

CASE STUDY

Successful Management of *Aamvata* with *Arogyaved's* Herbal Formulations & Detoxification Therapies: A Case Study

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ABSTRACT

Rheumatoid arthritis is a chronic inflammatory disease widely prevalent throughout the world. It is one of the most crippling diseases in which joint pain and swelling are cardinal features. The disease strikes women three times more often than men. In Ayurveda, it is co-related with the *Aamvata* in which vitiated *vata* and *Ama* plays a major role. Symptoms like joint stiffness and swelling affect the daily life of a patient and make him feel handicapped. A 51-year-old female patient presented with severe joint pain, swelling & restricted movements; was treated with *Arogyaved's* herbal formulations & bone joint detoxification therapies. After 3 months of treatment pain subsided and satisfactory improvement was found in swelling & restricted movements. Detoxification in the form of *basti* regimen & external therapies is surely a result-oriented therapy in the management of rheumatoid arthritis. We are glad to share the excellent results in treating the RA case.

Key Words *Arogyaved, Rheumatoid Arthritis, Detoxification, Aamvata*

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INTRODUCTION

Ayurveda is an ancient life science providing us the quality ways to uplift our way of living & at the same time guide us in managing chronic diseases with its traditional wisdom. The rising demand for Ayurveda in the present era has now made it the mainstream of medical science and not the one which people will look into when they are not getting the desired results. A wide range of treatment modalities are mentioned in ayurveda to treat chronic manifestations.

Rheumatoid Arthritis is a chronic inflammatory disease characterized by joint swelling, pain, tenderness and destruction of synovial joints, leading to severe disability & in some cases morbidity. Considering its clinical features in Ayurveda it is co-related with *Aamvata*. Vitiated *vata* along with *ama* play a crucial role in creating the *samprapti* of *amavata* as mentioned in *Madhavidana*¹. When a person having *Mandagni* indulges in *viruddha ahara-vihara* vitiation of *vata* occurs along with *ama* formation. *Ama* is the product generated by

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impairment of metabolic and digestive fire². In the present case, the patient was having *Kapha vardhak ahara vihara*, hence vitiation of *shleshak kapha dosha* occurred which resulted in joint tenderness & swelling along with weight gain³. Successful management of such a chronic case of rheumatoid arthritis & further prevention of its progression is described in the present case study. The allopathic system of medicine treats the disease with steroids & immunomodulator drugs together with non-steroidal anti-inflammatory drugs (NSAID's)⁴, which is just a symptomatic approach. With the proper intervention of ayurvedic medicines, further progression of the disease can be prevented. People have started considering ayurveda as a first line of treatment nowadays and rely on herbal medicines to meet their health demands. We at Arogyaved believe in providing authentic, genuine, and true ayurveda to our patients for their various health needs. It's our constant endeavour to treat various chronic and challenging diseases by strictly following ayurvedic principles as described more than 5000 years back in Vedic literature. We are presenting a case study in which the chronic condition of rheumatoid arthritis was treated successfully using Arogyaved's herbal formulation & bone joint detoxification therapies.

METHODOLOGY

Objectives

- To access the efficacy of Arogyaved's Herbal formulations named Asthical, Pidamukti,

Ojoshakti & Toxi clear in the treatment of Aamvata.

- To evaluate the role of Arogyaved's detoxification therapies in breaking the *samprapti* of Aamvata.

CASE HISTORY

A female aged 51 years visited OPD of Arogyaved Ayurveda health center, Mahim. She was a known case of Rheumatoid arthritis from past few years. Intolerable joint pain & swelling was her main concern. She had severe body pain & stiffness that she could not walk into the clinic when she arrived for the first time. An increased body weight of 83 kg was also adding to the restriction of her daily activities. The patient had a history of hypothyroidism which is also responsible for weight gain. Her appetite was reduced and metabolism was also impaired. Hormones are the metabolic regulators of our body which can be considered as a part of *kayagni* on which entire metabolic activities depends⁵. She had taken previous allopathy treatment for almost one and a half years which included steroids & got temporary relief. After trying other conventional systems of medicines, she wanted to see what ayurveda has to offer in treating her medical condition.

Diagnosis

- Rheumatoid Arthritis (*Aamvata*)

Chief complaints

- Joint stiffness
- Swelling

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- Pain initiating from middle metacarpal joint.
- B/L upper limb pain
- Inability to walk
- Weight gain
- Reduced appetite

Past History

- Carpal tunnel syndrome
- Hypothyroidism

History of treatment

- It included all the NSAID'S & steroids.

