

Effect of Eranda Taila as a Pain Management in Amavata: A Case Study

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ABSTRACT

Vata associated with Ama creating a disease known as Amavata. Ama is due to the derangement of Agni (digestive power). The clinical entity of Amavata can be correlated with rheumatoid arthritis. RA is a long term autoimmune disorder that primarily affects joints causing warmth, swelling and pain. In Rheumatoid arthritis, the body's immune system attacks its own tissue including the joints. Rheumatoid Arthritis is a chronic inflammatory disorder affecting many joints, including those in the hands and feet. The study was carried out in a clinically diagnosed cases of Amavata (rheumatoid arthritis). An attempt was made to assess the efficacy of Murchita Eranda taila as Shamana Snehapana in Amavata (Rheumatoid Arthritis).

KEYWORDS: Amavata, Rheumatoid Arthritis, Murchita Eranda taila

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INTRODUCTION:

In Ayurveda, it is explained that indulgence in incompatible foods and habits with lack of physical activity produce Ama in the body¹. This Ama is the utmost important causative factor for various diseases². It also affects simultaneous joints of the body, Amavata is one such disease which affects joints of the body.

In case of Amavata, Vata and Kapha dosas get vitiated and aggravated at a time and enter the Trika sandhi as a result the joint becomes rigid and stiff³. Amavata belongs to Abhyantara as well as Madhyama Roga marga. The Samprapti starts in Annavaha srotas and then extends through Madhyama Roga marga with special inclination for Kapha sthana⁴.

General clinical features of Amavata are Angamarda (body aches), Aruchi (anorexia), Trushna (thirst), Alasya (malaise), Gaurava (feeling of heaviness in the

body), Apaka (indigestion) and Angashunatva (oedema of the body parts)⁵. When the condition gets exacerbate Bahusandhi Shotha (Joint Swelling), Bahusandhi Shula (Joint Pain), Sandhi Stabdhatva (Joint stiffness) may be presented⁶.

Amavata is generally compared with Rheumatoid arthritis, it is an Autoimmune disorder of unknown etiology with multiple joints involvement and affects many other system too. The cause of rheumatoid arthritis is not yet fully understood. Rheumatoid arthritis typically affects the small joints in hands and the feet. Along with joint inflammation and pain, many people experience fatigue, loss of appetite and a low-grade fever⁷. Because RA is a systemic disease, it may also affect organs and body systems. In later stage deformities of the joints may results and it leads to restriction of the movements of the joints. Arthritis affects 15% people i.e. over 180 Million people in India⁵. Female gender is a risk factor

F: M=3:1 but before age 45 it is 6:1, prevalence increases with age⁶. Despite the administration of best available modern drugs, the disease has a tendency to progress and cripple the patient. Conventional medicines like NSAID's (Non-steroidal anti-inflammatory drugs) have adverse effects on GIT and DMARD's (Disease modifying anti-rheumatoid drugs) cause hepatic, renal and bone marrow suppression. Thus Ayurveda provides a safe, economic and effective treatment of RA.

Acharya Chakrapanidatta elaborately describes the principles and line of treatment for Amavata⁸. Langhana (fasting), Swedana (sudation), use of drug of Tikta (bitter) and Katu (pungent) Rasa, Deepana drugs (stimulating hunger) are beneficial in the management of Ama stage of Amavata. In Nirama stage Snehapana (oleation), Virechana Karma (therapeutic purgation) and Vasti Karma (enemas) can be performed.

In various sciences different treatment protocols are explained for Amavata but only partial success is achieved and it still remains a challenging problem. Bhaishajya Ratnavalli In '*Amavata chikitsa prakaranam*' mentioned Snehapana as one of the treatments modality⁹. The concept of Earanda taila¹⁰ and Bruhat Saindhavadyam taila¹¹ as taila pana is being selected because of their Vatahara property and it stimulates the Agni. It is having properties like, Vatanulomana, Shoolaghna, Margashodhana, by these properties may help in minimizing clinical features of Amavata. The pain reducing and anti-inflammatory qualities of Eranda may be particularly helpful in those with inflammatory disease like Amavata. And it is a safe, less complicated and most importantly cost-effective treatment. Hence an effort is made to know the efficacy of Earanda taila as Shamana Snehapana in Amavata (Rheumatoid arthritis).

