

Case Study

A Clinical Case Presentation of Singnaad Gugglu, Rasna Saptak, Punarnava Ashtak Kwath & Baluka Swed in the Management of Amavat W.S.R Rheumatoid Arthritis

Santosh Choudhary¹, Mahesh Kumar Sharma², Gyan Prakash Sharma³

¹P.G. Scholar, Department of Panchakarma, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Kadwad, Nagaur Road, Jodhpur, Rajasthan, India

²M.D. (Ayurvedic), Associate Professor & Head, Department of Panchakarma, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Kadwad, Nagaur Road, Jodhpur, Rajasthan, India

³M.D. (Ayurvedic), Assistant Professor, Department of Panchakarma, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Kadwad, Nagaur Road, Jodhpur, Rajasthan, India

Publication Date: 12 April 2018

DOI: <https://doi.org/10.23953/cloud.ijaayush.348>

Copyright © 2018. Santosh Choudhary, Mahesh Kumar Sharma, Gyan Prakash Sharma. This is an open access article distributed under the **Creative Commons Attribution License**, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract Amavat is a disease which describe wildly in Madhav Nidan and mentioned as a Krichsadhaya Vyadhi in Ayurveda. Symptoms of Amawata like small joints pain, swelling, warmth and stiffness in the body and ultimately affecting the quality of life a person badly. In modern medical science we can compared with the rheumatoid arthritis and their treatment principle is steroids and NSAIDs are included. These drugs are harmful for patients' life for prolonged use. In ayurveda treatment principle and this present study was aimed at evaluating the efficacy of Singnaad Gugglu 500 mg BD with warm water for one month and Rasnasapatk & Punarnava Astak Kwath 15ml with equal quality of water BD for one month and Baluka Swed on whole body for 14 days. It's a clinical case study of one patient. The patient suffering from Amawata included in study were selected from University College of Ayurveda, Jodhpur during the period May 2017. Efficacy of both drugs are good and give significant result. All cardinal symptoms are subsiding and laboratory test is negative after 1 month.

Keywords *Amawata; Rheumatoid arthritis; Rasna saptak kwath; RA test; Singnaad gugglu*

1. Introduction

**“Yugpatt kupitavantstrikasandhipraveskha |
Stabdham cha gurutogatramamawata cha uchyate ||” (Ma. Ni. 25/5) [6]**

Provoking of doshas Aam and wat in body when its accumulates in koshat, trik and joints it is creates symptoms like oedema, pain, stiffness that is called Amawat. “Ayurveda the science of life is so called because it is the one which highlights Hita and Ahita. The concept of Ahita is the reason for various disease one among them being amawat. It is due to the formation of Aam which gets associate with dosh forming sama state and gets mobilized by vatadosha. It later enters the kaphasthan and produces the disease. Its clinical presentation resembles with the condition of Rheumatoid arthritis. The cause of Rheumatoid arthritis is unknown. However, it is a thought that, particularly in genetical predisposed individuals, some environmental antigenic trigger, probably a virus, stimulate the

production of auto-antibodies against the body own IGM immunoglobulin. The process can become self-perpetuating. The prominent features are the formation of immune complexes activates complement and attract neutrophils. Phagocytosis of immune complexes by neutrophils leads to releases of chemical mediators of inflammation stimulate the formation of a proliferative synovitis. This hypertrophic granulation tissue is called pannus. It is this process that is responsible for causing joint erosions.

According to Ayurveda all disease is initiate from loss of appetite and its a measure cause of Amawat. Vagbhata explained Aam. Undigestive food part that accumulates in upper gestrium and responsible for provoke of doshas called as Aam:

**“Ushmanoalpabalatven dhatumandhyamapachitam |
Dushatamaamashayagtamrasanaammprachkshate ||” (as. Hri. Su. 13/25) [4]**

Ayurveda explains two important treatment modalities shaman and shodhan in the treatment of Amawat.

2. Materials and Methods

2.1. Case Report

Chief Complain

A male patient age 50 yrs. old visited OPD of Panchakarma, Dr. S.R. Rajasthan Ayurved University jodhpur presenting with complaint of multiple joint pain, swelling of joints, and stiffness of the joints since 4 months.

History of Present Illness

Four months before, the patient had a gradual onset of stiffness and pain in right wrist joint followed by symptoms in the left side. Gradually pain and stiffness developed in bilateral meta tarso phalangeal (MTP) joint, ankle joint, knee joint. The pain was severe that it was associate with swelling. Its aggravated-on exposure to cold. He feels much batter after ayurvedic medicine.

History of Past Illness

H/O Chikungunya 2 years ago.

Treatment History

H/O took treatment of chikungunya 2 years ago.
H/O taken pain killers for arthritis.