Hetu

- Impaired dietary habits
- Over-eating
- Exercising after eating food
- Stress
- Poor sleeping habits

Samprapti

- *Dosha- Vata, Ama, Kapha*
- *Dushya- Asthi, Mansa*
- *Avastha- Samavastha, Strotoavarodha*
- *Srotas- Annavaha, Rasavaha, Mansavaha,*

Asthivaha

- *Adhithana- Sarva Sandhi*
- *Marga- Madhya marga*
- *Sadhyasadhyatva- Kashtasadhya*

Chikitsa Vivarana

Firstly, *samavastha* was treated considering both internal and external factors. *Shunthi siddha jala* was given for 7 days which helped in internal *aampachana* & the patient felt lighter with an improved appetite. *Shunthi* has an *agni deepana* property⁶. In detoxification process, *Virechana* &

bastis were done as explained in our ayurveda classical texts. Arogyaved's herbal formulations were given regularly while these procedures were going on. The duration of treatment was of 3 months.

Herbal Formulations

The patient was advised to take the following Arogyaved's herbal formulations for 30 days during the detoxification process.

1. Asthical (500Mg) – 2-2 Tablets After Breakfast & Dinner.

Ingredients of Asthical are mentioned in Table 1

2. Pidamukti (650Mg)- 2-2 Tablets After Breakfast & Dinner.

Ingredients of Pidamukti are mentioned in Table 2

3. Ojoshakti (750Mg)- 2-2 Tablets after breakfast and dinner

Ingredients of Ojoshakti are mentioned in Table 3

4. Toxi clear (500Mg)- 1 tablet at night before sleeping.

Ingredients of Toxi clear are mentioned in Table4

Table 1 Ingredients of Asthical

Sr. No.	Drug	Latin Name	Quantity
1.	<i>Asthishrinkhala</i>	Cissus quadrangularis	100 Mg
2.	<i>Ashwagandha</i>	Withania somnifera	100 Mg
3.	<i>Laksha</i>	Laccifer lacca	100 Mg
4.	<i>Arjuna</i>	Terminalia arjuna	50Mg
5.	<i>Bala Ghana</i>	Sida cordifolia	50Mg
6.	<i>Kukkutanda Twak Bhasma</i>	-	50Mg
7.	<i>Mukta Shukti Bhasma</i>	-	50Mg

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Table 2 Ingredients of Pidamukti

Sr. No.	Drug	Latin Name	Quantity
1.	Shallaki	Boswellia serrata	200Mg
2.	Rasna	Pluchea lanceolata	100Mg
3.	Guggulu	Commiphora mukul	75Mg
4.	Ashwagan dha	Withania somnifera	50Mg
5.	Punarnava	Boerhaavia diffusa	50Mg
6.	Nirgundi	Vitex nigundo	50Mg
7.	Shatavari	Asparagus racemosus	50Mg
8.	Shunthi	Zingiber officinalis	25Mg

Table 3 Ingredients of Ojoshakti

Sr. No.	Drug	Name	Quantity
1.	Guduchi	Tinospora cordifolia	250mg
2.	Ashwagandha	Withania somnifera	200mg
3.	Shatavari	Asparagus racemosus	150mg
4.	Amalaki	Embllica officinalis	150mg

Table 4 Ingredients of Toxi clear

Sr. No.	Drug	Latin Name
1.	Haritaki	Terminalia chebula
2.	Bibhitaki	Terminalia bellerica
3.	Amalaki	Embllica officinalis
4.	Aragawadh	Cassia fistula
5.	Kampillak	Mallotus philippensis

Bone Joint Detoxification Therapies

The patient underwent Arogyaved's 30 days plan of Bone Joint Detoxification therapies, which mainly included *virechana karma & basti's*. *Virechana karma* is selected here as a panchakarma therapy mainly to detoxify intestines as there was a previous history of steroidal intake. *Virechana* also provides stability to dhatus countering dhatu shairya⁷. A total of 12

basti's were done after *virechana*. *Anuvasana basti* in the quantity of 80ml and *Niruha basti* of 650ml were given in alternate manner ending with two *anuvasana basti's* at last. The patient was put on the following *rasayana* plan after the detoxification therapies which is mentioned as below.

Rasayana Plan

The patient was advised to take the herbal formulation of Asthical, Pidamukti & Ojoshakti on empty stomach at fixed time intervals after the detoxification as a *Rasayana*. The timing selected was 7 am & 4 pm accordingly. Medicines were administrated as a *rasayana* in specific doses mentioned in Table 5.

Diet & lifestyle changes

The patient was advised to follow certain diet and lifestyle changes during our therapies which helped in gaining desired results.

Certain foods were strictly avoided such as wheat and wheat products, milk and milk products, Fermented food, Sour and deep-fried & non-vegetarian food items.

