

A CASE STUDY ON THE EFFECT OF YOGA VASTI IN THE MANAGEMENT OF AMAVATA W.S.R TO RHEUMATIOD ARTHIRITIS

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ABSTRACT

Amavata is a disease in which vitiation of *Vata* and accumulation of *Ama* takes place in joints. *Ama* and *Vata* both effect the joints and causes stiffness of the body. Based on clinical presentation, *Amavata* can be correlated with Rheumatoid Arthritis. The worldwide prevalence of Rheumatoid arthritis is 0.8% and is two to three times more common in women compared to men. In India the prevalence has been estimated to be 0.7%. In its typical form RA is a symmetrical, destructive and deforming polyarthritis affecting small & large synovial joints. The condition is managed by NSAIDs, DMARDs & Corticosteroids, but still remains challenging problem to the medical field as it doesn't completely cures the disease. In Ayurveda as per *Cakradatta Amavata chikitsa sutra* includes *Langana, Svedana, Tikta dravya, Deepana, Katu rasa sevana, Virechana, Snehapana, Saindavadi tail anuvasana* and *Vaitharana vasti*. In the present study a male patient age 68 years with long history of pain in all joints, more pain in large joints associated with swelling in the ankles & morning stiffness and diagnosed as *Amavata* came for treatment at OPD PG Dept of PK, Dr.B.R.K.R Govt. Ayurvedic College, Hyderabad. *Vasti* is best treatment of choice in *vataroga*, hence *Brihatsaindavadi tail Anuvasana, Vaitharana vasti* as *Niruha* for a period of 8 days given. Subjective & objective parameters were taken before & after treatment. The patient was found moderate relief after giving *Yogavasti*.

Keywords: *Langana, Deepana, Brihatsaindavadi tailam, Vaitharana vasti*

INTRODUCTION: *Amavata* is a disease produced by *Ama* and vitiation of *vata*. Due to *virudha ahara, chesta ,mandagni, nischala, vyama* after *snigdha bojana* plenty of *ama* is formed in the body. The *Vata* also gets vitiated and pushes *ama* into *Sleshma stana*, mainly joints. The vitiated *ama* and *vata* get lodged in various joints mainly in the *kati, prushta, trika, janu* etc. Causes *angamardha , aruchi , trushna , alasya gouravam jwara and shunata of anga*¹. In *pravruddha* state of *amavata*. painful swelling of *hasta , pada , shira , gulfa , Trika , janu, uru sandhi*. *Vrischika damshavat peeda, agni dourbalya, utsahahani, bahumutrata, kukshi katinata, nidra viparyaya*. *Madhavakara* was the first who described the features of *Amavata*, where as the

treatment of *amavata* was first explained by *Cakradatta*.

The features of *Amavata* closely resembles with the Rheumatoid arthritis. Rheumatoid arthritis is a chronic progressive auto immune arthropathy and characterized by bilateral symmetrical involvement of joints with the systemic clinical features². Treatment of Rheumatoid arthritis in modern medicine includes NSAIDs, Corticosteroids and DMARDs has many side effects. Ayurvedic treatment of *Amavata* starts with pacification of *vata* and elimination of toxins from the body. As per *Cakradatta Amavata chikitsa* includes *langana, swedana, tikta, deepana, katudravya, virechanam, snehapanam, saindavadi tail anuvasana*³ and

Vaitharana vasthi is indicated in **MATERIALS AND METHODS CASE REPORT**

A 68 old male patient visited OPD (7688) of panchakarma, Dr.B.R.K.R.Govt Ayurvedic College, Erragadda, Hyderabad, complaining of pain in all the joints and more pain in knee joints and right ankle joints, swelling below the eyes, morning stiffness since 2 years. Dryness of throat and fever on and off.

HISTORY OF PRESENT ILLNESS

The patient was asymptomatic 2 years back, first developed pain in all joints, loss of appetite, fatigue, dryness of throat, heaviness of the body, swelling below the

Amavata⁴.

eyes. Then gradually morning stiffness and more pain in both knee joints and ankle joints developed.