Personal History

Name - Mr. Rajendra Prasad OPD No. 28769
Age - 50 yrs. IPD NO. 1506
Sex - Male Date of admission 15/5/2017
Marital status - married
Occupation - Teacher

Blood pressure - 110/70 mm/hg
Pulse rate - 68/min.
Respiratory rate - 18/min.
Temperature - 96° F
Appetite - Poor
Bowel - 1-2 times/ day
Bladder - 4-5 times/day and 1-2 times /night
Sleep - Sound

Systemic Examination

Musculoskeletal System

Inspection - Swelling present on Wrist joint & knee joint.
Palpation - Tenderness on wrist & knee joint
Tenderness & pain also in cervical spine.
Range of movements - Painful movement between wrist, knee, ankle and MTP (meta tarso phalangeal) Joints.

Investigation

S. uric acid- 3.42 mg/dl
RA Test - 39.0 IV/ml (normal= <18)
C.R.P. Test- 4.20 mg/dl

Ashtaviddapariksha (Examination of 8 seats) [9]

1. Nadi (pulse) - Mandam (slow)
2. Mutra (urine) - Sukhapravriti
3. Mala (stool) - sukhapravriti
4. Jihwa (tongue) - upalepa (coated)
5. Shabda (voice) - vyakta/ spashat
6. Sparsh (touch) - sheet/ ruksha
7. Drik (eyes) - swetabh
8. Aakriti (Built) - Madhyam (medium)

Dashviddapariksha (Examination of 10 seats) [1]

1. Prakriti (constitution) - Vat-kapha
2. Vikriti (morbidities) - Dosh - Vatapradhantridosha
3. Dushaya - Rasa, Rakt, Asthi.
4. Satwa (psychic condition) - Madhyam
5. Sara (excellence of tissue elements) - Rakt/ sara/asthi
6. Samhanan (compactness of organ) - Madhyam
7. Pramana (measurement of organ) - Madhyam
8. Satmaya (homologation) - Sarva rasa (pravarsatmaya)
9. Aaharshakti (power of intake & digestion of food) - Madhyam
10. Vyayamshakti (power of performing exercise) - Pravar
11. Vaya (age) - Madhyam/yuvaa/50 years.

Diagnosics Criteria for Rheumatoid Arthritis

At least three joints involve
 Middle age- 50 years.
 Morning stiffness
 Pain
 Raised C.R.P & R.A. test (+) ve

Treatment

Duration - 4 weeks
 Improvement - Pain, stiffness

Internal Medication

1. Singhnadguggulu - 500 mg bd after meal with warm water for a month.
2. Rasnasaptakkwath - 15 ml bd before meal with equal quantity of water for a month.
3. Punarnavaashtakkwath - 15 ml bd before meal with equal quantity of water for a month.

Table 1: Singhnad guggul [3]

S. No.	Ingredients	B.N.	Quantity
1.	Triphala - Amla	Emblica officinalis	1 part
2.	Vibhitak	Terminalia bellerica	1 part
3.	Haritaki	Terminalia chebula	1 part
4.	Gugglu (pure)	Commiphora mukul	1 part
5.	Gandhak (pure)		1 part
6.	Chitra tail (castor oil)	Ricinus communis	1 part

Table 2: Rasnasaptakkwath [7]

S. No.	Ingredients	B.N.	Quantity
1.	Rasna	Alpinia galanga(root)	1 part
2.	Trikantaka	Tribulus teristris (fruit)	1 part
3.	Guduchi	Tinospora cordifolia (steem)	1 part
4.	Eranda	Ricinus communis (root)	1 part
5.	Devdaru	Cedrus deodara (wood)	1 part
6.	Punarnava	Boerhavia diffusa (root)	1 part
7.	Aragvadha	Cassia fistula (root)	1 part
8.	Shunthi	Zingiber officinale(root)	1 part

Table 3: Punarnavaashtakkwath [8]

S. No.	Ingredients	B.N.	Quantity
1.	Punarnava	Boerhaavia diffusa	1 part
2.	Devdaru	Cedrus deodara	1 part
3.	Daru haridra	Berberis aristata	1 part
4.	Guduchi	Tinosphora cordifolia	1 part
5.	Patolapatra	Tricosanthes dioca	1 part
6.	Haritaki	Terminalia chebula	1 part
7.	Kutki	Picroorhiza curroa	1 part

8.	Neem twak	Azadiracta indica	1 part
9.	Nagara	Zingibe rofficinale	1 part

External Medication: Baluka Swed on whole body for 14 days.

Grading of Assessment of Disease

Table 4: Grading of sandhishotha

S. No.	Severity of swelling	Grade
1.	No swelling	0
2.	Slight swelling	1
3.	Moderate swelling	2
4.	Severe swelling	3

Table 5: Grading of sandhigraha

S. No.	Severity of swelling	Grade
1.	No stiffness	0
2.	5 min to 2 hours	1
3.	2 hours to 8 hours	2
4.	More than 8 hours	3

Table 6: Grading of sandhishoola

S. No.	Severity of swelling	Grade
1.	No pain	0
2.	Mild pain	1
3.	Moderate, but no difficulty in movements	2
4.	Slight difficulty in movement due to pain	3
5.	Severe pain with much difficulty	4

3. Observation and Results

The observation and result in the form of table as below.

