



## Case Study

### AYURVEDIC MANAGEMENT OF AAMVATA (RHEUMATOID ARTHRITIS)

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#### ABSTRACT

*Aamvata*, a condition described in Ayurveda, closely resembles Rheumatoid Arthritis (RA) in modern medicine. It is characterized by the accumulation of *Ama* (undigested metabolic waste) and *Vata* (bio-energy responsible for movement), leading to joint inflammation (*Sandhishoth*), pain (*Shoola*), stiffness (*Stabdghata*) and systemic symptoms like fever and digestive disturbance. Conventional treatment of RA primarily involves Disease-Modifying Anti-Rheumatic Drugs (DMARDs) and NSAIDs, which may have long-term side effects. Ayurveda offers a holistic approach through *Shodhana* (purification), *Shamana* (palliative care), diet, and lifestyle modifications. This case report highlights the successful Ayurvedic management of *Aamvata* in a 53-year-old male patient seen in the 18<sup>th</sup> number OPD of *Kayachikitsa Department* at Govt. Auto. Dhanwantari Ayurveda Medical Hospital, Ujjain (M.P.) His chief complaints Agonising joint pain or fleeting pain (*Vrushchikdandshvat Vedana*), Pain in both legs, pain referred to the knee joint and ankle joint, indigestion, anorexia, constipation, low grade fever, morning stiffness more than 30 minutes.

### INTRODUCTION

*Aamvata* is a chronic disease involving *Ama* and *Vata*, affecting joints and leading to severe pain, swelling, stiffness, and impaired mobility. The pathogenesis involves improper digestion, leading to the accumulation of metabolic toxins (*Ama*), which, when combined with aggravated *Vata*, get lodged in the joints, causing inflammation. The disease is compared to rheumatoid arthritis due to its autoimmune nature and progressive joint involvement.

#### Case Presentation

A 53 years old male patient visited the OPD of Kayachikitsa Department at Govt. Auto. Dhanwantari Ayurveda Medical Hospital, Ujjain (M.P.) on 20/08/2024 with the following complaints-

Patient Name- xxx

Age/Sex- 53year/M

OPD no.- 47387

#### Chief Complaints

A 53-year-old male patient presented with:

- Agonising joint pain or fleeting pain (*Vrushchikdandshvat Vedana*)
- Joint pain and swelling (bilateral) mainly pain in both legs.
- Indigestion
- Anorexia
- Constipation
- Low grade fever
- Morning stiffness more than 30 minutes.
- Weakness, fatigue
- Elevated RA factor and ESR
- Deformities not present, but reduced joint mobility.

#### History of Present Illness

According to the patient, He was asymptomatic before 2-3 month, then he gradually appears agonising joint pain or fleeting pain (*Vrushchikdandshvat Vedana*), Joint pain and swelling (bilateral) mainly pain in both legs, indigestion, anorexia, constipation, low grade fever, morning stiffness more than 30 minutes, weakness, fatigue, elevated RA factor and ESR. For the above complaints he took medicine but did not relief permanently. For the better management, he comes in

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the OPD of Kayachikitsa Department at Govt. Auto. Dhanwantari Ayurveda Medical Hospital, Ujjain (M.P.)

### History of Past Illness

Past history of diabetes mellitus since 1 year.

### Personal History

- Addiction- Tea
- Sleep- Altered
- Appetite- Avar (poor)
- Micturition- Normal
- Diet- Pure Veg
- Bowel Habit- Constipation

### Ayurvedic Diagnosis

Based on classical symptoms, the patient was diagnosed with *Amavata*.

Acc. to modern- Rheumatoid arthritis

### Treatment Protocol

#### 1. Shodhana (Detoxification Therapy)

##### Mridu Virechana (Therapeutic Purgation)

Castor oil (*Erand Taila*) 20ml with 100ml milk at night 3 hours after dinner, once in 15 days.

- Helps in detoxification and removing excess toxins (*Ama*) from the body.
- Acts as a natural laxative, improving digestion and reducing inflammation.
- Beneficial for joint pain and stiffness.

#### 2. Shamana (Palliative Treatment)

✓ *Ekangveer Rasa, Ramban Rasa, Hajrul Yahood Bhasma*- Each 3gm} 20 Pudiya,

1-1 Pudiya two times a day.

- These Ayurvedic formulations help in nerve-related issues, reducing pain and inflammation.

### Outcome and Result

#### RA factor and ESR after 1 month of Treatment

Blood Investigation	Before Treatment	After Treatment
RA factor (Quantitative)	140.9 IU/ml	1.6 IU/ml
ESR	12 MM	10 MM

#### Before Investigation After Investigation

- Reduction in pain, swelling, and stiffness within two weeks.
- Improved indigestion, anorexia, constipation
- Morning stiffness subside.
- Improved joint mobility after one month.
- Decrease in ESR and RA factor after one month.
- No recurrence observed in three months of follow-up.

- Strengthens muscles and joints.
- Supports immune function and detoxifies the body.

✓ *Yograj Guggulu*- 1× Two times a day.

✓ *Punarnavadi Guggulu*- 1× Two times a day.

- Helps in reducing joint pain and stiffness.
- Supports healthy digestion and metabolism.
- Anti-inflammatory properties, beneficial for arthritis and similar conditions.

✓ *Cap Rumatex MR* 1× Two times a day. (Likely a muscle relaxant and anti-inflammatory, helpful in reducing muscle spasms and pain.)

✓ *Cap Bacti-check* 1× Two times a day. (Possibly an antibiotic or an immune booster to prevent infections.)

✓ *Cap Allerplan* 1× Two times a day. (anti-allergic medication)

✓ *Orthocheck Powder* 3gm × Two times a day. (Helps in reducing joint pain and stiffness, likely a calcium and joint-supporting supplement for bone and cartilage health.)

✓ *Active Oil* 4-6 drops lukewarm + Neugesic Ointment Locally Apply. (Topical pain relief for joint and muscle pain, improves blood circulation in affected areas, reducing stiffness.)

### Diet and Lifestyle

- Warm, easily digestible food (*Yusha, Laghu Ahara*).
- Avoidance of heavy, cold, and oily foods.
- Regular mild exercise and yoga (mild stretching, *Vatahara Asanas*).

### CONCLUSION

This case demonstrates that Ayurvedic treatment, including detoxification (*Shodhana*), herbal medications, and dietary modifications, effectively manages *Amavata*. It provides a holistic approach, addressing the root cause rather than just symptomatic relief. Further studies are needed to establish Ayurveda's role in autoimmune joint disorders scientifically.

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