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A Literary Look Insight Ayurvedic Treaties for Amavata (Rheumatoid Arthritis)

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ABSTRACT

AYUSH system of medicine is a heritage of Indian Sub continental. Its acceptances and global popularity is increasing day by day. People suffering from chronic diseases are more attract toward it. Arthritis is one of them, which restricted normal work out of a person. The conventional modern therapy fails at several stages where patients need some other treatment modules from indigenous medicine. Ayurveda offers a number of simple and compound formulations for such painful conditions like Amavata (Rheumatoid arthritis). The present article deals with some simple formulations from plant origin. Probably the formulations mentioned in the manuscript were helps the health care practitioners in order to manage the different painful conditions.

1. Introduction

Arthritis, a progressive disease involving the joints, does not shorten one's life, but in due course cause significant pain, joint failure and disability [1]. It comprises three basic interrelated processes, Inflammation, synovial proliferation and joint tissue destruction [2]. The two most-common forms are osteoarthritis (OA) and rheumatoid arthritis (RA).

Rheumatoid arthritis is an autoimmune, chronic inflammatory condition of the connective tissues throughout the body, but especially with destructive inflammation around polyarticular joint [3]. Rheumatoid arthritis affects approximately 1% of the population worldwide [4]. RA affects two times more women than men [5]. Rheumatoid arthritis may rapidly progress into a multisystem inflammation with irreversible joint destruction and increase the risk of mortality possibly due to accelerated cerebrovascular complications including heart failure [6]. Symmetric polyarthritis with joint swelling (especially of the hands and feet) and morning stiffness (lasting in 1 hour or longer) are primary symptom of RA. Several extra-articular symptoms includes rheumatoid subcutaneous nodules, vasculitis. Pleuropulmonary, digestive, cutaneous, neurologic, ocular hematologic and cardiovascular complications may associate with RA [7]. However, Conventional treatments (NSAID's, DMARD' and corticosteroids) are rarely totally effective and are usually associated with side effects.

Currently there is no cure for either rheumatoid or osteoarthritis. Physiotherapy, lifestyle modification, physical activities are incorporated in the management of joint diseases [8]. There are a number of different systems of herbal medicine, the most important of which is Indian system of medicine, 'Ayurveda' which generated many useful leads in developing medications for chronic diseases. Ayurvedic medicine in India has proven track record of 5000 years. Plants are natural and traditional sources of medication in large parts of the world. A wide variety of herbs are used successfully alone or synergistically with modern medicine to reduce pain, reduces inflammation of joints in osteoarthritis and rheumatoid arthritis in Ayurveda [9]. In recent years, research on Ayurvedic medicines increases significantly because of its safety and efficacy in management of chronic diseases. Remedies are made from single or multiple herbs and

minerals for various medical conditions like asthma, flu, diabetes, arthritis, heart disease, digestive problems, mental health and skin problems. In this article, Comprehensive literature review was carried out on simple remedies from plant origin, which showed promising activity against different inflammatory and arthritis conditions.