Assessment of Subjective Criteria

Table 7: Assessment of sandhishoola

S. No.	Day of assessment	Name of joint	Grade
1.	1 st day	MTP Joints	2
2.	7 th day	MTP Joints	1
3.	14 th day	MTP Joints	0
4.	21 st day	MTP Joints	0
1.	1 st day	Wrist joint	2
2.	7 th day	Wrist joint	1
3.	14 th day	Wrist joint	1
4.	21 st day	Wrist joint	0
1	1 st day	Knee joint	1
2	7 th day	Knee joint	1

3	14 th day	Knee joint	1
4	21 st day	Knee joint	0
1	1 st day	Ankle joint	2
2	7 th day	Ankle joint	1
3	14 th day	Ankle joint	1
4	21 st day	Ankle joint	0

Table 8: Assessment of sandhishotha

S. No.	Day of assessment	Name of joint	Grade
1.	1 st day	MTP Joints	3
2.	7 th day	MTP Joints	2
3.	14 th day	MTP Joints	1
4.	21 st day	MTP Joints	1
5	28 th day	MTP joints	0
1.	1 st day	Wrist joint	2
2.	7 th day	Wrist joint	2
3.	14 th day	Wrist joint	1
4.	21 st day	Wrist joint	1
5	28 th day	Wrist joint	0
1	1 st day	Knee joint	3
2	7 th day	Knee joint	2
3	14 th day	Knee joint	1
4	21 st day	Knee joint	1
5	28 th day	Knee joint	0
1	1 st day	Ankle joint	2
2	7 th day	Ankle joint	2
3	14 th day	Ankle joint	1
4	21 st day	Ankle joint	1
5	28 th day	Ankle joint	1
6	34 th day	Ankle joint	0

Table 9: Assessment of objective criteria

Criteria	BT	AT
RA	39.0 IV/ml	Negative (less than 16)
CRP Test	4.20mg/dl	Non-reactive
Uric acid	3.42mg/dl	3.48mg/dl

4. Discussion

The treatment of disease Amavata is first described in Chakradatt. Weather sign and symptoms described in Madhavnidan. Present study is a case presentation of patient Rajendra Prasad having symptoms like multiple joint pain, stiffness, swelling and other was fatigue (Angmard), anorexia (Aruchi) etc. that is other Aam features. Drug having Ushana, Teekshana, Deepana, Pachana, Shothahara properties can be the choice of drugs for the treatment of the complaints.

**“Langhanam swedanm tiktam deepnaanikatuni cha |
Virechanam snehpanam bastayammarute ||” (chakradutt 25/1) [2]**

The combined efficacy of internal medication of Rasnasaptak Kwath, Punarnavaashtak Kwath, Singhnad guggul and external procedure like Balukaswed were tried in the patient. Internal

medication helped in reducing the Aam symptoms like reduced appetite, Jihwaupalepa, stiffness, swelling, anorexia etc. and Balukaswed helped in bringing Rookshata (dryness) as well as swedan to the body. So that the stiffness, swelling was reduced. And Singhnad guggul helped in reduction of pain. The assessment of the patient before and after treatment was taken which showed improvement in the subjective and objective criteria.

5. Conclusion

Hence it can be concluded that the combined effect of Rasnasapatakkwath, Punarnava Ashtakkawath, Singhnad guggul and Balukaswed is choice of drugs for the management of RA (Rheumatoid arthritis).

References

- [1] Sashtri, K. and Chaturvedi, G. 2001. Charaka Samhita; Vimansthana, 8/122; Varanasi: Chaukhamba Bharti Academy, 2001. p.782.
- [2] Teeka, C. Charak Samhita, Chakradutt 25 verse 1.
- [3] Teeka, C. Charak Samhita, Chakradutt 25 verse 29/34.
- [4] Tripathi, B. Ashtang Hridaya, Sutra Sthana 13 verse 25.
- [5] Tripathi, B. Ashtang Hridaya, Sutra Sthana 1 verse 22.
- [6] Madhav, N. Amawat Adhyaya 25 verse 5.
- [7] Khand, M. Sharagdhara Samhita, Kwath Kalpna Adhyaya 2 verse 88-89.
- [8] Khand, M. Sharagdhara Samhita, Kwath Kalpna Adhyaya 2 verse 120.
- [9] Ratnakar, Y. Nadi Pariksha verse 1.
- [10] Mohan, H. 2017. Text Book of Pathology - Rheumatoid arthritis. Jaypee Brothers Medical.