

A Literature Review on Aamavata with Special Reference to Rheumatoid Arthritis

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ABSTRACT: According to Ayurveda, Agni performs a first-rate position in preserving the equilibrium of the body, the impairment of which ends up within side the formation of Ama. So, any factors either dietary, environmental or psychological which causes impairment of Agni become responsible for the formation of Ama also. The Ama is a causative factor for many diseases including Aamavata. It is disease of Rasavaha strotasa. Aamavata can be correlated to Rheumatoid Arthritis based on the similarities in clinical manifestation. Rheumatoid Arthritis

KEYWORDS : Aamvata, Rheumatoid Arthritis.

I. INTRODUCTION

According to Ayurveda, Agni performs a main position in preserving the equilibrium of the body, the impairment of which ends within side the formation of Ama. So many factors like dietary, environmental, or psychological which causes impairment of Agni which is responsible for the formation of Ama also. Amavata is caused when the Ama with help of Vata moves quickly and get lodged in Dhamanis and in Kaphosthanas, especially Sandhi's. The disorder Amavata is first defined via way of means of Acharya Madhavkara has really referred to the Roopas of Amavata in Madhav Nidana. The Pratyatma Laksana are Gatrastabdhat, Sandhishula, Sandhishoth, Sparshasahyata and Samanya Laksana are Angamarda, Aruchi, Trishna, Alasya, Gaurav, Jwara, Apaka, Angasunnata. In cutting-edge RA is a long-time period autoimmune sickness that's specifically impacts joints. Its results warm, swollen, and painful joints. Pain and stiffness frequently worsen following rest. Most many years of lifestyles with 80% of sufferers growing sickness among the age of 30-forty years. Women are greater affected than men. Studies recommend that genetics & environmental effects are crucial within side the susceptibility to R.A. In cutting-edge remedy play a crucial position in overcoming ache of pain, restrained movement & incapacity because of the

disease. Simultaneously prolonged use of allopathic medicines is not only giving rise to many facet effects, poisonous symptoms & destructive reactions even inclusive of many natural impairments.

II. MATERIALS AND METHODS

For this examine literary technique which consist of the references of Amavata and rheumatoid arthritis has been accumulated from the Ayurvedic and cutting-edge texts.

Nidana (Etiology)–

Acharya Madhavkara has described the Nidana (causative factor) of Amavata in Madhav Nidana.

विरुद्धाहार चेष्टस्य मंदानीलास्य च ।

स्निग्धमं भुक्तवतो ही अत्र व्यायामां कुर्वतस्तथा ॥

1. Viruddhahara (Antagonistic diet) -The dietetic articles which can be unwholesome for the everyday Dhatu (tissue elements) and Doshas of the frame and have a tendency to disagree with the gadget are called Viruddha.
2. Viruddha cheshta (Erroneous habit)- As the time period shows it consists of the sports which might be antagonist to the regular body structure of the body. The frame is not able to address those sports thus, inflicting the manufacturing of disease.
3. instances in comparison to nonsmokers, mainly in men, heavy smokers, and people who're rheumatoid aspect positive.

Samprapti (Pathogenesis) –

वायुना प्रेरितो ही आम श्लेष्मास्थानं प्रधावति ।

तेन अत्यर्थं विदग्ध असौ धमनी प्रतिपद्यते ॥

वात -पित्त -कफे भूयो दूषितं स अन्नजो रसः ।

स्रोतांसी अभिष्यंदयति नानावर्णा अति पिच्छल ॥

जनयती आशु दौर्बल्यम गौरवं हृदयस्य च ।

व्याधीनां आश्रयो ह्येष आमसजा अतिदारुणः ॥

स्तब्धं च कुरुतो गात्रमामितः स उच्यते //

When a person of sedentary life style, digestive mechanism indulges in incompatible diet and regimen (Viruddhahara – vihar) or does physical workout after taking fatty meals the Ama is shaped and propelled through Vayan Vayu and reaches the web website online of Sleshma. This Amarasa, get vitiated through manner of way of Vata, Pitta, and Kapha & then it is circulated to the everywhere in the body via the vessels. Then it accumulates withinside the small channels and joint pores. It renders the sufferers vulnerable and produces a sense of heaviness & stiffness in complete body. Ama is the motive of such a lot of distressing diseases. When this angry Ama simultaneously afflicts the (pelvic and shoulder) girdles, and distinctive joints making the body stiff, this condition is called Amavata.

Nidan seven

Vyayamadi vata prakopakhetu sevan
Guru snigdha Anpana sevan
Amavata Roga
Samprapti Gatka3-

Dosha– Vata Kapha Pradhan Tridoshaja, Amadosha.

Dushya- Rasa, Rakta, Mamsa, Asthi, sandhi, Snayu, Kandara. Srotodusti– Sanga, Vimargagaman.