Patient was asked to replace wheat roti with jav-jowar *bhakri*. sufficient amount of vegetables are advised to include in diet along with rice.

The patient was advised to walk early morning daily as the pain and stiffness reduced slowly. Walking time gradually increased up to 45 minutes daily to improve the metabolism.

Table 5 Rasayana Plan

Medicine	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Asthical	2-2 Tab.	3-3 Tab.	4-4 Tab.	5-5 Tab.	6-6 Tab.	5-5 Tab.	4-4 Tab.	3-3 Tab.	2-2 Tab.

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Pidamukti	2-2 Tab.	3-3 Tab.	4-4 Tab.	5-5 Tab.	6-6 Tab.	5-5 Tab.	4-4 Tab.	3-3 Tab.	2-2 Tab.
Ojoshakti	2-2 Tab.	3-3 Tab.	4-4 Tab.	5-5 Tab.	6-6 Tab.	5-5 Tab.	4-4 Tab.	3-3 Tab.	2-2 Tab.

Table 6 Grading of pain & other symptoms

Pain	Grading
No Pain	0
Mild pain with no difficulty in walking	1
Moderate pain with slight difficulty in walking	2
Severe pain with severe difficulty in walking	3
Stiffness	
No Stiffness	0
Stiffness of mild grade needs no intervention	1
Stiffness relieved by topical medicaments	2
Stiffness relieved by oral medication	3
Stiffness not responded by medicine	4
Difficulty in walking	
No pain, normal movements	0
Mild pain with mild restriction of movements	1
Moderate pain with restriction of movement	2
Severe pain with restricted movements	3
Complete restriction of movements	4

Table 7 Changes observed in pain, stiffness, and walking after treatment

Features	Before Treatment	After Ampachana	After Detoxification	After Rasayana
Pain	3	2	1	0
Stiffness	4	3	2	1
Difficulty in walking	4	3	2	1

Assessment criteria

Symptoms like pain, stiffness, and difficulty in walking & were assessed at different stages of treatment.

Table 6 shows the Grading of pain & other symptoms which were analysed.

After the *rukshana* and *udvartana* therapy in the initial 5-7 days, there was mild improvement in pain, stiffness & swelling over the joints visibly reduced. Marked improvement in joint pain and stiffness occurred after *virechana* and *basti* treatments. The range of joint movements was improved and the patient was able to walk. *Amavata* is a disease affecting a majority of joints. In this case, after the bone joint

detoxification program of 30 days & regularly following up on the diet plan and internal medicines, the swelling and joint pain of the patient were drastically reduced. The patient was able to walk properly and do daily chores easily. After 6 months again follow-up was taken which shows a marked reduction in weight from 83 kgs to 70 kgs. There was no swelling in joints and the pain was also taken care of. Changes observed in pain, stiffness, and walking during treatment are mentioned in Table 7.

DISCUSSION & RESULTS

The patient was analysed by following ayurvedic principles. On examination, the Patient had

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severe *ama* and vitiated *vata* symptoms. Hence, first of all *amapachana* was needed. *Amapachana* is the crucial step that was done before *snehapana* followed by *virechana*. Considering the *kaphavataj prakriti* of the patient *virechana* was planned along with *ruksha sweda*⁸. After *virechana* patient was advised to take *karma bastis* which were planned alternately as *anuvasana* and *niruha*. Internal medicines such as Asthical, Pidamukti, Ojoshakti, and Toxi clear were administrated considering their role on *vata, kapha, rasa, mansa & asthi dhatus dushti*. *Upanaha sweda* was given after *virechana* to get relief from pain & swelling. The combination of herbal medicine we call Ojoshakti, has ingredients like *guduchi, ashwagandha, shatavari & amalaki* which works like a magic in giving internal strength to all the impaired dhatus. Being *katu tikta rasatmaka & madhur vipaki*, *guduchi* has a major role in providing wonderful results despite chronicity of the disease⁸. This combination helps in restricting the further progression of disease.

CONCLUSION

Before *virechana*, *udvartana* was planned considering the *kaphavataj prakriti* & overweight of the patient. The patient's weight was 83 kg on the first visit to OPD. After regular intake of medicines & detoxification therapies for 30 days, it came down to 74 kgs. *Rasayana* plan was started the next day after the therapies ended. After completion of *rasayana* treatment, there

was a marked improvement in Joint pain and tenderness. The swelling was completely gone. Weight was reduced to 70 kgs. The patient was advised to follow the diet for the next 3 months. follow up was taken again after 2 months, which showed that her chronic condition of *amavata* was successfully treated.

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