

**Aamvata- A Single Case Study****Dr. Yashashri A Vitonde**

Assistant Professor

Department of Kayachikitsa

CsmssAyurvedMahavidyalayaKanchanwadi, Aurangabad

**Dr. A.K.Burley**

Professor

Department of Kayachikitsa

CsmssAyurvedMahavidyalayaKanchanwadi, Aurangabad

**Abstract:**

*Aamvata is acute joint disorder which is comparable to Rheumatic arthritis. The disease hampers patients routine work by severe fleeting type joint pain, swelling at joints, fever with involvement of heart. Aamvata aggravates due to Ama & Vatadosha which circulates in the body through blood vessels & goes into shleshmasthanas like Joints, Stomach, Heart, Head etc. The aim of our treatment is to detoxify Ama by giving Langhan, dry fomentation, basti & vatashamakasha. In this study a patient 44 years female diagnosed as aamvata given above said treatment & successfully get relief without remission.*

**Keywords:** -Aamvata, guggul, Aamvat, shool, shoth.

**Introduction:**

Aamvata is acute disease in which both Ama & Vata are aggravated & affects various kaphadosha sites like joints & heart<sup>1</sup>

This disease is comparable to Rheumatic arthritis. Indulgence in incompatible foods and habits, or does physical exercise after taking fatty foods & those who have poor digestive fire, even normally also, produces Ama in the body.

At the same time if the same person takes Vata provoking diet & activities, then such Ama gets associated with vitiated Ama & starts circulating in the body.

This Ama spread from the heart & blood vessels & then goes at various sites of kaphadosha, like Joints, Head & stomach. This causes fever, heart disorders & joint problems. This disease starts in the stomach manifests in the joints and the heart. There is acute pain at big joints, heaviness in the body, high fever, indigestion & edema on the body.<sup>2</sup>

The pain is fleeting type as if bitten by scorpion.<sup>3</sup>

The painfully swelling can be found in the joints of hands, feet, cervical region, pelvic and shoulder joint, knees & thighs. Associated symptoms like loss of energy, bad taste in mouth, polyuria, burning sensation, low functioning of digestive system, anorexia, reversal of sleep pattern, constipation, joint stiffness etc.<sup>4</sup>

When the heart gets involved usually the mitral valve is affected & there is either stenosis or regurgitation type deformity. When there is predominance of Pitta, there is redness and heat, whereas with the predominance of Vata.

The pain is severe. If kapha is aggravated more then there is feeling of being covered with wet clothes, heaviness and itching sensation. When one or two doshas are involved then disease is curable but it gets incurable when all the three doshas are involved.<sup>5</sup>

Hence the main treatment is to destroy Ama. For this fasting, fomentation, use of bitter & pungent herbs for detoxification of Ama. Purgation, interval oleation & giving decoction enemas should be carried out.<sup>6</sup>

Castor oil is very useful because of its power of removing Ama.<sup>7</sup>

Herbs of choice are Eranda, Bhallataka, Rasnaguggul, Vatsanabha, Dhatura, Sahachar, Dhashmula.

**Case study:** - A 44 yrs female patient, working in farm (previously before 6-7 yrs ) came to hospital having complaints of severe joint pain & swelling over carpal ,metacarpal joint . With history of fever & anorexia since 6 yrs in on &off pattern .Now since 1 month above symptoms gets aggravatedso harsh that she can not able to perform routine work even.

So patient was examined & diagnosed by Ayurvedic approach.

Asthavidhpariksha had been done

Patient Name : ABC 44 Yrs /Female

Hindu by religion

occupation –farmer

OPD NO - 1423

IPD NO – 1423/18

Date of admission - 3/2/2018

Chief complaints :Duration

1 Sarvangsandhishool 6 yrs

2 Parvasandhishool&shoth1 month

3 Jwar 1month

4 Sakashtachankramana 1 month

5 Tivrasancharivedana1 month

**On examination:-**

GC – Poor , Febrile.

