A physician who understands the body in every respect & its entirety knows ayurveda in its fullness & contributes to the happiness of the world.

Only taste should not be the criterion of preference of food. One should go for food which has been fully judged on the merit of its benefit to human body, as body depends on food for its survival and diseases occur because of faulty nutrition.
HEALTH THROUGH AYURVEDA

ARTHRTIS

Rheumatoid Arthritis (Aamavata)
(its causes, prevention & management)

Ayurveda is the world's oldest recorded healing system. It is a proven system of prevention and healing. Prevention is emphasized over cure. Ayurveda recognizes the importance of physical balance, emotional release, mental health, environmental mindfulness and spiritual progression in the total health picture.

People suffer more from auto-immune diseases such as arthritis, allergies, heart diseases, cancer & even addiction. Arthritis has gained immense notoriety in the recent times as it is fast becoming a challenge for the whole world. Ayurveda believes that the diseases are the result of impaired nutrition. The manner in which the food articles ingested are digested, the way in which their various components are metabolized into appropriate Dhatus and how some of its constituents are broken down for being utilized for production of energy required for vital activity, depend upon factors which are grouped under the term Agni.

"रोगः सर्वकष्मिन मन्देषुन्नति" (ग्रामवध)

Inspirid Agni is the basic cause of all diseases.

Arthritis is a joint disorder featuring inflammation of the synovial membrane. A joint is an area of the body where two bones meet and the function of a joint is to facilitate the movement of the body parts. A joint functions to move the body parts connected by its bones. Arthritis literally means inflammation of one or more joints.

Arthritis is frequently accompanied by joint pain. Joint pain is referred to as arthralgia. There are many types of arthritis (over 100 and growing). The types range from those related to wear and tear of cartilage (such as osteoarthritis) to those associated with inflammation resulting from an over active immune system. (such as rheumatoid arthritis).

The cause of arthritis depends on the form of arthritis. Causes include injury (leading to osteoarthritis), metabolic abnormalities (such as gout and pseudogout), hereditary factors, infection and unclear reasons (such as rheumatoid arthritis and systemic lupus erythematosus), chronic inflammation of the joints and ligaments of the spine, causing pain and stiffness in the spine (ankylosing spondylitis).

Symptoms of arthritis include pain and limited function of joints. Inflammation of the joint from arthritis is characterized by joint stiffness, swelling, redness and warmth. Tenderness of the inflamed joint can be present.

Many of the forms of arthritis, because they are rheumatic diseases can cause symptoms affecting various organs of the body that do not directly involve the joints. Therefore, symptoms in some patients with certain forms of arthritis can also include fever, gland swelling (lymph node), weight loss, fatigue, feeling unwell and even symptoms from abnormalities of organs such as the lungs, heart or kidneys.

Ayurveda suggests that rheumatoid arthritis (Aamavata) is caused primarily by an excess of Aama and inspirid Agni. Agni plays an important role in maintenance of physiological state of body as well as for pathological changes. It is the Agni which is a fundamental force of life and its importance has been quoted as below-

अयुर्वर्तमाल स्वास्थ्यमूलकाः ग्रामवधे व।
ओजोऽवाच्याः प्राणायकाः पेहाननिहुङ्गे।।
शान्तेन्नी प्रवच्ये बुङङ्को च वीर्यावममाये।।
चौघी रायाकाः, गुलामग्नीस्वास्थ्यावच्ये।।
चक्र निः 15/3-4

The insipid Agni known as Agnimandya leads to formation of “Aama”. This Aama along with vitiating vata dosha results as “Aamavata”.

What is Rheumatoid Arthritis:-

Rheumatoid Arthritis (RA) is considered as a chronic, inflammatory autoimmune disorder that causes the immune system to attack the joints. It is a disabling and painful inflammatory condition, which can lead to substantial loss of mobility due to pain and joint destruction. Rheumatoid Arthritis is a systemic disease, often affecting extra articular tissues throughout the body including the skin, blood vessels, heart, lungs and muscles. About 60% of rheumatoid arthritis patients are unable to work 10 years after the onset of the disease.

Who Suffers from this disease:-

Acharya Madhavakar has described the etiological factors of Aamavata in detail. Madhavakar
has mentioned that the person who suffers from Mandagni if indulges himself with Mithya Ahara-Vihar (Antagonistic food articles and habits) may suffer with the disease Aamavata. Sedentary life and excessive exercise just after taking Snigdha Ahara also leads to this disease. The etiological factors of Aamavata can be classified into three groups-

i- Aharaj Hetu ii- Viharaj Hetu iii- Mandagni

(i) Aharaj Hetu: It includes-

- Over eating
- Heavy and indigestible food
- Raw and uncooked food
- Incomplete food
- Disgusting food or food for which one has an aversion
- Ingestion of foods capable to produce distension of abdomen
- Food capable to irritate or inflame the stomach
- Unclean and contaminated food
- Fried food stuffs.

