed *Kapha Dosha* combines with *Vata* and leads to the development of *Samprapti* of *Aamvata*. Amongst these, the major is *Aharaja Nidana* because *Ahara* is considered as *Prana* for living beings. Without *Ahara*, no one can exist in the universe. As *Charaka* told in *Nidana Sthana*'s 6th chapter, once *Sarira* is abolished, everything becomes deficient. So, everyone has to make efforts to protect the body.

Intake of Dadhi, Takra, Kola, Kulattha, Masha, Atasi, Kusumbha Sneha etc – *Dadhi, Takra, Kola, Kulattha, Masha, Atasi, Kusumbha Sneha* etc is *Snigdha, Vrishya, Guru, Balya* and property cause vitiation of *Kapha Dosha*. Out of 32 individuals, 21.9% used constantly, 31.2% used sometimes, a maximum of 34.3% used often, 12.5% used rarely and 29.8% used never.

Intake of Mulaka & Lashuna with Ksheera – Out of 32 individuals, 12.5 % used sometimes, 18.8 % used rarely, and a maximum of 68.8% used never.

Continuous intake of Gramya, Audalka & Anupa Mamsa with Ksheera – Out of 32 individuals, 15.6 % used constantly, a maximum of 25 % used sometimes, 15.6% used often, 12.5% used rarely and 46.9% used never.

Fish and milk- Out of 32 individuals, 9.4% used often, 18.8% used rarely and a maximum of 71.9% used never.

Heated honey – Out of 32 individuals, 6.3% used sometimes, 9.4% used often, 12.5% used rarely and a maximum of 71.9% used never.

Honey+ cow's ghee mixed – Out of 32 individuals, a maximum of 6.3% used sometimes, 0 % used often, 12.5% used rarely and a maximum of 81.2% used never.

Pungent substances in summer and cold substances in winter- Out of 32 individuals, 15.6 % used constantly, 6.3% used sometimes, 12.5 % used often, 28.1% used rarely and a maximum of 37.5% used never.

Consuming curd at night -Out of 32 individuals, 15.6 % used constantly, a maximum of 43.8% used sometimes, 12.5 % used often, 6.25% used rarely and 37.5% used never.

Tikat and Katu Rasa Dravaya at the starting of meals -Out of 32 individuals, 6.25 % used constantly, a maximum of 34.4% used sometimes, 21.8 % used often, 25% used rarely and 12.5% used never.

Use of Mulaka with Guda - Out of 32 individuals, 12.5% used sometimes, 9.4 % used often, 28.1% used rarely, and a maximum of 50% used never.

Milk with yogurt - Out of 32 individuals, 9.4% used constantly, a maximum of 43.75% used sometimes, 18.8% used often, 13.3% used rarely and 15.6% used never.

Deep-fried food- Out of 32 individuals, maximum of 40.6 % used constantly, 12.5% used sometimes, 25% used often, 15.6% used rarely and 6.3% used never.

Intake of articles having sour taste with milk - Out of 32 individuals, 9.4% used constantly, 21.9% used sometimes, 6.3% used often 18.8% used rarely and a maximum of 43.8% used never.

Use of milk with bread containing yeast - Out of 32 individuals, 21.9% used sometimes, 6.3% used often 6.3% used rarely and a maximum of 59.4% used never.

Use of yogurt with fruit, cheese, eggs, fish, hot drinks, meat, milk, etc. - Out of 32 individuals, 31.3% used sometimes, 6.3% used often 25% used rarely, and a maximum of 37.5% used never.

Grain with fruits - Out of 32 individuals, 9.4% used sometimes, 6.3% used often maximum 43.8% used rarely and 37.5% used never.

Hot drinks with mangoes, cheese, fish, meat, starch and yogurt, etc. - Out of 32 individuals, 9.4%

used constantly, 28.1% used sometimes, 12.5% used often maximum 34.4% used rarely and 15.6% used never.

Cold drinks with pizza, cake, pastries, burgers, etc. - Out of 32 individuals, 12.5% used constantly, a maximum of 40.6% used sometimes, 28.1% used often 12.5% used rarely and 6.3% used never.

