



Intervention of Amavata (Rheumatoid Arthritis) through Ayurvedic approach

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Introduction: Amavata is an Ama Pradoshaja Vikara, caused by Agnimandya, which leads to accumulation of Ama in Shleshmasthan and Prakopa of Vata Dosha. It closely resembles the chronic inflammatory auto immune disorder called Rheumatoid Arthritis. Clinical features ranges from mild inflammation to complete degenerative changes of joint. Prevalence of R.A is approximately 0.8% worldwide and 0.5-0.75% in India.

Materials and Methods: A 36 year old female patient came to OPD of Kayachikitsa Dept. with complaint of multiple joint pain, stiffness and swelling particularly affecting the wrists, knees and hands since 8 years but symptoms have exaggerated from last 8-9 months. Diagnostic evaluation confirmed the presence of rheumatoid factor (RF) and CRP was found raised. Conventional treatments, such as DMARDs & NSAIDs were initiated but resulted in only partial symptom relief. Patient was treated with Kshara Basti for 30 days along with oral ayurvedic medicine such as Rasanadi Kwatha, Eranda Sneha, Chitrakadi Vati, Simhanad Guggulu etc. These modalities help in Amapachan, Vatashaman and Srotas Shodhan. Dietary recommendations emphasized warm, easily digestible foods, and the reduction of cold, heavy, and processed items to mitigate Ama formation.

Conclusion: The Ayurvedic approach led to significant improvements in the patient's symptoms, including reduced joint pain and stiffness, enhanced mobility, and overall better quality of life. This case study illustrates the potential benefits of integrating Ayurvedic therapies with conventional treatment to manage Amavata effectively. It highlights the importance of a holistic approach in treating chronic autoimmune conditions and encourages further exploration of Ayurvedic practices in contemporary rheumatology.

Keywords: Agni, Ama, Vata Dosha, Autoimmune disease, Chronic symmetrical polyarthritis, Synovial inflammation, Cartilage destruction, Bone erosion, Joint deformities, NSAIDs, Joint pain, Swelling, Morning stiffness

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Introduction

Amavata (Rheumatoid arthritis) is lifestyle disorder which has high prevalence around globe. *Amavata* is defined as condition where *Ama* & *Vata Dosha* are vitiated simultaneously and enters *Trika* (Pelvic girdle) and *Sandhi* (joints) causing stiffness (*Stabdhata*) of body. Here, *Ama* means improperly/partially digested food or undigested *Rasa Dhatu* formed due to poor strength of *Agni*. *Acharya Madhav* has described causative factors for disease as *Viruddhahara* (Unwholesome Diet), *Viruddhachesta* (Erroneous Habits), *Mandagni*, Sedentary Lifestyle and exercising immediately after food.[1] Its symptoms include joint pain like that of scorpion bite, swelling and stiffness in multiple joints with systemic features (*Sarvadaihika Lakshanas*) of *Ama* like *Angamarda* (myalgia), *Aruchi* (anorexia), *Trishna* (thirst), *Alasya* (laziness), *Gaurav* (heaviness), *Jwara* (pyrexia), *Apaaka* (indigestion), *Anga Shunata* (oedema). The clinical presentation of *Amavata* closely mimics with Rheumatoid arthritis (RA), in accordance with their similarities in clinical features like multiple joint pain, swelling, stiffness, fever, general debility etc. Rheumatoid arthritis affects approximately 0.5-1% of adult population worldwide.[2] The incidence of RA increases between 25 and 55 years of age, after which it plateaus until age of 75 and then decreases.[3] Women are affected approx. 3 times more often than men.[4] Despite of various treatment measures available in Allopathic system of Medicine prevalence of disease is quite high. Moreover, Allopathic drugs have many side-effects thus, adding to misery of patients. So, study was planned for effective management of *Amavata* by Ayurvedic treatment. Management typically involves detoxification, digestion enhancement, and pacification of *Vata* and *Ama*.

Kṣhāra Basti, an Ayurvedic enema therapy, is a potent treatment for *Vata* and *Kapha* disorders. *Śamana Chikitsā* includes dietary regulation, herbal formulations, and lifestyle modifications to balance *Doshas* and remove *Ama*. This case report highlights the integrative approach of these therapies in managing *Amavata*.