Treatment Given Yogavasti

Material Required

Ingredients of Kashaya (Vaitharana) Vasti

- *Saindava lavana-1 Karsha* (12 gms)
- *Guda- 1/2 pala* (24gms)
- *Tila taila*-quantity sufficient
- *Amlika-1 pala* (48gms)
- *Gomutra- 1 kuduva* (192ml)
- *Brihat saindavadi tailam* – 100ml

Table No: 1 Treatment given

Day	Procedure	Quantity
	<i>Brihat saindavadi tail anuvasana vasthi</i>	100 ml
Day2	<i>Brihat saindavadi tail anuvasana vasthi</i>	100 ml
Day3	<i>Vaitharana vasthi</i>	336 ml
Day4	<i>Brihat saindavadi tail anuvasana vasthi</i>	100 ml
Day5	<i>Vaitharana vasthi</i>	336 ml
Day6	<i>Brihat saindavadi tail anuvasana vasthi</i>	100 ml
Day7	<i>Vaitharana vasthi</i>	336 ml
Day8	<i>Brihat saindavadi tail anuvasana vasthi</i>	100 ml

CRITERIA FOR ASSESSMENT The following subjective and objective parameters were used to assess the effect of treatment.

GRADING OF SUBJECTIVE PARAMETERS

Table No: 2 grading of subjective parameters

Features	Grading
<i>Angamardha</i>	
<i>Aruchi</i>	
<i>Aalasya</i>	0-Absent
<i>Gouravam</i>	1-Mild
<i>Jvara</i>	2-Moderate
<i>Apaki</i>	3- Severe
<i>Sandhishoola</i>	
<i>Shoonata anganam</i>	

Table No: 3 Grading of objective parameters

Grade	0	1	2	3
Grip Strength	>200 mmHg	199 -120 mmHg	119 -70 mmHg	<70 mmHg
ESR	0 - 20	21 - 35	36 - 50	>50
RA factor	Inactive	Minimally active	Moderately active	Severely active
VAS NPDS GRADING (1-10)	No pain	Mild pain (1-3)	Moderate pain (4-6)	Severe pain(7-10)
Tenderness of joints	No tenderness	Mild tenderness	Wincing of face on pressure	Wincing of face withdrawing of effected parts
Stiffness of joints	No stiffness	Stiffness for 5 minutes	Stiffness 5 - 30 minutes	Stiffness 30 - 60 minutes

DISCUSSIONS As *Amavata* is *vatavyadhi*, *vasthi* is the best choice of treatment for *vata vyadhi*. As per *Cakradatta saindavadi tail anuvasana* and *vaitharana vasti* are indicated in *amavata*.

Mode of Action of *Brihat Saindavadi Tail*

Brihat Saindavadi taila is indicated in *amavata*. Most of the drugs are having *vata* and *kapha shamaka* properties. It contains three types of *lavana*, *trikatu*, *Eranda taila* and etc. *Eranda tail* due to *ushna*, *tikshna*, *deepana guna* it disintegrates *ama*.

MODE OF ACTION OF VAITHARANA VASTHI: *Vaitharana vasthi* is explained by *Vangasena* and *Cakradatta*. It is indicated in diseases which are having *amadosha* predominance, *shoola* and *vata kapha* disorders. The ingredients of *vaitharana vasthi* are *saindava lavana*, *guda*, *tila taila*, *amlika* and *gomutra*. *Saindava lavana* is having *pachana*, *deepana*, *tikshna*, *vatahara*, *kapha vishyandana*, *marga vishodana* properties⁵.

