

## Review article on AMVAT

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**ABSTRACT:** Amavata is disease of Rasavaha strotasa it is generally compared with Rheumatoid Arthritis. Amavata is the outcome of Agnidushti, Amotpatti and Sandhivikruti. The therapy which normalize Agni, Metabolizes Ama, and Regulates Vata and maintain healthy Sandhi and Sandhistha Shleshma will be the supreme one for this disease. Many peoples in society are unaware about disease and its complications which is responsible for lifelong joint deformities. Many herbal as well as Ayurvedic preparations are mentioned in the classics which are very effective remedy in Amavata.

**KEYWORDS:** Amavata, Ama, Rheumatoid Arthritis, Agni-dushti, Amotpatti, Sandhivikruti.

### INTRODUCTION

Ayurveda is the ancient record where several diseases were named defining its characteristics along with treatments. Not only about these things there are so many methods and regulations of living in a healthy society are also mentioned. The diseases mentioned in Ayurveda Samhita mainly named and mentioned in such a particular way that it clearly shows the characteristics of its own. From there Amavata is one of them. Ama has a great role in creating various diseases mentioned in Ayurveda. Especially due to Mandagni Ama forms in the body from apakwa anna rasa. The Ama through several channels reaches the Kapha sthanas and affects the joints. Symptomatically we can compare it to Rheumatoid Arthritis. The mid aged people are affected mostly in this disease due to their sedentary life style

### Historical review

Though description about Amavata is available since the period of Charaka as a reference in the context of various treatments, Amavata as a separate disease entity was described for the first time in detail by Madhavakara (700 AD) who devoted a full chapter (25th) of Amavata in his famous treatise Madhava Nidanam. In this chapter he has mentioned etiopathogenesis of the disease in a systematic manner besides the signs, symptoms, complications and prognosis.

### AIMS AND OBJECTIVES

- 1) To understand Amavata in detail in comparison with Rheumatoid Arthritis.
- 2) To understand The Pathophysiology & Symptomatology of Amavata.

### MATERIALS AND METHODS

As this study is a review type of study, we have collected information from the available Ayurvedic samhitas and few elementary text books to get comprehensive knowledge about the disease Amavata as well its line of management.

### Etymology of Amavata

The two words Ama and Vata form the word Amavata, which denotes the involvement of these two factors in the manifestation of Amavata. So far as Amavata is concerned as the term itself denotes, it is formed by the union of 2 word Ama & Vata which are the two predominant pathological factor acting in the disease process. Acharya Madhava adds other dosha also.

### Definition of Ama[1]

Ushamanoalpabalatwen dhutumadyampachitam  
Dushtamamashayagatam rasmamam prachkshate  
(A.H.S.13/25)

When the strength of Agni becomes poor, then incomplete digestion of rasa dhatu takes place and remains of these incomplete & undigested remains of Rasa in Amashaya is known as Ama.

### AMAVATA[2]

Yugpatkupitavantstriksandhipraveshakau  
Stabdham ch guruto gatramamvatah sa ucchyate  
(M.N.25/5)

Ama, associating itself with vata, moves rapidly to the different seats of Kapha in the body filling them and the dhamanis with waxy material. It affects simultaneously the joints of the body such as those of waist, neck, shoulder etc. This dreadful disease

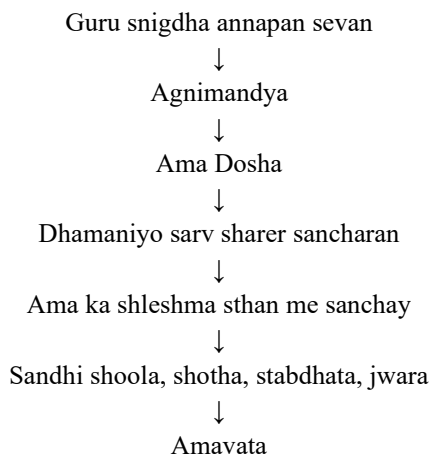
known as Amavata producing stiffness of the body becomes a cause of much other disease also.

Nidan of Amavata[3]

Viruddhaharcheshtasya mandagnernishchalasya cha Snigdham bhuktvato hyannam vyayamam kurvatatastatha (M.N.25/1)

Indulgence in incompatible foods and habits, lack of physical activity or doing exercise after taking fatty foods and those who have poor digestive capacity even normally also produce Ama in the body and associating with Vata, moves in whole body through dhamanis causes Amavata.

