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## A CLINICAL STUDY TO EVALUATE EFFICACY OF GANDHARVADI YOGA 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 45 yr female patient was diagnosed with Amavata i.e. Rheumatoid Arthritis. The treatment given was Gandharvadi Yoga orally along with Erandmooladi Niruh<sup>5</sup> Basti for 15 days. The results received were very remarkable in joint pain, swelling and stiffness.

**KEYWORDS:** Rheumatoid Arthritis, Amavata, Gandharvadi Yoga, Erandmooladi Niruh 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 45 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 – 20 mg/l
- 2) RA Test – 18 IU/ml

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

Quantity of ingredients in each tablet	QUANTITY
Erand	75MG
Nirgundi	50MG
Punarnava	50MG
Rasna	50MG
Shigru	50MG

Complete procedure of preparation was as follows -

- 1) Fine powder (Choornas) of Eranda, Nirgundi, Punarnava, Rasna and Shigru was taken.
- 2) Purification of Guggulu was done with Triphala Kwath. (Purana) Guggulu was taken in same proportion.
- 3) Sufficient water was added in above mentioned ingredients in a pan over low fire, which was a semisolid matter i.e., suitable form for preparation of tablet after some time.
- 4) Matter was be stirred till the end of recipe and then it was dried in shadow to make the tablet each of 500mg weight kept in small disposable bags.

**Niruha basti** – Erandamuladi Niruha Basti  
350ml

### MANAGEMENT:

Patient was treated with Gandharvadi Yoga along with Erandamooladi Niruh Basti for 15 days.

### ORAL DRUG:

#### Gandharvadi Yoga:

2 tabs three time a day before breakfast, before lunch and before dinner  
Anupan : Ushnodak (Lukewarm Water)

**Gandharvadi Yoga** was prepared under as per classical text reference from “Sharangdhara Samhita”

Anuvasan Basti – Sahachar Taila 60 ml  
Quantity of Basti was decided as per retaining capacity of patient.  
Anuvasana and Niruha was given in 1:2 proportion.

### INGREDIENTS OF NIRUHA BASTI:

- 1) Madhu
- 2) Lavana
- 3) Sneha (Tila Taila)
- 4) Vachadi Kalka containing Vacha, Shatapushpa, Hapusha, Priyangu, Yashtimadhu, Pippali, Indrayava, Musta, Rasanjana
- 5) Kwath of drugs – Erandamula, Palash, Shaliparni, Prushniparni, Bruhati, Kantakari, Gokshura, Rasna, Vacha, Guduchi, Ashvagandha, Punarnava, Aragvadh, Devdaru, Atibala
- 6) Gomutra

**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	18 IU/ml	15 IU/ml
CRP Test	20 mg/l	8 mg/l

**DISCUSSION:**

In present study patient having Amavata was treated with Gandharvadi Yoga 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 properties.

Ingredients	Latin Name	Rasa	Vipaka	Veerya	Guna	Doshagnata
<b>Erand</b>	Ricinus communis	Madhur, Katu, Kashay	Madhur	Ushna	Guru, Snigdha, Tikshna	KaphaVatashamak
<b>Nirgundi</b>	Vitex negundo	Tikta, Katu, Kashay	Katu	Ushna	Laghu, Ruksha	KaphaVatashamak
<b>Punarnava</b>	Boerhavia diffusa	Madhur, Tikta, Kashay	Madhur	Ushna	Ruksha	KaphaVatashamak
<b>Rasna</b>	Pluchea lanceolata	Tikta	Katu	Ushna	Guru, Ruksha	KaphaVatashamak
<b>Shigru</b>	Moringa olifera	Katu	Katu	Ushna	Laghu, Ruksha, Tikshna	KaphaVatashamak

Erandamuladi Niruha Basti in was given for Pachana of Dosha. 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 Gandharvadi Yoga along with Erandamuladi Niruha 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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