

**LITERATURE REVIEW OF AMAVATA WITH RESPECT TO
RHEUMATOID ARTHRITIS**

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ABSTRACT

Amavata Roga, which is prevalent from so many years and been suggesting its various dimensions in affecting the routine activities of individuals. The disease Amavata comes, under Rasavaha sroto dushti and it is compared to Rheumatoid Arthritis. The disease Amavata originates due to Agnidusti, Amotpatti and sandhivikrithi. The treatment which normalises Agni, metabolises Ama and Regulates vata and maintains healthy wealthy Sandhi and Sandhishta sleshma will be the supreme one for this disease. People are unaware of this disease and its complications which causes lifelong joint deformities. Many Ayurvedic medicinal preparations are explained in classics which are effective in treating Amavata. As the disease Amavata is outcome of Agnidushti, Amotpatti For this etiology Shamana and Shodhana Chikits are advised in classics. It is explained by Madhavakara under the Category of vatakapahaja disorders.

KEYWORDS: Amavata, Ama, Rheumatoid Arthritis Sandhi vikruthi, Agnidushti

INTRODUCTION

Amavata is the most Common disease which is produced due to formation of Ama in the Human Body it is one of the chronic inflaming joint disease in which joint becomes Painfull, swollen and stiff. This disease is first explained by Madhavakara¹. Amavata develops due to Dushti or prakopa of Ama as well as Vatadosha. The Ama is the main cause of various disorders mentioned in Ayurveda. Amavata discribed in Ayurveda classics is compared to Rheumatoid Arthritis in various means. The patient experiences pain, which is so miserable as to promote statistical study on the suicide rates in R.A Patients. In the musculoskeletal system it causes skeletal muscle atrophy and osteoporosis, pleur

pulmonary manifestation of respiratory system, the vasculitis phenomenon of the vascular system, peripheral neuropathies of nervous system are the common complications of this disease²

Causative factor / Etiology³: a) viruddha Ahara vihara b) Mandagni, c) Nischalata, d) Snigdam bhuktavat vyayamam Samprapthi of Amavata⁴:

1. Dosha Dushti -Consumption of viruddha Ahara causes Vitiation of doshas. These vitiated doshas effects the Dushyas manifes as illness.

2. Agni Mandya and Amotpatti - Nidanans effects the functioning of Jataragni leading to Agnidmandya wchich generates Virulent Ama in the Body.

3. Dhatu dushti -Nidanans influences the Dhatu even. Indulgence of viruddha Ahara Causes morbidity of Vata Dosha, generates Ama effects the Dhatus, Asthi and sandhi.

Samprapthi Ghataka⁴

1. Dosha- vata predominant Tridosha
2. Dhatu-Rasa, Mamsa, Asthi, Majja
3. Upadhatu – Snayu, Sandhi
4. Srotas - Annavaha, Rasavaha, Asthivaha, Majjavaha, Udakavaha Purishavaha, Mutravaha
5. Strotodushti -Sanga, vimargagamana
6. udbhavasthana -Amashaya, Pakvashaya
7. Adhishtana –Sarvashareera
8. Vyaktha Sthana- Sandhi
9. Avayava-Sandi
10. Vyadhisvabhava –chirakari
11. Roga Marga - Madhyama

Pathogenesis of RA⁵

1. Synovitis
2. cartilage loss
3. Bone Erosion Deformity, Bony ankylosis
4. Periarticular osteoporosis
5. Muscle Wasting

Samanya Lakshanas of Amavata⁶

1. Angamarda - Body ache
2. Aruch Anorexia
3. Gourava- Heaviness in the body
4. Alasya- lethargy
5. Jwara- Pyrexia
6. Apaki- Indiigestion

Pratyatma Lakshana⁷

1. Sandhishoola- pain in multiple joints
2. Sondhishotha- swelling in multiple joints
3. Gatrastabdhatata - stiffness in the body.
4. Sparshasahyta- Tenderness
5. sashabda Sandhi -Crepitating movement of joint.