Rheumatoid Arthritis is widely correlated with *Amavata* by the Ayurveda scholars. It is a challenge to the physician owing to its chronicity, incurability, complications, morbidity and crippling nature with varied clinical signs and symptoms related to multiple anatomical sites, both articular and extra-articular. *Amavata*, as a disease, was first described by Madhavakara [10]. The word *Amavata* is made up of a combination of two words, Ama and Vata i.e. *Amavata* is caused by *Ama* combining with vitiated *Vata Dosh*, where *Mandagni* plays a central role in the manifestation of the disease [10]. This theory is very well supported by the view of Acharya Vagbhata that the main cause of all diseases is *Mandagni* [11]. The disease is initiated by the consumption of *Viruddha Ahara* and simultaneous indulgences in *Viruddha Ahara* in the pre-existence of *Mandagni* [11]. The main pathological factor in the development of this disease is "*Ama*" due to derangement of malfunctioning of the digestive and metabolic mechanisms i.e. *Agni*, like *Jatharagni*, *Dhatvagni* and *Bhutagni* etc. resulting in the production of *Ama* [12]. On other hand, *Vata Dosh* is most powerful among three *Doshas* and it controls the other two *Doshas* [13] as well as it is very difficult for treatment. The *Ama* circulates in the whole body by the vitiated *Vata* and gets accumulated in the *Sandhis* (seat of *Kapha*). As this process continuous, all the joints are gradually affected, which results in severe pain, stiffness and swelling over the joints [10]. When "*Pitta*" also gets associated, it causes burning sensation around the joints. *Amavata* is one of the most difficult to cure (*Krichhrasadhya*) diseases mentioned in *Ayurveda*. Therefore, the *Samprapti* (pathogenesis) starts in the *Annavaha Srotasa* and then extends through *Madhyama roga marga* with special inclination for *Kapha Sthanas* [10] especially *Sandhis* (joints). In such a condition, patient weeps in agony of pain and reduced functional capacity with severe stiffness and crippling deformity of joints, which make them bed ridden. However, Acharya Madhava has described the most characteristic feature of this disease: severe pain similar to a scorpion bite. *Asthi* and *Sandhi* are the chief sites of presentation of the cardinal symptoms such as *Sandhishoola*, *Sandhigraha*, *Sandhi Sotha*, etc. These symptoms resemble the cardinal features of rheumatoid arthritis, i.e., pain, swelling, stiffness, fever, general debility, etc.

Many *Ayurvedic* formulations are claimed to be effective in *Amavata*, however, scientific evidence needs to be produced. The need to establish

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a firm scientific basis for classical *Ayurvedic* formulations is now being felt. Though ample research work has been done on the disease *Amavata*, satisfactory results have not been obtained till date. The principles of treatment of *Amavata* are *Langhana* and *Swedana*; and drugs having *Tikta*, *Katu Rasa*, *Deepana*, *Virechana*, *Snehapana* and *Basti* properties [14]. In the management of *Amavata* sequential employment of *Dipana*, *Amapachan*, *Srotoshodhana* and *Rasayana* actions like Pippali (*Piper longum*), *Shodhan*, and *Shaman* therapies have been mentioned [14]. The use of *Eranda Taila* for the treatment of *Amavata* has been emphasized by almost all the ancient *Acharyas*. *Guggulu* is an established anti-inflammatory and antiarthritic drug. They relieve from vitiated *Kapha*, *Vata*, and *Ama* by its properties of *Ushna*, *Tiksha*, *Suksma*, *Singdha*, etc. Further, it is free from the serious adverse effects as compared to the modern conventional therapy, provided it is given in proper dose and regimen.

Many research works have been done to solve this clinical enigma, but an effective, safe, less complicated treatment is still required in the management of *Amavata*. *Shiva Guggulu* [15, 16] and *Simhanada Guggulu* [15, 17], *Rasana Pinda* [18, 19], *Vatari Guggulu* [20, 16] *Brihat Saindhavadi Taila* for *Pan*, *Abhayang*, *Virechan*, and *Basti* [21, 19] *Amrita Ghrita* [22], *Vardhamana Pippali Rasayana* [22], *Rasana Rasnadi Ghanavati* [17] and *Nirgundi Ghana Vati* [24] have been efficacy in *Amavata*.

Basti Chikitsa was the major treatment in *Ayurveda* which directly acts over the *Vata Dosha* and many a times is called as *Ardha Chikitsa* or *Sarva Chikitsa* [12] *Kshara Basti* as *Shodhana Chikitsa* which is mentioned in *Chikitsa Sutra* described by Chakradatta [24, 14] *matra basti* [20] and *kaal basti* [25] are also effective in the management of *amavata*.

Presently, after establishment of Ministry of AYUSH, the Dhanvantari Birth celebration was declared as *Ayurveda Day*. The first *Ayurveda Day* was celebrated on 28 October, 2016 with the theme of Diabetic Management. The theme of second *Ayurveda Day* is Pain management through *Ayurveda*. *Amavata* create great disturbance in day to day life of patients suffering from it. Therefore, in the present work an attempt was made to search simple and useful remedies for *Amavata* from a number of *Ayurvedic* classics.