Case Report

Pradhana Vedana Vrutanta - Pain in multiple joints associated with swelling and stiffness.

Adyatana Vyadhi Vrutanta - A female patient aged 36 years visited the OPD of Kayachikitsa, Government Ayurveda Medical College, Udaipur, Rajasthan, India. She was presented with chief complaints of pain in multiple joints associated with swelling and stiffness which lasts more than 2 hrs. Patient was diagnosed with Rheumatoid arthritis with RA factor 666 IU/ml and ESR 36 mm/1st Hr. She has undergone allopathic treatment and has taken steroids many times, but did not get any relief from her symptoms. For further management, she visited the OPD of Kayachikitsa, Government Ayurveda Medical College, Udaipur.

Poorva Vyadhi Vrutanta: Nothing significant

Koutumbika Vrutanta: Nothing significant

Vayaktika Vrutanta:

Name: xyz

Age: 36 years

Marital status: Married

Occupation: House wife

Diet: Mixed

Bowel: Constipated

Appetite: Reduced

Menstrual history: Regular

Height: 160cm

Weight: 55kg

Ashta Sthana Pareeksha

Nadi: Manda

Mala: Baddha

Mutra: Atimutrata with Avilata

Jihwa: Lipta

Shabda: Prakruta

Sparsha: Prakruta

Drik: Prakruta

Akriti: Madhyama

Systemic Examination

Table 1: Showing Musculo Skeletal System

	B/L knee joints	B/L ankle joints	Small joints of hands
Swelling	Present	Present	Present
Deformity	Absent	Absent	Present
Tenderness	Present	Present	Present
Temperature	Warmth	Warmth	Normal
Range of movement	Restricted	Painful	Restricted

Cardio vascular system: S1 S2 heard, no abnormality detected.

Respiratory system: NVBS heard, no abnormality detected.

Gastro intestinal system: P/A: Soft, non-tender

Table 2: Showing 2010 ACR/EULAR classification criteria for RA

Parameters	Score
Joint distribution (0-5) >10 joints	5
Serology (0-3) High RA factor (114.60IU/mL)	3
Symptoms duration (0-1) >6weeks	1
Acute phase reactants - Normal ESR	0

Total score: >6 defines RA

Nidana Panchaka

Nidana

Aharaja: Snigdha, Abhishyandi Atisevana, Ati Sheeta Aahar Sevana (Fridge Items) , Mamsa Sevan.

Viharaja: Divaswapna after taking food.

Purvaroop: Agnimandya

Roopa: Anga Gourava, Shoola Shotha and Stabdtha in multiple joints.

Upashaya: Summer season, afternoon hours, immersing joints in hot water

Anupashaya: Winter season, cold water.

Samprapti Ghataka

Dosha: Vata Pradhana Tridosha

Dushya: Rasa, Asthi, Majja

Agni: Jataragni, Dhatwagni

Agnidushti: Mandagni

Srotas: Rasavaha, Asthivaha, Majjavaha

Srotodusti: Sanga

Udbhavasthan: Amashaya

Sancharasthana: Sarvashareera

Vyaktasthana: Sandhi

Adhishtana: Sandhi

Rogamarga: Madhyama

Sadhyasadyata: Kricchrasadhyata

Treatment

According to Acharya Chakradatta treatment of Amavata in order is that - Langhana, Svedana, Katu – Tikta Deepaniya Dravya, Virechana, Snehapana, Basti (Saindhavadi Anuvasana Basti and Kshara Basti).[5] Satahvadi Kshar Basti and Vaitarana Basti both are main line of treatment for Amavata which has mentioned in Niruha Basti Adhikarana.[6]

Properties of Kshara should not be Ati Tikshna, Ati Mrudu, Ati Shukla, Ati Picchila. It also has Tridoshagna, Agneya, Ushna, Teekshna, Pachana, Shodhna, Ropana, Vilayana, Lekhana properties.[7] The Bastis where Kshara, Gomutra and Teekshna Dravya used as ingredients are can be considered as Kshara Basti.

Treatment protocol adopted

Panchakarma

The patient was given Kshara Basti along with Bruhatsaindhavadi Taila Anuvasana Basti in format of Kala Basti i.e.,16 days.

