



*Lord Dhanvantari*

8<sup>th</sup> Issue

# SHATAYU KI OR शतायु की ओर

शरीरं सर्वथा सर्व सर्वदा वेद यो भिषक् ।

आयुर्वेदं स कात्स्न्येन वेद लोकसुखप्रदम् ॥ चरक शा० 6/19

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

न रागान्नाप्यविज्ञानादाहारानुपयोजयेत् ।

परीक्ष्य हितमशनीयाद्देहो ह्याहारसंभवः ॥ चरक सू० 28/41

*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.*

**DHANWANTARI VATIKA, RAJ BHAWAN, UTTAR PRADESH, LUCKNOW**

**धन्वन्तरि वाटिका, राज भवन, उत्तर प्रदेश, लखनऊ**

**27 October, 2008**



# HEALTH THROUGH AYURVEDA

## ARTHRITIS

### 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 its various components are metabolized into appropriate *Dhatu* 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*.

“रोगाः सर्वेऽपि मन्देऽग्नौ” । (वाग्भट्ट)

Insipid *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 insipid *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-

आयुर्वर्णबलं स्वास्थ्यमुत्साहोपचयौ प्रभा ।  
ओजस्तेजोऽग्नयः प्राणाश्चोक्ता देहाग्निहेतुकाः ॥  
शान्तेऽग्नौ भ्रियते, युक्ते चिरं जीवत्यनामयः ।  
रोगी स्याद्विकृते, मूलमग्निस्तस्मान्निरुच्यते ॥ चरक चि० 15/3-4

The insipid *Agni* known as *Agnimandya* leads to formation of “*Aama*”. This *Aama* along with vitiated *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:-

विरुद्धाहारचेष्टस्य मन्दाग्नेर्निश्चलस्य च ।  
स्निग्धं भुक्तवतो ह्यन्नं व्यायामं कुर्वतस्तथा ॥ माधव नि० 25/1

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-Vihara* (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*-

अङ्गमर्दोऽरुचिस्तृष्णा ह्यालस्यं गौरवं ज्वरः ।

अपाकः शूनताऽङ्गानामामवातस्य लक्षणम् ॥ माघव नि० २५/६

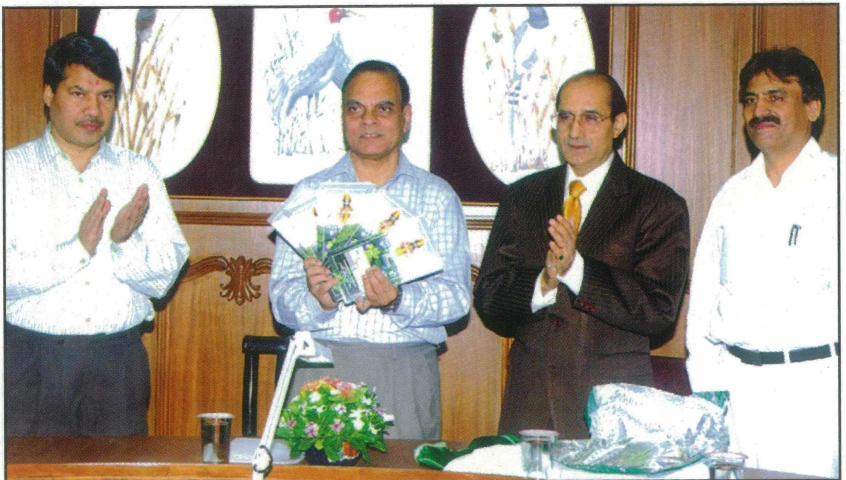
(A) **Samanya Lakshana (General features):-**

- Angamarda • Aruchi • Trishna • Alasya
- Gauravam • Jwara • Apaka • Anga shoonyata

(B) **Pravridha Lakshana (Symptoms of Exacerbation):-**

In comparison to other diseases *Aamavata* is one of the most painful disorder in the phase of acute exacerbation. Following symptoms are produced in this condition-

- Pain in joints of hands, feet, ankles, knees, sacrum and thighs.
- Painful swelling appears and that produces pain like scorpion bite.
- It also produces hypofunction of *Agni*, salivation, distaste, feeling of heaviness, fatigue, burning sensation, altered sleep, polyurea, thirst, vomiting, cardiac irregularities, constipation etc.



7<sup>th</sup> November 2007 - Sri P.K. Mishra, Chief Secretary, Uttar Pradesh, releasing 7<sup>th</sup> issue of "Shatayu Ki Or" leaflet on the occasion of Dhanwantari 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:-

- (i) Wrist, index and middle metacarpophalangeal joints (most commonly involved)
- (ii) proximal inter phalangeal joints (iii) shoulders (iv) elbows (v) hips
- (vi) 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 Hepatosplenomegaly.

### **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, katahal & 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 pack :-** 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.