2. Remedies

The remedies are enumerated as follows:

1. One should take castor oil (*Ricinus communis* Linn.) mixed with cow's urine for a month (V.M. 22.60) [26].
2. In disorder of *vata* *Patralavana* is recommended which is prepared as follows-fresh leaves of *Eranda* (*Ricinus communis* Linn.), *Muskaka* (*Elaeodendron glaucum* Pers.), *Karanja* (*Pongamia pinnata* (Linn.) Pierre.), *Vasa* (*Adhatoda vasica* Nees.), *Aragvadha* (*Cassia fistula* Linn.), *Chitraka* (*Plumbago zeylanica* Linn.) etc are mixed with salt and pounded in a mortar and then kept in a jar smeared with ghee which is paste with cow dung and then put in fire (S.S.Ci. 4.30) [27].
3. In all types of lumbago one should take castor oil (*Ricinus communis* Linn.) mixed with decoction of *Dashmula* or *Sunthi* (*Zingiber officinale* Rosc.) (V.M. 22.63; B.P.Ci.26.55) [26, 19].
4. In *Vatakantaka* (sprained ankle) frequent bloodletting or intake of castor oil (*Ricinus communis* Linn.) or cauterization with needle is prescribed (V.M. 22.61.) [26].
5. In *vata* situated in faeces, castor oil (*Ricinus communis* Linn.) is efficacious (A.H.Ci. 22.62) [11].
6. By taking decoction of seeds of *Kapikacchu* (*Mucuna pruriens* (L.) DC.) for a month one regains strength in arms (C.D. 22.27) [14].
7. Oil cooked with *Karpas* (*Gossypium herbaceum* Linn.) seed (*Gossypium herbaceum* Linn.) and horse gram is useful in *Vatavyadhi* (C.S.Ci. 28.136) [12].
8. Castor seeds (*Ricinus communis* Linn.) are purified, pounded and cooked in milk. This preparation of milk is a good remedy for lumbago and sciatica (V.M. 22.50) [26].
9. The powder containing *Tumburu* (*Zanthoxylum alatum* Roxb.), *Pushkarmula* (*Inula racemosa* Hook. f.), *Hingu* (*Ferula foetida* (Bunge) Regel), *Amlavetasa* (*Hippophae rhamnoides* Linn.), and three salts should be administered with the decoction of Barley.
10. *Hingu*, *Souvarchala*, *Sunthi* (*Zingiber officinale* Rosc.), *Dadima* (*Punica granatum* Linn.) and *Amlavetasa* (*Hippophae rhamnoides* Linn.) should be taken with the decoction of barley in case of pain in cardiac region, sides, *apatantarka* (A.H.Ci. 21.36) [11].
11. The stem of *Asthisamhara* (*Cissus quadrangularis* Linn.) devoid of bark and one-half de-husked black gram are pounded and then cooked in *Sesamum* oil (*Sesamum indicum* Linn.). This *vataka* alleviates *Vata* (B.P.N. 3.228) [19].