CASE REPORT:

A 33 year old Male Patient from Kudarimathi koppal, Visited Panchakarma OPD of SJG Ayurveda Medical college and Hospital koppal, on 28th August 2021. Complaints of Pain in both knee joint, Right little finger and knee joint with swelling and stiffness since 15 days.

Presenting Complaints;

A 33 year male patient from Kudaromathi complening of both knee joint, b/l elbow joint, b/l wrist joint, rt ankle joint pain since 15 years but it persist for only 3 months. From now 15 days back he was suffering with above complaints.

Initially he visited to SDM Dharwad, he dropout the medicine. After he consulted to local doctor but he

can't get relief. then he admitted in SJG Hospital before four years back, he feels some more comfort, Now he was agree to take shamanoushdhis.

History:

There is no history of Diabetes Mellitus, Hypertension or family history of Rheumatoid arthritis.

Clinical Examination:

He was examined through both locally and systemically. The general condition of patient was stable, fully conscious, and well oriented. his vitals were found to be normal limits, Blood pressure-130/70 mm/hg, Pulse rate-70/min. His body height was 5 feet 5inch, and his body weight 52kg. Cardiovascular system was found normal.

Local Examination of joint, inspectionally moderate swelling of right knee joint, Right little finger with absence of discoloration. By palpation severe tenderness of right little finger with Hard swelling of right knee and little finger, Slightly raised temperature of right little and right knee joint, Crepitus felt at b/l Limb. Rest of Deformities of Hand and joints are absent.

Management:

The patient was managed with shamana snehapana. First as a purvakarma vishwanar churna given for upto shamana of Ama after to advise for Murchita Eranda taila in one karsha matra BD for 14 days.

Follow up period:

In this duration patient was advised to avoid Ashtamahadoshikara Bhava, as to avoid expose to cold breeze, Heavy weight lifting, Resting in One position.

Advise to take lukewarm water, shuntijala pana, ushanastra dharana etc. For shamana Aushadhi-Amavatari rasa 1 BD, Rasnasaptaka Kashaya 10ml BD before food with lukewarm water was continued for 14 days.

After 14day patient was visited again, there was reduced symptom of Right knee joint with little joint pain and stiffness. All medication was stopped and advised for proper diet and regimen.

DISCUSSION:

Amavata is a chronic progressive systemic disorder that primarily targeted to the locomotor system. Amavata is named after two major pathogenic factors Ama and Vata which mainly affects Sandhi. Samhitas explained the role of Ama in disease manifestation and their management. Madhavakara was the first to refer this disease as a separate entity followed by the other authors. As such there is no geographical distribution of the disease Amavata, but it is more

prevalent in Urban communities. Amavata manifested due to the *Virudha Ahara* and *Vihara*, abnormal functioning of Agni has a major role in the initiation of disease process Ama and Vata are the chief pathogenic factor involved in the disease. Samprapti of the disease originated from Annava srotas with special to of Shleshmasthan. Amadosha has an affinity for various joint spaces as it resembles physical properties of Shleshakapka, present in joint spaces. Sandhi Shula, Sandhi Shotha, Stabdatha, and Sparsha Asahishnuta being main features of the disease along with Angamarda, Jwara, Alasya and Nidraviparyaya etc. being constitutional symptoms of the disease. The treatment includes Langhana, Deepana and Amapachana under the heading Shamana Chikitsa.

Acharya Vaghbata Mentioned Snehana is an ideal treatment when Vayu is located in Snayu, Sandhi and Sira. where Snehapana helps for reduction of Pain, Stiffness & tenderness. Keeping these views of Acharya in mind we have Selected to treat the condition with Shamana Snehapan.

Discussion on Mode of Action of Shamana Snehapana:

Arunadatta commenting on Shamana Snehapana that "*shamano hi snehoyatratatrasthamdosham kupitham sarvashareeravyapitvat shamanaroopatvat*".

