

## Randomized Clinical Study of Assess the Efficacy of Erandamul, Shunthi, Ajmoda Churna with Vaishwanar Churna in Management of Amavata

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### Introduction

The changing life style of human being by means of dietetic and behavior pattern plays a major role in the manifestation of several disorders. Thus, this type of pattern also leads to the development of various diseases like Amavata. Amavata is caused by mainly Ama and vitiated Vata. Ama is product of Angidaurbalya. The disease rheumatoid arthritis can be presented as very similar to Amavata. Due to their similar mode of presentation, the disease rheumatoid arthritis can be broadly grouped under the heading Amavata.

Due to wide spectrum of disease, much prevalence in the society and lack of effective medicament, the disease is being chosen for the study. Modern drugs are not for cure and directed towards improving quality of life only. They have various side effects on immune system and body. Considering the longer duration of therapy each and every patient surely can't afford its cost. Hence, herbal drug like Vaishwanarchurna which is cost effective was selected for trials in Amavata

### Aims and Objectives

Primary aim was to evaluate efficacy of erandamul, shunthi and ajmoda churna in Amavata patients and secondary aim was to compare efficacy of erandamul, shunthi and ajmoda churna against vaishwanar churna.

### Review of Literature

First of all, previous work done checked out. Literary data regarding Ama, Vata, Agni, Sandhi, Amavata, its Nidan Panchaka & Chikitsa was studied in detail from Ayurvedic classical texts. For further correlation Structure of Joints, Rheumatoid Arthristis, its Etiopathology & Line of treatment was studied in details from modern text books. Previous

works done also referred time to time as guideline during the work.

### Materials and Methods

#### Contents Proportion:

#### Trial Drug

1. Erandamul Churna – 1 part
2. Shunthi Churna – 1 part
3. Ajmoda churna – 1 part

#### Vaishwanar Churna

1. Saindhav – 2 Parts
2. Yavani – 2 Parts
3. Ajvayan – 3 Parts
4. Shunthi – 5 Parts
5. Haritaki – 12 Parts BBR 4/66649

60 patients of Amavata were selected by Simple Randomized Sampling Technique irrespective of age, religion, socioeconomic status, education etc. Computer generated **Random number table** was used.

Patients, Literary data, Case Record Forms and Drugs were the main materials of the study. Study was carried out in Kayachikitsa OPD and IPD of Institute attached Ayurveda Hospital of our college. Study type was Randomized Controlled Trials. Study was carried out in two groups. Patients of Trial Group were treated with Trial Drug and patients of Control Group were treated with Vaishwanar Churna. Patients fulfilling inclusion criteria were selected randomly. Subjective (symptoms) parameters were noted in case forms before, during and after study as per certain gradations.

#### Inclusion Criteria

1. Patients suffering from Amavata.
2. Age >20 yrs. and <60 yrs.
3. Both sexes.

4. Patients who are willing for trials and to give consent.

**B. Exclusion Criteria**

1. Patients of age group <20 yrs. and >60yrs.
2. Vaatarakta, SandhigataVata, STD, Infectious disease.
3. Pregnant and Lactating mother.

**C. Diagnostic Criteria**

Patients showing symptoms of Amavata. (Figure 4.2)

**D. Criteria for Withdrawal**

1. Any critical emergency.
2. Patients not attending regular follow ups.
3. Patients having adverse effects of any of drugs.

Subjective parameters were Angamarda, Aruchi, Trushna, Alasya, Jwara, Apaka, Angashoonata, Shoola, Raga, Daha and Stambha. Criteria of improvement (Marked, Moderate, Mild, Poor) were decided to judge efficacy.

