Efficacy of Vaishvanar Churna in the Management of Aamvata

Dr Vishal Namdeo Sakpal
PG(Scholar) Kayachikitsa
Dr. C.N.Pathade
Guide
L.k.r.Ayurved college Gadchinglaj Kolhapur

Abstract:
Ayurveda is the traditional system of Medicine in India and one of the prime modalities of health care. It is also gaining importance globally and hence to address the burning issue of evidence based scientific study to prove itself in this era. In this research study we studied successful management Aamvata. In modern science it is compared with RA. Rheumatoid arthritis (RA) is an autoimmune disease that causes chronic inflammation of the joints as well as in other organs in the body. Autoimmune diseases occurs when the body's tissues are mistakenly attacked by their own immune system. Patients with autoimmune diseases have antibodies in their blood that target their own body tissues. In Allopathy, RA usually requires lifelong treatment, including medications includes pain killers, anti inflammatory drugs and possibly surgery. In Ayurveda, there are herbal medicines which cure the patient without any side effects. We have successfully treated several patients with Ayurvedic medicines who were suffering from this problem. For this research study we use vaishvanar churna.

Introduction:
As per Ayurveda, the word Aam' means toxic material generated as un wholesome product in the body due to weakening of digestive fire. This 'Aam' is then carried by Vayu'and travels throughout the body and accumulates in the joints, which is the seat of 'Kapha'. As this process continuous, all the Joints are gradually affected, which results in Severe Pain and Swelling in the Joints. When 'Pitta' also gets aggravated, it causes Burning Sensation around the Joints. In modern science, the cause of rheumatoid arthritis is unknown. Even though infectious agents such as viruses, bacteria, and fungi have long been suspected, none has been proven as the cause. It is believed that the tendency to develop rheumatoid arthritis may be genetically inherited.

Aim & objectives :
- To study the etiopathogenesis of aamvata.
- To study the role of vaishvanar churna in the management of Aamvata.

Material & Methods:
10 Patients who fulfilled the diagnostic criteria of aamvata were selected from our dept. of kayachikitsa as per our inclusion & exclusion criteria.

Diagnostic Criteria:
Patients Complaining of jwara, aruchi, tiktaasyata, angamarda shirashool, kshudhamandya, sthul sandhi shool, sthul sandhi shotha sandhi graham etc.

Inclusion criteria :
- Morning stiffness lasting more than one hour.
- Arthritis of 3 or more joints
- Symmetrical arthritis.
- Presence of rheumatoid nodules.
- Presence of rheumatoid factors.
- Radiological changes.

Exclusion Criteria
1) Chronicity of more than 1 year
2) Presence of severe crippling deformity
3) Presence of bone deformities
4) Reduced joint space
5) Pregnant women.
6) Age less than 18 years and more than 70 years
Subjective Criteria:

**Sandhi shool**
0. No pain
1. Mild pain of bearable nature, occasional
2. Moderate pain, no difficulty in joint movement
3. Slight difficulty due to pain, requires medication and may remain throughout the day
4. Severe pain, disturbing sleep and requires strong analgesic

**Sandhi shotha**
0. No swelling
1. Slight swelling
2. Moderate swelling
3. Severe swelling

**Sandhistabdhata**
1. No stiffness or stiffness lasting for 5 mins
2. Stiffness lasting for 5 mins to 2 hrs
3. Stiffness lasting for 2 hrs to 8 hrs
4. Stiffness lasting for more than 8 hrs

**Sandhisparsa asahyata**
0. No tenderness
1. Subjective experience of tenderness
2. Wincing of face on pressure
3. Wincing of face with withdrawal affected parts on pressure
4. Resists to touch

**Investigations**
RA test, Anti-CCP antibody test, CBC, CRP, ESR, X-Ray, MRI of specific joint, Synovial fluid analysis

**Drug review:**
Vaishvanar churna and maharasnadi kwath purchased from GMP approved pharmacy
Vaishvanar churna-3 gm X 21 days
Maharasnadi kwath- 20ml X 3 months
Valuka swed - daily once
Follow up- day 1, day 15h, day 30th day 60

**Results & observation**
This is a clinical study carried out on 20 patients statistical t test apply for data analysis. As per our data chitrakadi vati aving significant results in the management of aamavata Sandhishool reduced up to 72%, Sandhishoth reduced up to 76%, Sandhistabdhata reduced up to 74%, sandhisarasha sahya reduced up to 74%.

**Symptoms**
<table>
<thead>
<tr>
<th>Symptoms</th>
<th>N o o f P t.</th>
<th>B T</th>
<th>A T</th>
<th>S D</th>
<th>SE</th>
<th>Rel ife</th>
<th>T value</th>
<th>P valu e</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandhi shool</td>
<td>2</td>
<td>0</td>
<td>38</td>
<td>1.66</td>
<td>1.08</td>
<td>1.29</td>
<td>72%</td>
<td>8.7</td>
</tr>
<tr>
<td>Sandhi Shotha</td>
<td>2</td>
<td>0</td>
<td>32</td>
<td>1.44</td>
<td>0.02</td>
<td>0.28</td>
<td>76%</td>
<td>9.1</td>
</tr>
<tr>
<td>Sandhistabhata</td>
<td>1</td>
<td>6</td>
<td>26</td>
<td>1.33</td>
<td>0.34</td>
<td>0.34</td>
<td>74%</td>
<td>8.1</td>
</tr>
<tr>
<td>Sandhisparsa asahyata</td>
<td>1</td>
<td>4</td>
<td>36</td>
<td>1.54</td>
<td>1.17</td>
<td>0.26</td>
<td>74%</td>
<td>7.5</td>
</tr>
</tbody>
</table>

**Discussion:**
In Ayurveda, the main treatment in Aamvata is Aam dosha pachan and further Aam visha nishkaasan chikitsa. Avoid hevy food, curd, jaggery in diet. Night awakening, stress of natural urges are the pathyas of aamvata Vaishvanar means fire it helps to agnideepan, improves daigesion strength & immunity maharasnadi Kwath helps to vatashaman. This combine therapy along with valuka swed shows tremendous results.

**Conclusion:**
Rheumatoid Arthritis (RA)- Aamvata can be successfully manageable through Ayurveda.

**Reference:**
1) API Modern Medicine of Text Book-Yash pal Munjal.
3) Vd. V.M. Gogate, Dravyaguna vidnyana. Ayurvedic materia medica; Pimplapure&Copublishers, Nagpur, 1997