

## ***LANGHANA - AN EFFECTIVE TREATMENT IN AAMAVAT –A CASE REPORT***

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### **ABSTRACT**

*Aamavat* is inflammatory condition of joints. It is burning health issue now a day. In *Aamavat* there is a vitiation of *Vat* due to the *Apachit Annarasa* called as *Aama*. *Aama* formation causes due to the *Mandagni*. According to Modern Sciences, it is autoimmune disorder but *Ayurveda* has the proper line of treatment for this chronic condition. This Article discusses about the *Kshutanigraha*, a type of *Langhana* with *Mudgayusha* and *koshnajal*. Here, a female patient with *Aamavat* is observed.

**Keywords:** *Aamavat, Aama, Kshutanigraha, Koshnajal, Langhana, Mandagni*

### **INTRODUCTION**

*Aamavat* is one of the most crippling diseases found all over the globe. According to *Ayurveda*, the improperly formed '*Annarasa*' is called '*Aama*'. It is the disease of *Madhyam Rogmarga*. It involves *Marma*, *Asthi* and *Sandhi*. The presentation of this disease is symmetrical starting from small joints, deforming having polyarthropathy often associated with extra articular manifestation. *Mandagni* is root cause for all type of diseases<sup>2</sup>. In *Aamavat*; *Mandagni* causes formation of *Apakva Annarasa*. In *Aamavat*, *Aama* and *Vata* are two predominant factors in *Nidana* [causative factors] and *chikitsa* [treatment]. In short, *Aamavat* is caused due to malfunction-

ing of digestion and metabolisms. *Aama* and *vata* are contradictory in their characteristics. Therefore, the line of treatment for *Aamavat* is difficult. Here I am planning *Kshutnigraha*, a type of *Langhana* in treatment of *Aamavat*.<sup>3</sup> In *Chikitsa sutra* *Laghana* is first word.<sup>4</sup>

#### **Correlation between Agni and Aamaa**

According to *Ayurveda*, proper diet and its digestion is considered as one of the basic pillars of life. Ability to digest and metabolize the different type of food determines the state of our health. *Agni* [digestive power] has the important role to play in digestion of food and various toxins that we ingest along with food. *Ayu* [long life], *Varna* [complexion], *Bala*

[strength], *Ojas*[immunity] etc. All are under influence of *Agni*.<sup>5</sup>The basic role of *Agni* in body is to disintegrate the food into simplest possible components to make it easy for assimilation. This occurs at the level of GIT and the cellular level. Due to *Dhatwagni mandhya* and *Bhutagnimandhya*, there is production and accumulation of *Aama*<sup>6</sup>[toxins] are various sites depending upon the sites of ‘*Kha*’ *vai-gunya*.<sup>7</sup>Here I have given *Kshutnigraha*, a type of *langhana* to the patient with *Aamavat*.

### **Hetu [Etiology]**<sup>8</sup>

*Virrudhahar*

*Mandagni*

Doing *Vyayam* [exercise] after eating *Snigdha aahara* [oily food]

### **Samprapti [Pathogenesis]**<sup>9</sup>

When a person with sedentary habits having *Mandagni* [poor digestive power] indulge incompatible diet and regimen [*viruddha ahar vihar*] and does physical exercise after taking fatty food forms *Aama*. This *Aama* is propelled by ‘*Vayu*’ reaches at the site of *Sleshma* at *Sandhis*. This *Aama* is vitiated by *Vata*, *Pitta* and *Kapha* and then is circulated all over the body through *Dhamani* [vessels]. It lodges in the *Strotasas* called ‘*Strotorodh*’ It renders the patient weak and produces feeling of heaviness and stiffness. When this *Aama* lodges at *Sandhis* causing *Shul* [joint pain], *Shoth* [swelling], *Vrushchikdanshvata vedana* [scorpion bite like pain], *Ushnasparsh* [localized temperature] called ‘*Aamavat*’.<sup>10</sup>

### **Case presentation**

A34-year-old woman visited R.T Ayurved Mahavidyalaya and Rugnalaya, Akola

Date – 13/10/16

OPD-12400

IPD -280

Address – Jyoti nagar Akola, Maharashtra

Complaints – *Aasane gamane kashtata* [since 3-4 years]

*Sandhishoola* [since 2-3 years]

*Sandhishotha* [since 2-3 years]

*Jwaranubhuti* [since 3-4 years]

**History of present illness** – patient has all of the above symptoms from 3-4 years. She had stated joint pain from Right first metatarsal joint. Then to Ankle joint then to the knee joint by the time, the patient had pain and inflammation all over the joints.

