

A CRITICAL REVIEW ON AHARAJA NIDANA OF AMAVATA

¹Pooja .S ,

²Sanjay Kumar M.D

¹Assistant Professor , Department of UG studies in Kayachikithsa JSS Ayurveda Medical College, Mysuru.

²Associate Professor , Department of PG studies in Kayachikithsa, Government Ayurveda Medical College, Mysuru.

ABSTRACT

Amavata is a pain predominating and movement restricting disease, it hampers the normal activities of the patient. *Amavata* pose a challenge to the physician owing to its chronicity, incurability, complications and morbidity. *Amavata* is a *rasha dushita vikara* and is mainly due to the impairment of *jataragni* and *dhatwagni*, resulting in the production of *ama*. Such *ama* when gets associated with *vikruta vata* and gets located in *sandhis* it produces *shoola* (pain), *shotha* (swelling) and *sthabhdha* (stiffness) of *sandhis* (joints). *Amavata* is having similarities with disease Rheumatoid arthritis explained in contemporary science. Many peoples in society are unaware about disease and its complications which is responsible for lifelong joint deformities. The exact cause of RA still remains unknown. Infectious agents or their products have been implicated without conclusive evidence. Hence an effort is made to understand the *nidana* of *Amavata* in the present day scenario.

Keywords: *Amavata*, *Rheumatoid Arthritis*, *Mandagni*, *Viruddha ahara*

INTRODUCTION: In Present era people are so busy in their profession and life style. They show less interest in own health and they are unable to make a healthy life. The things that trouble most of people are faulty Dietary habit & not to follow daily seasonal regimen. Frequent indulgence of such factors leads to altered status of *Jatharagni* as well as *Dhatvagni*. Impaired status of Agni leads to develop various kinds of diseases. *Amavata*¹ is a disease where *stabdhata* of the body occurs due to lodging of vitiated *Ama* and *Vata* in the *Trika-sandhi* and produces the symptoms like *angamarda*, *aruchi*, *gourava*, *trishna*, *apaka* etc. The term 'yugapat' means simultaneous vitiation of *vata* and *kaphadosha*, as main pathogenic factor of the disease. Role of hormones, pregnancy and related physiological alterations, foetal-maternal interactions have been implicated. Recently, a link between RA and smoking has been established.

The exact cause of RA still remains unknown². Infectious agents or their products have been implicated without conclusive evidence

AHARAJA NIDANA OF AMAVATA

According to *Madhavanidana*³, *nidana* of *Amavata* are as follows:

- *Viruddhaahara*^{4,5,6,7} *Mandagni*
Bhavaprakasha, *Vangasena*,
Gadanigraha and *Yogarathnakara* have same opinion as that of *Madhavanidana* regarding *hetu* of *Amavata*.

In *HaritaSamhita*, the *nidana* of *Amavata* are considered as *guru ahara*, *mandagni*, *atitarpana*, *kanda* and *shaakasevana* and indulgence in excessive *vyavaya*.⁸

1. *Viruddha ahara*⁹ :

Viruddhaahara means *ahara* whose *gunas* are similar to *doshas* and opposite in action to that of *dhatus*. They are of two kinds. First one is 18 types of *viruddhaahara* and second one is the *dravyas* which are *viruddha* to *shareera* by their *swabhava*. *Charaka Samhita* has

categorised *viruddhaahara* into 18 varieties. They are *deshaviruddha*, *kala viruddha*, *agniviruddha*, *matraviruddha*, *satmyaviruddha*, *doshaviruddha*, *samskaraviruddha*, *veeryaviruddha*, *koshtaviruddha*, *avasthaviruddha*, *kramaviruddha*, *pariharaviruddha*, *upacharaviruddha*, *pakaviruddha*, *samyogaviruddha*, *hrithviruddha*, *sampathviruddha* and *vidhiviruddha*. Excessive consumption of *viruddhaahara* leads to formation of *ama* and *tridoshaprakopa* which plays a major role in the manifestation of *Amavata*.

2. *Kandamulasevana*¹⁰

The *kandamulas* and *shakhas* are explained in *Hareeta Samhita* as *nidana* for *Amavata*.

3. *Mandagni*¹¹

Jataragnimandya is the root cause of all the diseases.

The *nidana* which leads to *amothpatti* and *doshaprakopa* can be classified as follows:

(1) *Aharajanidana*

(2) *Viharajanidana*

AHARAJA NIDANA

Aharaja nidana includes,

- *Viruddha aharasevana*
- Improper following of *Ashtavidha ahara vishesha ayatana*
- Improper following of *Dwadasha ashana pravicharana of ahara*

Discussion on how *Viruddha ahara* acts as a causative factor in the pathogenesis of *Amavata*.

In the present day scenario Incompatible foods are the one prepared with odd combinations to enhance the taste, like milk processed with sour fruits (like mango), khova, lassie etc. Fast food like canned foods, preservatives in food and beverages have replaced the staple diet in several corners of the world. These fast

foods generally fall in *Viruddha Ahara*, Improper following of *Ashtavidha ahara vishesha ayatana* and improper following of *Dwadasha ashana pravicharana of ahara* is the major causative factor for production of *Áma*.

- Certain food and food components may worsen the disease condition RA. Intestinal epithelium is an interface between mucosal immune system and external environment, and it is the interaction between intestinal epithelial cells and mucosal immune system which determines the resultant immune response to various food antigens. There are many references that show food acting as a potent antigen which pass through the gastrointestinal tract's epithelium and further interact with mucosal immune system and move into circulation. Hence, the food acting as potential antigen evoking auto-immune responses in RA, can be understood as *Viruddha ahara* as an evidence for *Amavata*.

Discussion on how *Kandamula* and *Shakha sevana* acts as a causative factor in pathogenesis of *Amavata*.

