Conceptual Study of *Amavata*: A Commonest Problem

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**ABSTRACT:**

*Amavata* is made up of two words *Ama* & *vata*, *Ama* means incomplete formation of *Annarasa*; it is Diseases of *Rsavahastrotas*, when aggravated *Vata* & *Ama* combine Pathogenesis of *Amavata* Occurs. Clinical Features include Swelling & Stiffness of joints, fever & Pain. These symptoms related to Rheumatological arthritis. Due to It’s chronicity, incurability, complication, it is a challenging disease. Many allopathic drugs are prescribed for this but they give only Symptomatic relief. Ayurveda play major role here. The treatment procedure described are *langhana*, *swedana*, *dipana*, *virechana*, *Basti*.

**Keywords** - *Amavata*, *Ama*, *Vata*, *Rasavaha strotasa*, Rheumatoid Arthritis, *Langhana*.

**INTRODUCTION**

*Amavata* is most common disease, which is caused due to the formation of *Ama* in the body. *Ama* is the main cause of various disorder. *Amavata* can be compared with Rheumatoid Arthritis. It is the autoimmune diseases of joints. It is associated with deforming symmetrical polyarthritis & systemic involvement. Women are affected 3 times more often than men (3:1). It is characterized by tenderness, swelling & generalized stiffness. Morning stiffness lasting more than 1 hr is a characterized feature. The meta carpals phalangeal, approximal interphalangeal joints of hand, knee, wrist & meta tarsal phalangeal joints of feet are the most common joint involve.1 Many Ayurvedic preparation are described in classic which are very effective in *Amavata*.

**Historical Review** –

*Amavata* was described for the first time in detail in Madhav *nidan*. In this chapter he has mentioned etiopathogenesis, sign & symptoms, complication, progressive of the disease.

**AIMS & OBJECTIVE**

1) To understand amavata in detail in comparison with Rheumatoid Arthritis.
2) To understand the symptomology & the pathophysiology of Amavata.
3) To aware of complication & deformity.
4) Have knowledge for diagnostic criteria of *Amavata* according to Ayurvedic as well as modern perspective.
5) To understand Amavata and its efficacy & treatment.

MATERIAL & METHODS:
We have collected information from the available Ayurvedic Samhitas and few elementary text book, to get the disease as well as line of treatment.

Etymology Of Amavata
Amavata is derived from 2 words Ama & Vata. These two factors involve in the manifestation of amavata. Acharya Madhav add other doshas also.

Definition -
Appropriate definition of Amavata was given by Aacharya Madav, vitiated Ama & Vata dosha enter in the trik koshta & Sandhi Pradesa & this Leads to trik Sandhi Vedana & gatra Stabhdhta. This Condition is known as Amavata.

Hetu / Etymology Of Amavata
Madhavkar has described
1) Mandagni (diminished agni )
2) Nishalata (sedentary life style )
3) Viruddhaahara (unwholesome diet )
4) Exertion immediately after taking snigdha Ahara is the causative factors for disease Amavata .
5) Viruddhachesta (Erroneous habits )

Samprapti Of Amavata : Flow chart 1
Samprapti ghatakas of amavata :

1)Ama – Jathragni mandyajanya
2)Dosa - Tridosha ; Vyana and Samanvayu, Pacaka Pitta ,Kledaka and sleshka Kapha
3) Adhisthana - sleshmasthana ,Sandhi
4) Sancarasthana - Throughout the body - Rasavahini
5) Dusya - Rasa,Majja, Asthi, Sandhi , Snyau , Purisha ,Mutra
6) Srotas - Rasavaha, Majjavaha, Asthivaha, Purishavaha, Mutravaha, Annavaha
7)Strotodusti - Sangha
8) Vyadhisvabhava- Asukari, Kastatama, Punah Punah Akramanasila
9)Rogamarga - Madhyama

Classification :
Acharya Madhavkar, Sharangdhar has mentioned according to dosha which are as follow

Rupa (Sign & Symptoms )
Madhavakara and other have described the Rupa of Amavata. These can be categorized as follows -
-Pratyatma
-Rupa
-SamanyaRupa
-DoshmubandhaRupa
-Pravriddha Rupa

Upadrava of amavata :
Symptoms seen at the advanced stage of Amavata are considered as Upadrava of Amavata disease .The deformities i.e Khanja, Sankocha, Angavaiklyya, if these symptoms are seen in Amavata patient it is said to be the Upadrava of Amavata.

Acharya Madhava mentioned trushana, murcha, chardi, hridyagraha, bhrama etc as upadrava of Amavata.