Beans with fruit, cheese, eggs, fish, milk and yogurt, etc. - Out of 32 individuals, 3.1% used constantly, 28.1% used sometimes, 15.6% used often, a maximum of 34.4% used rarely, and 15.6% used never.

Melons with everything especially dairy, eggs, fried food, grains, starches, etc - Out of 32 individuals, maximum of 40.63% used sometimes, 9.38% used often, 21.9% used rarely and 28.1% used never.

Viruddha Cheshta

The habits, which exert unfavourable effects on body humours, are considered as *Viruddha* has been described extensively but *Viruddha Cheshta* is not mentioned clearly.

Exertion soon after taking food - Out of 32 individuals, a maximum of 28.1% used constantly, 21.9% used sometimes, 25% used often, 25% used rarely and 00% used never

Vegavidharana Suppression of natural urges - Out of 32 individuals, 21.9% used constantly, 34.4% used sometimes, 9.4% used often, 18.7% used rarely and 15.6% used never.

Taking Ushna and Sheet substances immediately after one another - Out of 32 individuals, a maximum of 31.3% used constantly, 12.5% used sometimes, 15.6% used often, 25% used rarely and 15.6% used never.

Divaswapna -Daytime sleeping - According to *Acharya Charak*, *Divaswapna* leads to vitiation of *Vata-Pitta Dosha*, while according to *Acharya Shusruta* *Divaswapna* leads to vitiation of all the three *Dosha Vata, Pitta, and Kapha*. These vitiated *Dosha* leads to *Agnidusti* results in *Aam* formation in the body. Inappropriate *Aandhya Rasa Dhatu* ultimately affects the formation of *Rakta Dhatu*. Out of 32 individuals, a maximum of 40.6% used constantly,

15.6% used sometimes, 9.4% used often, 21.9% used rarely and 12.5% used never.

Ratrijagarana -Awakening at night - Ratrijagarana has been stated to provoke *Vata Dosh*a which is responsible for *Aamvata*. Out of 32 individuals, 18.8% used constantly, a maximum of 37.5% used sometimes, 15.6% used often, 12.5% used rarely and 15.6% used never.

Atimathuna -Excessive indulgence in a sexual act - Out of 32 individuals, 28.1% used constantly, 15.6% used sometimes, 34.4% used often, 12.5% used rarely and 9.4% used never.

Any type of physical involvement just after taking a meal is excessive – Out of 32 individuals, a maximum of 46.9% used constantly, 5.6% used sometimes, 18.8% used often, 9.4% used rarely and 9.4% used never.

CONCLUSION

It was concluded that *Mandagni* and *Avara Agnibala* leads to the pathogenesis of *Aam Pradosaja Vikara*. When *Aam* mixes with *Dosha*, *Dhatu*, *Mala*, it develops complex adverse reactions, which is the basis of *Aamvata*. As per the Ayurvedic principles, a new tool was developed with 14 questions for validation *Aam*, the Effect of *Agni* will be assessed by six parameters *Ayu*, *Aarna*, *Bala*, *Swasthya*, *Utsaha*, and *Upchaya*. On the basis of these parameters, we divided *Agni* into 3 types *Mandagni*, *Madhyam Agni*, and *Uttam Agni*.

Most of the population uses Intake of *Dadhi*, *Takra*, *Kola*, *Kulattha*, *Masha*, *Atasi*, *Kusumbha Sneha*, etc, *Gramya*, *Audalka* & *Anupa Mansa* with *Ksheera*, Consuming curd at night, *Tikat* and *Katu Rasa Dravya* at the starting of meals, Milk with yogurt, eating Deep-fried food, rarely Grain with fruits, Hot drinks with mangoes, cheese, fish, meat, starch, and yogurt, etc., Cold drinks with pizza, cake, pastries, burger, etc, used rarely Beans with fruit, cheese, eggs, fish,

milk, and yogurt, etc, used sometimes Melons with everything especially dairy, eggs, fried food, grains, starches, etc. However, the classical *Nidana* may lead to the pathogenesis of *Aamvata*.

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