12. The warm paste prepared of *Amalika* (*Tamarindus indica* Linn.) leaves along with male flower stalk *tala* alleviates pain caused by aggravation of *Vata* (B.S.Vata.37) [28].
13. In severe stiffness caused by *Vata* the part should be pasted with food grains, seed of *Vata* (*Ficus benghalensis* Linn.) alleviating plant followed by fomentation with the fire of *Amalika* (*Tamarindus indica* Linn.) bark (V.D.12.22) [29].
14. Ghee is cooked with decoction and paste of *Asvagandha* (*Withania somnifera* Dunal.) along with four times milk. This *Asvagandha Ghrita* pacifies *Vata* (V.M. 22.73) [26].
15. One who takes *Asthisamhara* (*Cissus quadrangularis* Linn.) along with meat or other items becomes free from fracture and other severe types of *Vatavyadhi* (G.N.2, 21.30) [30].
16. Oil or ghee mixed with *Ardra* juice (*Zingiber officinale* Rosc.), *Matulnga*, *Cakra* (*Rumex vesicarius* Linn.) and jaggery should be taken. it alleviates pain in waist, thigh, sides and sacral region, sciatica and upward movement of *Vayu* (V.M. 22.52) [26].
17. In scrotal pain, one should take *Ardra* Juice (*Zingiber officinale* Rosc.) with proper quantity of oil in early morning (B.S.Vatavyadhi, 56) [28].
18. Rice milk made with pounded *Sunthi* (*Zingiber officinale* Rosc.) and castor seeds (*Ricinus communis* Linn.) should be eaten (V.M. 22.54; B.S.Vatavyadhi, 592) [26].
19. One should use regularly *Guggulu* (*Commiphora mukul* (Hook. Ex stocks.) Engl.) *Haritaki* (*Terminalia chebula* Retz.) and *Shilajatu*.
20. One suffering from *vatavyadhi* should take *Rasana* tuber finely pounded and mixed with ghee keeping on diet with ample ghee (B.S.vatavyadhi.103) [28].
21. *Rasana* should be used in increasing 20 gm per day for a week with milk, oil, ghee, meat or rice. it may also taken with various vegetarian and non-vegetarian dishes (B.P.Ci. 24.343-47) [19].
22. *Rasna* 40gm (*Pluchea lanceolata* Oliver & Hiern.) and *Guggulu* 50 gm (*Commiphora mukul* (Hook. Ex stocks.) Engl.) are mixed together and pounded with ghee and made into pills known as *Rasna-Guggulu*. It is very helpful in alleviating pain lower limb (V.M. 22.53; B.P.Ci. 24.143) [26]. [19].
23. One should take decoction of *Vasa* (*Adhatoda vasica* Nees.), *Sunthi* (*Zingiber officinale* Rosc.), and *Aragvadha* (*Cassia fistula* Linn.) mixed with castor oil (*Ricinus communis* Linn.) (B.P.Ci. 24.140; B.S.Vatavyadhi 587) [19, 28].
24. One should take castor oil (*Ricinus communis* Linn.) or *Vridhdharuka* (*Argyrea nervosa* (Burm.f.) Boj.) with milk (G.N.2.19.140) [30].
25. *Vridhdharuka* taken with wine sour gruel, cow's urine, water, fatty substances, meat soup and vegetable soup pacify aggregated *vata* (G.N. 2.19.198) [30].
26. Milk processed with *sarkara* *Kasmrya* (*Gmelina arborea* Roxb.) and *Madhu* promotes growth of the child (C.S.Ci. 28.96) [12].
27. For elimination of impurity one should take ghee cooked with the juice of *Saptala* (*Euphorbia tirucalli*) and *Sankhini* (S.S.Ci. 14.8) [27].
28. Fine powders of *Haridra* (*Curcuma longa* Linn.) is put in oil is extracted. It alleviates disorder of *Vata* (V.D. 12.2, 25) [29].
29. *Bala* (*Sida cordifolia* Linn.) *taila* is used in unctuous enema (S.S.Ci. 5.19) [27].
30. Soup made of *Bala* (*Sida cordifolia* Linn.) is an excellent remedy for *Vata* (V.M. 22.2) [26].
31. *Tila* (*Sesamum indicum* Linn.) and jiggery 640 gm each and *Bhalataka* *Semecarpus anacardium* Linn. 80 gm- intake of this alleviates *vatavyadhi* gradually (S.B. 4.462) [31].
32. *Masa* (*Phaseolus mungo* Linn.), *Bala* (*Sida cordifolia* Linn.), *Kapikacchu* (*Mucuna pruriens* (L.) DC.), *Katrina*, *Rasna* (*Pluchea lanceolata* Oliver & Hiern.), *Asvagadha* (*Withania somnifera* Dunal.) and *Ernda* (*Ricinus communis* L.) decoction of these mixed with *Hingu* and salt should be taken with warm by nostrils. it alleviates hemiplegia, torticollis, tinnitus, earache and facial paralysis within a week (V.M. 22.21) [26].
33. Decoction of *Masa* (*Phaseolus mungo* Linn.), *Kapikacchu* (*Mucuna pruriens* (L.) DC.), *Ernda* and *Bala* (*Sida cordifolia* Linn.) mixed with *Hingu* and rocksalt should be taken. it alleviates hemiplegia (V.M. 22.23) [26].
34. In *vatarakta* predominant in *kapha*, decoction of *Musta*, *Darksa* and *Haridra* (*Curcuma longa* Linn.) mixed with honey should be taken. Similarly that of *Triphala* [powder of three fruits viz. *Haritaki* (*Terminalia chebula* Retz.), *Bibhitaki* (*Terminalia bellirica* Roxb) and *Amalaki* (*Emblia officinalis* Gaertn. in equal quantity) or *Guduchi* is useful (A.H.Ci. 22.14) [11].
35. Decoction of *Musta* (*Cyperus rotundus* Linn.), *Amalaka* (*Emblia officinalis* Gaertn.) and *Haridra* (*Curcuma longa* Linn.) should be taken with honey. It alleviates *Vatarakta* associated with *Kapha* (B.P.Ci. 29.78) [19].