Assesment criteria was

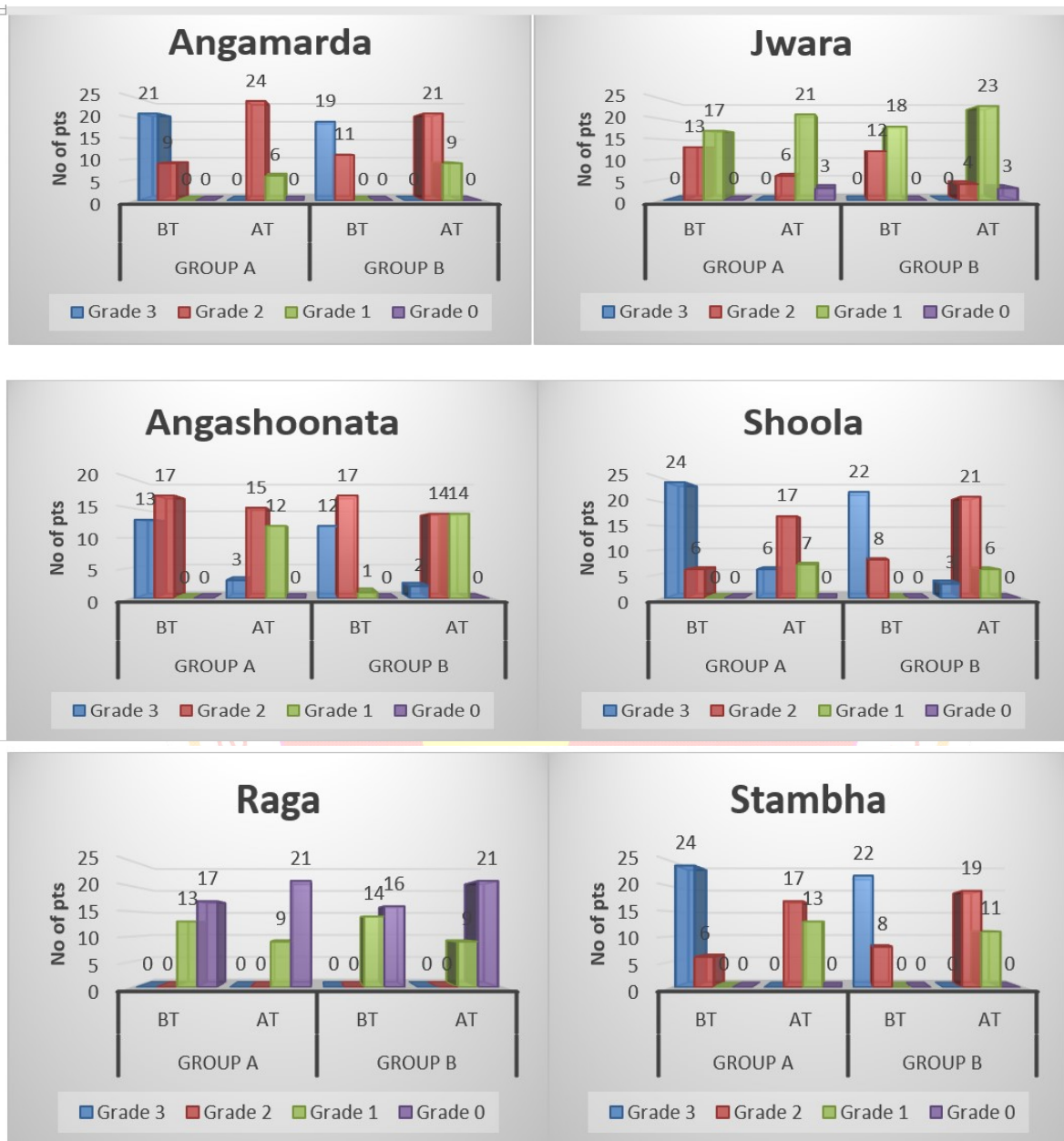
Sr. No.	Parameter	Description	Grade
1	Angamarda	Nil	0
		Angamarda but able to do daily routines	1
		Angamarda, restricts the routines	2
		Cannot move due to Angamarda	3
2	Aruchi	Equal willing towards all food substances	0
		Willing towards some specific foods	1
		Willing towards only one rasa	2
		Willing towards only most liking food	3
3	Trushna	Water intake 1-2lit /24 hrs	0
		Water intake 2-3lit/24 hrs	1
		Water intake 3-4lit / 24 hrs	2
		Water intake more than 4 liters	3
4	Alasya	No feeling of laziness	0
		Daily works did satisfactorily but delayed	1
		Doing works unsatisfactorily and delayed	2
		Reduces work due to unenthusiasm	3
5	Jwara	Absence of fever	0