With the above properties it helps to pass

the drug molecule in systemic circulation and to reach up to molecular level. *Gudapurana guda* is having *laghu*, *pathya*, *vatapittaghna*, *kshara guna*, *agni vardhaka*, *vit*, *mutra*, *amashaya shodhana*, *jvarahara properties*⁶. Due to above properties it helps to disintegrate *ama*. *Tila taila*-is having *sukshma*, *ushna*, *vyavayi*, *teekshna*, *vishada*, *vikasi*, *lekhana*, *sara*, *deepana*, *srotovishodana gunas*⁷. It is said to be best in *sneha* so which helps to pacify *vata*. *Amlika*- It is having *deepana*, *ruksha*, *sara*, *ushna*, *kaphavata hara* properties. The above said properties help to cure *amavata*. *Gomutra*- *ushna*, *katu rasa*, *kshara*, *tikshna*, *agnideepana*, *vata kapha hara* properties. These helps to pacify *ama*. Thus all the ingredients of *vaitharana vasthi* helps to cure *amavata*.

RESULTS: *Brihat Saindavadi anuvasana vasti* and *Vaitharana vasti* as *kashaya vasti* was given in *Yogavasti* format to the above patient for eight days. Moderate relief of pain was observed after completion of *vasti*. The Results are displayed in the following tables.

Table No: 4 Assessment of subjective parameters

Features	Before treatment	After treatment
<i>Angamardha</i>	3	1
<i>Aruchi</i>	3	0
<i>Aalasya</i>	2	1
<i>Gouravam</i>	3	0
<i>Jvara</i>	1	0
<i>Apaki</i>	2	0
<i>Sandhishool</i>	3	1
<i>Shoonata anganam</i>	2	0

Table No: 5 Assessment of objective parameters

	Before treatment	After treatment
Grip Strength	2	1
ESR	2	1
RA factor	2	0
VAS	3	1
Tenderness of joints	2	1
Stiffness of joints	3	1

INVESTIGATIONS

- ESR-40mm/hr
- RA factor-36 IU/ml

CONCLUSION: *Brihat saindavadi tail* and *vaitharana vasti* as *yoga vasthi* play a major role in the treatment of *amavata*. All the ingredients having *deepana*, *pachana*, *ushna*, *tikshna* properties which helps in breaking down the pathogenesis of *amavata*. *Vaitharana vasti* action is seen upto minute channels where it will do the *lekhana* of *ama*. Thus this *yogavasti* is very useful in *amavata* without any complications.

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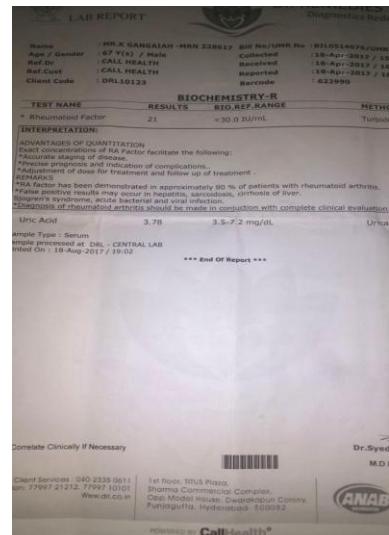
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Before Treatment



BEFORE TREATMENT

After Treatment



AFTER TREATMENT

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GOVT. AYURVEDIC HOSPITAL & CENTRAL PATHOLOGY LAB
ERRAGADDA, HYDERABAD.

BLOOD EXAMINATION REPORT

NAME: M.R.K. Gangaiah Date: 16/08/17 Age: 46 Sex: Male

1) HEMOGLOBIN (13-16 gms.) Male
(11-13 gms.) Female

2) R.B.C..... (4-6 Mill/Cu.mm)
(3.5-5 Mill/Cu.mm)

3) W.B.C. COUNT..... (4000-11000/Cu.mm)

4) POLYMORPHS..... (40-70%)
LYMPHOCYTES..... (25-40)
EOSINOPHILS..... (2-6%)
MONOCYTES..... (1-8%)
BASOPHILS..... (0-1%)
BLOOD PICTURE.....

5) E.S.R..... 1st Hour 40 (0-15mm)
2nd Hour 55 (0-20 mm)

6) BLEEDING TIME..... NORMAL 1 TO 3 M
CLOTTING TIME..... NORMAL 3 TO 7 M

7) BLOOD GROUP..... Rh (D) type.....

Result:—

LAB INCHARGE/ PATHOLOGIST: Dr. Syeda S. Fatima

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