

Ayurvedic Treatment on the Disorders of the Joints (Including analysis of Arthritis and Rheumatism)

Preface

The junction between two bones is called a joint. The junction between two cells or tissues is also a subtle joint. All the bones have a cavity inside, a part of which is filled by bone marrow (i.e., *majja*). *Vata dosha* is naturally dominant in bones. The word *sandhi* means joint and *Vata* is the dominant dosha. Hence, rheumatism is called as *sandhivata*. Because of continuous movement, *Vata dosha* gradually increases in bones and joints. Hence, in all diseases of the joints, *Vata dosha* is dominantly affected though *Pitta*. Besides, *Kapha doshas* may also be increased to some extent. Thus, when *Vata dosha* is increased in joints, it leads to rheumatism.

Injury to joints, tuberculosis, viral infections, syphilis, scurvy and other diseases also give rise to swelling of joints. In children and young adults, rheumatism fever and rheumatoid arthritis are the common causes of joint involvement. Both these are included in *ama Vata* in Ayurveda. In old age, osteoarthritis, i.e., degeneration disease of joints and cartilage is the commonest cause of rheumatism

Rheumatism of junction between cells and tissues is called as connective tissue disorder in modern medicine and *vatarakta* in Ayurveda. Like all *vataja* (Vata induced) diseases, rheumatism is also not cured easily. It is characterised by intermittent aggravation and relief of symptoms and this cycle can last for months or years. Hence, in rheumatic diseases, it is important to meticulously follow the restrictions of diet and activity as advised by the physician and undertake physiotherapy. In addition, undertaking the spiritual practice and worship of the Deity of Agni (Fire) and the Surya (Sun Deity) also prove to be useful. In this Text, we endeavour to describe the Ayurvedic concept of various types of rheumatism. This Text shall be useful to doctors, vaidyas, medical students and patients suffering from rheumatism or other chronic joint disorders.

We pray to the Deity of *Agni* and the *Surya* to bless all the people so that their joints remain healthy and the suffering of patients afflicted by rheumatism gets relieved. - **Authors**

Contents

(Special sub-points under the main point are given here.)

Chapter 1. Ama Vata (Rheumatism)	13
1. <i>Ama</i> and origin of <i>ama</i>	13
2. Qualities of <i>ama</i>	15

3. Symptoms of <i>ama</i>	15
4. Causes of <i>ama</i>	17
5. Symptoms in <i>ama Vata</i>	17
6. Digestion of <i>ama</i>	20
7. Excretion of <i>ama</i>	20
8. Complications of <i>ama Vata</i>	21
9. Treatment of <i>ama Vata</i>	24
10. Medicinal recipes in <i>ama Vata</i>	27
11. Diet	35
12. Prognosis	35
13. Spiritual therapy (<i>Karmavipak</i>)	35
Chapter 2. Vatarakta	40
1. Causes of vatarakta	40
2. Symptoms of vatarakta	42
3. Prognosis	42
4. Treatment of vatarakta	43
5. Panchakarma treatment - Shodhan chikitsa	43
6. Vatadhik vatarakta treatment	44
7. Pittadhik and raktadhik vatarakta treatment	45
Chapter 3: Gout	56
1. Definition	57
2. Symptoms	57
Chapter 4: Acute Rheumatic Fever (Amavataja Jvara)	59
1. Symptoms in rheumatic fever	59
2. Special tests	61
3. Complications of rheumatic fever	61
4. Differences between rheumatic arthritis and rheumatoid arthritis	61
5. Treatment of rheumatic fever	62

6. Beneficial and harmful diet	63
7. Complications	63
Chapter 5: Rheumatoid Arthritis (<i>Jirna Sandhivata</i>)	66
1. Types of rheumatoid arthritis	66
2. Symptoms	67
3. Treatment of rheumatoid arthritis	68
4. Ayurvedic treatment	68
5. Diet	68
6. Symptomatic treatment	69
7. Spiritual therapy (<i>Karmavipak</i>)	70
8. Divine Therapy	70
Chapter 6: Osteoarthritis - Chronic Osteoarthritis	71
1. Causes of osteoarthritis	71
2. Symptoms of osteoarthritis	71
3. Investigations	72
4. X-ray examination	72
5. Treatment of osteoarthritis	72
Chapter 7: Connective Tissue Disorders	74
Chapter 8: <i>Dhatugata Vata</i>	75
1. <i>Rasagata Vata</i>	75
2. <i>Raktagata Vata</i>	75
3. <i>Mansagata Vata</i>	76
4. <i>Medagata Vata</i>	76
5. <i>Asthigata Vata</i>	77
6. <i>Majjagata Vata</i>	77
7. <i>Shukragata Vata</i>	77

Chapter 9: Classification of Diseases Caused by the Three Humours (<i>Doshas</i>)	79
1. Diseases caused by Vata, Pitta and/or Kapha dosha	79
2. Diseases caused by <i>Vatadosha</i>	80
3. <i>Dhatugat Vata roga</i>	81
Chapter 10: <i>Avruta Vata</i>	82
1. Concept of <i>avruta Vata</i>	82
2. Principles of treatment	83
3. Diseases affecting Vata dosha	84
4. Diseases of the five vital energies (<i>Panchapran</i>)	84
Chapter 11: <i>Sarvangagata Vata</i>	99
1. Symptoms of increased Vata in the body	99
2. <i>Abhyangasnan</i>	99
3. <i>Manyastambha</i> (Stiffness of neck)	100
4. <i>Snayugata Vata</i> (Increased Vata in the muscles)	101
5. Pain and swelling of the knee joints	101
6. Reason for pain in the lumbar region (waist)	101
7. Treatment	102
8. Backache (Spiritual remedy)	103
9. <i>Karmavipak</i>	103