Shamana Yogas

- Combination of -
 - Aamvatari Ras - 125mg
 - Chohsthaprahari Pippali - 125mg
 - Pravalpanchamrita Ras - 250mg
 - Mahavatvidhvanshak Ras - 125mg
 - Vatari Churna - 2gm - B.D - B/F
- Rasnaerandadi Kwatha - 10ml-0-10ml (empty stomach)
- Erand Taila - 10ml at night
- Chitrakadi Vati - 2-0-2 A/F
- Simhanada Gugullu - 2-0-2 A/F

Contents of Kshara Basti

- Amlika - 50gm
- Guda Paka - 25gm
- Saindhava - 10gm
- Shatahva - 10gm
- Gomutra - 100ml

Assessment

Table 3: Scoring of the symptoms

Grade	Sandhi Shotha	Sandhi Shoola	Sandhi Stabdtha
0	No swelling	No pain	No stiffness
1	Visible swelling, but no loss of joint contour	Mild pain with slight difficulty in flexion and extension	5mins to 30mins
2	swelling with Loss of normal joint contour	Moderate pain with much difficulty in flexion and extension	30mins to 1hr
3	Frank cystic swelling of joint	Severe pain with restricted movements	1hr to 2hrs
4	-	-	More than 2 hours

The results were assessed on the basis of clinical signs and symptoms mentioned in Ayurvedic classics as well as 2010 ACR/EULAR classification criteria for RA

Observations and Results

Days	Treatment	Observations
D1 - D20	Only Shaman Chikitsa was given to patient	Pain, swelling, stiffness in multiple joints reduced by 40%. Range of movements: restricted
D25 - D40	Kshara Basti along with Bruhatsaindhavadi Taila Anuvasana Basti	Marked reduction in pain, swelling, stiffness. Absence of pain during night time. Heaviness of the body reduced.
	After that Shaman Chikitsa continued	

Table 4: Showing Overall assessment

Assessment criteria	Before treatment	After treatment
Sandhi Shoola	Grade 3	Grade 1
Sandhi Shotha	Grade 1	Grade 0
Sandhi Stabdhattha	Grade 4	Grade 2
RA FACTOR	666 IU/ML	113 IU/ML
CRP	5.530 mg/L	5.79 mg/L
ESR	36 mm/1st hr	10 mm/1st hr
EULAR score	10	8

Discussion

Madhavakara has described *Viruddhahara*, *Viruddhacheshtha*, *Nishchalatva* and exercise immediately after *Snigdha Ahara* are the *Nidana* of the *Amavata* disease. Avoidance of the *Nidana* is the first and foremost line of treatment because these are directly or indirectly responsible for *Dosha Utklesha* and *Agnimandhya* and because of the *Agnimandhya*, *Ahara Rasa* is not digested properly which leads *Ama* formation. Due to *Ama*, *Rasa Dhatu* is not well formed. This pathology mainly effects the *Amashaya* which is the site of *Kapha Dosha*. Hence, *Ama* leads to *Kapha* vitiation and leading symptoms like *Srotorodha*, *Gauravata*, *Alasya*, *Aruchi* etc. when the impaired *Vatadi Dosha* being mixed up with *Ama Dosha* leads to *Amavisha*. It is very difficult to treat due to its *Ashukriya* and opposite nature of *Ama* and *Visha's* treatment.

Avastha Vishesha Chikitsa: Based on *Avastha Vishesha* treatment of *Amavata* should be divided into two categories. *Amavavastha* & *Niramavastha*.

Langhana, Ruksha Swedan and Katu - Tikta Dipaniya Dravyas can be given in *Amavastha* for digestion of the *Ama*.

After digestion of *Ama* means in *Niramavastha Virechana*, *Snehapana* and *Basti* treatment can be given.

Doshanubandha Chikitsa: According to Acharya Charaka, the quantity of *Niruha Basti's Dravya* can be increase or decrease based on various situation. i.e.,

In *Vatanubandha Amavata*, can be increased the amount of *Sneha* or *Tila Taila* in *Kshara Basti* and Decrease the *Ushna* and *Tikshna Dravya* like *Satahva* and *Gomutra*. Hence, it will help in pacify the *Vata Dosha*.