Temp. – 101<sup>0</sup> F

PR – 90/min

BP- 130/90mm Hg

CVS -S1 S2 - Normal

RS- chest clear AEBE

PA - soft non tender

CNS- conscious, well orientated

Mala -Malavashtambha

Mutra-Bahumutrata

Jivha-Saam

Netra-shwetaabh, Pallor Present

Weight - 50 kg

M/H - Irregular menses

Diagnosis- aamvata ( Diagnosis made clinically.)

**Treatment protocol:**

Treatment was conducted in following way for 1 month;

1. Aampachakvati 250mg BD with lukewarm water
2. Tribhuvankirtiras 250 mg BD with lukewarm water
3. Mahayograjuggul 250mg BDwith lukewarm water
4. Maharasnadikwath 20 ml BD with lukewarm water
5. GandharvaHaritakichurna 5 gm at night with lukewarm water
6. Punarnavamandoor 250 mg BD with lukewarm water

Above treatment was given for 1<sup>st</sup> 7 days. Patient was adviced to take warm water to drink and langhanor laghuaahar to take that is mug dal + puranshalishashtik ( rice) &to avoid fan& to take guru pravarana.

After 7 days i.e. afterkshudhavardhan patient had taken waluka-pottali sweda<sup>9</sup>over inflamed joints with kalabasti of Anuvasan (Tiltel) & Niruha(Dashmulakawath) for 16 days along with above medicine. Patient got relief in 10 days .patient is alsoadviced to avoid oily & spicy food & only to take kulatthayusha,Bajara Roti with 1 tea spoon of Eranda tail with garlic chutney.<sup>11</sup>

Again for 7 days only medicine was given as follows

1. Sihnaadguggul 250 mg BD with lukewarm water
1. Tribhuvankirti 20 ml BD with lukewarm water
2. Maharasnadikwath 20 ml BD with lukewarm water
3. Dadimavaleha 10ml BD
4. Punarnavamandoor 250 mg BD with lukewarm water

Follow up was taken by 1 month & observations carried out .No new complaint raised during the follow up period related to study.

**Observation:-**

In the treatment period the patient had not taken anything except these medicines. Assessment criteria were based on the cardinal symptoms which are sarvangsandhishool, shoth, Parvasandhishool, shoth, tivrasancharivedana, jwar.

Sr.No	Observations	Before treatment	After treatment
<b>A</b>	<b>Chief complaints</b>	<b>1<sup>st</sup> day</b>	<b>30<sup>th</sup> day</b>
<b>1</b>	Sarvangsandhishool	Severe	Mild
<b>2</b>	Sarvangsandhishool	Severe	Absent
<b>3</b>	Parvasandhishoolshoth	Severe	Miled
<b>4</b>	Tivrasancharivedana	Severe	Absent
<b>5</b>	Jwar	Severe	Absent 98 <sup>0</sup> F
<b>B</b>	<b>Pathological</b>	<b>1<sup>st</sup> day</b>	<b>30<sup>th</sup> day</b>
	ESR	50mm	22mm
	HB	8gm%	10 gm%

**Discussion:**

According to Ayurveda, Aamvata is a disorder involving aam&vata, kaphadosha, ras, rakta, asthidhatu The given treatment works to reduce aam in the body & improve the jatharagni as Well as Dhatwagni.The given treatment Were having vedanashamaka&shothagna properties.

The present research work was mainly based on the clinical assessment of the above sing & symptoms. Effect of therapy was assessed on the basis of scoring chief complaints blood routine examination (mainly Hb%, ESR) Joint examination before & after treatment.

**Conclusion:**

In this case complaints of patient are very much diminished. All the complaints like sarvangsandhishool, shoth, parvasandhishool-shoth, tivrasancharivedana&jwar are markedly diminished in the 1 month of study. In conclusion, aamvata can be controlled up to higher extent by using Ayurveda treatment regimen for long period of time & by following proper pathyaie patient should drink warm water, old rice,

kulatthayush, errand tel in aahar as well as fasting, Basti, dry fomentation are advised regularly. In this context, it is suggested that the treatment should be continued for longer duration.

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