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Ayurveda management of Rheumatoid Arthritis - A Case Study

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ABSTRACT

Rheumatoid Arthritis is an autoimmune disease that can cause joint pain and damage throughout the body. Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more on joints. As per Ayurvedic science Rheumatoid Arthritis sign and symptoms resemblance with *Aamvata*. *Aamvata* is the disease caused by impairment of *Agni*, formation of *Ama* and vitiation of *Vatadosha*. There is limited treatment in modern science for rheumatoid arthritis. Ayurveda treatment has the best result for *Amavata*. So in this case study Ayurveda treatment has used to cure *Aamvata*.

Key words: Rheumatoid Arthritis, *Aamvata*.

INTRODUCTION

Now a day's Arthritis is the most common disease in the society. Out of all arthritis Rheumatoid arthritis is the common one. *Aamvata* is the disease caused by formation of *Ama* and vitiation of *Vatadosha*. The *Ama* combines with *Vatadosha* and occupies joints which results in *Amavata*. Acharya Chakradatta mentioned *Chikitsa Siddhant* for management of *Amavata* which includes *Langhan*, *Swedan*, use of drugs having *Tikta*, *Katu Rasa* and *Deepan* property, *Virechan*, *Snehpan* and *Basti*.^[1] By using this *Chikitsa Siddhant Amavata* can be successfully treated.

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CASE PRESENTATION

A 48 year old female patient presented with OPD of ASPM Ayurved College, Buldhana, Maharashtra, with a chief complaint of *Ubhaya Janusandhishoola* with *Shotha*, *Ubhaya Manibandha Shoola* with *Shotha*, *Angamarda*, *Aruchi*, and Morning stiffness in joints.

Table 1: Ashta Vidha Pariksha

SN	Pariksha	Pramana
1.	Nadi	84/min
2.	Mala	Vibandha
3.	Mutra	Samyak
4.	Jeeva	Saam
5.	Shabda	Samyak
6.	Sparsha	Samyak
7.	Druka	Samyak
8.	Akruti	Madhyama

ASSESSMENT CRITERIA**Sandhishool (Pain in Joints)****Table 2: Grading of Sandhishool**

SN	Severity of Pain	Grade
1.	No Pain	0
2.	Mild pain	1
3.	Moderate but no difficulty in moving	2
4.	Slight difficulty in moving due to pain	3
5.	Much difficulty in moving the bodily parts	4

Sandhishoth (Swelling in Joints)**Table 3: Grading of Sandhishoth**

SN	Severity of Swelling	Grade
1.	No swelling	0
2.	Slight swelling	1
3.	Moderate swelling	2
4.	Severe swelling	3

Angamarda (Body ache)**Table 4: Grading of Angamarda**

SN	Severity of Body ache	Grade
1.	No Body ache	0
2.	Mild Body ache	1
3.	Moderate Body ache	2
4.	Severe Body ache	3

Sandhigraha (Stiffness in Joints)**Table 4: Grading of Sandhigraha**

SN	Severity of Sandhigraha	Grade
1.	No Stiffness	0
2.	5 min to 2 hr	1

3.	2 hr to 8 hr	2
4.	>8hr	3

MATERIALS AND METHODS**Material**

SN	Dravya	Dose	Duration	Anupana
1.	<i>Sihnad Guggulu</i>	250 mg	2 BD	Lukewarm Water
2.	<i>Amavatori Rasa</i>	250 mg	2 BD	Lukewarm Water
3.	Tab. <i>Gandharva Haritaki</i>	500 mg	2 BD	Lukewarm Water
4.	<i>Rasnasaptaka Kwatha</i>	10 ml	BD	Lukewarm Water

Panchakarma

<i>Swedana</i>	<i>Valukapottali Swedana</i>
<i>Snehana</i>	<i>Vishgarbha Taila</i>
<i>Virechana</i>	<i>Eranda Taila (5ml at Morning)</i>

Method

Centre of Study - ASPM Ayurved College Hospital and Research Institute, Buldhana

RESULTS

Patient got relief from *Sandhishotha* and *Angamarda* in 7 days. After 14 days of treatment Patient got relief from rest of the symptoms. We took follow-up of patient up to next 3 months. After 3 months follow up it was observed that patient got relief from all symptoms except slight pain in knee joints.

SN	Sign and Symptoms	Before Treatment	After Treatment
1.	<i>Sandhishoola</i>	2	1
2.	<i>Sandhishotha</i>	2	0
3.	<i>Angmarda</i>	2	0
4.	<i>Sandhigraha</i>	1	0

DISCUSSION

Amavata is the disease caused by formation of *Ama* and vitiation of *Vatadosha*. Also it can be said that *Mandagni* is the cause of formation of *Ama*. In present case *Sinhanad Guggula* enhances *Agnibala* and suppress *Ama Utpatti* which helps in breaking of *Samprapti*.^[2] *Amavatari Rasa* act by its virtue of *Deepana, Anulomana, Vatashamaka, Rasayana, Shothagna, Yogvahi* property. *Gandharva Haritaki* removes *Ama* from the body by its purgative action. *Rasnasaptak Kwatha* acts as *Shoolagna*, anti inflammatory and immunomodulator.^[3] *Valukapottali Swedan* acts as *Vaatshamak*.^[4] *Vishgarbha Taila* acts as Antinflammatory. Thus by doing *Samprapti Bhanga*, Ayurveda management give best results in *Amavata*.

CONCLUSION

By considering results of this case it can be concluded that Ayurveda management gives significant results in *Amavata* disease.

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