(A. H. Su 16/19).As the sneha is given when the person is hungry the body channels are said to be widely open facilitating the easy and quick spread of the sneha in the body. Thus the sneha reaches the site of lesion and rectifies the morbid dosha.

- Sneho Anilam Hanti
- Mrdu Karoti Deham
- Malanam Vinihanti Sangam [Ca.Si.1/7].

Cakrapani clarifies that these are functions of Shodhana Snehana, but we can take this as useful in Shamananga Snehana also. On the basis of above version actions of Snehana may be analysed as follows-

- Sneho Anilam Hanti -Vata Nigraha is one of the criteria mentioned by Caraka to bring Doshas back to Koshta. As Sneha is having exactly opposite Guna to Vata Dosha, Sneha allots the proper Gati to Vata and helps to bring the Shakhagata Dosha into Koshta. Vatashamana effect of Snehana can be known by observing Vatanulomana action.
- Mrdu Karoti Deham- Sneha by virtue of its Snigdha, Mrdu qualities brings softness in Dosha Sanghata, Srotas and Deha, which are very important to bring Dosha to Koshta and Utklesha stage. This Mrdukarana effect of Sneha can be

confirmed by observing Gatra Mardavata.

- Malanam Vinihanti Sangam- Mala Sanga generally occurs due to Rukshata,

Sneha overcomes this Rukshata by its Snigdha and Vishyanda properties and the Sanga sets right. Actions of Snehana can be attributed to properties present in the Sneha Dravya. In this regard it is very much necessary to discuss the actions of these properties with respect to Snehana.

- Drava -Brings moistness in the Srotas and constituents of the body.
- Helps in diffusion of Sneha over the body.
- Helps in Dosha Vilayana process
- Acts like a Dissolving media to the Dosha
- Snigdha -Snigdha and Drava both are complimentary to one another.
- Snigdha brings softness of Srotas and by this there is a better conveyance of Dosha, Dhatu and Mala.
- Picchila -Shleshmala property is important to bring Dosha Utklesha.
- Helps Sneha to come in contact with Doshas for longer duration.
- Picchila is having Pranadharana and Ojo Vivardhana action; hence it protects the body structures from negative onslaught of Shodhana.
- Mrdu -Brings Srotomardavata, by generating softness, laxity, loosens the Dosha Sanghata.
- Sukshma-By virtue of Sukshma property Sneha reaches to each and every part of the body.
- Sukshma is having Soto Vishodhana property, thus aiding in bringing the Doshas back to Koshta.
- Sara -Sara is having 'Vyaptishilatva' i.e., spreading nature, thus helps in Spreading of Sneha all over the body.
- Prerana and Vatanulomana action of Sara Guna helps in movement of Doshas back to Koshta.
- Though Guru, Shita and Manda are mentioned as properties of Sneha, but these have more of Shamana or Brumhana value than aiding in Shodhana Snehana action.

Medicinal Effect:

Snehapana helps in Vatanashamana by virtue of its Snigdha Guna, The Symptoms caused by both Vata and Kapha doshas i.e Gaurava, Sthambha, Shula are reduced by this procedures. So selected the Snehapana as a treatment for Amavata.

Eranda having the Madhura, Katu, Kashaya rasa with Snigdha, Suksma Guna, is of Usana virya so it does Kapha Vatahara & Recana. Eranda taila is useful in curing Amavata it subsides the pain of Kukshi, Basti and Kanda Kati and it have the Shothahar, Shulahara properties.

CONCLUSION:

- Amavata is a disease mainly due to the Amarasa produced in Amashaya.
- Womens are more likely than men to develop Amavata (Rheumatoid artheritis).
- For those who Consume the Incompatible food & Virrudha Vihara as expose to cold, wind to be risk of developing Amavata.
- Snehapana is indicated in Amavata, Murchita Erandataila as Shamana snehapana.
- Erandataila are having Properties of Snigdha, Sukshama with Usana Virya does digestion of Amarasa and helps for subside of Vata and Kapha dosha.

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