(ii) Viharaj Hetu: It includes-

- Sedentary life
- Irregular habits
- Improper working
- Lack of Physical work
- Intense emotional stresses such as grief, rage, worry, fear etc.
- Irregular sleeping habits as to sleep during day
- Exercises or active work just after Snigdha Ahara

(iii) Mandagni:-

Mandagni means hypofunction of Agnis at different levels. The function of Agni are digestion, re-synthesis and metabolism. All above functions of Agni are collectively called Agni Kriya Vyapar. A person who has got mandagni for a considerable period may develop disease.

What are the Risk Factors:-

- Diet
- Age older than 50
- History of immobilization
- Joint hypermobility or instability
- Obesity (Weight bearing joints)
- Prolonged occupational or sports stress
- Congenital or developmental disorders
- Endocrine Problems (i.e. hypothyroidism)
- Excess estrogen, insulin sensitivity, increased growth hormone levels.

Symptoms:-

As per Ayurvedic concept the symptoms may be classified as Samanya and Pravridha Lakshana:

(1) Samanya Lakshana (General features):-

- Angamarda
- Aruchi
- Trishna
- Alasaya
- Gauravam
- Jwara
- Apaka
- Anga shoonyata

7th November 2007 - Sri P.K. Mishra, Chief Secretary, Uttar Pradesh, releasing 7th issue of "Shatayu Ki Or" leaflet on the occasion of Dhanvantari Jayanti in Raj Bhavan, Uttar Pradesh.
As per modern scientific development the clinical manifestations of rheumatoid arthritis may be as:

**Clinical Manifestation:**

- Onset is usually insidious, often beginning with systemic and joint symptoms.
- **Systemic symptoms:** Include early morning stiffness of affected joints, generalised afternoon fatigue and malaise, anorexia, generalised weakness and occasionally low grade fever.
- **Joint symptoms:** Include pain, swelling and stiffness.

  The disease progresses most rapidly during the first six years, particularly the first year. Majority of the patients (about 80%) develop some permanent joint abnormalities within 10 years. The course is unpredictable in individual patients.

  Joint symptoms are characteristically symmetric. Typical stiffness lasts for more than 60 minutes after rising in the morning but may occur after any prolonged inactivity. Involved joints become tender and warm; swelling and limitation of motion is noticed.

  The joints involved include the following:
  - Wrist, index and middle metacarpophalangeal joints (most commonly involved)
  - Proximal inter phalangeal joints (iii) shoulders (iv) elbows (v) hips
  - Knees (vii) ankles.

**Extra Articular manifestation:**

As it is a systemic disease a number of other structures may be affected in rheumatoid arthritis.

(i) **Skin:** Subcutaneous nodules may develop in 20 to 30 percent of persons with rheumatoid arthritis.

(ii) **Cardiac:** Pericardial effusion and constrictive pericarditis occurs frequently. Rarely the formation of granulomatous lesion leads to heart block, cardiomyopathy, coronary artery occlusion or aortic regurgitation.

(iii) **Renal:** Renal involvement may be due to drug toxicity.

(iv) **Hepatic:** Rheumatoid arthritic patients may develop Hepatospleenomegaly.

**Diagnosing Rheumatoid Arthritis:**

Four of the following criteria must be present to classify patients as having rheumatoid arthritis:

(i) Arthritis of more than 3 joints.

(ii) Arthritis of hand joints (wrist, metacarpophalangeal or proximal interphalangeal joints).

(iii) Morning stiffness for more than 1 hour.

(iv) Rheumatoid nodules.

(v) Serum rheumatoid factor (positive in less than 5% of normal control subjects).

(vi) Bilateral symmetric arthritis.

(vii) Imaging changes (hand x-ray-changes typical of Rheumatoid Arthritis must include erosions or unequivocal bony decalcification).

**Living and Coping with Arthritis:**

Arthritis can impose physical limitations which affect daily activities. Arthritis can affect life at home and work, so suitable strategies and a positive approach to living with chronic arthritis is essential. Joint pain and stiffness can affect mobility and manual dexterity. Routine tasks, which are usually considered simple, can become difficult for people with arthritis. People with arthritis must adapt their work situation to their physical limitation. Most people with arthritis try to work as long as they can by modifying their work place. Changing their work schedule or finding a more manageable job is a way for better living.