Prognosis Of Amavata
Amavata have got anubandha with single dosha, Naveen awastha, lakshanas are in mild form, no presence of upadrava is indication of sadhyata of Amavata . Two dosha involvement suggest krucchsadhyata. Sannipatika Amavata and the disease associated with generalized edema (sarvang shotha) is krucchsadhyata.

Sapeksha Nidana (Differential Diagnosis) :
The diseases such as Sandhigatavata, Vatarakta, Krostitasiras, jwara, Sandhisotha which look similar to Amavata are to be differentiated from.

Upashayanupashaya
The various factors which hyper activate for Ama and Vata are sheetakala, Ruksa sevana, snigdha sweda, etc are considered as Anupasaya i.e unfavourable for Amavata. On the other hand Ushnakala, Ushnuopachara, langhana, Ruk sansvedana, Pathyahara these factors bring vitiated Vata & diminished Agni back to the normal are considered as Upasaya.

Chikitsa sidhanta
Chakradatta explourer of Amavata chikitsa mentioned that langhana, swedana, Tikta, katu dravya, deepana & virechana, snehan ,saindhvadi Anuvasana, & Ksharabasti are best for Amavata. Yogaratnakara mentioned Ruksha Valuka swedana for the treatment of amavata.

Pathyapathya :

DISCUSSION & CONCLUSION
Amavata is a disease that is difficult to cure, because of it’s chronicity, complication and now days it is very common dreadful disease. Mandagni is root cause of Amavata and
treatment require complete digestion of Ama. Various procedure like Deepana, Paachana, Langhana etc. Agni normalized Ama at different level. Amavata is Amashayothha Vyaddhi. Langhana in term of Ahar and Vihara then Swedana. Tikta Katu deepana dravyas, snehapanas, Virechana & basti leads to Amapachana, Vatashamana & Strotoshodhana.

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SAMPRAPTI OF AMAVATA :

Nidana Sevana

Guru, Snigdha ushnapan

Vyayanadi Vata

S

N

A

C

H

A

Y

(prakopa)

(prasarana)

Circulation in body (Dhamani)

Dusti by tridosha

Rasavahasrotasa

(SithanaSansraya)

Daurbalya, Sandhi, Sotha,Sula

(Ama / Vata)

Table 1 Shows Types

<table>
<thead>
<tr>
<th>Madhava</th>
<th>Sharandhar</th>
</tr>
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<tbody>
<tr>
<td>Vataj</td>
<td>Vataj</td>
</tr>
<tr>
<td>Pittaj</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Kaphaj</td>
<td>Kaphaj</td>
</tr>
<tr>
<td>Vata pitta</td>
<td>Sannipataj</td>
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<tr>
<td>Vata Kapha</td>
<td></td>
</tr>
<tr>
<td>Pitta kapha</td>
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</tbody>
</table>

Table 2 Shows Signs and symptoms

<table>
<thead>
<tr>
<th>Pratayatma</th>
<th>Samanya</th>
<th>Pravriddha</th>
<th>Doshanubandha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandshishool</td>
<td>Angmarda</td>
<td>Vrischikvat vedana</td>
<td>Vata Pitta Kapha</td>
</tr>
<tr>
<td>Stabdhatara</td>
<td>Trishna</td>
<td>Praseka</td>
<td>Shoola Daha Staimitya</td>
</tr>
<tr>
<td>Sandshishotha</td>
<td>Aruchi</td>
<td>Agnidaurbalya</td>
<td>Raga Guruta</td>
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<tr>
<td>Sparshsahatva</td>
<td>Alasya</td>
<td>Vidvibaddhata</td>
<td>Raga Kandu</td>
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<tr>
<td></td>
<td>Gourava</td>
<td>Nidra viparyaya</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jwara</td>
<td>Daha</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shunata anganam</td>
<td>Bahumutrata</td>
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</table>
Table 3 Shows Pathapathyā

<table>
<thead>
<tr>
<th>A345Varga</th>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna</td>
<td>Yava, Raktasali, Kodrava, Kulattha</td>
<td>Dwidala, Masha</td>
</tr>
<tr>
<td>Jala</td>
<td>Ushnodaka</td>
<td>Sheetodaka</td>
</tr>
<tr>
<td>Dugdha</td>
<td>Takra</td>
<td>Ksheer, Dadhi</td>
</tr>
<tr>
<td>Kanda</td>
<td>Ardraka, Takra siddha Lasuna</td>
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</tr>
<tr>
<td>Taila</td>
<td>Erand sneha</td>
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<tr>
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<td>Gomutra</td>
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<tr>
<td>Mamsa</td>
<td>Jangala Mamsa</td>
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<tr>
<td>Madya</td>
<td>Purana madya</td>
<td>Naveen madya</td>
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