

Management of AMAVATA with An Ayurveda Treatment Regimen – Two Case Studies.

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Every branch of medicine has a need to develop specialties and super specialties regarding the vital organs and system of human beings, in order to improve health compliance of community. Similarly, right from the ancient times, in Ayurveda there are specialty branches by which this path is driven in different ways to conquer various special managements of identified and unidentified diseased conditions. Hence this effort has been made to draw the attention of experts, towards Excellency of Ayurveda and to focus Ancient deep vision as a master key of Ayurveda management. AMAVATA is a disease in which vitiated Vata Dosha carries Ama to the multiple organs and joint (s) causing swelling, pain, stiffness, loss of appetite and decrease the Agni. In modern system of medicine this condition is called as Rheumatoid Arthritis and considered it as an autoimmune disease and given NSAIDs DMARDs and immunosuppressive agents are necessary evil. This paper is discussing total management of AMAVATA with an Ayurveda treatment regimen applied in both internally and externally with a female patient, 22 years old, suffered from AMAVATA condition for 18 months and a male patient, 36 years old, suffered from AMAVATA condition for 17 years. After two months of same Ayurveda treatment for both patients were physically normal and laboratory investigations were also proved that turned in to normal body ranges of some investigations of Rheumatoid Factor, Erythrocyte sedimentation Rate & C – Reactive protein. Thus the above case reports emphasize that AMAVATA can be controlled with minimum medicines when treated with the same guideline of AMAVATA chikitsa as mentioned in Ayurveda.

Key Words : AMAVATA, Ama, Agni, Vata Dosha, Rheumatoid Arthritis