Arthritis is difficult for both, patient and their loved ones. It is important to have good communication with family and friends.

**Prevention:**

Rheumatoid Arthritis (Aamavata) is not a very difficult disease to control. A health conscious person can easily keep the problem at bay, by taking a few general precautions.

**Regular Exercise:** Regular moderate exercise keeps the different joints of the body active and generates the necessary lubrication required for them. This drastically reduces the chances of having rheumatoid arthritis in the future. It has been observed that Aamavata is more prominently seen in people with less active and sedentary life style.

- Regularly shifting position to distribute body weight and reduce joint stiffness.
- Proper rest after strenuous activity.
- Always remain in suitable posture.
- Use safety measures while exercising & playing.

**Proper Diet:** Aamavata is one of those diseases which can be prevented just by having a proper nutrition and balanced diet. The following food habits are useful for keeping Aamavata at bay:

- Both sugar & salt must be reduced.
• Food causing constipation like rajma, urad, katahali & arbi must be avoided.
• Avoiding junk food as dietary habit.
• Green vegetables, fruits & whole grain products be taken regularly.
• Ginger tea with lemon & honey is a suitable drink for arthritis patients.

Using cold packs: - For temporary relief cold packs can be placed on areas where the pain occurs more severely. It relieves pain & swelling.

Heat Therapy: - Heat can also be used to get temporary relief from arthritic pain.

It is to be kept in mind that injury of joints is also responsible for causing rheumatoid arthritis.

Management: -

The complete pathogenesis of Aamavata depends on the vitiation of Vata Dosha, Aama and Mandagni. The origin of it is Amashaya. The aim of the treatment is elimination of Aama completely because it is sole cause of this disease. Various formulations have been advocated for the treatment of Aamavata by the Ayurvedic Acharyas.

The line of treatment of Aamavata can be drawn on these points: -

(i) Langhan (ii) Swedan (iii) Deepan (iv) Virechana (v) Snehan (vi) Vasti (vii) Upnaha

i- Langhana: - The Aama is digested by Langhana process. So Langhan is the best method of treatment for this disease. It is also adopted for the correction of Saama-Dhatus.

ii- Swedana Karma (Sudation therapy): - In disease Aamavata Srot Dusti is the chief incident, by the application of Sudation therapy all Srotas relax and loose their rigidity.

iii- Deepan Aushadhi: - After langhan therapy Deepan Aushdhis are used for the treatment of Aamavata. So the Agni is not depressed and the production of Aama is stopped. The aushdhis i.e. Shunthi, Nagarmotha are used.

iv- Virechana (Purgation): - Virechana is the process by which all the vitiated Doshas (specially Pitta) are eliminated through Adho Marga (Guda).

v- Snehanpan: - Snehanpan, therapy is used for treatment of Vata Roga.

vi- Vasti: - Vasti is important therapy for Vata-Dosha, so it is used to eliminate the kupit Vayu. It is of two types-

a- Niruha Vasti (Kwatha is mainly used without use of fatty substances)
b- Anuvasan Vasti (Medicated oily preparations are mainly used). Acharya Chakra Dutta advised application of Saundhavadi Tail as Anuvasan vasti for treatment of Aamavata.

vii- Upnaha: - Local application in the form of Upnaha formulation has to be used throughout the course, specially for the relief from pain and swelling in joints.

17th February 2008 - H.E. Sri T.V. Rajeswara, Governor, Uttar Pradesh, presenting first prize for best garden of medicinal plants to Dr. S.S. Tripathi, Medical Officer(Ayurveda) & Officer In-charge, Dhanvantari Vatika, Raj Bhavan, Uttar Pradesh, in state flower and vegetable exhibition 2008.
Some important Preparations indicated in Rheumatoid Arthritis:

A- Oral medicines:
1- Churna: Sunthi churna, panchkola churna, ajmodadi churna.
2- Kwatha / Arishta: Rasna saptak kwatha, maharasnadi kwatha, dashmool kwatha, balarishtha, ashwagandharishta.
3- Guggul / vati: Singhnada guggul, yograj guggul, amavatari guggul, sanjevani vati, aghnitudi vati.
4- Rasa / koopi pakwa rasayan: Amavatari rasa, vata gajankusha rasa, mahavata vidhwansana-rasa, malla sindur.

B- Local applications:
1- Taila: Saindhwadi taila, panchguna taila.
2- Lepa: Dashanga lepa.