36. Methika (*Trigonella foenum-graecum* Linn.), Chandrasura (*Lepidium sativum* Linn.), Kalajaji (*Nigella sativa*), Yavani (*Trachyspermum ammi* (Linn.) Sprague) these four ingredients are taken in powder form. Its powder taken alleviates vatavyadhi, ingestion, colic, flatulence, pain in sides and lumbago (B.P.N.1.98-99) [19].
37. Oil cooked with Rasona (*Allium sativum*) juice alleviates Vata (C.S.Ci. 28.177; V.M. 22.152) [26]. [12].
38. Paste of Rasona mixed with tila oil (*Sesamum indicum* Linn.) is recommended for vatavyadhi (S.G. 2.35.7) [13].
39. Devdaru mixed with (*Zingiber officinale* Rosc.) give relief to those suffering from Vata (B.S.Vatavyadhi.61; B.P.Ci. 24.252) [19]. [28].
40. Powder of Nirgundi root (*Vitex negundo* Linn.) should be taken with oil is useful in arthritis lumbago and trembling (R.R.S. 22.1.64) [32].
41. Old oil cake should be cooked with decoction of Panchamoola. Now with this juice oil 640ml should be cooked with eight times milk. It destroy all vatic disorders (C.S.Ci. 28.138-39) [12].
42. In Vata enema prepared with Mahat pancamula and Laghu Pancamula is useful (C.S.Ci. 10.19) [12].
43. Milk boiled with Pancamula or meat soup soured with fruits or soup of cereals added with profuse ghee is wholesome for those afflicted with Vata (S.S.Ci. 4.13) [27].
44. Intake of the decoction of Pancamula mixed with castor oil (*Ricinus communis* Linn.) and Trivrit (*Operculina tupehum*. (Linn.) Silva) alleviates sciatica, gulma and colic immediately (V.M. 22.51) [26].
45. Milk cooked with Pancamula and Bala (*Sida cordifolia* Linn.) is useful in vatic disorder (V.M. 22.3) [26].
46. Soup of Patola (*Trichosanthes dioica* Roxb.) fruit is light alleviates Vata and promotes semen (C.D. 22.80) [14].
47. Palandu (*Allium cepa* Linn.), after rasona is the excellent remedy for Vata (A.S.U. 49.135) [33].
48. Powder of Pippali (*Piper longum* Linn.) should be taken with cow's urine and castor oil (*Ricinus communis* Linn.) by this chronic sciatica caused by Kapha and Vata is alleviated (B.P.Ci. 24.139) [19].
49. Decoction of Shallaki (*Boswellia serrata* Roxb. Ex Coleb) and Puga (*Areca catechu* Linn.) bark added with oil alleviates the disease in three weeks (H.S. 3.20.75) [34].
50. This preparation of oil may also be made in Aswagandha (*Withania somnifera* Dunal.) Prasarni (*Paederia foetida* Linn.) and two types of Bala (*Sida cordifolia* Linn.) and Atibala (*Abutilon indicum* Linn.) separately with their decoction and paste along with milk (C.S.Ci. 28.166) [11].
51. Kumkuma (*Crocus sativus* Linn.), Aguru (*Aquilaria agallocha* Roxb.), Patra (*Cinnamomum tamala* Nees & Eberm.), Kushta (*Saussurea lappa* C.B. Clarke.), Ela (*Elettaria cardamomum* Maton.), Tagar (*Valeriana wallichii* DC.), etc should be generally used in vatavyadhi.