Udbhavsthana (origin) – Amapakvasayottha. Adhishthan– Sarva sandhi (Whole body)

Rog Marga- Madhyam Rogmarga

Vyadhi Shvabhava– Aashukari, kastaparda Agni-Agnimandhya.

Roopa (sign and symptoms)-

अंगमर्द अरुचितृष्णा हि आलस्य गौरवं ज्वरः ।

अपाकः शूनता अंगानां आमवातस्य लक्षणाम् ।

Angamarda, Aruchi, Trishana, Alasya, Gourav, Jwara, Apaka, Sandhi shola, Sandhi Shotha, Gatra stabdhata, Angavaikalya and Jaadhyata this is sign and symptoms of amavata.

Joints involvement in R.A.5 - The joints involved most frequently are-

- Finger joint (40%) -MCP and PIP
- Shoulder joint (20%)
- Foot joint (20%)
- Wrist joint (15%)

Joints deformity in R.A.

- ❖ Swan neck deformity - Immoderate extension of the PIP joint and flexion of the DIP joint.
- ❖ Boutonniere deformity (buttonhole deformity) - flexion of the PIP joint and extension of the PIP joint of the hand.
- ❖ Z-deformity- Excessive extension of the interphalangeal joint, fixation of flexion, and subluxation of the metacarpophalangeal joint give the thumb a “Z” appearance.
- ❖ Ulnar deviation
- ❖ Cockup deformity is characterized by persistent extension of the first metatarsophalangeal joint.
- ❖ Inflammation of the inner lining of the wrist can also cause carpal tunnel syndrome.

Diagnosis –

The diagnosis of rheumatoid arthritis should be considered in patients with bilateral symmetrical polyarthritis affecting the small and large joints and sparing the axial skeleton except for the cervical spine.

Criteria for the Diagnosis –

American criteria for the diagnosis of rheumatoid arthritis (EULAR 2010).

Criteria Score

Joints Affected

1 Large Joint - 0

2-10 Large Joint - 1

1-3 Small Joint - 2

4-10 Small Joint - 3

>10 Joints (at least 1 small joint) - 5

Serology (at least 1 test should be done)

Negative RF or ACPA - 0

Low positive RF or ACPA - 2

High positive RF or ACPA - 3

Duration of symptoms

< 6 Weeks - 0

>6 Weeks - 1

Acute Phase reactants

Normal CRP and ESR - 0

Abnormal CRP and ESR - 1

Total score ≥ 6 is indicative of definite rheumatoid arthritis.

Prakar (Types)-

पित्तातसदाह रागं च संशुलं पवनानुगम ।

स्तिमितां गुरु कंडू च कफदुष्टम तमादिशेत ॥

1. Vataj
2. pitta anubandhi
3. Kapha anubandhi

Updrav(complication)-

तृटच्छर्दिभ्रममूर्च्छा च हृदग्रह विबद्धताम ।

जादूयांत्रकुजनमानह कष्ट च अन्यानी उपद्रवान ॥

Trushna, chardi, bhram, murcha, hurdhgrah, malavashtambha, antrakunjan, aadhman this is Pradhan updrav of amavata. Other updrav can also find in amavata.

Chikitsa Sidhanta

लघनम स्वेदनं तिक्तदीपनानि कटूनि च ।

विरेचनं स्नेहपानं बस्तयश्चाममारुते ॥

रुक्षः स्वेदो विधाताव्यो वालुकापोटलेस्तथा ।

उपनाहाश्च कर्तव्यास्तेपि स्नेहविवर्जिता ॥

Yogratnakara became first defined the concepts of remedy for Amavata that are Langhana, Swedana, drugs having Deepana and Tikta Katu Rasa action, Virechana, Snehapana and Anu Vasana as well Ksharabasti. Some of the critical Amavata (R.A.) Nasak the drugs which are used can also be Guggulu, Vati, Kwatha are as follows:

Description of various Upkrama:

1. Langhana: Any treatment that creates a feeling of lightness in the body is called Langhana. Langhana is the first line treatment in Rasa pradoshaja vikaras and Amashyotha vyadhi. Amavata is
2. Rasa pradoshaja vyadhi and Ama appears in Amashaya. There is no digestible food in Langhana. Therefore, Agni starts digesting the Sama Dosas. This is why Dosa Kshaya and Agni Vrudhi appear.
3. Swedana: In Swedana, sweating was produced in the bodies and souls of Stambha, Gaurav and Sheeta. Amavata is Vata Kapha Pradhan Vyadhi with Stambha, Gaurava and Sheeta and Pradhan Lakshanas. The Swedana shown is Ruksha Swedana (Valuka and Pottli).
4. Pachana with Tikta and katu Dravya prayoga: Tikta Rasa to Akasha is Vayu Mahabhuta Pradhan, on the coast of Ama Pachaka with Agni Deepan. Mais the Rasa de Vayu is Agni Mahabhuta Pradhan. Chhedana and Lekhana

districts lie between Dosa Sammurchhana and Srotobhishyanda. So, that's it as far as Ama and Agni are concerned.

