**ABSTRACT:**

*Acharya Madhavkar* has describe *Aamvaat* which can be correlated with rheumatoid arthritis. *Amavata* is a chronic inflammatory disorder that can affect more on joints and can also damage a wide varsity of body system. Rheumatoid is an autoimmune disease it can attack whole body tissue. As per modern medicine Anti-inflammatory, analgesics, steroids, anti-rheumatic drugs are required for its management. Many herbal as well as *Ayurvedic* preparations are mentioned in the classics which are very effective remedy in *Amavata*. In this case study we after deepen *pachana* and *snehapana*, *virechana karma* was done by the administration of *Trivrita avaleha* and castor oil. After *shodan karma* a bunch of *Ayurvedic* medicine are given with oil for local application followed by *potali svedana*. The result of 90 day long treatment is concluded and discussed below.

**Keywords:**- *Aamvaat*, Rheumatoid arthritis, *vata vikara*, *Ayurvedic* medicine.
INTRODUCTION:

Acharya Madhavkar has described Aamvaat\(^1\) which can be correlated with rheumatoid arthritis. Aamvaat, is a long term disorder that primarily affect the joints\(^2\). It typically results in warm swollen & painful joint most commonly the hands & the wrist are involved, with the same joint typically involved on both sides of the body.

1-NIDANA OF AMAVATA\(^3\):

i. Viruddha Aharaa (unwholesome diet).

ii. Viruddha Chesta (erroneous habits).

iii. Mandagni (diminished Agni).

iv. Nishchalata (sendantry habits).

v. Exertion immediately after taking Snigdha Ahara.

1. RUPA OF AMAVATA\(^4\):

I. Pratyatma Rupa (cardinal signs and symptoms): -

i. Sandhisshoolaa (Pain in joints)

ii. Gatrastabdha (Stiffness of whole body)

iii. Sparshasahyata (Tenderness at joints)

iv. Sandhisshotha (Swelling of joints)

v. Sashabda Sandhi (Joint’s crepitus on movements)

II. Samanya Lakshana:

1. Angamarda (Bodyache): When function of Deha (body) is improper presence of Ama leads to feeling of body ache that is called Angamarda.

2. Trishna (Thirst): Trishna is the result of
vitiated Pitta and Ama. In Ama Prabhava Trishna, patient feels thirst in febrile condition.

3. Alasya (Lassitude): Inspite of capability a person can not carry out his normal duties

4. Gaurva (Heaviness feeling of body): Vitiated Kapha and Ama produce feeling of heaviness in body.


6. Apaka (Indigestion of food): Feeling an abdominal heaviness, due to Agnimandya- improper digestion.

7. Shoonatangaama (Numbness at joints): Vimargagamana of vitiated Vata, Pitta, Kapha and Rakta produces numbness of the body part and joints.

The symptoms of Aamvaat resembles like Rheumatoid Arthritis in Modern medicine this disease affect all small joints. Of body this may result in a low red blood cell count inflammation around the lungs. Inflammation around the heart , fever also present.

Case Report:-

A 45 year old patient (Male) visited the OPD of Smt. Manjira Devi Ayurved Medical College & Hospital Uttarkashi(U.K.) on the date 14/05/2020 with the following details

OPD / IPD NO.- 1204971

Age- 45

Sex- Male

Date Of Admission - 14/05/2020

Address – Hitanu Ward No.– 15 HN.- 158 District – Uttarkashi

Chief Complaints –

1. Pain in hands & wrist Joint since 3 weeks
2. Swelling in wrist of both hands.
3. Weakness.
4. Stiffness
5. Chronic Pain
6. Burning in Soles
7. Tenderness
History Of Present Illness:-

According to the patient he was absolutely all right 6 month before he felt pain in hand & leg he took many analgesic medicine but he didn’t get relief so he consult with us & Pt. came here for Ayurvedic Treatment.

Material & Methods:-

Centre of study – Smt. Manjra Devi
Ayurvedic Medical College & Hospital
Uttarkashi (U.K.)

Method:-

The treatment given is as follows:-

1- Langhan:- Patient is asked to take light food to digest the ama

2- Deepen pachana and snehapana, virechana karma was done by the administration of Trivrita avaleha and castor oil.

