MANAGEMENT OF CHRONIC RHEUMATOID ARTHRITIS WITH VIRECHANA KARMA, TAILA DHARA AND UPANAH SA VEDA - A CASE STUDY

*1Dr. Vipin Kumar and 2Dr. Sonu

*1Assistant Profesor in Panchkarma Department, Baba Mastnath College, Rohtak.
2Lecturer in Prasuti Tantra Evum Stri Rog Department, National Institute of Ayurveda, Jaipur.

ABSTRACT
A male patient aged 23 years was admitted in IPD of Panchakarma, with complaining of multiple joints pain, Stiffness, swelling, reduced range of movement of joints since 8 years. Contracture developed in both elbow joint. It was diagnosed case of chronic Rheumatoid Arthritis. In Ayurveda it can be considered as Amavata, hence patient was treated methodically by employing classical Virechana Karma, Taila Dhara and Upnaha Sweda. This treatment shows excellent result as swelling, stiffness, pain markedly reduced with improved range of movement of joints.

KEYWORDS: Rheumatoid Arthritis, Pravridhdha Amavata, Virechana Karma, Taila Dhara, Upnaha Sweda.

INTRODUCTION
Rheumatoid Arthritis is one of the most debilitating forms of arthritis. It can cause joint pain deformities and severe joint stiffness. It is a chronic inflammatory disease of unknown etiology primarily involving the synovial membrane and articular surfaces and multiple joints. In rheumatoid arthritis, the synovium is inflamed. This leads to the destruction of the synovium as well as the underlying joint. The disease is often progressive with pain, stiffness and swelling of joints. In later stages, permanent deformity and ankylosis of joints develop.

MATERIALS AND METHODS
Single case study.
Clinical intervention.

**History of present illness** – A male patient aged 23 years was admitted. He was complaining of multiple joints pain, severe pain in right elbow and right shoulder joint, contracture in both elbow joint, swelling and pain in both wrist joint, Reduced range of motion of joints, stiffness in body, difficulty in movement since 8 years.

Associated Complains: Anxiety, Depression, Loss of appetite, Chronic constipation.

Family History: Not significant.

**General Examination**
- Pulse : 70/min
- Blood Pressure : 110/70mmhg
- Pallor : ++
- Icterus : -ve
- Clubbing : -ve
- Cyanosis : -ve
- Oedema : -ve

**Cardiovascular System** - Normal
**Respiratory System** - Normal
**Per Abdomen** - Gaseous Distension

**In Ayurveda**
- **Dosha** - Vata, Kapha
- **Dushya** - Rasa, Rakta, Snayu-Kandara -Asthi-Sandhi
- **Agni** - Mandaagni
- **Adhisthan** - Sarvasandhi
- **Srotas** - Annavaha, Rasavaha, Purishvaha

**Method**

**Intervention**
Patient was admitted and subjected to Deepana-Pachana, Snehapana, Virechana, Upanaha Sweda, Taila Dhara and some Shamana Aushadhi.
**Deepana-Pachana** – 3 gm Ajmodadi Churna\(^2\) three times in a day with lukewarm water for 5 days.

**Shodhananga Snehasana** - with Indukant Ghrita\(^3\) till samyak Snigdha lakshana Achieved.

**Virechana Yoga**
*Triphala Kwath* - 150ml
*Nimba-Amritadi Erand Taila* - 60ml

**Sansarjana Krama**
After *Virechana karma* (total 9 Vega) *Sansarjana Krama* for 3 days followed by oral administration of *Shaman Aushadhi*.

**Shaman Aushadhi.**
1) Rasna Saptaka Kwath\(^4\) 20gm BD
2) Sinhanad Guggula\(^5\) - 2 tabs TDS
3) Ashwagandha Churna 2gm+ Shatawari Churna 2gm+ Chopchini churna 500mg- TDS
4) Yashtimadhu Churna 2 gm+ Gokshura Churna 2 gm- BD

**Taila Dhara** done with lukewarm *Brihat Saindhawadi Taila* for 20 minutes per day for 7 days.

**Upanaha Svedana**\(^6\)
It is similar to poultice, warm herbal paste is applied on affected joint with the help of Bandage and kept for 12 hours in place. It was done for 15 days.

**Drugs of Upanaha Sveda**

<table>
<thead>
<tr>
<th>Shunthi</th>
<th>25 gm</th>
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<tr>
<td>Devdaru</td>
<td>50 gm</td>
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<td>Erandamula</td>
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<td>Nimba Kalka</td>
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<tr>
<td>Millet Churna</td>
<td>100 gm</td>
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<tr>
<td><em>Brihat Sandhavadi Tailam</em></td>
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<td><em>Gomutra Arka.</em></td>
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DISCUSSION
In Ayurveda, based on sign and symptoms Rheumatoid arthritis can be considered as Amavata. Virechana is indicated in Amavata.\(^7\) Virechana helps in breaking the Samprapti of disease Amavata by clearing the morbid dosha, thereby relieving sign and symptom of the disease. It improves Agni, which in turns helps to prevent Ama formation, it clears constipation, causes Vatanuloman\(^8\), thus swelling, pain, stiffness is reduced to some extent. Virechana drug due to its Ushna, Tikshna, Sukshma Guna reaches to heart by virtue of their potency and thereby circulates all over the body. They liquefy the morbid Dosha and bring them up to the Amashaya from here the morbid factors are expelled out by inducing purgation. It has direct effect on Agnistan and thus also helpful in increasing Agni. Virechana has Srotovishodhan property hence it clears Srotorodha present in Amavata. Virechana does Vatanulomana, thus it also helps in normalizing Pratiloma Gati of Vata.

**Taila Dhara-** It is a combination of both Snehana and Svedana [Oleation and Fomentation]. Heating helps to improve the localised circulation. The oleation effect due to oil specially Brihat Saindhavadi Tailam helps to relieve stiffness, increases mobility of joint. The combined effect of Oleation and Fomentation helps to mobilize the inflammatory mediators thus reduces inflammation and improves the range of movements.

**Upanaha Svedana** – Application of heat by the warm herbal paste induces sweating and hence helps in reducing inflammation.

RESULTS
There was a moderate improvement in all signs and symptoms. Pain, swelling, stiffness reduced, range of movements of joints improved.

CONCLUSION
Patient is suffering with Rheumatoid Arthritis since 8 years and developed flexion deformity in the joints with restricted movements. By classical Ayurvedic treatments like Virechana Karma followed by Taila Dhara and Upanaha Sveda had shown moderate improvement in stiffness, pain and range of movements.
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