The above mentioned preparations (one or two) may be taken according to the condition of disease (i.e. dosha, dooshya, bala, Agni) & patient (i.e. prakriti, build, mental status) under the guidance of physician.

Treatment differs from individual to individual.

Pathya:
Dry Suddation therapy, fasting, snehpan, enema therapy, purgation therapy, external application of paste, one year old shali chawal, kodon, kulthi, garlic (lahsun), ginger (adrak), punarnawa, parwal, sahjan, gud (purana), karela & hot water are helpful for the person suffering from Aamavata.

Apathya:
Viruddha ahar, curd, fish, urad, rajma, katahal, arbi, tomato should not be used. Suppression of natural urges also causes rheumatoid arthritis.

Herbs commonly used for Rheumatoid Arthritis

1- ARANDI (Castor)
Botanical name – Ricinus communis
Parts used – Root, leaves and seeds

2- SAHJAN (Drum stick)
Botanical name – Moringa oleifera
Parts used – Root, fruits & seeds

3- SHUNTHI (Dry ginger)
Botanical name – Zingiber officinale
Parts used – Rhizome

4- BHILAWA (Marking nut)
Botanical name – Semeacarpus anacardium
Parts used – Fruits (after purification)

5- KUCHLA (Nux-vomica)
Botanical name – Strychnos nuxvomica
Parts used – Seeds (after purification)

6- RASNA / RAISAN
Botanical name – Pluchea lanceolata
Parts used – Whole plant

7- GILOYA / GURUCHI
Botanical name – Tinospora cordifolia
Parts used – Stem

8- SURANJAN (Colchicum)
Botanical name – Colchicum luteum
Parts used – Rhizome
9. **Ajmoda**
Botanical name: *Carum roxburghianum*
Parts used: Fruits

11. **Methi** (Fenugreek)
Botanical name: *Trigonella foenum-graceum*
Parts used: Seeds

13. **Pippali** (Long pepper)
Botanical name: *Piper longum*
Parts used: Root & dried unripe fruits

15. **Haridra** (Turmeric)
Botanical name: *Curcuma longa*
Parts used: Rhizome

17. **Guggul** (Indian beddellium tree)
Botanical name: *Commiphora mukul*
Parts used: Gum, resin

19. **Harsingar** (Night jasmine)
Botanical name: *Nyctanthes arbor-tristis*
Parts used: Leaves & bark

10. **Mulethi** (Liquorice root)
Botanical name: *Glycyrrhiza glabra*
Parts used: Underground stem

12. **Ashwagandha** (Winter cherry)
Botanical name: *Withania somnifera*
Parts used: Root

14. **Nagarmotha** (Nutgrass)
Botanical name: *Cyperus rotundus*
Parts used: Rhizome / tuberous root

16. **Sallaki** (Indian olibanum tree)
Botanical name: *Boswellia serrata*
Parts used: Gum, resin

18. **Laahsun** (Garlic)
Botanical name: *Allium sativum*
Parts used: Bulb

20. **Sona Patha** (Tutfun)
Botanical name: *Oroxylum indicum*
Parts used: Root & stem
21- NIRGUNDI (Five leaved chaste tree)
Botanical name – *Vitex negundo*
Parts used – Whole plant

22- CHOPCHINI (China root)
Botanical name – *Smilax china*
Parts used – Rhizome

23- CHANSUR (common cress)
Botanical name – *Lepidium sativum*
Parts used – Seeds

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**Objective of Dhanvantari Vatika**

The main aim of "Dhanvantari Vatika" established in the Governor house is to propagate the knowledge of medicinal plants among the masses. This is possible only when such types of Vatikas are established in different parts of the state and the awareness regarding the importance of these medicinal plants is spread among people, so that they can be benefited by the valuable heritage of our ancestors in the form of Ayurveda.

The script is the compilation from different scriptures/sources. The author pays his humble gratitude.

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Our Gratitude for the Co-operation of:

U. P. Agriculture Department

**MAIN SCHEMES OF AGRICULTURE DEPTT. U.P. :-**

- For overall development of agriculture, "Rashtriya Krishi Vikas Yojana (R.K.V.Y.)" has been launched.
- State Medicinal Plant Board has been established to promote cultivation of medicinal plants.
- Kisan Hitli yojna for reclamation of Usar, Barren and water logged lands of farmers.
- National food security mission to enhance wheat, rice and pulse productivity.
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- Farmers Training at various level.

For further information Contact local officers of Agriculture Deptt. or Kindly Call on free helpline no. 1551 or visit our site www.upagriculture.org

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