3- Medicine given –

- Amavatari Rasa 2 tab BD with honey anupan for 90 days
- Agnitundivati 2 tab BD after meal
- Shinaad guggle -2tab Tds after meals
- Triphala churan – 5 gm OD in evening after meal
- Punarnava Churna – 4 gm TDS with water

For External Uses – Ruksh Swedan with Potali swedana of joint × 2 time a day
### Observation Of Result:-

The observed score before and after treatments are as follows.

**Total Score**

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Sinus &amp; Symptoms</th>
<th>Score before treatment</th>
<th>Score after treatment days</th>
<th>Result in %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pain</td>
<td>3</td>
<td>15 45 60 90</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 2 1 0</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Stiffness</td>
<td>3</td>
<td></td>
<td>100%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>2 2 2 1</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Swelling</td>
<td>3</td>
<td></td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Muscle Atrophy</td>
<td>3</td>
<td>2 2 1 1</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>Tenderness</td>
<td></td>
<td>3 3 1 0</td>
<td>100%</td>
</tr>
<tr>
<td>5.</td>
<td>SLR Test</td>
<td>2</td>
<td>2 2 1 1</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 2 1 1</td>
<td>68%</td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>3</td>
<td></td>
<td>70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17</td>
<td></td>
<td>70%</td>
</tr>
</tbody>
</table>

**DISCUSSION:-**

*Acharya Madhav* was first who describe the disease *amavata*. *Amavata* develops due to *dushti* of *ama* as well as *vata*[^6]. This *ama* is the main cause of various disorders. The disease *Amavata* can be compared with Rheumatoid Arthritis. The sign and symptoms of both disease are near about same. In modern medicine. Many herbal as
well as Ayurvedic preparations are mentioned in the classics which are very effective remedy in Amavata. Guggulula is one of them and is the drug of choice against Amavata. Anti-inflammatory, analgesics, steroids, anti-rheumatic drugs are required for its management. The patient is under the modern medicine since 6 months but he did not get any relief. Only when he take analgesic she get relief for just one or 2 hours. This make his condition worsen and he come to our hospital for complete treatment of the disease. We start the treatment as per Ayurvedic classics. The patient is advised to do langhan to digest the Ama. After that deepen and pachan is done with Trivritta Alveha and virechana with castor oil. For oral administration he has given Amavatari Rasa, Shinaad Gugglu Agnitundivati, Triphala And Punarnavre Churna. Ruksha swedan is done with potali sweda two times daily in the panchkarma center of Smt. Manjra Devi Ayurvedic Medical College & Hospital Uttarkashi. The patient start getting relief in pain, tenderness, swelling and stiffness in 15 days of treatment. After 90 days of treatment there is 90% relief in pain and stiffness, 60% in swelling. 90% in tenderness and 60% in muscle atrophy.

CONCLUSION:

From the above study we conclude that:

1) Ayurveda has good care in the disease of Amavata.

2) Patient was very happy with the Ayurvedic conservative treatment.

3) The entire treatment and procedure was accepted by the patient easily

4) This observation needs to be studied in more number of patients for better opinion to manage Aamvaat

Acknowledgement:- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil
REFERENCES

1- Ananta sharma, madhav nidan, madhukosh vyakhy- part 2, vol. 1, chokhamba Sanskrit prakasan, amvaat nidanam 25/5

2- Ananta sharma, madhav nidan, madhukosh vyakhy, part 2, vol. 1, chokhamba Sanskrit prakasan, amvaat nidanam 25/7

3- Pt. Kashinath Charak Samhita Vol-1 ,Vidyotini Hindi Vyakhy, Ch.Sutra 19/4,7

4- Pt.kashinath Pandey And Dr.Gorakhnath Chaturvedi, Charak Samhita Vol-2 Vidyotini Hindi Vyakhy Reprit Edition 2013; Varanashi Prakashan Ch.28/56,787

5- Youners M Beja S. Aguir Z Prevalence & Risk Factor Or Dise Related Sciatica In An Urban Population In Tunisia, Jint Bone Spine 2006,

6- Vaidhya Shri Lashmipati Shasstri, Yogratnakar Vata Vyadhi Prakash , Vidyotini Tika, Chaukhambha Prakashan, Varanasi