



AAMVATA & ITS MANAGEMENT THROUGH AYURVEDA - A CASE REPORT

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ABSTRACT

Today is the era of modernization and fast life, everybody is living busy and living stressful life which leads to improper dietary habits, which leads to vitiation of *Tridoshas* independently or together results in manifestation of disease *Agnimandya*. Which is root cause for all disease like *Prameha* (Diabetes Mellitus), *Sthaulya* (Obesity), *Aamvata* (Rheumatoid Arthritis) etc. *Amavata* is a common disease encountered by physicians in day to- day life. Due to progressive, chronic nature of disease it affects the quality of life of patients and decreases their productivity at work. When *Aam* (Undigested Food) and *Vata* are vitiated simultaneously and enters in the *Trika* and *Sandhi Pradesh* leading to *Gatrastabdha*, this condition is known as *Aamvata*. In modern science *Amavata* is compare with Rheumatoid Arthritis which is an auto-immune disorder. In the present article a 38 years old female patient presented with complaints of *Angmarda*, *Aruchi* (Loss of Appetite), *Jwara* (Fever), *Sandhishotha* (Joints Swelling) and *Sandhishoola* (Joint Pain) for 6 months. This patient was effectively treated by the combination of *Ajmodadi Churna*, *Aamvatavidhavansh Rasa*, *Trikatu Churna Chitrakadi Vati*, *Singhnaad Gugglu* and *Dashmoola Kwath*. All the symptoms showed highly significant results. Hence it can be concluded that these medicines are very effective in patients of *Aamvata*.

Keywords: *Adhyasana*, *Vegadharan*, *Trika*, auto-immune, *Sandhishoola*.

INTRODUCTION:

In 21st century change in dietary habit and emotional stress leads to hypo-function of *Agni*.^[1] Improper dietary habits like *Adhyasana*, *Vishamsana* and wrong behavioural pattern like *Vegadharan* which leads to vitiation of *Tridoshas* independently or together results in manifestation of disease *Agnimandya*. Due to disturbed function of *Agni*, partially digested food transformed into *Aam*. *Aam* is produced by *Agnimandya* of both *Jatharagni* as well as *Dhatwagnis*. Even though *Aam* is responsible for various diseases, in *Aamvata* it plays main role. *Aam* & *Vata* vitiated simultaneously & disease is manifested mainly in joints of *Hasta*, *Pada*, *Sira*, *Trika*, *Gulpha*, *Janu* & *Uru*.^[2] The main symptoms produced are

Angaamrda, *Aruchi*, *Trishna*, *Alasya*, *Gouravam*, *Apaka* & *Shotha*.^[3]

The description of *Aamvata* has been found in many Ayurvedic texts as *Madhav Nidan*, *Bhavprakash*, *Yoga Ratnakar*, *Bhaisyaha Ratnavali* but the foremost description as a separate entity is found in *Madhava Nidan*. *Acharya Madhav* has described about all aspect of disease like etiological factors, clinical features, classification pathogenesis and progressive stage of the disease. The clinical features of *Aamvata* have quiet resemblance with special type of rheumatoid disorders called rheumatoid arthritis.

Case History:

A 38-year-old female patient was come to the OPD No. 04 of *Kaya Chikitsa*, Quadra

institute of Ayurveda Roorkee, Haridwar with his husband with complaints of -

- Angmarda* since 6 months.
- Aruchi* since 6 months.
- Jwara* since 6 months.
- Sandhishoola* since 6 months.
- Sandhisotha* since 6 months.

History of Present Illness:

According to patient she was asymptomatic before 6 months then she gradually developed *Angmarda*, *Aruchi*, *Jwara*, *Sandhishoola* and *Sandhisotha*. As days passed, she faced more swelling and pain over joints with severe body ache. She took Allopathic treatment, but did not get relief. Then, she decided to come for a better evaluation and management in

Quadra Institute of Ayurveda, Roorkee, Haridwar and admitted to the IPD of *Kaya Chikitsa* of our hospital and planned for internal medications.

Past history of patient –

The patients used antacid and NSAID's drug unevenly. Her mother was also suffering from same problem.

Personal History:

- Bowel – constipation,
- Micturition – 10-12 times per day.
- Appetite – poor.
- Sleep- Disturbed.
- Built – Obese.
- No history of any type of addiction like smoking, alcohol.

