



A critical *Samhita* text review on correlations of clinical manifestations of *Aamvaat*.

Kailash Bhavlal Patil,

HOD and Professor, Dept. of Samhita Sidhant.

Sardar Ajitsingh Smruti Ayurved Mahavidyalaya, Raisen road, Bhopal, (M. P.)

*Corresponding Author: drkbpatil67@gmail.com

Abstract:

Rheumatism i.e. Joint disorders are seen more prominently in society. As per the incidence female population is more prone to the rheumatic disorders. *Madhavnidan* described one separate Chapter on *Aamvaat* which may correlated with rheumatism. As per classical text of *Ayurveda Aamvaat* is disease has symptoms of join pain specially large joint with migrating pain which may correlated with Rheumatoid arthritis.

Keywords: *Aamvaat*, Rheumatoid arthritis, *Madhavnidan*, join pain

Aims and Objects:

The aim and objects of this review study to review on *Aamvaat* as per Ayurvedic Samhita

Materials and Methods:

Reviewed classical text books of *Ayurveda bruhatrayee* viz, *Charak Samhita*, *Sushrut Samhita* and *Ashtang Hruday and Sangrah and Madhavnidan*, *Bhavprakash*, *Sharangdhar Samhitas* which are called *Laghutrayees*.

Introduction:

In Recent sedentary life, Rheumatism i.e. Joint disorders are seen more prominently in society. As per the incidence female population is more prone to the rheumatic disorders. *Ayurvedic* classical text, *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hruday/Sangraha* are called as *Bruhatrayee* and *Madhavnidan*, *Bhavprakash*, *Sharangdhar Samhitas* are called *Laghutrayees*. As studied and compared to these classic *Madhavnidan* described one separate Chapter on *Aamvaat* which may correlated with rheumatism^[1]

Literature Review:

Aamvaat disease has been described independently in *Madhava Nidan*.

The stiffness in leg is formed due to *Samavayu*. There is *Samavayu* in *Aamvaat* also, hence this disease has been described after *Urustabha*.

When the generated *Aam* becomes universal through the vitiated *vaat* and causes numbness in the joints and other parts of the body, then it is called *Aamvaat*.^[2]

- In *Aamvaat*, along with the outbreak of wind, outbreak of bile and phlegm also occurs.
- *Aamvaat* disease occurs due to the following reasons.
- Consuming contrary food or doing activities contrary to the body when the gastric fire is slow.
- Eating bland food and doing excessive exercise.
- Contradictory activities like excessive exercise, excessive use, swimming in water etc. are required for the origin of *Aamvaat* because they aggravate the Vata.

Recovery from *Aamvaat* : ^[3]

- In the disease of gout, consumption of remedies causes outbreak of *vata* and phlegm simultaneously.
- Due to excessive consumption of substances having phlegmatic qualities like *Snigdha*, *Guru*, *Pichhila* etc., *Agnimandaya* is caused and *Ama* is produced.
- The *Aam* produced is transmitted from the chamber to the heart and through the ten arteries to the entire body through the fluid sources by the air agitated by consumption of food etc.
- This common mucus is located in the stomach and the joint region.
- Due to the qualities like *Guru*, *Pichhil*, *Styan* etc. of *Aam*, there is obstruction in the flow of juice.
- Due to the mixing of *Vata* and *Kapha* doshas with *Annaras*, such a common formation of very dark complexion with many colors is formed.

- Due to the general circulation of this *Aam*, symptoms like acute weakness, heart attack etc. are developed.
- Due to accumulation of *Aam*, severe form of *Aamvaataj* disease occurs.
- *Ama*, *Vata* and *Kapha* doshas enter the Trika junction.
- The combination of *Aam*, aggravated *vata* and phlegm is called simultaneous aggravation.
- Due to this, *trika* pain and numbness in the joints (*gaatra*) occurs.
- In this way *Aamvaat* disease occurs.

Samprapti of Aamvaataj disease: ^[4]

- *Dosha: Vata: Vyana, Pitta: Digestive, Kapha: Mucus and Kledak.*
- *Dushya: Rasadhatu*
- *Agni: Gastritis*
- *Wicked Sources: Rasavaha*
- *Srotodushti: Sangh*
- *StanVaigunya: Sandhi*
- *Place of Origin: Stomach*
- *Place of transmission: In the joints through the ten dhammani*
- *Pathway: Moderate*
- *Vyakti: Aamvaat*
- *Types (7): Ekadoshaja-3 Dwandvaja-3 Sannipataja-1*
- *Nature: Chronic*
- *Sadhyasadhyatva: Painful: Sannipataj, systemic inflammation*

Common symptoms of Aamvaat: ^{[1][5]}

Due to the universal circulation of *Aam*, equilibrium is created in the Rasa Dhatu.

As long as there is circulation of amla in the fluid source, the general symptoms of Aamvaat continue to develop.