5. Deepana: These drugs do not have ability to digest Ama, but they intensify Agni.
6. Basti: Basti is the main treatment for Amavata and for Vata vyadhi.
7. Anuvasana: Here is no other medicine other than Taila which can pacify Vata. Here Saindhavadi taila is used for Anuvasana Basti.
8. Asthapana: It pacifies Vata, at the same time Basti drags all the Tridosha from Pakvashaya. Dashamula Kshara Basti & vaitarana Basti are used here.

Pathyaapathya

1. Pathya

यवाः कुलत्थः श्यामकाः कोद्रवा रक्तशालयः ।

वास्तूकं शिग्र वर्षाभूः कारवेल्ल पटोलकं ॥

आर्द्रकं तप्तनीरं च लशून् तक्रसंस्कृतम ।

जांगलांना तथा मांस सामवातगदे हितं ॥

In amavata take full reast. In ahara Dravya yav,kulathya ,kodo,nachni,in shudradhanya -Rakta shali,shashtik,shigru,karla,Punarnava,parval,adrak,lahsun,jangum mansrasa,and ushnodak.

2. Apathya

दधिमत्स्यगुडक्षीरोपोदीकामाषपिष्टकम ।

दुष्टनिरं पूर्ववातं विरुद्धानी अशनांनी च ॥

असात्म्य वेगरोधम च जागरं विषमाशानं ।

वर्जयेदमवातार्तो गुरु अभिष्यंदकानी च ॥

Dahi, Matsya, Guda, Dugda, udadh, virudhashan, asatmaya bhojana,vishmaashana , ratrijagrana, divaswap,vegvidharan and marutsevan this is apathya in amavata.

Treatment according to modern science

The aim of treatment for RA is to reduce the inflammation in the joints, relieve pain, prevent, or sluggish down joint damage, lessen incapacity and allow you to be as energetic as possible. Rest and splitting of the joints should be instituted in the acute stage of illness. Active and passive physiotherapy help in mobilization and prevention of contractures. Firstly, we start from NSAIDS to relieve pain and pathology, but after a 6-month treatment there is no relive then DMARDS should be given methotrexate is the drug of choice. Indication for the use of Glucocorticoid therapy will be given below.

Drugs for RA

- A. Nonsteroidal Anti-inflammatory drugs (NSAIDs) – Aspirin, indomethac in Celecoxib, fenimides, roficoxib.
- B. Disease modifying anti-rheumatic drugs (DMARDs) –

1. Non biological agent- they target inflammatory pathway –Hydroxychloroquine, D-Penicillamine, Sulfasalazine, Methotrexate
2. Biological agent – they target cytokines and cell synthesis

Anti TNF alpha Antagonist - Etanercept, Infliximab, Adalimumab

- IL 1 Receptor antagonist- Anakinra
- JAK - 1, JAK- 3 inhibitor- tofacitinib
- Anti-CD 20 Antibody – Rituximab
- JAK-1 JAK -2 inhibitor- baricitinib

C. Immunosuppressive drug- Leflunomide

D. Glucocorticoid therapy – indication

- Pleural effusion
- Pericarditis
- Eye involvement
- Vasculitis
- Mononeuritis multiplex
- When disease is not controlled by NSAIDs and DMARDs

III. DISCUSSION

The meaning of Ama undigested food which stays inside our body and cause many diseases. It is the basis reason of almost all diseases. It produced specifically due to Mandagni. Amavata intently resemble with rheumatoid arthritis in step with their signal and symptoms. The remedy purpose for illnesses is to hold the Agni of the affected person and relieves the ache and swelling in joint. So, in remedy first Langhana is suggested which assist in Agni development and after that Deepan Pachana is finished with Tikta and Katu Rasa. To pacify the vata Sneha Pana Swedana and Basti are advised.

Allopathic medicinal drug has been given a critical position to play in overcoming soreness or pain, restrained motion and crippling as a result of the articular disease. Drugs are to be had to ameliorate the signs and symptoms because of irritation within side the shape of NSAIDS and the long-time period suppression is performed with the

aid of using the DMARDs. But the NSAIDs have gastrointestinal aspect consequences while DMARDs have marrow, renal and hepatic suppression. Hence, the control of this ailment is simply inadequate in different structures of medicine and sufferers are constantly searching with a wish toward Ayurveda to triumph over this challenge.

IV. CONCLUSION

This Ama at the side of vitiated Vata and Kapha dosha results in Dosha-Dushya combination, as A quit end result producing the Nidus for signs and symptoms and signs and symptoms of Amavata to occur. Amavata is a complex of disease, pathogenesis of which lies in technology of Ama after

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