Clinical Manifestation of RA⁸

Usually Rheumatoid Arthritis Chronic polyarthritis Begins with fatigue, anorexia, generalised weakness and vague muscle skeletal symptoms, until the appearance of synovitis becomes apparent

1. classical presentation- pain, stiffness and swelling of small joints of hands and wrists.
2. Palindromic- Intermittent episodes of pain, swelling, Redness usually single joints followed by rapid return to normal.
3. systemic - weight loss, pleurisy, pericarditis
4. Polymyalagic- Pain & stiffness in shoulder & hip with Synovitis
5. Lymphadenopathy - Generalised.

Joint deformity in chronic RA⁹

1. Swan neck deformity in interphalangeal joint
2. Z deformity of thumb- It is seen in the thumb and consists of hyperextension of the interphalangeal joint, and fixed flexion and subluxation of the metacarpophalangeal joint.
3. Bilateral flexion Contractures of elbow
4. Synovitis at wrist may cause carpal tunnel Syndrome
5. Boutonniere deformity is a fixed deformity of finger consisting of flexion of the PIP joint and extension of DIP joint.
6. Ulnar deviation, also called as ulnar drift

Diagnosis of RA¹⁰

(A.R.A Criteria for diagnosis).

- Morning stiffness more than 1 hour
- Arthritis in three or more joints
- Symmetrical Arthritis
- Arthritis of hand joints
- Rheumatoid Nodules
- Presence of Rheumatoid factor
- Radiological changes.

Investigations¹⁰ :

1. Immunological assay

2. Blood Picture
3. Anti Nuclear Antibodies
4. C-reactive protien & Ceruloplasmins
5. Synovial fluid Analysis

Chikitsa of Amavata

1. Langhana¹¹ : is the first line of treatment to digest Ama. ¹²Yogaratanakara has mentioned langana is the best line of treatment of Amavata.
2. Swedana¹³ - The Management of Amavata, Rushka sweda is advised in the form of valuka pottali. In Chronic stage when Rukshata Increases snigdha sweda is Employed. snehana is contra-indicated in Amavata.
3. Katu: Tikta and Pachaka Dravyas¹⁴ - The drugs which Possess katu, Tikta Rasa act as Deepana pachana are recommended in Amavata
4. Virechana¹⁵ - After langana, swedana, Deepana and Panchana Eranda taila and Haritaki are used.
5. Basthi - ¹⁶Chakradatta recommends Kshara Basthi and Anuvasana Basthi in Anavata. Saindhavataila for Anuvasana Basthi and Kshara for Asthapana Basthi. ¹⁷Vangasena Explains Siddha basthi for Amavata.

DISCUSSION

Drugs like vatsanabha, Ahiphena helps in inducing sleep and acts as Muscle Relaxants hence pain is relieved.

1. Drugs like Guduchi, Nagara, Rasna, Musta, pippali and chitraka helps in improving Agni and digestion of Ama.
2. Guggulu Acts as Bhagna Sandhanakara. Hence prevents erosion of bone, deformity & osteoporosis.
3. Drugs like Nirgundi and shatapushpa act as pain reliever.

CONCLUSION

Amavata ia a vatavyadhi and it can be co related to Rheumatoid Arthritis based on similarities in symptoms received classic Ayurveda and modern medical science literature. It is an autoimmune ailment of unknown etiology characterized by chronic persistent symmetrical poluarthritis, joint erosion and destruction disorder which require for an early diagnosis and management at the right time to avoid progression of disease.

A difficult illness called Amavata had its origin in the Ama period following Mandagni. This ama results in Dosha dushya sammurchana combined with vitiated vata and kapha doshas, creating manifestation of amavata illness. Treatment in amavata aims to normalize the two vitiated vata and kapha doshas and reduce ama by its metabolism. The chronic nature of this condition makes therapy challenging.

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