

# Effect of an ayurvedic compound in cases of rheumatoid arthritis

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## Abstract

Rheumatoid arthritis is a chronic inflammatory disease of unknown etiology leading to chronic synovitis and permanent disability in some cases. Ayurvedic formulations can play a vital role in the management of disease. A poly herbal preparation containing ashvagandha, shunthi, suranjan, pippali, marich and mishri was clinically tested for its efficacy and found effective in the management of disease.

**Keywords:** Ayurvedic compound, Rheumatoid arthritis, Amavata.

## Introduction

Rheumatoid arthritis is a chronic inflammatory disease of unknown etiology. The usual age of onset is 20 to 40 years, though it may begin at any age. It is disease with tendency to shorten life and causes severe disability. The pathological change in joint is chronic synovitis. It erodes cartilage, bone, ligaments and tendons. In acute phase effusion and inflammation is common. In later stage fibrous ankylosis results. Extra particular manifestations are subcutaneous nodules, pleural effusion, pulmonary fibrosis, pericarditis, lymphadenopathy, splenomegaly with leucopenia, vacuities and secondary

Amyloidosis. Subcutaneous nodules are occasionally seen in myocardium, endocardium, heart valves, visceral pleura, lungs, sclera, duramater, spleen, larynx synovial membrane, particular tissue and tendons. There is no satisfactory treatment till now.

Ayurveda is treasure of herbal Drugs. So it was decided to search out an Ayurvedic Compound of Herbal origin to treat this morbid disease. The disease named Amavata is described in our Ayurvedic texts. According to some commentators it indicates both Rheumatic Arthritis and Rheumatoid Arthritis, but Prof. Y.N. Upadhyaya (1968) in his commentary on Amavata in Madhava Nidana has clearly told that Amavata indicates Rheumatoid Arthritis.

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Amavata is caused by Ama dosa which is produced by Viruddha Ahara-Vihara, Mandagni and Snigdha Ahara. The herbal drugs which are Amapacana. Dipana, Sothahara, jvaraghna, Agnimandya hara were selected for the treatment of Rheumatoid Arthritis in the present study.

## Material & Methods

Botanical identification of each drug was established at Pharmacognosy section of Dravyaguna Deptt. There were six herbal drugs. Viz (i) Ashvagandha (*withania somnifera*), 2) Shunthi (*zingiber officinale*), 3) Suranjan (*colchicum luteum*), 4) Pippali (*Piper longum*), 5) Marich (*Piper nigrum*) and 6) Mishri. The drugs selected were cleaned and reduced to fine powder. They were mixed together and packed. The criterion of selection of patient was pain and swelling in metacarpophalangeal joints / proximal interphalangeal joints with raised E.S.R. and increased R.A. factor. They were advised pathya and Apathya of Amavata. The prepared powder was given 3 gm. twice daily for 4 to 6 months.

## Observations

Total 92 patients were selected for the study in which 72 were females and 20 males. Their age range was 21 to 70 years. All the patients were suffering from pain and swelling in metacarpophalangeal joints / proximal interphalangeal joints with raised E.S.R. and R.A. factor. 2 patients had swelling in distal interphalangeal joints only. 38 patients were severely affected and crippled. After treatment pain disappeared in 12 patients, No change in 2

who had swelling in distal interphalangeal joint. 4 patients were suffering from pyrexia which disappeared in 3 patients, reduced in 1 patient 2 patients had enlarged inguinal lymph nodes, which were reduced in size. E.S.R. increased in 2 patients, decreased in 70 patients, returned to

normal in 11 patients. R.A. factor increased in 4 patients, decreased in 69 patients and returned to normal in 8 patients. The Clinical study is going on. Pancakarma Cikitsa is also advised in patients who had off and on pain .

**Table 1. Showing No. of Patients, Sex Ratio and Age Range**

Total No. of Patient	Female	Male	Age Range	Left TT
92	72	20	21 to 70	9

**Table 2. Showing Symptomatology**

	Pain	Swelling	Pyrexia	Enlarged Lymphnode
Before T <sub>T</sub>	92	92	4	2
After T <sub>T</sub>	Disappeared 12	21	3	--
	Reduced 71	60	1	2
	No Change 0	2	--	--

**Table 3. Showing E.S.R. and R.A. Factor**

	E.S.R.	R.A. Factor
Before TT	Raised 92	Maximum 1576 IU
	Normal 2	Minimum 48 IU
After TT	Increased 2	Increased 4
	Decreased 70	Decreased 69
	Normal 11	Normal 8
	No Change 0	No Change 2

### Result and Discussion

According to modern medical science rheumatoid arthritis (Amavata) is an autoimmune disease but according to Ayurveda amavata is caused by ama dosha which is result of dietary errors. So the patients were treated according to Ayurvedic concept of amavata. They were advised the drugs which are amadosha har, dipana, pachana, sotha-hara, jvaraghna and agnimandyahara. All the patients were suffering from pain and swelling. Pain reduced in 71 patients and disappeared in 12 patients. Swelling reduced in 60 patients and disappeared in 21. ESR decreased in 70 patients, reduced to normal in 11. RA factor decreased in 69 patients and returned to normal in 8 patients. Thus the result shows that the herbal compound used for clinical study was very effective.

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