### HEALING OF AMAVATA AND AGE THROUGH AYURVEDA APPROCH- REVIEW ARTICLE

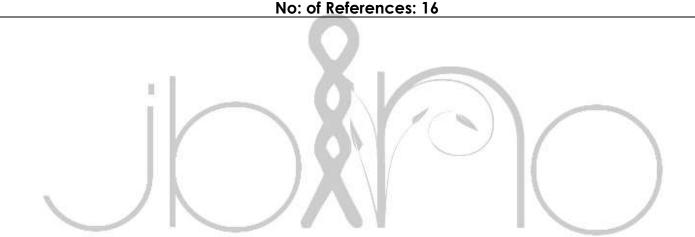
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# **ABSTRACT**

Amavata is a chronic, progressive and crippling disorder caused due to generation of ama and its association with vitiated vata dosha and deposition in shleshma sthana (joints). Clinically resembling with Rheumatoid Arthirtis, it poses a challenge for the physician owing to its chronicity, morbidity and complications. The treasure of Ayurveda therapeutics has laid out detailed treatment line for amavata. This case study reveals the potential of Ayurvedic treatment protocol in management of amavata and may form a basis for further detailed study of the subject.

**Keywords**: Amavata, Ayurveda



### INTRODUCTION

Amavata is one of the crippling diseases claiming the maximum loss of human power. It is not only a disorder of the locomotor system, but is also a systemic disease and is named after its chief pathogenic constituents, which are, Ama and Vata.

The main causative factor, Ama, is caused due to malfunctioning of the digestive and metabolic mechanisms. The disease is initiated by the consumption of Viruddha Ahara and simultaneous indulgences in Viruddha Ahara in the pre-existence of Mandagni[1]

Although Ama and Vata are chiefly pathogenic factors, Kapha and Pitta are also invariably involved in its Samprapti.[2] Ama and Vata being contradictory in their characteristics, there difficulty in planning the line treatment. Derangement of the Kapha especially Shleshak dosha. kapha in the Amavata, which produces joint pain and swelling with tenderness, can be correlated with rheumatoid arthritis and derangement of the Pitta dosha along with Ama taking shelter in the Avalambak Kapha sthana, which can be correlated with rheumatic fever because of the cardiac involvement, due to repeated fever, resulting in rheumatic heart diseases.[3]

Several dreadful diseases are prevalent in medical science. The scope for therapeutic measures is limited even after extreme advancement of the modern biomedical science. The rheumatological disorder is a group of diseases that has no

specific medical management in any type of therapeutics. Amavata is a particular type of disease that is mentioned in Ayurveda since the period of Madhavkar, under the category Kaphaja disorder. ln spite of the description of multiple drug therapy on Amavata in different classics Ayurveda, potential and durable results are not found due to non-removal of the basic cause. Hence, special emphasis should be put into searching for a standard and suitable drug for Amavata.

Ayurveda Approach for healing amavata

Madhay was the first to Amayata as a disease in details. Amayata is complex disease to deal since there are vari-ety of triggering factors .Due to the unpredictable therapeutic outcomes impossi-ble to give it/ is accurate information, prognosis & pathogenesis of the disease. Generally virudhahara, virudhachesta, mandagni, sed-entary life styles leads to acculumation of Ama, which circulates in the body (vyanvayu) & accumulates in kapha predominant places especially in large joints alona with the pathogenecity or vitiation of vata leads to Amavata. Agnimandya & Ama are mainly re-sponsible for the disease. Improving Jathra-gani and removal of ama was the aim of treatment along with vatahara treatment. Hence for the improvement of Jathragani & pachan of Ama, Langhana, deepan pachana with tikt rasa predominant diet prewas scribed. The Yoarai Guggulu,

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Rumalaya, Kaishore Guggulu, Aarogyavardhini, Rasnadi kwath, Manoll added. These were drugs possess Deepana, Pachana. Kapha-Vata properties, Shothaghna and alleviating Rasayana prabhava. Yograj guggul is the best medicine for vata vikara. It has Triphala and guggul as main ingredient. It act as yogavahi rasayan and dhatuposhak iata-haraani pradeepak. tablet pos-sesses Rumalya antiarthritic properties. analaesic and By regulating the mediators of inflammation. it exerts а significant activity. inflammatory Maharasnadi kwath isalso best medicine for vata vikara and more useful when used with yograja gugul. Arogya-vardhini deepan pachan sroto-shodhak havina and mala shudhhi kara properties. Manoll both have Amrita satva and properties. rasayan I† acts as immunomodulator and modulates both the humoral & cell me-diated immune response to aches & pain. The medicine was found to be effective safe treatment for patients with and aamvata. The result of the present is in concordance with study several studies on Ayurvedic treatment.

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