

## “A Clinical Study of Pippalyadi gana kashaya’ efficacy in Amavata (R.A)”

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### ABSTRACT:

*Amavata* is among the most common health complaints in medical practice specially in females and most prevalent of all musculoskeletal disorders. Recent studies have shown that women are three times more affected than men from *amavata* (RA). It is the most common form of chronic inflammation affecting approximately 1% of adult population. In this modern era of improper lifestyle and unstable diet pattern, it is the most neglected part of life where one gives least importance to the timing, duration and quality of dietary habit and pattern. *Mandagni* plays an important role in causing *ama* formation and it is sensitive to disturbances due to many internal and external influences like diet and environmental factors. In modern science, *amavata* is correlated with Rheumatoid Arthritis (RA). It is a chronic autoimmune inflammatory systemic disease. Modern DMARDs, Steroids are immune depressant due to its patients have hazardous withdrawal effects.

**Keywords:** *Amavata, Ama, Mandagni, Rheumatoid Arthritis.*

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## INTRODUCTION

Amavata is among the most common health complaints in medical practice specially in females and most prevalent of all musculoskeletal disorders. Recent studies have shown that women are three times more affected than men from amavata (RA). It is the most common form of chronic inflammation affecting approximately 1% of adult population. In India as per calculations almost 10 lakh people suffer from this type of arthritis.

In this modern era of improper lifestyle and unstable diet pattern, it is the most neglected part of life where one gives least importance to the timing, duration and quality of dietary habit and pattern. Mandagni plays an important role in causing ama formation and it is sensitive to disturbances due to many internal and external influences like diet and environmental factors. In modern science, amavata is correlated with Rheumatoid Arthritis (RA). It is a chronic autoimmune inflammatory systemic disease. Modern DMARDs, Steroids are immunodepressant due to its patients have hazardous withdrawal effects.

**Objective of the study :-** To clinically evaluate the effect of Pippalyadi gana kashaya in patients of Amavata (RA).

### Information of the patient :-

A 53 year old female patient presented to the outpatient department of Shri Khudadungaji government ayurveda hospital at Raipur with a history of pain and swelling on the B/L knee, wrist & ankle joint also pain and mild swelling in PIP & MCP Joint followed by morning stiffness, constipation, lethargy, increased appetite since 15-20 years.

OPD:- 50403      START OF MEDICINE DATE:-20/06/2023

Name:-xxx Age:- 53, Sex -Female, Address :-Pandari, Raipur C.G

Religion :- Hindu, Education:- High School

Marital Status :-Un- married, Socio – economic status :-Middle Class

Occupation :-Housemaker, Habitation :-Urban

### GENERAL EXAMINATION:-

B.P	110/70 mmhg	P/R	78/min
Height	5.4 feet	Weight	73 kg

### Ashtavidha pariksha:-

Nadi (Pulse)- VP, Mutra (Urine)- prakruta, Mala (Stool)-Sama/Malbaddhata/pugent

smell,Jivha (Tounge)-Clear,Shabda(voice)-Prakrit

Sparsh (Skin)-Ruksha,Drika (Eye)-Samanya,Akriti (General Apearance) -Sthula

### Dashvidha pariksha :-

Prakriti-VK, Vikriti- Dosha-VPK, Dushya-rasa,rakta,asthi, Sara-Avara, Samhanana-Pravara, Pramana-Madhyama, Satmya-Madhyama, Satva-Madhyama, Ahara Shakti-Avara

Vyayam Shakti – Avara,Vaya-Madhyam.

**Any medications: - Previously NSAIDs,some ayurvedic therapies like chincha vasti,sinhanad guggulu,rasna saptaka kwatha etc.**

**Family history:-No**

**Clinical findings:-**

**Subjective parameters:-**

COMPLAINT	Before treatment				After treatment		
<b>Sandhishoola (Pain)</b>	Joint	Right	Left	Duration	Joint	Right	Left
	PIP	P	P	15 yrs	PIP	A	A
	MCP	P	P	15 yrs	MCP	A	A
	WRIST	P	P	15 yrs	WRIST	A	A
	ELBOW	P	P	-	ELBOW	A	A
	SHOULDER	P	P	3 yrs	SHOULDER	A	A
	KNEE	P	P	10 yrs	KNEE	Mild Present	Mild Present
	ANKLE	P	P	10 yrs	ANKLE	Mild Present	Mild Present
	Bilateral/Polyarthritis,pain increase gradually,Burning type of pain and pain is going worse by cold weather.				VAS scale – 2		
	VAS scale – 6						