The following common symptoms arise in *Aamvaat*.

- *Angamard*, Laziness:- arises due to Samavayu.
- *Aruchi*, *Avipakah*- arise due to *Agnimandya*.
- Thirst, pride, fever – arise due to common accumulation.
- Inflammation: occurs in general or local joints.
- In this condition, since there is no shelter of Aam in the bone and joint area, symptoms like arthritis etc. do not appear.

The condition in which symptoms like arthritis appear is called advanced Aamvaat

Symptoms of advanced Pravruddha Aamvaat

The following symptoms arise in advanced *Aamvaat*.

- Colic and swelling occurs in the joint places like hand, foot, head, neck, sacrum, joint, femur etc.
- Accumulation of *Aam* in the joint place causes pain like that of a scorpion sting.
- To describe the intensity of arthritis, the simile of the pain caused by a Scorpio bite has been given here.
- *Prasek*:- Excessive salivation occurs in the mouth.
- Disinterest: No desire to eat food.
- Pride :- Universal bodily pride arises.
- Loss of enthusiasm: Due to mental weakness, there is no readiness to start a work.
- Taste in the mouth becomes unpleasant.

- Burning of the whole body:- Burning of the whole body occurs due to universal bile circulation.
- Polyuria: Due to *Sama Dhatu*, *Kleeda* is produced in more quantity. This symptom of polyuria is produced due to increase in the amount of urination tendency to expel the *Kleeda* from the body through urine.
- Accumulation of *Sama Vayu* in the chamber results into constipation, bloating, stupor, abdominal pain, bloating and abdominal pain.
- *Nidra Viparyayah*:- Due to the increase in general symptoms due to the cold quality of night, arthritis increases at night and decreases during the day. Due to this, the patient sleeps during the day and stays awake at night.
- Thirst: Water is required for normal digestion.
- *Chhardi*:- *Chhardi* occurs due to upset stomach.
- Confusion, unconsciousness: These symptoms arise due to pitta evil eye.
- *Hridgraha*:- *Hridgraha* is caused due to accumulation of *Sama Rasa* in the heart.
- Apart from this, other painful problems (heart diseases, arthritis etc.) arise.
- Burning sensation and redness in the joints is a symptom of bile predominance.
- Colic is caused by contraction of air.
- Due to predominance of *Kapha*, symptoms like shyness, pride and *Kandu* arise.
- *Pitta*: burning, irritation

- *Vaataj shool*
- *Kapha*: Timidity, pride, anger
- *A doshaja Aamvaat* is curable.
- *Dwandwaj Aamvaat* is curable.
- *Aamvaat* accompanied by typhus and general inflammation is painful.
- *Sadhya: Ekdoshaj*
- Difficult: with fever, systemic inflammation

Discussion and Conclusion:

- In Ayurvedic Classical *Samhita*, *Laghutrayee*, *Madhavnidan* has described *Aamvaat* as a disease in a independent chapter.
- After critical review of these classical text descriptions here concluded and emphasized that *as per Ayurvedic* description of *Aamvaat*, causes (*Nidan*), symptoms, Advance Symptoms (*Pravridha Amavat Lakshan*), patho-physiology and Complications specially hrudrog is mentioned which may correlated with the Rheumatoid Arthritis, This critical review may helpful to Ayurved Vaidya

(physician) for management of *Aamvaat* diseases.

Acknowledgement:

Nil

Ethical committee permissions details:

Nil

Reference:

1. Dr. Brahmanad Tripathi, Madhavnidan, Chowkhamba Surbharati, Chowkhamba Sanskrit Pratisthan, Varanasi, 2016
2. Dr. Brahmanad Tripathi, Charak Samhita, Chowkhamba Surbharati, Chowkhamba Sanskrit Pratisthan, Varanasi, 2016
3. Charaka, Acharya Priyavrat Sharma, Dr. Vidyadhar Shukla, Dr. RaviduttaTripathi (ed), Charak Samhita, *Sutrastan Adhyay 17, and chikitsasthan Adhyay 26.*, (Vaidyamanorama Hindi Commentary), Varanasi, Chaukhamba Sanskrit Prakashan; 2006.
4. Charaka, Acharya Priyavrat Sharma, Dr. Vidyadhar Shukla, Dr. RaviduttaTripathi (ed), Charak Samhita, (Vaidyamanorama Hindi Commentary), Varanasi, Chaukhamba Sanskrit Prakashan; 2006
5. Sushruta, Acharya priyavrat sharma, Dr.Anant Ram Sharma (ed) (Susrutvimarsini Hindi Commentary) Vol-1, Varanasi, Chaukhamba surbharati prakashan; 2017,

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

A critical Samhita text review on correlations of clinical manifestations of Aamvaat.

Kailash Bhavlal Patil

Ayurlog: National Journal of Research in Ayurved Science- 2023; (11) (05): 01- 05

