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विश्वतो भिरनपर्यसक जिनमवावे ॥ अत्रैव हि प्रसन्नोऽस्ति यन्मनसि





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AYURVEDIC MANAGEMENT OF AAMVATA WITH AMRUTADI CHURNA: A CASE REPORT.

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ABSTRACT:

Aamvata is a disease of Chronic joint and body pain, accomplished by Swelling of Some or all Synovial joints Amavata is a disease caused due to the vitiation or aggravation of Vayu associated with Ama. Vitiated Vayu circulates the Ama all over the body through Dhamini's, takes shelter in the Shleshma Sthana producing Some Typical Symptoms like Stiffness, Swelling, Tenderness in Small and big joints. Amavata displays many features in Common with Symptoms that are typically diagnosed as Rheumatoid Arthritis. The involvement of Vata Dosha in association with Ama indicates that the affliction of the Sandhis is equally influenced by both Dosha (bioenergies) and Dushya (body tissues). The presence of Ama further enhances this process, highlighting the equal contribution of both Dosha and Dushya in the causation of the disease. A 64 year old male patient with Aamvata came to our Ayurved Hospital with Complaints of left knee joint and left elbow joint pain since 9 months with indigestion the patient was treated with Ayurvedic drug Amrutadi Churna.

KEY-WORDS: Aamvata, Dhamani, Amrutadi Churna, Sheshma etc.

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INTRODUCTION:

The basic clinical features of Amavata have been recognized in Ayurvedic medicine for thousands of years. The Charaka Samhita and Sushruta Samhita both texts, however also described features of Amavata in a syndrome called Vatavyadhi a diverse group of symptoms that are organized according to the systemic and local manifestation of Vata Dosha. According to the Charaka's description of Vatavyadhi, when Vata affects the bones (Asthi) there is painful swelling of the joints and immobility. The Sushruta Samhita adds that along with the inflammation, immobility and pain, the joints in Vatavyadhi disorders eventually become deformed. As a distinct clinical entity in and of itself Amavata was only described in the Madhava Nidana.

It is a disease of Madhyama Rogamargas as it affects Sandhis and Hridaya Marma. Though, Ama and Vata are the predominant pathogenic factors, but the disease represents Tridoshic vitiation. Vata is the prime moreover and motivator in the human body, responsible for the initiation of every kind of activity, the large intestine. Here Vata allows for the affliction of Sandhis by Vata Dosha in association with Ama reflects the equal rate of both Dosha and Dushya in the causation of this disease.

Case Study:

A Patient X is a 64-year-old Male visited with complaints of Chronic Janu Sandhi and Kurpara Sandhi Shool and Shoth, Indigestion, Stabdhatata.

Systemic examination: On examination, the patient RS-NAD, CVS-S1, S2 Normal

Local examination: On examination of the musculoskeletal system, marked pitting oedema was found on left elbow joint and

knee joints Tenderness was found on palpation There no evidence of joint deformity.

Consent of patient: The patient has given his permission for his clinical data to be published in a journal. The patient is aware that his name initials will not be published, and that all reasonable efforts will be done to keep his identity hidden.

Diagnosis: Based on patients' history and physical examination diagnosis Confirmed as Aamvata.

Treatment Plan: It is given for one month.

Drug: Amrutadi Churna

Dose: 1 gm

Duration: 30 days

Rout of drug administration: oral

Anupama: Koshnajala

Kala: Vyankala and Udankala

Preparation of drug:

Amrutadi Churna is prepared as per classical preparation of Churna kalpana as per Sharangdhara Samhita.

Mode of action of drug:

The drug combination having five drugs namely Amrita, Nagar, Gokshuru, Mundi and Varuna. Amrita is a well-known Rasayana and Tridoshaghna drug. Nagar is very suitable drug for Amapachana. Gokshuru and Varuna possess the properties like Shothaghna and Mundi is also Vata Kapha Shamaka drug. Dadhimastu is Kashaya and Amla in taste; it has Laghu, Snigdha properties, Sheeta Veerya & Vatanuloman Karma. So, with the combination of these entire five drugs in equal parts a formulation is prepared and administered.

