

Effect of Virechana Karma using Eranda Taila, Followed by Murva Dahaya Kashaya, Bimtambaru Sweda and Bimtambaru Patra Lepa on Rheumatoid Arthritis (Amavata) – A Case Report

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Amavata is a disease caused by aggravation of Vata and Kapha Dosha. Amavata can be correlated with Rheumatoid arthritis, the commonest form of inflammatory arthritis with presentation of pain, joint swelling, and stiffness in small joints of the hands, feet and wrists. Purgation (Virechana Karma) is prescribed as a therapeutic measure in treatment of Amavata (Rheumatoid arthritis). Murva Dahaya Kashaya, Bimtambaru Sweda and Bimtambaru Patra Lepa are prescribed in treatment of Amavata in Ayurveda. So far, no known scientific study has been carried out to evaluate the effect of these treatments. Therefore, a 53-year-old women suffering from rheumatoid arthritis for 10 years was treated with Purgation (Virechana Karma) using Eranda Taila (castor oil), followed by oral administration of Murva Dahaya Kashaya and external application of Bimtambaru Sweda and Bimtambaru Patra Lepa. Severity of the symptoms recorded by specially prepared grading scale. Total duration of the treatment was 17 days. After Purgation (Virechana Karma), anorexia was relieved by 100%, discomfort at flexion of inter phalangeal joints by 33.3% and body ache by 25%. None of the other symptoms were reduced. After completion of entire treatment (Day 17), body ache, fever, pain and discomfort at flexion of inter phalangeal joints and fatigue were completely relived. General functional capacity enhanced and haematological parameters such as Erythrocyte Sedimentation Rate and C Reactive protein reached normal levels. According to American College of Rheumatology (2010) Criteria, Criterion Score of this patient was seven before treatment and three after completion of entire treatment. It is concluded that selected treatment regimen is a potentially beneficial therapy for Amavata (Rheumatoid arthritis) which needs to be explored.

Keywords: *Amavata, Virechana Karma, rheumatoid arthritis*