

STUDY OF ROLE OF AMRUT BHALLATAK AVALEHA & SINHANAAD GUGGUL

IN MANAGEMENT OF AAMVAAT / RHEUMATOID ARTHRITIS

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ABSTRACT :

Aamvaat is an ailment where *aamdosh*a & *vaatdosh*a are disturbed by different etiological factors. *Aamvaat* is widely described in *Maadhavnidan*. All the symptoms of *Aamvaat* are well correlated with rheumatoid arthritis. R.A. is a major chronic immunoinflammatory systemic disease that affects synovial joints with possibility of extraarticular manifestations. Use of Amrut bhallatak avaleha & Sinhanaad Guggul in R.A. proves very beneficial in reducing the symptoms along with preventing development of acute symptoms. After 3 month course of oral intake of Amrut bhallatak avaleha & Sinhanaad Guggul we found swelling, pain, stiffness, restriction of movements gets almost relief.

Key words: *Aamvaat*, Rheumatoid arthritis, *Aamdosh*a & *vaatprakop*, Amrut bhallaatak avaleha, *sinhanaad guggul*.

INTRODUCTION : In today's era dietary habits, lifestyle & environment have been changing tremendously. Due to this there are many health related problems including diseases of the joints. Rheumatoid arthritis is a chronic joint disorder. Indian data suggests the prevalence to be around 0.65-0.75% of the population. Rheumatoid arthritis is a progressive & disabling autoimmune disease which is characterized by inflammation of the lining of the joints that leads to long term damage, chronic pain, & restricts daily activity. Although rheumatoid arthritis may present at any age, patients most commonly affected are in third to sixth decades. Symptoms of R.A. are inflammation at the joints, pain & loss of strength along with movement limitation around joints of hands, feet, elbows, knees, & neck. Stiffness in the morning which persists for whole day in some patients is

also one of the symptoms of R.A.. There are some extraarticular manifestations in R.A. They are cardiopulmonary diseases, ocular diseases, some neurological diseases & rheumatoid vasculitis etc. The prognosis of R.A. is poor. Life expectancy gets reduced by 4-7 years. Patients become chronically morbid. Commonly used drugs in R.A. are NSAIDs, Corticosteroids, Methotrexate, Hydroxychloroquine, Leflunomide, TNF inhibitors, & intramuscular gold. Although all these medicines can improve symptoms of rheumatoid arthritis up to a limited extent but they have many side effects like Hepatic cirrhosis, severe myelosuppression, stomatitis, mouth ulcers, gastritis, gastric ulcer, alopecia, weight gain, proximal myopathy, depression etc. Hence there is scope of alternative medicine which can reverse the pathology, that will reduce the symptoms but will have minimum side

effects.& the answer lies in using ayurvedic principles. Rheumatoid arthritis is well correlated with Aamvaat in Ayurveda. In this disease there is vitiation of both Aam & Vaat dosha. Aamvaat is disease which causes severe morbidity & very chronic disease. Hetu of aamvaat is person whose agni is weak & not routinely doing exercise who takes virrudh ashan or person who does exercise after snigdha aahar. Symptoms of aamvaat is joint pain , swelling , morning stiffness, warmth of the joints, restricted movements, on & Off fever, symmetrical joint involvement, & Inflammation of 3 or more joint areas.

Aims & Objectives: To assess the efficacy of Amrut Bhallaatak Avaleha & sinhanaad guggul in Aamvaat/ Rheumatoid arthritis.

Parameters for examination (A) Joint Pain

1	No joint pain	00
2	Joint pain of single joint	01
3	Joint pain of two joints	02
4	Joint pain of 3 or more than 3 joints	03

(B) Joint inflammation

<u>1</u>	No joint inflammation	00
<u>2</u>	Joint inflammation of single joint	01
<u>3</u>	Joint inflammation of two joints	02
<u>4</u>	Joint inflammation of 3 or more than 3 joints	03

(C) Morning stiffness

<u>1</u>	No morning stiffness	00
<u>2</u>	Morning stiffness upto 1 hour	01
<u>3</u>	Morning stiffness for 1-8 hour-	02
<u>4</u>	Morning stiffness for whole day-	03

(D) Restricted movements

<u>1</u>	No restricted movements	00
<u>2</u>	restricted movements of single joint	01
<u>3</u>	restricted movements of two joints	02
<u>4</u>	restricted movements of 3 or more than 3 joints	03

(E) Presence of fever

<u>1</u>	No fever	00
<u>2</u>	Feverish sensation	01

Materials & Methods:The patient having signs & symptoms of Aamvaat/ Rheumatoid arthritis selected from O.P.D. of D.Y.Patil Ayurvedic Hospital , Nerul, Navi mumbai & Government Ayurvedic college & Hospital, osmanabad. A special proforma including all the etiological factors of Aamavaat with dushtilakshanas of dosha, dushya, & strotas etc were made for assessing the patient . The patient was thoroughly questioned & examined on the basis of proforma to confirm the diagnosis.

