

A REVIEW ARTICLE ON “AMAVATA”

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ABSTRACT

Amavata is disease of Rasavaha strotasa it is generally compared willi 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 Sandhista 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; Rasavaha Strotas; Amotpatti; Sandhi vkruti; Ayurvedic Preparation.

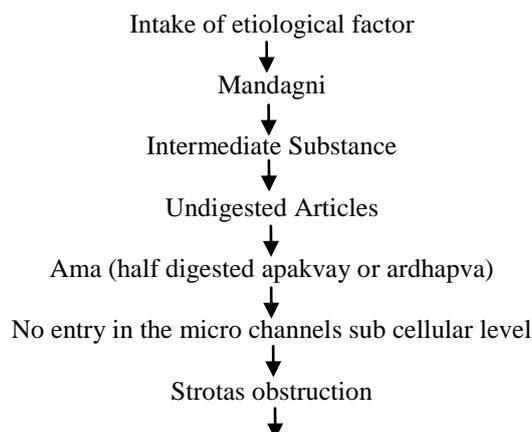
The disease Amavata can be compared to Rheumatoid Arthritis. The sign and symptoms of both diseases are near about same. Rheumatoid Arthritis is an autoimmune disease, it is chronic inflammatory, destructive and deforming symmetrical poly-arthritis associated with systemic involvement.

INTRODUCTION

Madhava was the first physician who describes the disease Amavata. It seems to be simple disease but its prognosis is not so good. Before the Acharya Madhava the concept of Amavata was vague.

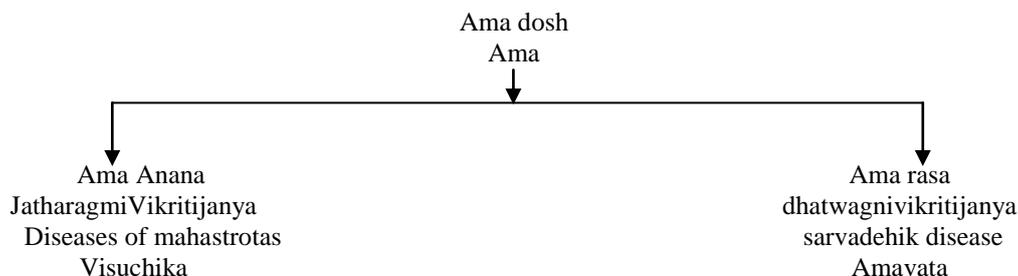
Samprapti

Madhavakara has described:-



Amavata develops due to Dushti or Prakopa of Ama as well as Vata dosha. The concept of Ama is unique in Ayurvedic science and this Ama is main cause of the various disorders. There is no equivalent term of Ama in modern science.

The disease Amavata can be compared to Rheumatoid Arthritis. The sign and symptoms of both diseases are near about same. Rheumatoid Arthritis is an autoimmune disease. It is chronic inflammatory, destructive and deforming symmetrical poly-arthritis with systemic involvement.



- The word Ama and Vata unite to form the term Amavata. This signifies the role of pathogenesis of Ama and Vata in the diseases.
- The improperly formed Annarasa is Ama and it causes vitiation of vata, which is known as Amavata.
- Ama is produced due to indigestion and along with Vata it is a well-known disease entity.

Definition of Amavata

Amavata is a condition where stabdhata of the body occurs due to lodging of vitiated Ama and Vata in the TrikaSandhi and Commenting on the word “Yugapat” Madhukoshakara explains it as simultaneously Vata and Kapha while in Atanka Darpana, it is explained as Ama and Vata as both are held responsible for its pathogenesis.

Classification of Amavata

Madhavakara has classified Amavata According to predominance of doshas which are as follows:

1. EkDoshaja

- Vataja
- Pittaja
- Kaphaja

2. DwiDoshaja

- Vata-Pittaja
- Pitta-Kaphaja
- Kapha-vataja

3. TriDoshaja

These varieties of Amavata can be differentiated on the basis of characteristic symptoms of Dosha involved.

Acharya Harita has classified Amavata into following four types on the basis of clinical manifestation.