		Jwaralakshana, without rise in temp.	1
		Jwaralakshana, upto 100 <sup>0</sup> F	2
		Jwara above 100 <sup>0</sup> F temperature	3
6	Apaka	Absence of indigestion	0
		Feeling hungry 8hrs after intake of food	1
		Feeling hungry 12hrs after intake of food	2
		Feeling hungry 24hrs after intake of food	3
7	AngaShoonata	No swelling	0
		Slight swelling	1
		Moderate swelling with pain during movement	2
		Severe swelling with immobilization of joints	3
8	Shoola	No pain	0
		Mild pain during movement	1
		Even in rest also pain present	2
		Unable to move body parts due to pain	3
9	Raga	Nil	0
		Mild discoloration	1
		Moderate discoloration	2
		Marked discoloration	3
10	Daha	Nil	0
		Feeling of daha on & off	1
		Feeling of daha more than 4 hrs	2
		Feeling of daha whole day	3
11	Stambha	Nil	0
		Stiffness only in early morning	1
		Prolonged stiffness for 2hrs	2
		Stiffness restricts the daily routines	3

**Observations, Results and Discussion**

Collected data were classified in the forms of Master charts. Further it was tabulated and presented in the forms of Pie diagram and Bar diagrams. All data observed, presented and analyzed were undergone critical analysis and logical reasoning to test the hypothesis. Karyakaranabhava was used to do critical analysis. All dimensions of study were discussed under discussion section against observations. Parameters were analyzed by 1.

Wilcoxon Sign Ranked test and 2. Mann-Whitney’s test.



Both groups were compared and analyzed statistically by Mann-Whitney’s U test.

Sr. No.	Improvement Grade	Criteria	No. of patients		No. of Symptoms	
			Gr. A	Gr. B	Gr. A	Gr. B
1	Marked	76% - 100%	00	00	00	00
2	Moderate	51% - 75%	03	00	02	01
3	Mild	26% - 50%	27	29	08	10
4	Poor	00% - 25%	00	01	01	00

In Group A, 03 patients have shown Moderate improvement and 27 patients have shown Mild improvement. In Group B, 29 patients have shown Mild improvement, 01 patients have shown poor improvement.

**% Relief in Symptoms**

**In Group A**, 02 symptoms have shown Moderate improvement, 08 patients have shown Mild improvement and 01 symptom has shown Poor improvement. **In Group B**, 01 symptom has shown Moderate improvement and 10 symptoms has shown Mild improvement.

Hence **according to average % relief**, erandamul, shunthi and ajmoda churna and Vaishwanar Churna both are almost equally effective in Amavata.

**Conclusion**

After literary study, clinical trials, data collection, data classification, data presentation and data analysis in the dissertation work **“Randomized Clinical study of assess the efficacy of erandamul, shunthi and ajmoda churna with Vaishwanar Churna in management of Amavata.”** here is time to conclude few interferences found from the study.

1. Erandamul, shunthi and ajmoda Churna reduced all Angamarda, Aruchi, Trushna, Alasya, Jwara, Apaka, Angashoonata, Shoola and Stambha significantly (Wilcoxon Signed Ranks test; P<0.05), but has shown insignificant effect on Raga and Daha symptoms, (Wilcoxon Signed Ranks test; P>0.05).
2. Vaishvanar Churna reduced all Angamarda, Aruchi, Trushna, Alasya, Jwara, Apaka, Angashoonata, Shoola and Stambha significantly (Wilcoxon Signed Ranks test; P<0.05), but has shown insignificant effect on Raga and Daha symptoms, (Wilcoxon Signed Ranks test; P>0.05).
3. When compared both were found almost equally effective in Amavata. (Mann-Whitney’s U test; P>0.05)
4. Overall by study drugs, Moderate improvement was observed in 2 symptoms, Mild improvement was observed in 8 symptoms and Poor improvement was observed in 1 symptom. Overall by vaishvanar Churna, Moderate improvement was observed in 1 symptom and Mild improvement was observed in 10 symptoms.
5. In Trial Group (erandamul,shunthi, ajmoda) average % relief was 38.03%. In Control Group (vaishvanar churna) average % relief was 38.63%.

6. No complications or adverse drug effects were observed during the study with both of the drugs.

**Finally, we concluded, Both erandamul, shunthi, ajmoda churna Vaishwanar Churna are almost equally effective to reduce symptoms of Amavata.**

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