Contents of drug:**Guduchi:**

Rasa - Tikta, Katu, Kashaya

Guna - Laghu, Snigdha
 Veerya - Ushna Vipaka - Madhur
 Doshaghnata - Tridoshaghnata

Nagar (Shunthi):

Rasa - Katu Guna - Laghu, Snigdha
 Veerya - Ushna Vipaka - Madhur
 Doshaghnata - Kapha-Vata Shamaka

Gokshuru:

Rasa - Madhur Guna - Sheet, Snigdha
 Veerya - Sheet Vipaka - Madhur
 Doshaghnata - Kapha-Vata Shamaka

Mundi:

Rasa - Madhur, Katu, Tikta Guna -
 Laghu, Ruksha
 Veerya - Ushna Vipaka - Katu
 Doshaghnata - Vata-Kapha Shamaka

Varun:

Rasa - Kshaya, Madhur, Tikta Veerya
 - Ushna
 Guna - Laghu, Ruksha Vipaka - Katu
 Doshaghnata - Kapha-Vata Shamaka

Dietary Changes: The patient is advised to follow a Vata-pacifying diet that includes warm and nourishing foods. he should avoid cold and dry foods that aggravate Vata dosha.

Yoga and Meditation: The patient is advised to practice Yoga and Meditation regularly to improve joint flexibility and reduce stress.

DISCUSSION:

It is important to note that while Ama and Vata are the predominant pathogenic factors involved, the disease itself represents a Tridoshic vitiation. The disease being discussed here is classified as a Madhyama Rogamarga, indicating that it affects the Sandhis (joints) and the Hridaya Marma (vital point located in the heart region).

The drug Amrutadi Churna consists of five drugs namely Amrita, Nagar, Gokshuru, Mundi, and Varuna. Each drug possesses unique properties and is known

for its specific therapeutic effects. By combining these drugs in equal parts, a formulation is prepared and administered for its potential benefits. Amrita, a Rasayana and widely recognized for its rejuvenating properties. It is also considered a Tridoshaghnata drug, meaning it helps balance the three doshas - Vata, Pitta, and Kapha. This makes Amrita an essential component of the drug combination, potentially contributing to overall wellbeing and harmony of the body. Nagar, on the other hand, is particularly suited for Amapachana, a process of eliminating toxins from the body. Its specific properties make it an excellent choice to enhance the detoxification process when combined with the other drugs in the formulation. Gokshuru and Varuna possess properties such as Shothaghnata, meaning they have the potential to alleviate swelling and inflammation in the body.

Mundi, described as a Vata Kapha Shamaka drug, holds properties that help pacify imbalances related to the Vata and Kapha doshas. These drugs can be valuable additions to the combination, contributing to its potential effectiveness in addressing conditions associated with swelling. Additionally, Dadhimastu, which exhibits a Kashaya and Amla taste, is included in the formulation. Dadhimastu possesses properties such as Laghu (lightness) and Snigdha (unctuousness). It also exhibits Sheeta Veerya (cooling potency) and Vatanuloman Karma (balancing effect on Vata dosha). These properties of Dadhimastu contribute to the overall qualities of the drug combination. By combining these five drugs in equal parts, a formulation is prepared and administered to individuals seeking potential therapeutic benefits. The specific properties of each

drug, when combined, have the potential to work synergistically and provide a holistic approach to health and wellbeing. Further research and studies are necessary to fully understand and validate the effects of this drug combination.

CONCLUSION:

It is concluded that Amrutadi Churna for 30 days provided a better relief in the signs and symptoms of Amavata mainly in pain, stiffness, tenderness, swelling. It will cost effective and add on therapy in Amavata to avoid any further complication.

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