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 Langhan with Mudyayusha and koshnajal. Here, a female patient with Aamavat is observed.

Keywords: Aamavat, Aama, Khsutanigraha, 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 ‘Aamaa’. 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 polyarthritis often associated with extra articular manifestation. Mandagni is root cause for all type of diseases. 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 malfunctioning 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 Kshutanigraha, a type of Langhana in treatment of Aamavat.

Correlation between Agni and Aama

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. 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 [toxins] are various sites depending upon the sites of ‘Kha’ vaigunya. Here I have given Kshutnigraha, a type of langhana to the patient with Aamavat.

Hetu [Etiology]
Virrudhahar
Mandagni
Doing Vayam [exercise] after eating Snigdha aahara [oily food]

Samprapti [Pathogenesis]

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’.

Case presentation

A34-year-old woman visited R.T Ayurved Mahavidyalay 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. If food will not be available for digestion then the Agni will metabolize the Aama and Sam dosha result in Agnidipan and Aama pchan. Langhan is one of the six basic principles explained by Ayurveda called Shatapakrama. 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. Mudga is Kashay, Madhura, Sheet having Katu Vipak and Laghu guna. 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 Malagni 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 vridhdi 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. 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.
it is given in *Nirama vata*, the symptoms will be aggravated.

**CONCLUSION**

*Aamavat* is *Strotosawrodh 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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