MANAGEMENT OF *ĀMAVATA* WITH CERTAIN AYURVEDIC PREPARATIONS

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Forty patients suffering from Āmavata were given Panchakola choorna internally and Valuka sveda externally for the first 10 days for Āmapachana purpose. Afterwards the patients were divided into two groups at random. In group I Guduçi kwatha, Guduçi sneha and Guggulu were administered and in group II Guduçi kwatha, Guduçi sneha and Rāsna choorna were given for 20 days. The result of treatment was encouraging and statistically significant.

Introduction

Āmavata is a disease which affects the joints. If it is not treated in time, it affects the power of locomotion and may lead to crippling.

Madhavakara was probably the first Ayurvedist to identify *Āmavata* as a separate entity and described the disease in detail. The important etiological factors are *virudhāhara, virudhachesta, mandāgni,* sedentary habits and exercise immediately after food. Physical and psychological factors are included in *virudhachesta.* Vitiated *Āma* enters the *dhamany* and reaches *hridaya.* From *hridaya* this *Āma* circulates in the entire parts of the body and finally *dosha dooshya samoorchana* takes place in *sandhy* and produce inflammation to the *sandhy.* Mainly *vata, pitta, kapha, rasarakta* and *sandhi* are involved in this disease (*Madhavakara*).

Since inception of this Institute studies have been conducted to find out an effective

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remedy for this disease. The present study aims to find out the efficacy of certain Ayurvedic medicines in *Amavata*.

Material and Methods

Forty patients of either sex within the age group of 10-65 years suffering from *Amavata* were selected for the study. Pain and swelling in multiple joints, elevation of E.S.R. and minimum six months duration of illness were taken as main criteria for selection of patients. Routine examination of Urine, Stools and tests like Haemoglobin, Total leucocytes count, Differential count, E.S.R., R.A. factor, V.D.R.L. and Uric acid were done before and after completion of treatment. X-ray of the affected joints were taken before and after treatment. E.C.G. was taken in suspected cases of heart involvement, Temperature was recorded twice daily in all cases.

Treatment period was divided into two stages. The first stage, as detailed below, was common for all petients for 10 days.

First stage

Ist day - *Lamghana* - Shadamgapaneeya and *Lāja* water for drinking.

2nd to 6th day - *Deepanapachana* and *sveda*:

   (1) Panchakola (Pippali, Pippalimulam, Cavya, citraka and Nagara) choorna 2 gms thrice daily with hot water.
   (2) Valukapotala sveda (Heated sand bag) in the affected joints.

7th day - *Mridu vireca* - *Eranda taila* 15-30 ml. at 6 a.m. with hot water.

8th to 10th day - *Samsarjana* - *Panckakola choorna* 2 gms. thrice daily with hot water.

On the completion of the first stage of the above mentioned treatment, the patients were grouped into two at random and the following line of treatment was given for a period of 20 days for *samana* purpose. *Guduçi* (*Tinospora cordifolia* Willd.), *Guggulu* (*Balsamodendrom mukul* Hook.) and *Rāsna* (*Alpinia officinarum* Hance.) were selected for the second stage of study, as detailed below:

Second stage

Group I	Group II
Internal	Internal
Guduçi kwatha 60 ml.+	*Guduçi kwatha* 60 ml. +
Guduçi sneha (3 times fortified	*Guduçi sneha* 3 times fortified)
1ml.+*Sudhaguggulu* 2 gms. thrice daily	1 ml. + *Rāsna choorna* 2 gms.
(7 am. - 1 p.m.-5 p.m.)	thrice daily (7 a.m.- 1 p.m.- 5 p.m.)
External	External
Kottamchukkadi taila 30 ml. daily	*Kottamchukkadi taila* 30 ml. daily

Guduçi sneha was prepared as per the

general rule of oil preparation and it was fortified 3 times.

Diet

Light diet (Rice gruel) was given in the first stage of 10 days and for the remaining period normal hospital diet was prescribed.

Criteria for assessment and classification of results for Rheumatoid arthritis adopted by American Medical Association was followed in this study (Annexure - I).

Results

The results of the treatment based on improvement in signs and symptoms was highly encouraging and statistically significant at 0.1% level in both groups.

Table No. I

Result of treatment

(Clinical status of the patient before and after trial)

Group	Before treatment Mean ± SEM	After treatment Mean ± SEM	't' value	p value
I	22.1 ± 0.78	11.05 ± 1.33	7.78	p<0.001
II	21.1 ± 0.80	10,9 ± 1.41	7.13	p<0.001

SEM - Standard error of mean

Table No. II

Effect of treatment on E.S.R.

