

Clinical Trail on Rheumatoid Arthritis with Vyoṣādi Guggulu and Vacādi Kvāta

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Abstract:

History of Rheumatoid runs back to the begining of human civilization. In the early childhood disease is manifested as Rheumatic fever and Juvenile Arthritis. In adults, the same disease is called Rheumatoid Arthritis. The treatment of selected cases consisted of pre- medication, medication, externl local application of paste and hot fomentation by vapour. 70% of cases (40-55 years) has shown significant improvement in signs and symptoms.

Introduction:

Rheumatoid Artheritis had been a problem in the society since the begining of Human Civilization. From the investigations about its incidence in the living entity, the earliest known evidence of the disease can be found in fossil vertebrate, in a skeleton of a swimming reptile (Plate carpus), which lived about one hundred million years ago. Chronic Arthritis of the spine was present in the ape - man of two million years ago.

In the early childhood disease is manifested as Rheumatic fever and Juvenile Arthritis. In the adult, the same disease is called Rheumatoid Arthritis. Thus it is a disease, which leaves no man immune and no age is exempted from this disease.

The very name of the disease *Āmavāta* indicates the involvement of *āma* (an abnormal off - shoo of metabolic disorder) and *vāta*. This is a disease where *vāta* is the main *Doṣa* and *Rasa* is the main *Duṣya*. The causative factors create "*agni māndya*" - defficient digestive power, which gives rise *āmadoṣa* which when combined with *vāta* has natural tendency to cause *Srotorodha* in the *rasavāhisrotasas* and locate in the *kapha - sthanas* (Joints).

Material and Method

Suspected cases of Rheumatoid Arthritis with pain, swelling and functional disability are selected from O.P.D and referred to the Research Hospital of Bandaranayaike Memorial Ayurvedic

Research Institute, Sri Lanka.

The case histories of 10 female patients who have been admitted to this Institute were collected and compared. All cases showed similar features on admission and had been diagnosed as Rheumatoid Arthritis by Ayurvedic and Modern Teams.

During the 1st months, the patients were given half - diet, Ayurveda attaches great importance to the disintegration of *Samprapti* in treatment.

Treatment of Rheumatoid Arthritis is essentially related to the three factors viz. *Agnimāndya*, *Sāmvāta* and *Sāmarasa*, *Srothorodha*. The treatment consisted of Pre- medication, Medication, Externl local application of Paste and hot fomentation by vapour.

Pre - Medication - virecana for 3 days with castor oil.

Medication - *vyoṣādi guggulu* and *vacādi kvāta* were used till the sign and symptoms completely disappeared. Hot formentation by vapour (*vāṣpasveda*) was continued during the period of medication.

External Local Application - *vyoṣādi guggulu* with *gomūtra* were used till the sign and symptoms completely disappeared. Hot fomentation by vapour (*vāṣpasveda*) was continued during the period of medication.

Vyoshadi Guggulu

- Sunti* - *Zingiber officinale* - Zingiberaceae
Marica - *Piper nigrum* - Piperaceae
Piṅṅali - *Piper longum* - piperaceae
Agni - *Plumbago indica* - Plumbaginaceae
Musta - *Cyperus rotundus* - Cyperaceae
Harītakī - *Terminalia chebula* - Combretaceae
Vibhītakī - *Terminalia belleria* - Combretaceae
Dhātrī - *Phyllanthus emblica* - Euphorbiaceae
Vidaṅga - *Embelia ribes* - Myrsinaceae
Guggulu - *Commiphora mukul* - Burseraceae

Vacādi gana

- Vacā* - *Acorus calamus* - Araceae
Jalada - *Cyperus rotundus* - Cyperaceae
Devāhva - *Erythroxylum monogymum* -
 Erythroxylaceae
Nāgara - *Zingiber officinale* - Zingiberaceae
Atiṅviṣā - *Aconitum heterophyllum* - Ranunculaceae
Abhayā - *Terminalia chebula* - Combretaceae

Vāṣpa sveda

Hot fomentation by vapour. The following medicated leaves were used. Eraṇḍa (*Ricinus communis* - Euphorbiaceae), Śobhānjana (*Erythrina lithosperma* - Leguminosae), Cīñca (*Tamarindus indica* - Leguminosae), Nirgundī (*Vitex negundo* - Verbenaceae), Vāsaka (*Adatoda vasica* - Acanthaceae).

Results

No	Age	Sex	No of Days treated	Results
1	48	F	45	SSCC
2	50	F	44	SSCC
3	43	F	20	SSCC
4	50	F	44	SSCC
5	55	F	29	SSCC
6	50	F	43	SSCC
7	55	F	22	SSCC
8	60	F	63	NC
9	60	F	63	NC
10	58	F	63	NC

* SSCC - Signs and symptoms Completely Cured

* NC - Not Cured

Discussion

All cases had swelling, pain and functional disability in both knee joints. Once a week their knee joints were measured and recorded. All patients were given medicine till sign and symptoms completely disappeared. But trial was discontinued after 60 days of medication.

The ages of the patients ranged from 40 to 60 years. The average period of treatment for 10 patients was 42 days. Out of ten patients, all the symptoms had disappeared only in 07 cases. Those successful cases were 40 - 55 years of age and the unsuccessful cases were above 55 years of age. From this trial, it is clear that *vyoṣādi guggulu* and *vacādi kvāta* have shown very good results on Rheumatoid Arthritis.

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