Samprapti of Amavata[4]

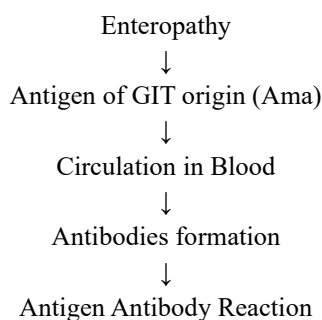


Lakshana of Amavata[5]

Angamardoaruchishrishna alasyam gauram jwarah Apakah shoonatanganamamavatasya laksham (M.N.25/6)

Clinical features of Amavata are pain all over body, (joints), loss of taste, thirst, heaviness, fever, indigestion and swelling of body parts.

Pathogenesis of Rheumatoid arthritis



↓  
Immune complex formation

↓  
Immuno inflammation in connective tissue system

Diagnosis of RA[6]

- Morning stiffness
- Arthritis of three or more joints areas
- Arthritis of hand joints
- Symmetrical Arthritis
- Rheumatoid factor
- Radiological changes
- Rheumatoid nodules

Co relation of clinical features in Amavata with rheumatoid arthritis[7]

- 1) Hasta sandhi shotha & shoola – Inflammation & severe pain in metacarpo-phalangeal joints & proximal inter phalangeal joints are affected most severely in Rheumatoid Arthritis.
- 2) Paad sandhi shotha & shoola – The feet are often involved especially the metatarso phalangeal joints & subtalar joints are affected.
- 3) Jaanu gulfa sandhi shotha – R.A. involves first smaller joints of hands & feet and then symmetrically affects the joints of wrist, elbow, ankle & knee.
- 4) Angagourav – Heaviness in the body.
- 5) Stabdhata – In R.A. stiffness of joints in morning hours.
- 6) Jaadhya – Due to deformity limited movements in the joints, weakness in grip or triggering of fingers occurs in R.A.
- 7) Angavaikalya – Deformity in joints.
- 8) Sankocha – Contractures.
- 9) Vikunchana – ulnar deviation which occurs at metatarsophalangeal joints.

Chikitsa sutra[8]

Langhanam swedanam tiktam deepanani katuni cha Virechanam snehpanam bastayashchammarute Saindhvadyenanuvasya ksharbasti prashasyate (Chakradatt 25/1)

Lightening, sudation, bitters, appetizers, pungent, purgative, intake of sneha and application of enemas are recommended in treatment of Amavata. Unctuous enema with saindhavadi oil followed by Ksharbasti is also prescribed.

1. Langhan- Langhana helps in the pachana of Ama dosha, so should intake very light food.

2. Swedan- Due to swedana stiffness and heaviness in body becomes destroy.
3. Tikta Katu & deepan dravya- Tikta katu & deepan dravyas helps in increasing the power of Agni which helps to prevent the formation of Ama.
4. Virechan-With the help of virechana dosha are expel out from the body and detoxification of body takes place.
5. Snehapana- Provocation of vata and ruksha of the dhatu can be controlled by administering sneha in chronic stage of amavata.
6. Basti- According to Cakradutta Ksharbasti and anuvasana basti can be used in Amavata.

- [4] Kaya chikitsa, Written by Prof. Ramharsh Singh, Chaukhambha Sanskrit pratishthan, Delhi, reprint 2010.
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#### DISCUSSION

Mandagni is the primary cause of Amavata, and treatment necessitates full digestion of Ama, which occupies the entire body. As previously mentioned, a detailed description of Amavata is given in terms of acute and gradual pathogenesis of Ama formation, Nidana, Classification, Purvarupa, Rupa, Sadhyasadyata and Chikitsa, among others. When various procedures such as Langhana, Deepana, and Pachana, etc., are followed, Agni returns to its normal stage, Ama is digested at a different level, and stiffness decreases along with the other primary symptoms like pain, swelling, etc.

#### CONCLUSION

Ama means incomplete digestion of rasa dhatu in amashaya which causes several types of disease, one of them is Amavata. Amavata can be correlated with Rheumatoid arthritis on the basis of clinical features. According to Cakradutta Langhan is the first line of treatment of Amavata along with deepan pachan dravyas which helps increase the power of Agni which prevents the formation of Ama in the body.

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