Study design: Amrut bhallatak avaleha was given daily 10 grams with milk at rasayan kaal alongwith sinhanaad guggul 500 mg 3 times a day alongwith luke worm water. This regimen followed for total of 3 months.



3	Presence of fever when joint inflammation occur	02
4	Peristant low grade fever.	03

Statistical Analysis: The above mentioned parameters were tested using the Wilcoxon signed rank test as there were gradations involved.

DISCUSSION:

Role of Amrut bhallatak avaleha: Main content of amrut bhallatak avaleha are *guduchi* and *bhallatak*. *Guduchi* is *tikta rasatmak & ushna virya* so it helps in *aampaachan*. It is *tridoshshamak*. Also main quality of *guduchi* is that it has *rasayan* properties so it strengthens the all *dhatu*s. Also it is very much useful in rheumatoid arthritis as it has *jwaraghna* properties. Because of *guduchi*, there is *agni vriddhi*, *guduchi* decreases the weakness which is a consequence of fever & some extra articular manifestation of rheumatoid arthritis.

Bhallatak is *katu tikta rasatmak & ushna veerya* in nature. It reduces the *vitiated kapha & aamdosha* because of its *ushna veeryata* it reduces *vitiation of vaatdosha* & hence causes *sampraptibhang* in *Aamvaat/rheumatoid* arthritis. In *charak chikitsa* *sthaan rasayan adhyaya acharya* has explained that there is no any disease caused by *vitiation of kapha dosha* which is

not cured by *bhallatak*. In *aamvaat* there is enormous production of *aam* because of *vitiation of kapha dosha* & hence *bhallatak* is very much important drug in treatment of *Aamvaat/ rheumatoid* arthritis.

Role of Sinhanaad guggul- Main content of *sinhanaad guggul* is *triphala*, *suvarnamaakshik bhasma*, *guggul* & *erandasneha*. *Rogadhikar* of *sinhanaad guggul* is *Aamvaat* itself. *Erand* is *vrushya vaatharanam*. In *Bhavprakash samhita* *eranda sneha* is praised by telling that it is best medicine in treatment of *Aamvaat*. *Erand* is *ushna veeryatmak* by which it is *kaphavaatshamak*, & hence best medicine for the *saamvaat*. It is also *shothhar & vedanasthapan* by which it reduces the pain & swelling in *aamvaat*. *Guggul* is *tikta katu rasatmak katuvipaki & ushna veeryatmak* because of which it is very much useful in *aampaachan* & hence useful in *aamvaat*. It is also having *shothhar properties & vedanasthapan properties*. because of *ushna & tikshna guna* it is *kaphashamak* hence useful in *Aamvaat*. *Suvarna maakshik* acts like *rasaayan*. & give *bala* to *kshin dhatu*.

Observations :

Pt. name	Joint pain		Joint Inflammation		Morning stiffness		Restricted movement		Fever	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
A	3	1	3	1	3	1	3	1	2	1
B	2	1	2	0	2	0	2	0	1	0
C	3	1	2	1	3	1	2	0	2	1
D	2	0	3	1	2	1	3	1	3	1
E	2	1	1	0	1	0	2	2	2	1
F	2	1	3	1	2	1	2	0	2	0
G	3	1	2	1	3	1	2	0	1	0
H	2	0	2	0	2	1	3	1	2	1
I	3	1	3	1	2	0	2	0	1	1

J	3	1	2	1	3	1	3	1	2	1
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BT- BEFORE TREATMENT, AT – AFTER TREATMENT

Statistical analysis :

Parameters	W/t+	T-	P – value	significance
Joint pain	55	0	0.0029	Very Significant
Joint Inflammation	55	0	0.0272	Significant
Morning stiffness	55	0	0.0272	Significant
Restricted Movement	45	0	0.0272	Significant
Fever	45	0	0.0616	Not quite significant

RESULT: At the end of 3 months of treatment with Amrut bhallatak Avaleha & Sinhanaad guggul, patients show mark improvements in symptoms with decrease in joint pain , joint inflammation, also decrease in restricted movements & morning stiffness. All these parameters also show significant values on statistical analysis. By using above regimen in Aamvaat /R.A. patients, they show changes in fever pattern but on statistical background it is not quite significant.

CONCLUSION: All the 10 patients who are treated with above line of treatment show marked improvement in the symptoms. These symptoms gets reduced after starting the treatment & there was no need to use any anti inflammatory or analgesics medicines to relieve the symptoms. Also there was no need to initiate disease modifying anti rheumatoid arthritis drug like hydroxychloroquine, methotrexate, sulphasalazine & lefnomide. So this regimen should be considered as a good alternative safe management of Aamvaat/ rheumatoid arthritis. Though this treatment was carried out only on 10 patients, large number of sample size is necessary which is a scope of study.

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