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## AJMODADI WATAK IN AMAVATA WSR RHEUMATOID ARTHRITIS -A REVIEW LITERATURE

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**Abstract: Introduction:** Rheumatoid Arthritis is common form of inflammatory arthritis occurring commonly in patients. The clinical presentation of *Amavata* resembles with Rheumatoid arthritis (RA). Acharya Madhav was first to explain *Amavata* as separate disease in his Samhita. The *Ayurvedic* approach toward the treatment of *Amavata* is the need of present era as no system is successful in providing the complete cure to this disease. **Aim:** To study the mode of action of *Ajmodadi Watak* and to make encourage its use in *Amavata* (Rheumatoid Arthritis). **Material and Methods:** *Ajmodadi Watak* is mentioned by *Chakrapanidatta* in *Amavata*. In Ayurveda detail description of *Amavata* is found in Madhav Nidana, Chakrapanidatta, Yogratnakara. Management of *Amavata* includes *Langhana, Svedana, Dipana, Pachana* and oral consumption of *Tikta* and *Katu rasa, Virechana* and *Basti Karma*. (which includes *Saindhavadi Anuvasana, Vaitarana Basti, Kshara Basti*) and *Valuka Pottali sweda* locally. **Conclusion:** The contents of *Ajmodadi Watak* are mostly of Vata kapha hara properties. So encouraging results of *Ajmodadi Watak* can be seen in patients suffering from *Amavata*. So it can be concluded that *Ajmodadi Watak* can be used as an effective Ayurvedic medicine in *Amavata* (Rheumatoid Arthritis).

**Key words :** *Ajmodadi Watak, Amavata, Rheumatoid Arthritis.*

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**Introduction:**

In Ayurveda health is defined as “The person whose, *Doshas*, *Agni*, function of *Dhatu*s and *Malas* are in the state of equilibrium and who has cheerful soul, organs and mind is said to be healthy”.<sup>[1]</sup> Ayurveda not only deals with treat diseases but also deals with prevention. *Amavata* is a disease of symmetrical joint involvement along with systemic symptoms. The clinical presentation of *Amavata* closely resembles with Rheumatoid Arthritis. *Amavata* is derived from word “*Ama*” and “*Vata*” <sup>[2]</sup>.The word *Ama* means undigested metabolic waste. The *Ama* along with *Tridosha* occupies *Shleshmasthanas* (*Asthisandhi*) and results in “*Amavata*” <sup>[3]</sup> . Acharya Charaka has explained *Ama* formation due to various *hetus* like *Abhojana*, *Ajirna*, *Atibhojana*, *Vishamashana* and *Guru*, *Ruksha*, *Sheet Bhojana* <sup>[4]</sup> . Due to this causes our *Jatharagni* cannot digest even *Laghu Ahar* resulting in diet in *Apachyamana Avastha* or *Shukta*, which is just like *Visha* <sup>[5]</sup> .*Amavata* is categorized as disease of *Madhyam Roga Marga*, because *Asthis* and *Sandhis* are involved in it <sup>[6]</sup>. Diseases of *Madhyam Roga Marga* are *Kashtasadhya* i.e difficult to treat. RA is a disease in which chronic joint pain and body pain, accompanied by swelling of some or all joints along with some generalized symptoms. In later stage more joints may be involved one by one or multiple joints are involved at a time <sup>[7]</sup> .In Ayurveda detail description of *Amavata* is found in Madhav Nidana, Chakrapanidatta, Yogratnakara. Management of *Amavata* includes *Langhana*, *Svedana*, *Dipana*, *Pachana* and oral consumption of *Tikta* and *Katu rasa*, *Virechana* and *Basti Karma*. (which includes *Saindhavadi Anuvasana*, *Vaitarana Basti*, *Kshara Basti*) and *Valuka Pottali sweda* locally<sup>[8]</sup>.

**Aim:** To study literature of *Ajmodadi Watak* and its efficacy in *Amavata*.

**Material and Methods :** *Amavata* mimics the signs and symptoms as that of Rheumatoid Arthritis. *Ajmodadi Watak* <sup>[9]</sup> as explained by Chakradatta has following contents.

**Table no 1 Contents of *Ajmodadi Watak* [10]**

Sr No	Name of Drug	Latin Name	Family	Proportion
1.	<i>Ajmoda</i>	Carum Roxburghianum	Umbellifereae	1 part
2.	<i>Maricha</i>	Piper nigrum	Piperaceae	1 part
3.	<i>Pippali</i>	Piper longum	Piperaceae	1 part
4.	<i>Vidanga</i>	Embelia ribes	Myrsinaceae	1 part
5.	<i>Devadaru</i>	Cedrus deodara	Pinaceae	1 part
6.	<i>Chitraka</i>	Plumbago zylanica	Plumbaginaceae	1 part
7.	<i>Shatavaha</i>	Anethum sowa	Umbellifereae	1 part
8.	<i>Saindhava</i>			1 part
9.	<i>Pippalimool</i>	Piper longum	Piperaceae	1 part
10.	<i>Shunthi</i>	Zingiber officinale	Zinziberaceae	1 part
11.	<i>Vidhara</i>	Argyria nervosa	Convulvulaceae	1 part
12.	<i>Haritaki</i>	Terminalia chebula	Combrataceae	1 part
13.	<i>Guda</i>	Saccharum indicum		1 part

**Table no 2 Showing Properties of *Ajmodadi Watak***

No	Name of Drug	Rasa	Guna	Virya	Vipaka	Dosha ghnata
1.	<i>Ajmoda</i> <sup>[11]</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha ghnata</i>

