

## CONCEPTUAL STUDY ON KARPASAKULATTHIKADI UPANAHA SWEDA IN AAMAVATA (RHEUMATOID ARTHRITIS)

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### ABSTRACT

Changing modern lifestyle of human being has created several disharmonies in biological system, due to globalisation, and a busy professional and social life, diet habits have changed to a considerable extent as to disturb the normal metabolism and produce several toxins referred as “Ama” in Ayurveda. This ‘Ama’ is then carried by ‘Vayu’ and travels throughout the body and accumulates in the joints or *shleshmasthanas*, at the weaker sites (*Khavaigunya*), and result in painful disease “Aamavata”. According to modern science symptoms are similar to Rheumatoid Arthritis. It is a chronic autoimmune-inflammatory systemic disorder with clinical signs and symptoms mainly synovial joints. Major complaints for which a patient seeks medical attention is pain around the joints, swelling, stiffness and limited range of movements

**Keywords:** Aamavata, Rheumatoid Arthritis, UpanahaSweda, Poulitice

### INTRODUCTION

According to Ayurveda, an imbalance in *Doshik* equilibrium is termed as ‘Roga’. Among *Tridosha*, *Vata* is responsible for all the movements and also is a catalytic factor in the pathophysiology of all the diseases. The name *Aamvata* itself indicates the incredible conjugation of “Aam” and “Vata” doshas that occupy the joints making the movement’s painful. Formation of *Aam* is the primary

event in the pathogenesis of the *Aamvata* disease. *Aam* is *Guru*, *Snigdha*, *Sthira*, *Sthula*, *Pichhila*, while *Vata* have the properties like *Laghu*, *Ruksha*, *Chala*, *Sukshma* and *Vishada*. All these properties lie on opposite pole to each other. Only, the *SheetaGuna* is common in both. This contradiction comes across while treating *Aamvata*, because any measure adopted will principally oppose one another.

Hence, a very careful approach can only benefit the patient. Clinical features of *Aamvata* are pain all over the body & joint, loss of taste, thirst, lack of enthusiasm, heaviness, fever, indigestion and swelling of the body parts (joint).

*Amavata* has similarity with Rheumatoid Arthritis, which is a chronic autoimmune disease that causes inflammation and deformity of the joint. Rheumatoid arthritis can cause inflammation of the tissue around the joints as well as other organs in the body. Autoimmune disease are illness that occur when the body tissue are mistakenly attack by one's own immune system. It is a challenging and burning issue for the physicians and medical field. Till today in the modern science, there is no effective medicine for this disease. All that modern medicine can do on this disease is anti-inflammatory, analgesics. But it gives only temporary relief i.e., till date no satisfactory modern medical management has been developed for this problem and patients are continuously looking with a hope towards *Ayurveda* to overcome this challenge.

## **DISEASE REVIEW**

**Nidan (Aetiology):** According to *MadhavNidan*, indulgence in incompatible foods and habits, lack of physical activity, or doing exercise after taking fatty foods and those who have poor digestive capacity.<sup>1</sup>

**Roop (symptoms):** Clinical features of *Aamavata* are pain all over the body, loss of taste, thirst, lack of enthusiasm, heaviness, fever, indigestion and swelling of the body parts. It becomes incurable when it affects all the joints of the hands, feet, head, heels, wrist, knee and

thighs causing painful swelling, which shift from joint to joint when the *dosas* move from one place to another, severe pain resembling that of scorpion sting. Poor digestion, salivation, anorexia, heaviness of the body, lack of enthusiasm, bad taste in the mouth, burning sensation, profuse urination, hardness of the abdomen and pain, loss of sleep, thirst, vomiting, giddiness, fainting, pain in the heart, constipation, incapacity of movement, intestinal gurgling and many such difficult complications also develop.<sup>2</sup>

**Samprapti (Pathogenesis):** *Nidan* sevan produce *Ama* in the body. This *ama*, associates itself with *vata*, moves quickly to the different seats of *kapha* in the body filling them. Thus the bad end product of digestion associated with *vata*, *pitta* and *kapha*, blocks the tissue pores and passages. It produces weakness and heaviness of the heart, which becomes the seat of the disease. It also affects simultaneously the joint of the body such as those of wrist, neck, shoulder, etc. This dreadful disease known as *Amavata* producing stiffness of the body becomes a cause of many other diseases also.<sup>3</sup>

## **Standard Operative Procedure (SOP) of Upanaha (Poultice)**

### **Upanaha Review**

The term '*Upanaha*' indicates bandaging i.e poultice. It is a procedure of applying warm herbal paste to the affected part of the body followed by suitable type of bandage, is popularly known as *upanahasweda* in *Ayurveda*. It produces insensible sweating by preventing the loss of body heat.

