



# Management of Ayurveda on *Aamvat* - A Case Report

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## ABSTRACT

*Amavata* is a disease which is comparably correlated with Rheumatoid arthritis (RA) in modern science. It is an auto immune disease. *Amavata* is a disease in which there is vitiated *vata* and accumulation of *ama* in joints. A patient suffering from multiple joint pain, swelling in both legs and hands, poor appetite (*mandagni*), backache with no past history of Diabetes mellitus and hypertension for the past 5 years was admitted to our hospital. Her quality of life was improved and there was symptomatic relief after few weeks of ayurvedic treatment.

**Key Words:** *Amavata*, *Rheumatoid arthritis*, *Baluka swedan*

## INTRODUCTION

We are describing a 35 years old lady patient, who was suffering from pain and swelling on both lower limb and upper limb since past 5 years. There was no past history of Diabetes, thyroid disease, hypertension etc. RA factor was +ve i.e. 150.1 IU/L (Normal is less than 18 IU/L) and was treated for the same on and off since last five years. Even after that patient didn't get relief and turned to ayurvedic medicines.

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## PRESENT HISTORY

A patient aged 35 years old, housewife, Hindu by religion came to OPD of *Agad tantra*, NIA Jaipur with chief complaints of pain, tenderness in upper and lower limb, fatigue, poor appetite, stiffness.

Patient approached the OPD for the above symptoms to get treatment for pain & stiffness.

## GENERAL EXAMINATION

On examination patient was having swelling and stiffness at upper and lower limbs along with poor appetite, swelling on face and restriction of movements.

### *Pathological reports-*

Hb- 9.1g/dl; ESR – 35 mm; Platelet count – 5.1 lakhs /cumm

CRP – 8.8 mg/ L; RA Factor – 150.1 IU/ml

Alkaline phosphatase serum – 329.3 U/L

## MEDICINES ADVISED

1. A combination of 500 mg of *singhnad guggul*, 1gm of *suranjan giri*, 1gm of *ashvagandha churna* and 50 mg of *praval pisthi* was given twice a day.
2. *Rasnasapta kwath* 10 ml and *punarnava astaka kwath* 10 ml twice a day.



3. 1 tsp of *Erand pak* – twice in a day
4. *Ajmodadi churna* 4 gm twice in a day with lukewarm water .
5. *Baluka swedan*
6. *Vindhyajesic tab* 2 – 2 tab.
7. M. LIV - 2 TSP

duration of treatment is increased then result will be more significant.

## RESULTS

Significant changes in symptoms like pain, tenderness, stiffness in joint. There was significantly reduced swelling in both legs and hands in 15 days. She was advised to repeat investigation after 15 days. After treatment there is significant decrease in symptoms and increased level of hemoglobin as compare to baseline level and reduced stiffness in legs and hands.

## DISCUSSION

*Amavata* is caused due to vitiation of *Vata Dosha* and *Ama*. *Mandagni* is the main factor of *Ama* production<sup>1</sup>. In *amavata*, *Ruksha swedan* has been advised in the form of *Valuka swedan* due to the presence of *Ama*. It helps in pacifying *Vata Dosha* thus it leads to relieve pain and stiffness.

## CONCLUSION

These days cases of *Amvata* are increasing. With appropriate application of Ayurvedic Principles and treatment, better result can be seen. Symptomatic relief is seen in this case and patient's health and quality of life are improving. It can be concluded that *Baluka Swedan* is effective in the management of *Amavata*. If



## REFERENCES

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