



ROLE OF VIRECHANA KARMA IN AMAVATA (RHEUMATOID ARTHRITIS)

¹*Priya Kutiyaal, ²Sanjay Gupta, ³Parul Sharma and ⁴Priyanka

¹M.D. Scholar, ²Associate Professor and ³Assistant Professor
Dept. of Panchakarma Rishikul Campus, UAU, Haridwar.

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*Corresponding Author

Dr. Priya Kutiyaal

M.D. Scholar, Dept. of
Panchakarma Rishikul
Campus, UAU, Haridwar.

ABSTRACT

The vata associated with ama is known as amavata. Ama is produced due to indigestion along with vata. When vitiated vata and ama lodge in trika and sandhi leading to satambhan in all body parts, this condition is known as amavata. In modern we can correlate with rheumatoid arthritis. RA is a chronic inflammatory disease with systemic involvement. It begins with fatigue, anorexia, generalized weakness and disease in the musculoskeletal system. In joint involvement synovial inflammation causes swelling, stiffness, tenderness, limitation of movement. In amavata shleshma sthan (amashaya, sandhi, hridaya)

becomes more phicchil, vidhagdha and vikrit which causes shrotoavrodha and vata prakop. In modern medicine DMARDs (hydroxychloroquine sulfate, lefunomide), Glucocorticoids (betamethasone, prednisone), NSAIDs (celecoxib, diclofenac sodium), Analgesic (acetaminophen, tramadol) are given.

KEYWORDS: Amavata (Rheumatoid arthritis), Virechana karma.

INTRODUCTION

Rheumatism is derived from 'rheumatismos' (Greek) designating mucus as an evil humor which flows from the brain to the joint and other portions of the body producing pain (Hollander 1967).

The root ama suffix A it means improper or partially digested matter.

The prevalence rate of RA is about 0.5 – 1% worldwide. In India it is about equal to world prevalence rate. Arthritis is a common health problem in the US population, affecting more

than 46 million people and resulting in disability for 19 million people. In the fact, among chronic disease in the US, arthritis causes more disability than any other condition including heart diseases, diabetes and back or spine problems. RA is the third most common type of arthritis behind osteoarthritis (prevalence 26.9 million) and gout (prevalence 6.1 million). RA affects approximately 1.3 million in the US. Allergens for food, drugs, and inhalants that may causes Rheumatoid. Where anti inflammatory, analgesic, steroids and disease modifying anti –rheumatic drugs are required for it's management as per modern medicine. In advanced condition of RA joint replacement surgery required.

General Introduction

Amavata is a disease due to vitiation of vata dosha & accumulation of dosha and ama) takes place in joints and it causes rheumatoid arthiritis (RA). Due to agnimandhay, undigested and aadhay vitiated rasa dhatu formes in amasaya which know as ama. Mand Agni cannot digest laghu anna also, so ahar becomes vidhagd, vikrit and visha rupa. That amah visha or toxin can affect multiple other organs of the body, and causes amavata or rheumatoid arthritis. It is referred to as a systemic illness and sometimes called rheumatoid disease that has potential to causes joint destruction and functional disability. Carpophalangeal and interphalangeal (MCP), and proximal interphalangeal (PIP) joints are the most frequently involved.

Literature Review Correlation

The main symptoms are vriscik damsha vata vedana (Morning pain severe in nature), Sanchari Vedana (shifting pain), Stambha (stiffness of joints), Jwara (Increase temperature), Karmahani (loss of movements), Sandi Vikriti (joint deformity), Kshudhamandya (Loss of appetite). Disturbance in all level of agni (jatharagni, bhutagni, dhatavagni) causes anorexia, excessive thirst, body ache, heaviness in body, fever, indigestion and edema. If there is involvement of vata, it produces severe pain, in pitta burning sensation, inflammation and excessive thirst, In Kapha, it appears to feel the senses that of body being covered by wet cloth, heaviness and itching in allover body.

Pathophysiology

Genetic, epigastric and environmental factors are implicated in pathogenesis of RA. Many of the risk genes are involved in the function of the immune system. Major histocompatibility (MHC) complex class II, HLA DR4, PTPN 22, CD40L. According to ayurveda due to incomplete digestion or metabolism free radicals formation occurs which affects joint and other body organs. In modern concept of ama incomplete digestion or incomplete metabolism

of protein carbohydrate and fat forms uric acid and lactic acid. That causes gout and rheumatic condition. Free radicals act as antigen and mediate autoimmune tissue injury pathogenesis. Free radicals or ama are highly unstable reactive compound which causes disease and degenerative changes in body. Circulation of free radicals or ama prasarna causes disease (joint pain) due to sthansansraya in khavagyunaya.

The synovial membrane which covers most articular surfaces, tendon sheaths, bursae, is normally is a thin layer of the connective tissue. In joints it faces the bone and cartilage bridging the opposing bony surfaces and interstitial periosteal regions close to the articular cartilage.

