

A Clinical Study to Evaluate Efficacy of Capsule Av Arth in Amavata W.S.R.T. Rheumatoid Arthritis – A Case Study.

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Abstract:

Rheumatoid Arthritis is a chronic systemic inflammatory polyarthritis that primarily affects small joints of hands and feet in a symmetrical pattern. Most commonly the onset of symptoms of joint pain and swelling are insidious, evolving slowly in fluctuating manner over weeks to months. It is an autoimmune disorder affecting the joints. Cartilaginous destruction, bony erosions and joint deformity are hallmark. Conventional Medical System treats Rheumatoid Arthritis with analgesics, anti-inflammatory drugs, steroids and disease modifying anti rheumatic drugs for the management of RA, which has limitations for long term uses and sometimes having severe side effects.

In Ayurveda, Rheumatoid Arthritis can be correlated with Amavata. The main causative factor Ama, is caused due to disturbed digestive and metabolic system. Main factors causing pathogenesis are Ama and Vitiated Vata.

In present study, a 48 yr female patient was diagnosed with Amavata i.e. Rheumatoid Arthritis. The treatment given was Cap AV Arth (Shri Brahmachaitanya Ayurved) along with Vaitaran Basti for 15 days. The results received were very remarkable in joint pain, swelling and stiffness.

Keywords: Rheumatoid Arthritis, Amavata, Shri Brahmachaitanya Ayurved Cap AV Arth, Vaitaran Basti

Introduction:

Prevalence of Rheumatoid Arthritis is approx.

0.8% of the population worldwide. In India the prevalence of Rheumatoid Arthritis is 0.5% to 0.75%. The peak age of onset is in the fourth and fifth decades of life with more than 75% of patient developing disease between 30 and 50 years of age. The disease is seen 2 to 4 time more often in first degree relatives. Women are affected with RA 2 to 4 times more often than male. Causative factors include genetic as well as nongenetic. Nongenetic risk factor may include gender and tobacco, role of hormones, pregnancy and relative physiological alterations, foetal maternal interactions.

Presenting symptoms results from inflammation of joints, tendons and bursa. There may be slow and insidious onset which present with malaise, anorexia, weakness, morning stiffness, polyarthritis and pitting oedema. Pain swelling and stiffness are the main symptoms. Stiffness

dominating in the morning lasting more than 1 hour is characteristic feature.

According to Ayurveda, the Ama when combines with Vitiated Vata Dosh and occupies in Kaphasthan i.e., Asthi and Sandhi results painful disease called Amavata. Nidana i.e., etiological factors of Ama include Viruddhaahar, Viruddhacheshta, Mandagni, Nischalata, physical activity after taking Snigdha Ahar. Pratyatm Lakshan are Sandhishool, Sandhishoth, Stabdata, Sparshasahayata. Other symptoms may include Aruchi, Trishna, Gaurav, Jwar etc.

Patient was treated with Gandharvadi Yoga orally along with Erandmooladi Niruh Basti for 15 days. Gandharvadi Yoga contains Erand, Nirgundi, Punarnava, Rasna and Shigru. Rheumatoid Arthritis can be managed with Ayurveda medicines and panchakarma chikitsa increasing quality of life.

Material And Methods-

Case Report –

A 47 yr old female patient came to opd with complaints of –

- 1) Pain and swelling at bilateral knee joint +++
- 2) Multiple joint pain +++
- 3) Difficulty in walking +++
- 4) Morning stiffness upto 2 - 3 hrs +++

Patient was complaining all above symptoms from 3yr.

Past History –

Patient did not have any history of Hypertension / Diabetes mellitus / Asthma / Epilepsy/ Ischemic heart disease / Tuberculosis

- No history of any major surgical illness.
- No history of any addiction like alcohol / smoking / tobacco
- N/H/O – Typhoid / Chickenguniya / Dengue / Jaundice

Patient took treatment previously at Allopathy Hospital for same complaint, but she got temporary relief.