**On examination** – When the patient came to the hospital for treatment, she was thoroughly examined and complete history was taken. She had no history of fall, no family history. Patient was unable to walk without support. Patient was cooperative and oriented to time, place and person. No signs of pallor, icterus, clubbing, lymphadenopathy.

*Nadi* – 98/ mins

*Mutra* – *Prakrut*

*Mala* – *Sam*

*Jivha* – *Sam*

*Shabda* – *Ksheen*

*Sparsha* – *Ushna*

*Drika* – *Prakrit*

*Akruti* – *Madhyam*

*Agni* – *Manda*

*Bala* – *Heena*

### **Treatment – Langhan**

In this patient with *Aamavat* ‘*Kshutanigraha*’, a type of *Langhan* is planned.

Course – Three courses of alternate *langhan* [*Kshutnigraha* with *Mudgayusha pan*] and *Matrabasti*.

Here, 200 ml of *Mudgayusha* was given to the patient when she felt hungry. Then *Bruhat-saindhawadi tail Matrabasti* was given for 8 days.

### **Anupan –Koshnajal**

**Result** -After this *Langhan Upakrama* of three courses, patient showed improvement in her condition. The Inflammation and pain over the joints are subsided. The patient was feeling lightness all over the joints. The temperature is subsided. The *Samata* over the tongue get decreased. Then she started walking without support.

## **DISCUSSION**

*Langhan* means the food which gives lightness to the body.<sup>11</sup> If food will not be available for digestion then the *Agni* will metabolize the *Aama* and *Sam dosha* result in *Agnidipan* and *Aama pachan*. *Langhan* is one of the six basic principles explained by *Ayurveda* called *Shataupakrama*.<sup>12</sup> Among three *Doshas*, vitiated *Kapha dosha* is responsible for *Stotasaawarodha* [blocking all body channels] Due to this *Guru* [heavy], *Abhisyandi* [pores clogging] and *Picchala* [sticky], *Guna* [properties] which are also the properties of *Aama*. In this *Kshutnigraha* with *Mudgayusha* and *Koshnajal*, the *Agni* will metabolize the *Aama* responsible for *Aamavat*. *Langhan dravya* are *Laghu*, *Ushna*, *Tikshna*, *Vishada*, *Sukshma*, *Khara*, *Saram* and easy for digestion.<sup>13</sup> *Mudga* is *Kashay*, *Madhura*, *Sheet* having *Katu Vipak* and

*Laghu guna*.<sup>14</sup> *Aamavat* brings two components in mind i.e. *Aama* and *Vata*. According to *Ayurveda*, *Mandagni* is main root cause for all diseases.

**Mandagni** –*Mandagni* [decrease power of digestion] does not mean only *Jatharagni* [digestive power] but also seven *Dhatwagni* [metabolisms at tissue level] and three *Malgni* are taken in an account as they are also responsible for creating disease. When this *Agni* gets *Manda*, it produces ‘*Aama*’. To cope with this *Aama* produced in Body. Here we plan *Kshutanigraha* with *Laghu ahar sevan* [*Mudhayusha* with *Koshnajal*]. It is the best treatment for *Aamapchan*. Due to this *Aama*, the *Sukshma strotasa* [tissue pores] get lodge. It causes weak metabolic fire leading to indigestion. This leads to the formation-unprocessed food [*Apakwa annarasa*] This *Ahar rasa* get lodged in *Sleshma sthanas* [joint] causing inflammation. In *Aamavat*, the other term is *Vata Dush-ta*. *Vat* causes pain over the joints. Due to these blockages [*strotasawarodha*] there is *Vata vriddhi* causing pain at that site. *Vata* throws *Aama* to the various sites. According to the classics, *Laghu Ahar* does not cause indigestion, as it is very light for metabolisms.<sup>15</sup> So *Mudgayusha* given in this patient did not cause indigestion and was responsible to enhance *Agni*. This increased *Agni* removes stagnation and blockages from the tissue. Here the pain and inflammation of this patient is reduced due to *Kshutanigraha*. It has been described that some *doshas* cannot be eliminated from the body until and unless *Aama* attains *Pakawatwa*. For this purpose, *Kshutanigraha* along with the *Mudgayusha* is best way. This type of *Langhana* is indicated in *Sama vata*. If

it is given in *Nirama vata*, the symptoms will be aggravated.

## CONCLUSION

*Aamavat* is *Strotosawarodh janya vyadhi*. In *Aamavat*, *Aama* lodges at *Strotasas* [channels] According to classics *Langhana* will remove the clogs present in the *Strotasas* due to its *Laghu guna*. Here *Kshutanigraha* is advised to the patient and *Mudgayusha* is given whenever the patient was hungry. As *Mudgayusha* is very *Laghu* and *Supachya*, the symptoms of the patient get subsided and the patient can walk without support.

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