The pathological hallmarks of RA are synovial inflammation and proliferation, focal bone erosions and thinning articular cartilage. In the RA joint, by the mechanism of cell to cell contact and release soluble mediators and protease drive the synovial inflammatory response and destroy the cartilage and bone. CD4 + T cell are also responsible for producing cartilage damage and inflammation and stimulate invasive nature of the fibroblast like synovites, pervading cell type of pannus. The clinical onset of RA is characterized by infiltration of the synovial membrane with T cell, B cells, plasma cells, dendrite cells, mast cells and few granulocytes. The structural damage to mineralized cartilage and subchondral bone is mediated by the osteoclast.

Other symptoms due to systemic involvement are chest pain when taking a breath (pleurisy), Dry eyes and mouth (Sjogren syndrome, Eye burning, itching, and discharge, Nodules under the skin (usually a sign of more severe disease), Numbness, tingling, or burning in the hands and feet, Sleep difficulties. In RA accumulation of ama dosha in small joint causes inflammation, pain stiffness, swelling and joint deformity (Swan neck deformity, boutonniere deformity, Z line deformity).

Investigation

Main investigations are Hb%, ESR, TLC, DLC, C-reactive protein, Anti CCP test, RA factor, A.S.I.O titer, Synovial fluid analysis. Radiographic evolution (X – ray, MRI, CT scan, Ultrasonography). X- ray shows joint space narrowing and proliferative erosion, periostitis especially metatarsals, phalanges and pelvis and large fluffy calcaneal spur.

Samprapti Ghatak

Dosha –Tridhosha (visheskar vata ama)

Dushya –Ras, Rakta Masa, Sanayu, Kandara, Asthi, Sandhi

Srotas –Annavaha, Rasvaha Srotas

Adhishan – Sarv sandhiya

Srotodusti prakar – Sang vimargagaman

Agnisthiti - Agnimanthya

Savbhav – Ashukari/and Darun

Sanchar sathan – Hridaya, Damniya, Sandhiya

Udabhav sathan – Amashya

Sadyata-asadyata – Kricha Sadya/Yapya

Management

To prevent involvement of organs and complications, proper management of the patient's life style and treatment are required. Rest to affected part in acute condition. Regular exercise, Controlled diet, Non steroidal Anti-inflammatory drugs (NSAIDS), Steroidal locally and systemic.

Panchakarma – *Panchakarma* treats disease from the basic level, so result is satisfactory without any sideeffect. While modern medicine has sideeffect in big level. In amavata mainly toxins (ama) are causes of disease so there is need of treatment in basic level. There is purification of the *dhosha* and metabolic waste material which can causes damage to the body organ, and causes *dhosha shaman kriya*. Virechana also can be managed effectively with minimum requirement of medicines.

Virechana – The process applied for the elimination of morbid humors through the adbhoga. In the state of ama after the langhana, depen and pachana, virechene should be done. Virechana has direct effect on agnisthana. Agnimanadhaya is one of the initiating factor of amavata. The virechana aushadi has ushana, tikashana, suksham, vyavayi and vikasi guna. By it's virtue drug first reaches to heart' (hridaya) and circulates in vein and arteries and reaches micro and macro channels, small capillaries also by sukshama guna and liquefies the dosha by the process of dosha sangant by usana guna.

Mode of action – Virechana drugs due to their virya moves to hridaya from there through various dhamania leads to micro and macrochannela in the body and actes on the vitiated

complex in the body. Due to agneya property it liquefy the complexes (Vishyandati), With tikshana property break them down into several particles, vikasi liquefied matter then glides through various unctuous channels towards kostha, due to anupravan bhav of suksham guna enters amashaya and moves downward direction due to prithivi and jala mahabhuta prabhav and expelled out.

Virechna drug medically produces low grade inflammation in bowel, and accumulation of the water & electrolytes occurs. That increases intestinal motility, permeability of membrane, and those substances comes out which do not come out in normal condition. Exudation increased passage of protein of rich fluid through the vessel wall, in the intestinal tissue(dilution of toxin) Later on it facilitate the excretion of morbid matter which generally are not supposed to excreted out through the mucosa of the gut.

Other treatment of Amavata – In ayurveda we can use nidanparvergen chikitsa, shodan chikitsa (biopurification of the body) and shaman chikitsa treatment (conservative treatment). It is first step of treatment of amavata. Patient should avoid fast food, pulses, curd and cold air, and water, which can causes Amavata. There is a need of proper diet management. In shodan chikitsa langhan, virechana, basti is main treatment. In shaman chikitsa ras, bhasm, pisti (amavatari ras), churn (haritaki, shunthi, panchakol churn), vati (again vati, loha yoga, guggle (vatari guggle) and kawath (raasna sapatak kwath), taila (erand tail, rason tail) pak avleha.

CONCLUSION

Amavata or Rheumatoid artheritis caused by the indigestion and accumulation of amavisha that ama visha causes damage or disease in multiple system. There need of purification process of the body which can eliminatate ama visha from the body. So Panchakarma shrotoshodha kriya and virechana is the best for the Amavata or Rheumatoid artheritis.

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