52. Guggulu (*Commiphora mukul* (Hook. Ex stocks.) Engl.) is the best remedy for Vata covered with medas.
53. Guggulu (*Commiphora mukul* (Hook. Ex stocks.) Engl.) or Guduchi with Triphala [powder of three fruits viz. Haritaki (*Terminalia chebula* Retz.), Bibhitaki (*Terminalia bellirica* Roxb) and Amalaki (*Embllica officinalis* Gaertn.in equal quantity] decoction; or castor oil (*Ricinus communis* Linn.) or Vriddhadaruka with milk should be taken (V.M. 22.47; B.S.Vatavyadhi, 137; B.P.Ci. 24.156) [19, 26, 28].
54. Old ghee and oils of sesamum (*Sesamum indicum* Linn.) and mustard are useful (C.S.Ci. 28.188; A.H.Ci. 22.58) [11]. [12].
55. One should take ghee cooked with Tilvaka (*Viburnum nervosum* D. Don.) or Saptala (*Euphorbia pilosa* Linn.) or castor oil (*Ricinus communis* Linn.) mixed with milk (C.S.Ci. 28.84) [11].
56. In pain in arms Decoction of Dasamula, Bala (*Sida cordifolia* Linn.) and Masa mixed with oil and ghee should be used as souff in evening (V.M. 23.31; B.S.Vatavyadhi.123, B.P.Ci. 24.87) [19, 26, 28].
57. Powder of Sunthi (*Zingiber officinale* Rosc.), Indrayava (*Holarrhena antidysenterica* (Linn.) and Citraka (*Plumbago zeylanica* Linn.) taken with warm water is useful in wind in bowels (B.P.Ci. 24.249) [19].
58. Sunthi (*Zingiber officinale* Rosc.), Pippali (*Piper longum* Linn.), Maricha (*Piper nigrum* Linn.), Yavani (*Trachyspermum ammi* (Linn.) Sprague) and rocksalt these powdered singly or jointly are beneficial in lock-jaw (B.P.Ci. 24.21) [19].
59. Ghee oil jaggery, vinegar and the fifth Sunthi (*Zingiber officinale* Rosc.) -these taken together alleviate lumbago. There is no remedy similar to this in Vata situated in waist and free from Ama (B.P.Ci. 26.59) [19].
60. Vegetable or dietary preparation of Cakramarda (*Cassia tora* Linn.) leaves alleviates vatavyadhi (S.B. 4.461) [31].
61. By intake of castor oil (*Ricinus communis* Linn.) mixed with equal quantity of Nirgundi juice (*Vitex negundo* Linn.) one overcomes vata situated in waist and regains health (V.D. 12.8) [29].
62. By taking castor oil (*Ricinus communis* Linn.) and Nirgundi Juice (*Vitex negundo* Linn.) separately lumbago is removed and patient became happy (V.D. 12.8) [29].

3. Conclusion

Day to day Ayurveda gaining popularity among the people. Use of herbal drugs is also promoted by the government. Probably the formulations mentioned in the manuscript were helps the health care practitioners in order to manage the different painful conditions.

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