



## A CASE STUDY ON THE EFFECT OF YOGA VASTI IN THE MANGEMENT OF AMAVATA W.S.R TO RHEUMATIOD ARTHRITIS

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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*<sup>1</sup>. 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 features<sup>2</sup>. 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*<sup>3</sup> 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

*Amavata*<sup>4</sup>.

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

**Table No: 3 Grading of objective parameters**

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

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*<sup>6</sup>. Due to above properties it helps to disintegrate *ama*. *Tila taila*-is having *sukshma*, *ushna*, *vyavayi*, *teekshna*, *vishada*, *vikasi*, *lekhana*, *sara*, *deepana*, *srotovishodana gunas*<sup>7</sup>. 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
Angamardha	3	1
Aruchi	3	0
Aalasya	2	1
Gouravam	3	0
Jvara	1	0
Apaki	2	0
Sandhishool	3	1
Shoonata anganam	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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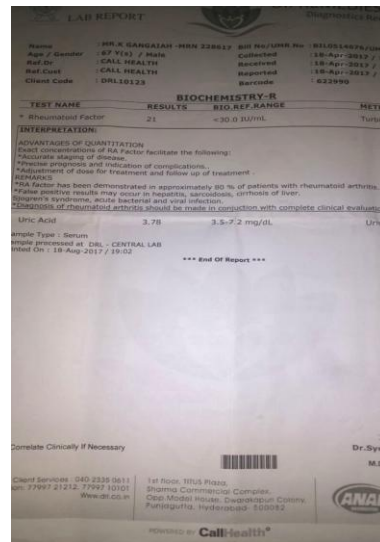
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**Before Treatment**

**After Treatment**



BEFORE TREATMENT

AFTER TREATMENT