<b>Sandhishotha (Swelling)</b>	Measurement of joints(in Cm):-Bilateral					
	Joint	Right	Left	Joint	Right	Left
	DIP			DIP		
	PIP	P	P	PIP	A	A
	MCP	P	P	MCP	A	A
	WRIST	19	18.5	WRIST	18	18
	ELBOW	29	28	ELBOW	28	28
	SHOULDER			SHOULDER		
	KNEE	41	41.5	KNEE	40	40
	ANKLE	29	28.5	ANKLE	29	28
<b>Sandhigraha (Stiffness)</b>	Morning stiffness 30-35 minutes, rest of the day after 2 hours it is reduce.			Morning stiffness – 10 minutes		
<b>Associate complaints</b>	<ul style="list-style-type: none"> <li>- Loss of appetite</li> <li>- Utsahani</li> <li>- Gauravata,</li> <li>- Mild jwara</li> <li>- Bahumutrata</li> <li>- Nidra viparyaya</li> <li>- Agngamarda</li> <li>- Alasya</li> </ul>			<ul style="list-style-type: none"> <li>- Normal appetite</li> <li>- Utsaha improved</li> <li>- Laghuta</li> <li>- Mild jwara absent</li> <li>- Bahumutrata – mild present</li> <li>- Nidra samyaka</li> <li>- Agngamarda – absent</li> <li>- Alasya – absent</li> <li>- Increased Satva,Bala,Courage,Vyayam shakti.</li> </ul>		

## CLINICAL RESEARCH

Kwatha of Pippalyadi gana kashaya :- 50 ml tid at 6 AM,1PM & 6 PM empty stomach.

Duration of Treatment :-90 days.

Method of preparation administration of Pippalyadi gana Kashaya :-

15 grams of the pippalyadi gana Kashaya, 600-700 ml of jala was taken in a bowl and heated on mandagni. ardhansa paka was obtained and confirmed.

## INTERVENTION

Patients were administered with Hariataki churna 5 grams before sleep at night for 7 days with leukworm water and Chitrakadi vati 250 mg BD after meal. After that Pippalyadi gana Kashaya for 3 months before meal three times in a day.

**Ingredient of Pippalyadi Gana Kashaya:-**

पिप्पलीपिप्पलीमूलचाव्यचित्रकश्रृंगबेरहस्तिपिप्पलीहरेणुकैलाजमोदेन्द्रयवपाठाजीरकसर्षपमहा  
निम्बफलहिंगूभार्गीमधुरसाऽतिविषावचाविडंगानि कटुरोहिणी चेति II

पिप्पल्यादि कफहरःप्रतिश्यायानिलारुचिःनिहान्यदीपनो गुल्मशुलघ्न च आमपाचनःII

(सुश्रुत सूत्र स्थान 38/22)

**Objective parameters:-**

Investigation	Before trial	After trial
Hb%	10.7 gm%	10.4 gm%
ESR	162 mm/hr	<b>60 mm/hr</b>
RA factor	173.2 IU/ml	<b>90.0 IU/ml</b>
CRP	20.6 mg/dl	22.2 mg/dl
DAS criteria (DAS 28)	6.5	4.69
ACR/EULAR criteria	Positive	Positive
Aam pariksha	8 (Moderate)	4 (Mild)
Agni Assesment	Mandagni	Samagni
Weight	73 kg	71 kg
BMI	27.62 kg/m <sup>2</sup>	26.4 kg/m <sup>2</sup>
BMR	1396.74 K/Cal	1309 K/Cal
Temp.	99.F	Normal

**DISCUSSION**

The statistically significant relief was observed in cardinal symptoms of Amavata (RA) in the patient. This proves that the drug are effective in alleviating the cardinal symptoms of RA. The drug are having Vata pacifying properties due to their Ushna (digestive and metabolism stimulating) and Tikshna (penetrating) properties. It would have acted on vitiated Vata and helped to relieve in pain of the affected joints. Stiffness and tenderness are produced due to the presence of Ama.the drug have Agnidipana (enhance digestive power) and Srotoshodhaka (remove obstruction of the micro channels) properties, which stimulates digestion and checks, further Ama formation. Due to this relief was observed in the symptoms of body ache, loss of appetite, laziness, heaviness of body, feverish sensation and numbness in the extrimities. Pain in joints is the result of Vata vitiation. The drug is having Vata pacifying properties due to their Ushna and Tikshna properties and thus relieved this symptom.

## CONCLUSION

As per the Ayurveda in chronic stage of disease Agni Bala (digestive capacity) of the patients and Vyadikshamatva (immunity) of the patients are reduced. Hence, it was difficult to achieve better result with short duration of therapy in such cases. Most of the ingredients of Pippalyadi gana Kashaya have analgesic and anti-inflammatory actions, and hence, statistically significant improvement was observed in symptoms of Amavata (RA) and associated complaints, especially in those cases of Amavata (RA) who had less chronicity of the disease. Hence, it can be concluded that Pippalyadi gana kashaya is effective drugs to manage acute and moderate cases of Amavata (RA).

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