Group	Before treatment Mean ± SEM	After treatment Mean ± SEM	't' value	p value
I	83.30 ± 8.19	49.55 ± 7.29	5.88	p<0.001
II	81.65 ± 8.75	47.20 ± 5.51	4.02	p< 0.001

Table No. III

Effect of treatment on haemoglobin percentage

Group	Before treatment Mean ± SEM	After treatment Mean ± SEM	't' value	p value
I	61.75 ± 2.72	68.05 ± 2.21	2.89	p<0.05
II	57.4 ± 2.63	66.25 ± 2.53	3.77	p< 0.01

Table No. IV

Result in relation with age group

Sl. No.	Age group	Group I					GroupII			
		No.of pts.	C.R.	Ma.I	Mi.I	N.I	No.of pts.	C.R.	Ma.I	Mi.I	N.I
1.	10-20 Yrs.	6	3	3	-	-	4	2	2	-	-
2.	21-30 Yrs.	2	-	-	2	-	4	-	4	-	-
3.	31-40 Yrs.	5	-	2	3	-	7	-	4	3	-
4.	41-50 yrs.	4	-	2	2	-	2	-	-	2	-
5.	51 Yrs. & above	3	-	-	1	2	3	-	1	-	2

C.R. = Complete remission   Ma.I. = Major improvement

Mi.I. = Minor improvement   N.I. = No improvement

Table No. V

Comparison of results between groups

Sl. No.	Result	Group I		Group II	
		No. of patients	Percentage	No. of patients	Percentage
1.	Complete remission	3	15	2	10
2.	Major improvement	7	35	11	55
3.	Minor improvement	8	40	5	25
4.	No improvement	2	10	2	10

R.A. factor was found positive in eight cases which remained unchanged after treatment.

Abnormalities noted in the knee and wrist in five patients in the initial X-ray, did not show any change after treatment. E.C.G. was found normal in all cases.

Discussion and conclusion

As mentioned earlier, *Āma* is the main cause for *Āmavata*. Therefore, the first stage of treatment was mainly based for *Āmapachana* purpose and common for all patients of both groups. *Panchakola choorna*, a compound of five drugs, famous for its *Āmapachana* and *Deepana* action due to its *Teekshna, Usna* and *Laghu Gunas* was selected as principal medicine in the first stage of treatment. The *Lamghana* and *deepana pāchana* drugs gave good response in the initial stage. The *Āmavastha-Jwara, Aruci, Gaurava* and *Sotha* - were almost relieved after 10 days. *Guduci* is famous for its *Vatapittahara* and *Āmapachana* properties. *Guduci kwatha* and *Guduci sneha* were given in both groups which helped for achieving better response to these patients. *Guggulu* and *Rāsna* are also famous for *Āmapachana* and *Vatahara* properties. These drugs also helped for the improvement gained in these patients.

In this study, except the intake of *Guggulu* in group I and *Rāsna* in group II in the second stage of treatment, all other treatment given in group I and II were identical. It may be the reason that no remarkable difference was noted on comparison of result in both groups.

Acknowledgement

ASSESSMENT OF CLINICAL STATUS

Grade	complete remission	Major improvement	Minor improvement	No improvement
1. Pain	Nil	On movement only	At rest	Wakes patient from sleep
2. Tenderness	Nil	Patient says the joint is tender	Patient winces	Will not allow the joint to be touched
3. Fatigue	Nil	Work full time despite some fatigue	Patient must interrupt work to rest	Fatigue at rest
4. General function	Full activity without difficulty	Most activities but with difficulty	Few activities little self care	Mainly Chair or bed
5. Spread of Joint involvement	None	0-10	11-20	Over 20
6. Morning stiffness	30 mts. or less	30 mts. - 1 hr.	1-2 hrs.	2 hrs or more
7. Grip strength	100 mm Hg. or more	99-60	59-10	Under 10
8. Haemoglobin in percentage	86 and above	85-76	75-66	Below 65
9. E.S.R. (mm in 1st hr. Westergren)	0-20	21-40	41-70	71 or more
10. Walking speed in seconds (to cover 20 mts.)	20	21-40	41-60	Above 60

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हिन्दी सारांश

आमवात रोगियों की आयुर्वेद औषधियों द्वारा चिकित्सा।

पी०पी० एन० भट्टाथिरी, एस० शशिधरण नायर तथा पी० आर० सी० नायर

आमवात के 40 रोगियों को इन्डयन् इंस्टिटयूट आफ पंचकर्म में दवा दी। पहले आमपाचन् के लिए पंचकोलचूर्ण और वालुकास्वेद दस दिन तक दिया गया। दूसरे चरण में उनको अविचारित रुप से दो वर्ग बनाकर, एक वर्ग को गुडूची क्वाथ गुडूची तैल और गुग्गुलु और दूसरे वर्ग को गुडूची क्वाथ, गुडूची तेल और रास्ना चूर्ण दिये गये। इसका फल बडा प्रोत्साहनीय और सांख्यकीय गणना से उल्लेखनीय पाया गया।