### Karpasakulatthikadi Upanaha Sweda Review

Yogaratanakara have advised Swedana in treatment principle of Aamavata after Langhana.<sup>4</sup> Among Swedana also Ruksha type of Sweda is indicated. Tapasweda and Ruksha Upanaha Sweda thus can be employed for this purpose. As in Aamavata the Dosha-dushti is generally Gambhira and involves deeper Dhatu like Ashti-Sandhi-Marma the Upanaha can be used effectively as it has multidimensional effect. It gives mild sudation for longer duration, mobilizes the inflammatory mediators from joint by improving blood circulation and also mobilizes joint thereby reducing the degenerative changes. With this view Karpasakulatthikadi Upanah sweda<sup>5</sup> was selected for management of Sandhishoola in Aamavata. Swedana has been specially indicated in the presence of stambha, gaurava and

shula this constitutes the predominant features of Aamvata.

### Method of Preparation

It contains

1. Karpas Beej, Kulatthika, Tila, Yava, Eranda Mula, Atasi, Punarnava, Shana Beej- Choorna 25gm each
2. Kanji Q.S,
3. Arkapatra as required
4. Cotton cloth for bandaging

200gms of above choorna used for Upanaha was made into a paste by adding Kanji in sufficient quantity. Thus prepared semi solid paste is heated and kept ready. Warmed paste was applied over the affected Sandhi. Then it is covered with Arka Patra and it is firmly bandaged with cotton cloth. It will be retained for 12 hr then it will be removed and the part will be cleaned with warm water

**Table 1:** Showing Karpasakulatthikadi Upanaha sweda ingredients and its Rasa, Virya, Vipaka, Guna.

NAME OF DRUG	LATIN NAME	RASA	VIRYA	VIPAKA	GUNA
KarpasBeej	GossypiumHerbaccum	Madhura	KinchitUshana	Madhura	Snigadha
Kulatthika	DolichosBiffours	Katu	Ushana	Katu	Laghu,Vidhahi
Tila	SesamumIndicum	Madhur	Ushana	Madhur	GuruSnigadha
Yava	HordeumVulgre	KashayaMadhura	Sheeta	Katu	Ruksha
ErandaMula	RicinusCommunis	Madhura	Ushana	Madhura	Snigadha Tikshana
Atasi	LinumUsitatissimum	Madhura	Ushana	Katu	GuruSnigadha
Punarnava	BoerhaviaDisffusa	MadhuraTikata	Ushana	Madhura	LaghuRuksha
ShanaBeej	Crotalaria Juncea	KashayaAmla	Ushana	Katu	RukshaTikshna
Kanji	-	Amla	-	-	LaghuTikshna
Arkapatra	Calotropisprocera	KatuTikata	Ushana	Katu	LaghuTikshna

### DISCUSSION

In today's fast track world it has become necessary to earn money at cost of one's health and hygiene. So the people do not get proper time to have their meals even and start work-

ing immediately. By this entire schedule they unknowingly invite Aamavata.

In the disease Aamvata two important entities are there one is Aam, and other is Vata. Aam is undigested food material which reflects after certain time and also spread in the body, while

Vata is one of the active element's that are *Dosha*. It is one who controls the body movement and help in moving other *Dosha*, *Dhatu* and *Mala*, so two important entities one is toxic and other is movement, when these two comes together and attack on joints the disease formed will be worst.

The *Swedana* therapy is considered as prime in the treatment of *Vata* diseases due to *Ushna* property it overcomes the *Sheetha* property of *Vata*. As a result, *Sheeta*, *Shoola* and *Sthamba* will be relieved. So, *Upanaha Sweda* helps in relieving the signs and symptoms of *Aamavata*.

## CONCLUSION

The drugs selected for the *Karpasakulatthikadi Upanaha* yoga are having all most all the properties that are mentioned for *Swedadravya*'s. *Karpasakulatthikadi Upanaha Sweda* is *Vatashamaka* by virtue of its *Ushnaguna* and *Aampachak* by virtue of its *Ushna* and *Rukshguna*. *UshanaGuna* of *Swedanan Karma* leads to stimulation of Sympathetic Nervous System and local rise of temperature cause vasodilation and deep tissue stimulation. It increases the blood flow and nutritive materials are absorbed and toxins (*Aama*) are removed through increased blood circulation and sweat. It also reduces the pain, inflammation and stiffness.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Nilesh Gode Et Al: Conceptual Study On Karpasakulatthikadi Upanaha Sweda In Aamavata (Rheumatoid Arthritis). International Ayurvedic Medical Journal {online} 2017 {cited September, 2017} Available from: [http://www.iamj.in/posts/images/upload/3565\\_3568.pdf](http://www.iamj.in/posts/images/upload/3565_3568.pdf)