- 1. Vishtambhi:** In Vishtambhi type of Amavata Gatra-gaurava, Adhamana and Bastishoola are present.
- 2. Gulmi:** In this type Jathargarjana (Bowel sounds), Gulmavatapeeda and Katijadata are present.
- 3. Snehi:** Gatrarnigdhata, Jadya, Mandagni and Excretion of Vijjala and Snighda
- 4. Sarvangi:** Excretion of Peeta, Shyama, Vijjala and Pakva Ama, Shrama and Klama are present in this type. Again it can be classified according to:

(A) Severity

- Samanya Amavata
- Pravriddha Amavata

In Samanya Amavata, the symptoms are more or less general, less severe and not associated with Upadravain comparison to Pravridha Amavata.

(B) Chronicity

- Navina Amavata
- Jeerna Amavata

Up to one year of onset it is said to be Navina and more than one year it is called Jeerna Amavata.

PRAVRIDDHA LAKSHANA

- Agnidaurbalya
- Praseka
- Aruchi
- Gaurava
- Vairasya
- Ruja & shotha in Hasta, Pada, Shiro, Gulpha, Trika, Janu, UruSandhi
- Vrishchikadamshavatavedana
- Kukshikathinyata
- Kukshishoola
- Vibandha
- Antrakujana
- Anaha
- Chardi
- Hritgraha
- Jadyata
- Bhrama
- Murcha
- Nidra-viparyaya
- Daha
- Bahumutrata

Upashaya – Anupashaya

Use of medicaments, dietary regimes and viharas which bring lasting relief are known as Upashaya. On the contrary, anupashaya aggravates the disease.

Chikitsa of Amavata

- 1. Langhana:** Langhana is the 1st line of treatment to digest Ama. Here langhana means not complete fasting but, intake of light food. The duration of langhana varies from person to person depending upon individual capacity.
- 2. Swedana:** Swedana is sudation therapy: in this disease swedana is done locally on affected joints. In amavata rooksha sweda is recommended (Sudation without oil/fat). For the procedure of rooksha sweda

valuka (sand is recommended). Snehana is contraindicated in amavata.

3. **Katu Tikta & Pachak aahar & aushadhi:** The drug which possess Katu (Pungent), Tikta (bitter) and which act as deepana, pachana (appetizer) are recommended in amavata. These drugs, by virtue of their qualities does amapachana, hence may help in relieving shotha & shoola.
4. **Virechana:** For virechana, erandataila and hareetaki are used. In amavata without any preoperative procedure virechana is recommended directly. Eranda acts srotoshodhaka, shothahara, shoolahara and amavatahara.
5. **Basti chikitsa:** Chakradatta recommends Ksharabasti and anuvasanabasti in amavata. Following tailas are used in anuvasana and nirooha basti –

- Prasarani taila
- Bruhat saindhavadi taila
- Dashmooladi taila

Eranda taila is used as base in preparation of these tailas

6. Shamanaushadhi

I. Kwath Yoga

- Rasna Panchak Kwatha
- Shunthi gokshur kwatha
- Dashmooladi yoga
- Shatyadi kwatha
- Rasonadi kashaya

II. Choorna Yoga

- Pippalyadi choorna
- Amrutadi choorna
- Panchasama choorna

III. Lepa in Amavata

- Shatapushpadi lepa
- Ahimsradi lepa

IV. Guggulu in Amavata

- Simhanada guggulu
- Yogaraja guggulu

V. Ghrita in Amavata

- Nagaradi ghrita
- Shringaveradya ghrita

7. Shoola Shamanartha taila

- Vishgarbha taila
- Panchaguna taila
- Prasarini taila

Rasaushadhi in Amavata

- Amavata vidhwamsa rasa
- Amavatarirasa
- Amavatadri Vajra rasa
- Suvarna bhasma

DISCUSSION AND CONCLUSION

1. Drugs like vatsanabha and ahiphena helps in inducing sleep and relaxing muscles, hence pain is relieved.
2. Drugs like guduchi, nagara, rasna, musta, pippali and chitraka help in improving agni and digestion of ama.
3. Guggulu acts as bhagnasandhankara hence prevents the erosion of bone, osteoporosis and deformity of joints. It also acts shothahara hence reduces the inflammation of synovial membrane, connective tissue and ligaments of affected joints.
4. Drugs like nirgundi and shatapushpa act as pain reliever.
5. Some drugs simply by their virtue of prabhava act as amavataghna.

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