

Pain Management in Amavata with Rasnasapataka Kashaya

Dr. K G Muddapur

Assistant Professor, Department of Kaya Chikitsa, SMVVS RKM AMC and Hospital, Bijapur, Karnataka, India

ABSTRACT

Amavata is a disease caused due to the vitiation or aggravation of *Vayu* associated with *Ama*. Vitiating *Vayu* circulates the *Ama* all over the body through *Dhamanias*, takes shelter in the *Shleshma Sthana* (*Amashaya*, *Sandhi*, etc.), producing symptoms such as stiffness, swelling, and tenderness in small and big joints, making a person lame. *Rasna saptaka Kashaya* which contains 8 herbs have *Tikta* and *katu rasa*. These drugs have *dipana* and *pachana* properties which helps in clearing *ama* from body. *Katu rasa* is also known for improving intestinal motility acting as *Vatanulomka*. which possess the property of *shulaghna*, *shothaghna*, immunosuppressive and have antioxidant property too. From Ayurvedic point of view these herbs act as *deepana*, *pachana* and work on *ama* and *agni* and reduces the symptoms of *amavata*.

KEYWORDS: *Amavata*, *agni*, *ama*

INTRODUCTION

The clinical condition in which aggravated *vata* is associated with metabolic toxins (*ama*) and mainly affects joints is termed as '*amavata*'. The word '*ama*' literally means, undigested, toxic or unwholesome product, which is produced in the body due to weakening of digestive fire. The disease is initiated by the consumption of *virudhahara* in the pre-existence of *mandagni*, *virudha chesta nishchalatwa* and taking food after *snigdha bhojana*. In it, vitiating *vayu* circulates the *ama* all over the body through *dhamani*; takes shelters in the *sleshma sthana* (*amashyas*; *sandhi* etc.) producing symptoms such as stiffness, swelling and tenderness in the small and large joints, making a person lame¹.

Chikitsa Sidhanta of Amavata²

Langhanm swedanam tikta deepanaani katuni cha.....

The main causative factor behind this disease is *ama* (endogenous toxins), therefore the first line of treatment in the management of *amavata* should be removal of already existed *ama*. The line of treatment given in Ayurveda text is as follows:

- *Langhana* (Fasting)
- *Swedana* (Fomentation)

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- Use of *katu* and *tikta* drugs for *ama shodhana* (detoxification)
- Tikta rasa has the qualities of *pitta kaphagna*, *deepana* (*Agnikar*) and *laghu*.
- Katu rasa* is *shleshmhara laghu* and *agneya* (*deepana*).
- *Virechana* i.e. purgation (*Shodhana Chikitsa - Purification Process*)
- *Abhyantara sneha* (internal medicine) The line of treatment given in ayurvedic classics to treat *amavata*, basically is to achieve the following targets:

Rasnasaptak Kwath (RSK)²

Rasna Saptak Kwath is a liquid dosage form i.e. *kashaya*, which contains 8 herbs having the *shothahara* (anti-inflammatory), *shulaghna* (analgesic), antioxidant, immunosuppressive activity. The present reference of RSK is taken from *Yogratnakara* and *bhavaprakasha*. Researches revealed that these herbs play significant role in reducing the symptoms of *Amavta*. This review gives an idea about pharmacological action of eight herbs of RSK.

Contents of RSK

- Rasna
- Amrita
- Aragwada
- Devadaru
- Trikantaka
- Eranda
- Punernava

➤ Shunthi (as anupana)

Indication of Rasnasaptaka kashaya :

1. Jangha shoola
2. Uru shoola
3. Prushta shoola
4. Trika shoola
5. Parshwa shoola
6. Amavata

	Rasa	Guna	Veerya	Vipaka	Doshagnata	Karma
Rasna ³	Tikta	Guru	Ushna	Katu	Kaphavatahara	Amapacana, Sothhara, Vednasthapana
Amrita ⁴	Tikta Kasaya	Laghu	Ushna	Madhura	Tridoshashamaka	Balya Dipana, Rasayana, Jvaraghna, Amavataghna
Aragwada ⁵	MadhurTikta	Guru	Ushna	Madhua	Tidosha shamak	Rechana, anulomaka,
Gokshura ⁶	Madhur	Guru, Snigdha	Sheeta	Madhura	Vtahara,	Bramhana, Vednasthapana, Sothara,
Eranda ⁷	Madhur, Katu, Kasaya,	Snigdha, Tikshna, sukshma	Ushna	Madhura	Kaphavatasamaka	Amapachna, vtashamana, vednstapana
Punernava ⁸	Madhur, Tikta, Kasaya,	Ruksa	Usna	Madhua	Vatasheleshmahara	Shothahara, Anulomana, Mutrala
Devadaru ⁹	Tikta	Laghu, Snigdha	Ushna	Katu	VataKaphahara	Vranashodhaka shothahara, amahara vedanasthapan
Sunthi ¹⁰	Katu	Laghu, Snigdha	Ushna	Madhura	Vatakaphahara	Dipana, Pacana, Anulomana amdoshahara

Table 1; Pharmacology of herbs in RSK

Anupana: Nagar churna

Pathya in Amavata¹¹

- Yava
- Kulatha
- Raktashali
- Shigru
- Karavella
- Shunthi
- Lashuna sanskarita takra

Apathya in Amavata^{11,12}

- Dadhi
- Matsya
- Guda
- Ksheera
- Masha
- Pista
- Abhishyandi, Guru, Picchila
- Virudha ahara, Vishmashana
- Asatmya
- Vegadharana, Ratrijagarana

Discussion

The main causative factor of the disease is Ama (Undigested food or toxins), which is caused due to malfunctioning of the Agni and metabolism. The disease is found mainly in person with continuous

indulgence in consumption of viruddha ahara in the presence of mandagni (weak digestive power). Ama (Undigested food) and Vata are mainly held responsible for the disease, derangement of the kapha dosha, especially shleshmak kapha, which produces joint pain and swelling with tenderness, can be correlated with rheumatoid arthritis¹³

Tikta and katu rasa drugs have dipana and pachana properties which have a significant role in clearing ama from body. Katu rasa is also known for improving intestinal motility acting as Vatanulomka. In terms of guna, these drugs have Laghu (light), ushna (hot), and tikshnaguna which are the cause of agnivardhaka (digestive stimulant) property and therefore after clearing ama from body, these drugs clear excess kapha and vata from the body. These drugs further prevent the production of ama and clear blocked channels i.e. srotoavarodha and help to move pakva dosha from Sakha to kostha¹⁴. Maximum ingredients of RSK have vatasleshmahara property which reduces doshic vata and kapha from the body and reduces the symptoms of amavata.

CONCLUSION

As RSK is a formulation, which possess the property of shulaghna, shothaghna, immunosuppressive and

have antioxidant property too. From Ayurvedic point of view these herbs act as deepana, pachana and work on ama and agni and reduces the symptoms of amavata. This preparation has less or no side effects help in the treatment of Amavata. Hence, the management of this disease is merely insufficient in other systems of medicine.

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