Table no – 1 Diagnosis Criteria-

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Angamarda</i>	No <i>Angamarda</i>	Occasional but able to do usual work <i>Angamarda</i>	Continuous <i>Angamarda</i> but able to do usual work	Continues <i>Angamarda</i> and unable to do work
<i>Aruchi</i>	Normal desire offood	Eating timely without much desire	Desire for food little late than normal Time	Desire for food only after long Interval
<i>Bahumutrata</i>	Absent	Urine >3	Urine > 5	Urine > 7
<i>Jwar</i>	96-98 F	98-100 F	100-102 F	102-104
<i>Sandhi Shula</i>	No pain	Mild bearable Pain	Frequently complain Pain with painful look	Difficulty in joint movement
<i>SandhiShotha</i>	No swelling	Not marking the body landmark of joint	Just covering the bony prominence	Considerable and mark
Joint involvement	1 large joint	2-10 large joints	1-3 small joints	4-10 small joints

Table .2 Treatment plan:

<i>Yograj Gugglu</i>	250 mg
<i>Ajmodadi Churna</i>	3 gm
<i>Chitrakadi Vati</i>	250 mg
<i>Trikatu Churna</i>	2 gm

With Luke warm water 2 times in a day. (After food)

- 2) *Singhnaad Gugglu* – 2 tab with Luke warm water three times in a day. (After food)
 3) *Dashmoola Kwath* – 20 ml with same amount of water two times in a day. (Before Food)

Table no – 3 Pathya /Apathya ^[4]

Type	Aahara	Vihara
Pathya	<i>Sunthi, Aadraka, Sauf, Hingu, Ajmoda, Yava, Karwelaka, Takra, Kulataha, Parvala, Sahajana, Kultha, Gomutra, Eranda Taila.</i>	<i>Rukshana, Swedana, Langhana, Laghu Vyavaam, Chakramana.</i>
Apathya	<i>Dahi, Matsya, Guda, Dugdha, Maasha, Guru Astamya Bhojana, Anoop Mansa.</i>	<i>Raatiri Jagrana, Vegadharana, Chinta, Shoka etc.</i>

Result Table no -4

Symptoms	B.T.	A.T.	% of Relief
<i>Angamarda</i>	2	1	50
<i>Aruchi</i>	2	0	100
<i>Bahumutrata</i>	4	1	75
<i>Jwar</i>	1	0	100
<i>Sandhi Shula</i>	2	1	50
<i>Sandhi Shotha</i>	1	0	100
Joint involvement	1	0	100

DISCUSSION: This disease is *Vata pradhan Kapha Pitta Anubandhit* in another word *Tridoshaja Vyadhi*. *Dushya* are *Rasadi dhatu, Asthigata snayu and Sira. Rasavaha, Asthivaha Shrotas* are involved in this disease.^[5] *Adhistan* is *Asthi* and *Sandhi*. *Jatharagni and Dhatwagnis Mandhyta* occurs in this disease. *Aamvata* is *Doshabala* and *Mandagnijanya Vyadhi* so its management is done by *Deepana, Paachana* and *Doshashaman*.

Ajmodadi churna having drugs like *Shunthi, Pippali, Pipalimoola, Chitraka etc* show *Dipana, Pachana* property which improves the function of *Agni*. The *Churna* will stop the further *Aam* production and help to break the basic pathology.^[6]

Yograja Gugglu have *Tridoshaghna* and *Vrisya* properties.^[7]

Chitrakadi Vati helps to manage indigestion by digesting *ama* due to its *Deepan* and *Pachana* properties. it also helps to balance the *Pitta Dosha*.^[8]

Trikatu Churna have *Pipali (Piper longum), Marich (Piper nigrum)* and *Sunthi (Zingiber officinale)* drugs, which enhance *Agni* and have *Aamdoshanashak* properties.^[9]

Singhnaad Gugglu have *Katu, Tikta Rasa, Laghu Guna, Ushna Virya, Katu Vipaka, Deepan Paachana Aampachaka Srotoshodhaka* properties which helps in breaking the pathogenesis of *Aamvaata*.

Dashmoola Kwath helps to manage *Aam Dosha, Deepana, Pachana, Kaphavata-Hara, Shothhara, and Jwara*.^[10]

The *Pathyapathya* regimen was designed and advised to the patient was found helpful in alleviating the symptoms of *Aamvata* as well as to raise the quality of life in a span of 30 days.

CONCLUSION : *Agni* helps the ingested food to get digested, absorbed and assimilated, hence contribute for all the vital functions of our body. Hypo functioning of *Agni*, caused due to abstinence from food, indigestion, overeating, irregular diet habits,

consumption of cold substances, wasting of tissues, suppression of natural urges etc., mental stress such as rage, grief and hunger etc may also give rise to *Aamdoṣha*. *Mandagni* and *Avara Agnibala* leads to pathogenesis of *Ama Pradoṣaja Vikara*. When *Ama* (Undigested Food) mixes with *Dosha*, *Dhatu*, *Mala*, it develops certain complex adverse reactions, which is the basis of disease. When *Ama* (Undigested Food) and *Vata Dosha* are vitiated simultaneously and enters in the *Trika* and *Sandhi Pradesha* leading to *Garastabdha*, this condition is known as *Amavata*. The approach to therapy is therefore to dissolve *Aam* (Undigested Food) through *Langhana* and *Pachana*. The study concludes that all the above combination of Ayurveda drugs given to the patient of *Aamvata* in appropriate combination and formulations can symptomatically cure patients within 60 days with cure rate of 82%. The effectiveness of *Ayurvedic* treatment has proved that there is good result in this case.

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