

Efficacy of Vaishvanar Churna in the Management of Aamvata

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Abstract:

Ayurveda is the traditional system of Medicine in India and one of the prime modalities of health care. It is also gaining importance globally and hence to address the burning issue of evidence based scientific study to prove itself in this era. In this research study we studied successful management Aamvata. In modern science it is compared with RA. Rheumatoid arthritis (RA) is an autoimmune disease that causes chronic inflammation of the joints as well as in other organs in the body. Autoimmune diseases occurs when the body's tissues are mistakenly attacked by their own immune system. Patients with autoimmune diseases have antibodies in their blood that target their own body tissues. In Allopathy, RA usually requires lifelong treatment, including medications includes pain killers, anti inflammatory drugs and possibly surgery. In Ayurveda, there are herbal medicines which cure the patient without any side effects. We have successfully treated several patients with Ayurvedic medicines who were suffering from this problem. For this research study we use vaishvanar churna.

Introduction:

As per Ayurveda, the word Aam' means toxic material generated as un wholesome product in the body due to weakening of digestive fire. This 'Aam' is then carried by Vayu'and travels throughout the body and accumulates in the joints, which is the seat of 'Kapha'. As this process continuous, all the Joints are gradually affected, which results in Severe Pain and Swelling in the Joints. When 'Pitta' also gets aggravated, it causes Burning Sensation around the Joints. In modern science, the cause of rheumatoid arthritis is unknown. Even though infectious agents such as viruses, bacteria, and fungi have long been suspected, none has been proven as the cause. It is believed that the tendency to develop rheumatoid arthritis may be genetically inherited.

Patient selected randomly irrespective of sex, religion and socioeconomic status.

Diagnostic Criteria:

Patients Complaining of jwara, aruchi, tiktaasyata, angamarda shirashool, kshudhamandya, sthul sandhi shool, sthul sandhi shotha sandhi graham etc.

Inclusion criteria :

- Morning stiffness lasting more than one hour.
- Arthritis of 3 or more joints
- Symmetrical arthritis.
- Presence of rheumatoid nodules.
- Presence of rheumatoid factors.
- Radiological changes.

Aim & objectives :

- To study the etiopathogenesis of aamvata.
- To study the role of vaishvanar churna in the management of Aamavata.

Material & Methods:

10 Patients who fulfilled the diagnostic criteria of aamvata were selected from our dept. of kayachikitsa as per our inclusion & exclusion criteria.

Exclusion Criteria

- 1) Chronicity of more than 1 year
- 2) Presence of severe crippling deformity
- 3) Presence of bone deformities
- 4) Reduced joint space
- 5) Pregnant women.
- 6) Age less than 18 years and more than 70 years

Subjective Criteria:

Sandhi shool

- 0. No pain
- 1. Mild pain of bearable nature, occasional
- 2. Moderate pain, no difficulty in joint movement
- 3. Slight difficulty due to pain, requires medication and may remain throughout the day
- 4. Severe pain, disturbing sleep and requires strong analgesic

Sandhi shotha

- 0. No swelling
- 1. Slight swelling
- 2. Moderate swelling
- 3. Severe swelling

Sandhistabdhatta

- 1 No stiffness or stiffness lasting for 5 mins
- 2 Stiffness lasting for 5mins to 2 hrs
- 2 Stiffness lasting for 2 hrs to 8 hrs
- 3 Stiffness lasting for more than 8 hrs

Sandhisparsha asahyata

- 0 No tenderness
- 1 Subjective experience of tenderness
- 2 Wincing of face on pressure
- 3 Wincing of face with withdrawal affected parts on pressure
- 4 Resists to touch

Investigations

RA test ,Anti-CCP antibody test ,CBC ,CRP, ESR, X-Ray, MRI of specific joint, Synovial fluid analysis

Drug review:

Vaishvanar churna and maharasnadi kwath purchased from GMP approved pharmacy
 Vaishvanar churna-3 gm X 21 days
 Maharasnadi kwath - 20ml X 3 months
 Valuka swed - daily once
 Follow up- day 1, day 15h, day 30th day 60

Results & observation

This is a clinical study carried out on 20 patients stastical t test apply for data analysis. As per our data chittrakadi vati aving significant results in the management of aamavata Sandhishool reduced

up to 72 %, Sandhishoth reduced up to 76 sandhistabdhatta reduced up to 74%, sandhisarasha sahya reduced up to 74 %.

Symptoms	N	B	A	S	SE	Rel	T	P
	o	T	T	D		ife	val	valu
	o					%	ue	e
	f							
	P							
	t.							
Sandhi shool	20	2.38	1.66	1.08	1.29	72%	8.72	<0.001
Sandhi Shotha	20	2.32	1.44	1.02	0.28	76%	9.11	<0.001
Sandhistabdhatta	16	2.26	1.33	0.34	0.34	74%	8.19	<0.001
Sandhisparsha asahyata	14	2.36	1.54	1.17	0.26	74%	7.56	<0.001

Discussion:

In Ayurveda, the main treatment in Aamvata is Aam dosha pachan and further Aam visha nishkaasan chikitsa. Avoid hevyy food, curd, jaggery in diet. Night awakening, stress of natural urges are the pathyas of aamvata Vaishvanar means fire it helps to agnideepan, improves daigesion strength & immunity maharasnadi Kwath helps to vatashaman .This combine therapy along with valuka swed shows tremendous results.

Conclusion:

Rheumatoid Arthritis (RA)- Aamvata can be successfully manageable through Ayurveda.

Reference:

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