Like, in *Pittanubandha Amavata*, burning sensation and redness around the joints are seen. Hence, the quantity of *Amlika* and *Satahva* can be decrease because of its *Amla Vipaka* and *Pittakara* properties of *Amlika* and *Katu-Tikta Rasa*, *Katu Vipaka* and *Ushna Virya* of *Satahva*. In this condition increase the quantity of *Purana Guda* because of its *Madhura Vipaka*. so, it can be helpful to pacify the *Pitta Dosha* in the body.

In *Kaphanubandh Amavata*, *Kapha Dosha* is an aggravated form. Hence, *Satahva* and *Gomutra* can be added in more quantity and can be decrease the amount of *Purana Guda*.

Avayava Prabhava (Mode of action of an individual drugs):

Purana Guda: *Ushana Virya* of *Guda* helps in *Dosha Paka*.

Saindhava Lavana: It helps to dissolve and disintegrate morbid *Kapha* and *Ama Dosha* by its *Kapha Vilayana* or *Kapha Vichhedana* properties.

Amlika: Its *Ruksha Guna* and *Ushna Virya*, helps in *Amapachana*.

Satahva: *Katu - Tikta*, *Ushna Virya*, and *Katu Vipaka* properties of *Satahva*, help in the digestion of *Ama* and the bring back to *Agni*.

Gomutra: It helps to pacify *Kapha Dosha* because it contains *Katu Rasa*, *Katu Vipaka*, *Ushna Virya*, and *Laghu*, *Tikshna Guna*. It is also helps in *Srotovishodhana* due to its *Teekshna Guna*. Additionally, the properties of its *Ruksha Guna*, *Tridoshghna*, *Agnideepaka*, and *Vatanuloman* are beneficial in *Amavata* disease.

Tila Taila: It is cold in touch which counteracting the irritant potency of *Kshara*.

Also, its *Vata-Kapha Nashaka* properties, it may help to prevent further aggravation of *Vata*.

Samudaya Prabhava (Probable mode of action): *Niruha Basti* is a uniform mixture of *Makshika*, *Lavana*, *Sneha*, *Kalka* and *Kwath*. But in this *Kshara Basti* *Guda* is used instead of *Madhu*. *Lavana* possesses *Sukshma* and *Tikshna Guna* which helps the *Basti Dravya* to reach up to the *Sukshma Srotas* and due to *Guru Guna* of *Amlika* helps retention of *Basti Dravya*.

Also, the *Kalka* of *Satahva* which gives potency to the whole *Basti Dravya* and its *Katu-Tikshna Guna* and *Ushna Virya* helps to digestion of *Ama*. In *Kshara Basti*, *Gomutra* is *Pradhana Dravya* which maintains the volume of *Basti*.

Also, helps in the spreading *Basti Dravya* and cleansing the *Srotas*. And having its *Katu-Tikta Rasa*, *Katu Vipaka* and *Ushna Virya* pacify the *Kapha Dosha*. The general properties of *Mutra* is *Tikshna*, *Bhedana*, *Vatanulomana* and *Srotovishodhana* which helps in the elimination of vitiated *Ama Dosha* from the *Sukshma Srotas*.

In *Vaitarana* type of *Kshara Basti*, adding *Tila Taila* along with these *Dravya* except *Satahva*, helps to easy elimination of *Basti Dravya* with vitiated *Ama* and *Dosha* without any discomfort and strains because *Kshara Guna* of *Gomutra* might have chance to cause irritation.

Guna Vishesha Siddhanta: *Kshara Basti* is a type of *Tikshna Niruha Basti* which consists *Laghu*, *Tikshna*, *Ushna* and *Ruksha Guna* which completely opposite to the *Guru*, *Snigdha* and *Picchila Guna* of *Kapha* and *Ama Dosha*. Thus, *Kshara Basti* helps to break obstruction and expel out the morbid *Dosha* from all over the body.

Conclusion

Amavata is most common crippling joints disorder. *Ama* and *Vata* both being contradictory in nature make difficult to treat. Thus, *Kshara Basti* can be effective and ultimate line of treatment for *Ama* and *Vata Dosha*. The drugs of these two *Bastis* have *Vata-Kapha Nashaka*, *Agnideepaka*, and *Vatanulomaka* properties, they might be an effective treatment for *Ama* and *Vata Dosha*. This means that *Kshara Basti* may be thought of as a successful treatment for *Amavata* disease because it is having opposing *Guna* to *Ama* and *Kapha Dosha*.

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