- In *Harita Samhita*, the *nidana* of *Amavata* are considered as *kanda* and *shakha sevana*.

Excess consumption particular type of *kanda* and *shakha* can be considered to Solanine induced toxicity.¹²

- Solanine is an alkaloid toxin which have pro-inflammatory properties in some individuals, which will be present in leaves, fruit, and roots of plants, like Potatoes, tomatoes, brinjal, bell peppers contain high quantity of Solanine alkaloid
- Excess consumption of above said vegetables may cause paralytic-like muscle spasm, aches, pains, tenderness, inflammation, and body stiffness.

- Solanine alkaloid consumption develops naturally the very active metabolite of vitamin D₃ (1-25 dihydroxycholecalciferol) that results in calcinosis of soft tissues, ligaments, and tendons, leading to joint pain and joint stiffness.

Concept of Advanced glycation end products¹³ (AGEs) in understanding *Aharajanidana of Amavata*

- Present day foods are largely heat-processed and as a result contain high levels of advanced glycation end products (AGEs). Dietary advanced glycation end products (dAGEs) are known to contribute to increased oxidant stress and inflammation, which are linked with Rheumatoid arthritis.
- Animal-derived foods that are high in fat and protein are generally AGE-rich and prone to new AGE formation during cooking.
- A receptor named RAGE, from receptor for advanced glycation end products receptor for, is found on many cells, including endothelial cells, smooth muscle, cells of the immune system .
- The pathogenesis of this process hypothesized to activation of the nuclear factor kappa B (NF- κ B) following AGE binding. This receptor, when binding to AGEs, contributes to chronic inflammatory disease arthritis.
- Foods rich in Advanced Glycation End Products are Red meat (beaf,lamb), pork, fish, chicken, eggs, Cheese, mayonnaise.

Discussion on how *Mandagni* acts as a causative factor in pathogenesis of Amavata.

- *Jataragnimandya* leading to *amothpatti* is one of the prime factor involved in the pathogenesis of the disease *Amavata*.

- Thus *aharajanidanas* which leads to *mandagni* and production of *ama*and *prakopa* of *dosha* includes excessive consumption of *guru*, *snigdha* and *picchila gunayukta ahara*, *madhura rasa yuktaahara* and *abhisnyandi ahara*. *Viruddha ahara*, *abhojana*, *ajeerna bhojana*, *atibhojana*, *asaatmya ahara sevana* and *vishamashana* also leads to *mandagni* and *doshaprakopa*.

Guru guna, *snigdhaguna*, *madhura rasa pradhana*, *picchila guna*, *abhisnyandi ahara* can be considered with the following foods.¹⁴

- Omega-6 fatty acids : Boosts inflammation which are found in corn, sunflower, safflower, peanuts and soybean oils, and many snack and fried foods.
- Sugar and refined flour : Foods like sugary snacks and drinks, white-flour bread and pasta, and white rice, spike in blood sugar prompts the body to produce pro-inflammatory chemicals called cytokines, which can worsen RA symptoms.
- Gluten: Gluten, a protein found in grains such as wheat, rye may contribute to inflammation in some people with rheumatoid arthritis.

Mechanisms of Gut microbiome and T cell regulation in Autoimmunity¹⁵

How *Ama* and *Mandagni* can be understood in Auto-immune pathology...??

- The intestine is the primary absorption interface for nutrients, vitamins, and water, and therefore constitutes a premier site to investigate dietary influences in autoimmune disease. The digestion of proteins, lipids, and carbohydrates in the gut is facilitated by host enzymes as well as handling by commensal bacteria (the “gut microbiota”) colonizing the human

gut. It is conceivable that the nutritional value of food is influenced by the composition and operation of a consumer's gut microbiome, and that dietary components in turn shape the composition and functional status of the microbial community.

- In summary, the links between diet, gut microbiota, T cells, and autoimmunity are intriguing, and understanding the nexus of nutrition, metabolism, gut immunology, and systemic immune responses is key to explaining these interactions. Conceivably, effects of nutrition on the gut mucosal immune system, on sodium and fluid homeostasis, and on the metabolic state of the body could represent additive factors acting in concert with other (e.g., infectious) triggers in autoimmunity.
- Intestinal mucosa is able to selectively absorb the digested food and prevent the absorption of undigested, partially digested food or toxic substances in the body. Intestinal mucosal permeability and peristalsis is impaired in *Amavata*.
- Alteration of bacterial flora of the gut occurs because of lack of *Agni* and indiscriminate use of antibiotics. Impaired permeability and motility of the gut results in absorption of not fully digested and partially detoxified food.

CONCLUSION

Viruddhaahara causes changes in the body like – *Dosha uthklesha, Amothpatti* and *Majjavahasrotho dushti*. According to *Charaka samhita*, *majjavaha srotas* is directly afflicted due to *viruddhasevana*. In *Amavata*, main affected sites are *sandhi* and *Asthi* which are the roots of *majjavaha srotas*.

Now a days, due to changed life style and improper dietary habits like pattern of spicy food, irregular timing of meals, over

eating etc. causes *agnimandya* and it leads to production of *Ama*. All these faulty eating habits are almost always accompanied with faulty vihara like improper or over exercise, suppression of natural urges, excessive traveling etc. these are causes of vitiation of *vata*. This vitiated *vata* carries *Ama* to the all over body especially the *kapha sthanas* and produces symptoms like *sandhi shotha*, *sandhi shoola*, *stabdhata* (stiffness) and other systemic signs and symptoms. This dreadful disease is called as *Amavata*.

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Corresponding Author:

Dr. Pooja.S., Assistant Professor , Department of UG studies in Kayachikithsa JSS Ayurveda Medical College, Mysuru.
Email:poojasayur@gmail.com

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