लंघनं स्वेदनं तिक्तं दीपनानि कटूनि च ।  
विरेचनं स्नेहपानं, वस्तयश्चाममारुते ।  
सैन्धवाद्येनानुवास्य क्षारवस्तिः प्रशस्यते ॥ चक्रदत्त-आ०वा०चि० / १

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

- Langhan** (ii) **Swedan** (iii) **Deepan** (iv) **Virechana** (v) **Snehpan** (vi) **Vasti** (vii) **Upnaha**
- 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*.
- Swedana Karma (Sudation therapy):-** In disease *Aamavata* *Sroto Dusti* is the chief incident, by the application of Sudation therapy all *Srotas* relax and loose their rigidity.
- 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 *ausdhis* i.e. *Shunthi*, *Nagarmotha* are used.
- Virechana (Purgation):-** *Virechana* is the process by which all the vitiated *Doshas* (specially *Pitta*) are eliminated through *Adho Marga* (*Guda*).
- Snehapan:-** *Snehpana*, therapy is used for treatment of *Vata Roga*.
- Vasti:-** *Vasti* is important therapy for *Vata-Dosha*, so it is used to eliminate the *kupit Vayu*. It is of two types-
  - Niruha Vasti** (*Kwatha* is mainly used without use of fatty substances)
  - Anuvasan Vasti** (Medicated oily preparations are mainly used). *Acharya Chakra Dutta* advised application of *Saindhavadi Tail* as *Anuvasan vasti* for treatment of *Aamavata*.
- 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.



17<sup>th</sup> February 2008 - H.E. Sri T.V. Rajeswar, 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, balarishta, ashwagandharishta.
- 3- Guggul / vati:- Singhnada guggul, yograj guggul, amavatari guggul, sanjeevani vati, agnitundi 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, built, mental status) under the guidance of physician.

Treatment differs from individual to individual.

### Pathya:-

Dry Sudation 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:-

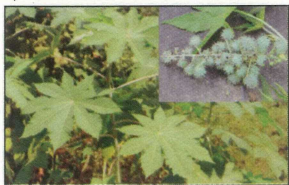
Viruddha ahara , curd, fish, urad, rajma, katahal, arbi, tomato should not be used. Suppression of natural urges also causes rheumatoid arthritis.

## 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 – *Semecarpus 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*

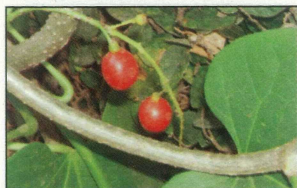
Parts used – Whole plant



### 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



**10- MULETHI (Licorice root)**

Botanical name – *Glycyrrhiza glabra*

Parts used – Underground stem



**11- METHI (Fenugreek)**

Botanical name – *Trigonella foenum-graceum*

Parts used – Seeds



**12- ASHWAGANDHA (Winter cherry)**

Botanical name – *Withania somnifera*

Parts used – Root



**13- PIPPALI (Long pepper)**

Botanical name – *Piper longum*

Parts used – Root & dried unripe fruits



**14- NAGARMOTHA (Nutgrass)**

Botanical name – *Cyperus rotundus*

Parts used – Rhizome / tuberous root



**15- HARIDRA (Turmeric)**

Botanical name – *Curcuma longa*

Parts used – Rhizome



**16- SALLAKI (Indian olibanum tree)**

Botanical name – *Boswellia serrata*

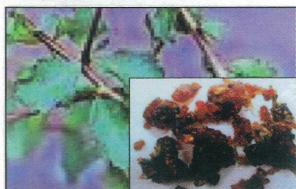
Parts used – Gum, resin



**17- GUGGUL (Indian bedellium tree)**

Botanical name – *Commiphora mukul*

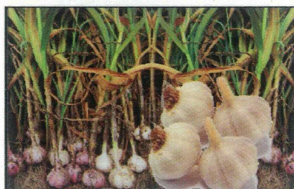
Parts used – Gum, resin



**18- LAHSUN (Garlic)**

Botanical name – *Allium sativum*

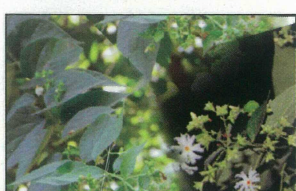
Parts used – Bulb



**19- HARSINGAR (Night jasmine)**

Botanical name – *Nyctanthes arbortristis*

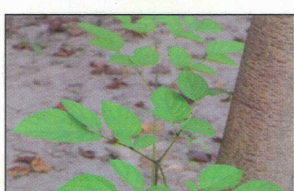
Parts used – Leaves & bark



**20- SONA PATHA (Tittun)**

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*

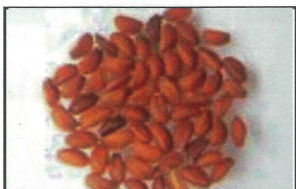
Parts used – Rhizome



**23- CHANSUR (common cress)**

Botanical name – *Lepidium sativum*

Parts used – Seeds



10<sup>th</sup> July 2008 - H.E. Sri T.V. Rajeswar, Governor, Uttar Pradesh, planting the sapling of Acharas sapota (Chiku) in Raj Bhavan, Uttar Pradesh.

**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.*

Our Gratitude for the Co-operation of :

**U. P. Agriculture Department**

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- Kisan Hith yojna for reclamation of Usar, Barren and water logged lands of farmers.
- National food security mission to enhance wheat, rice and pulse productivity.
- Scheme for soil health improvement.
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- 50% Cost subsidy on plant protection instrument distribution.
- 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](http://www.upagriculture.org)

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