2	<i>Marich</i> <i>q</i> <sup>[12]</sup>	<i>Katu</i>	<i>Laghu,Tiks</i> <i>hna</i>	<i>Ushna</i>	<i>Kat</i> <i>u</i>	<i>Vata</i> <i>Kapha</i> <i>Shama</i> <i>ka</i>
3	<i>Pippali</i> <i>[13]</i>	<i>Katu</i>	<i>Laghu,Snig</i> <i>dha</i>  <i>Tikshna</i>	<i>Anush</i> <i>na</i>	<i>Mad</i> <i>hur</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>
4	<i>Vidang</i> <i>q</i> <sup>[14]</sup>	<i>Katu</i>	<i>Laghu,Ruk</i> <i>sha,</i>  <i>Tikshna</i>	<i>Ushna</i>	<i>Kat</i> <i>u</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>
5	<i>Devad</i> <i>aru</i> <sup>[15]</sup>	<i>Tikta</i>	<i>Laghu,Snig</i> <i>dha</i>	<i>Ushna</i>	<i>Kat</i> <i>u</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>
6	<i>Chitra</i> <i>kq</i> <sup>[16]</sup>	<i>Katu</i>	<i>Laghu,Ruk</i> <i>sha,</i>  <i>Tikshna</i>	<i>Ushna</i>	<i>Kat</i> <i>u</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>
7	<i>Shata</i> <i>aha</i> <sup>[17]</sup>	<i>Katu</i>	<i>Laghu,Ruk</i> <i>sha,</i>  <i>Tikshna</i>	<i>Ushna</i>	<i>Kat</i> <i>u</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>
8	<i>Saindh</i> <i>ava</i> <sup>[18]</sup>	<i>Lavan</i> <i>a</i>	<i>Guru,Ruks</i> <i>ha,</i>  <i>Khara</i>	<i>Sheet</i>	<i>Mad</i> <i>hur</i>	<i>Tridosh</i> <i>aghna</i>
9	<i>Pippali</i> <i>mool</i> <sup>[19]</sup> <i>]</i>	<i>Katu</i>	<i>Laghu,Snig</i> <i>dha</i>  <i>Tikshna</i>	<i>Anush</i> <i>na</i>	<i>Mad</i> <i>hur</i>	<i>Vata</i> <i>kapha</i>  <i>Shama</i> <i>ka</i>

1 0 .	<i>Shunthi</i> <sup>[20]</sup>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vata kapha Shamaka</i>
1 1 .	<i>Vidhara</i> <sup>[21]</sup>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vata kapha Shamaka</i>
1 2 .	<i>Haritaki</i> <sup>[22]</sup>	<i>Madhur, Amla, Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha</i>

**Indications:** *Ajmodadi Watak* is indicated in *Vishvachi, Pratituni, Gridhrasi, Kati-Basti-Guda Sphutana, Shvayathu, Amavata*<sup>[23]</sup> etc.

### Observations and Results:

**Table no 3 Percentage of Rasa Guna, Virya and Vipak in *Ajmodadi Watak***

Rasa	%in Ajmodadi Watak	Guna	%in Ajmodadi Watak	Virya	%in Ajmodadi Watak	Vipaka	%in Ajmodadi Watak
Katu	83.33%	<i>Laghu</i>	91.66%	<i>Ushna</i>	66.66%	<i>Katu</i>	58.33%
Tikta	33.33%	<i>Ruksha</i>	58.33%	<i>Sheeta</i>	16.66%	<i>Madhur</i>	41.66%

La va na	8.33%	<i>Tikshna</i>	58.33%	<i>Anushna</i>	16.66%		
M ad hu ra	8.33%	<i>Snigdha</i>	33.33%				
A ml a	8.33%	<i>Guru</i>	8.33%				
Ka sh ay a	8.33%	<i>Khara</i>	8.33%				

In *Ajmodadi Watak*, *Katu Rasa* is dominant showing 83.33 %, while *Tikta Rasa* 33.33%. Dominance of *Laghu Guna* is seen with 91.66% also *Ruksha* and *Tikshna Guna* with 58.33 % each. Dominance of *Ushna Virya* is seen with 66.66% and *Sheet Virya* is seen in 16.66%. *Katu Vipaka* is dominant showing 58.33%, while *Madhur Vipaka* is seen in 41.66%.

**Discussion:** In *Ayurved* lots of drug's formulations are described for various conditions. The use of these drug formulations is depending upon the stage of disease and situation of the patients with *Yuktivyapashraya*. The standardization of such types of formulations may help the *Vaidya's* for selection of proper drug formulation in proper conditions as well as in proper diseases. The management of *Amavata* is very difficult, no promising medications are available till now. In *Ayurveda*, various formulations are described for *Amavata*. The above concept may help in management of *Amavata*, So that the study on efficacy of *Ajmodadi Watak* can be useful.

*Ajmodadi Watak* have predominance of *Katu-Tikta Rasa*, *Laghu - Tikshna Guna*, *Katu Vipak* and *Ushna Virya*. These properties are helpful for management in *Ama*, vitiated *Kapha Vata*, which are the main causative factors in the pathogenesis of *Amavata*. Most of the contents are of *Laghu Guna* which also helps in *Kapha Shamana*, also majority of contents are having *Ushna Virya* which can be considered as *Vata Shamana* and helps in *Ama Pachana* which can further help to relieve *Strotorodha*. As per *Doshagnata* majority of contents are having *Kapha Vata Shamaka* properties. All these above ingredients in combination can give excellent result in *Kapha Vataj* dominant type of *Amavata*.

**Conclusion:**

*Ajmodadi Watak* is having *Kapha-Vata Shamaka*, *Agnidipaka* and *Amavachaka*. So, considering the action we can conclude that *Ajmodadi Watak* can help in management of *Kapha Vataj* dominant *Amavata*.

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