

The Comparative Study of Effectiveness of Aba-Murungadi Ointment in the Management of Ama-Vatha Sandhi Shotha (Rheumatoid Arthritis)

T. K. N. C. Gunathilake^{1(*)}, W. J. Wickramarachchi²

06 Nov.
MHS18

¹Department of Chikithsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka, ²Department of Shalya Shalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka

(*) Email: gunathilakenadeeshani@gmail.com

Ama-vatha is a disease caused due to the vitiation or aggravation of vayu associated with Ama. Ama-vatha can be correlate with rheumatoid arthritis and also Reactive arthritis. Rheumatism is an autoimmune disorder, with symmetrical joint involvement and effects many other systems too. The prevalence of Ama-vatha is considered to be around 1% with the symptoms of stiffness, swelling, and tenderness in small and big joints, crippling deformity of joints, pain and reduced functional capacity. According to Sharangadhara samhitha, there is a specific preparation called Aba-murungadi lepaya (Doshagna lepaya) which has been used for Ama-Vatha as an external application, in traditional practice. The objective of this study was to see the local effect of Aba-murungadi ointment in the management of the Ama-vatha with comparison of Aba Murungadi thewilla. For clinical study, the patients were selected from the Out-patient Department (OPD) at Gampaha Wickramarachchi Ayurveda hospital, Yakkala randomly irrespective of their sex, religion, occupation, ect. A detailed research proforma was prepared incorporating all the points from Ayurveda and modern aspects to study the patient as well as disease. Previously diagnosed Ama-vatha patients between 30 and 60 years of age with classical symptoms and whose knee joints are affected were included. Patients who had systemic diseases like diabetic mellitus, hypertension and respiratory diseases were excluded. 15 patients were selected as the treatment group and other 15 patients as control group. Aba murungadi thewilla was administrated to the control group (Group B) for two times per day in the period of three weeks continuously in contrast to the treatment group (Group A), which was given Aba-murungadi ointment at two times per day for three weeks. The study showed that both Aba-murungadi ointment and thewilla were statistically significant ($p < 0.05$) for diagnostic criteria of joint pain, swelling, tenderness and stiffness.

Keywords: Ama- vatha, Rheumatoid Arthritis, Aba murungadi thewilla