General Examination –

- The general condition of patient was fair and afebrile.
- Pulse - 72/min
- Blood pressure - 120/70 mm of hg
- Respiratory rate – 20/min
- Jivha – Alpa sama
- Prakruti – Vatakaphaj

Systemic Examination:

In the systemic examination findings of respiratory and cardiovascular system within normal limits. All vitals were normal. Patient was conscious and well oriented.

Investigations:

- 1) CRP positive – 39 mg/l
- 2) RA Test – 19 IU/ml

All other routine studies of blood and urine were within normal limits.

Management:

Patient was treated with Cap AV Arth along with Vaitaran Basti for 15 days.

Oral Drug:

Cap AV ARTH:

2 capsules three time a day after breakfast, before lunch and before dinner

Anupan : Ushnodak (Lukewarm Water)

Cap AV Arth is a preparation manufactured by Shree Brahmachaitanya Ayurved and it is prepared for upastambhit sandhivata and amavata It used as a trial drug.

Quantity of ingredients in each 500mg capsule	Quantity
Extract of shigru	100MG
Extract of Nirgundi	100MG
Extract of Sallaki	250MG
powder of Langali	50MG

Vaitaran basti – Vaitaran Basti 500 was prepared according to texts.

Quantity of Basti was decided as per retaining capacity of patient.

Ingredients Of Vaitaran Basti:

- 1) Amlika
- 2) Guda
- 3) Saindhav
- 4) Gomutra
- 5) Til Tail

Assessment Criteria:

Assessment was done Before starting treatment, after 7 days and after completion of treatment i.e., 15 days.

Subjective Criteria:

1) Pain

GRADE	SEVERITY
0	No pain
+	Slight pain
++	Moderate pain
+++	Sever pain

2)Joint Swelling

GRADE	SEVERITY
0	No swelling
+	Slight swelling
++	Moderate swelling
+++	Severe swelling

3) Joint Stiffness

GRADE	SEVERITY
0	No stiffness
+	5 min to 2 hours
++	2 hours to 8 hours
+++	More than 8 hours

4) Joint Tenderness

GRADE	SEVERITY
0	No tenderness
+	Wincing of face on pressure
++	Wincing of face and withdrawal of the affected part on pressure
+++	Resist to touch

Objective Criteria:

- 1) RA Test
- 2) CRP Test

Assessment was done before starting treatment and after 15 days of treatment.

Observation And Result:

1) Subjective Criteria:

CRITERIA	BEFORE	AFTER 7 DAYS	AFTER 15 DAYS
Pain	+3	+2	+1
Swelling	+3	+2	+1
Morning stiffness	+3	+1	0
Tenderness	+3	+1	0

2) Objective Criteria:

CRITERIA	BEFORE	AFTER 15 DAYS
RA Test	19 IU/ml	15 IU/ml
CRP Test	39 mg/l	8 mg/l

Discussion:

In present study patient having Amavata was treated with Cap AV Arth orally. The pharmacological actions of all the ingredients are as follows. It has been observed that, all the ingredients are Kapha Vatashamka considering their Veerya and

Guna, so all of them are having Amapachaka and Vatahara and vedanahara properties.

Ingre dients	Lati n Na me	Ras a	Vip aka	Vee rya	Gu na	Doshagh nata
Salla ki	Bos weli a serata	Ma dhur, Kat u, Kas hay	Ma dhur	Ush na	Gur u, Snig dha, Tiks hna	KaphaVat ashamak, shoolahar
Nirgu ndi	Vite x negundo	Tikt a, Kat u, Kas hay	Kat u	Ush na	Lag hu, Ruk sha	KaphaVat ashamak
Shigr u	Mor inga olife ra	Kat u	Kat u	Ush na	Lag hu, Ruk sha, Tiks hna	KaphaVat ashamak

Vaitaran Basti in was given for Pachana of Dosh. It separates Ama or toxins from cell as it facilitates absorption of morbid substances from blood into gut. And help in their expulsion with the help of osmotic pressure. It activates receptor for micro metabolism. Thus, relieves all the symptoms of ama, joint pain and stiffness.

Conclusion

From the above case study, it is concluded that Cap AV Arth with Vaitaran Basti is very effective in Amavata.

Thus, with the help of Ayurveda, we can definitely improve quality of life in patient with Rheumatoid Arthritis.

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