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## AN OBSERVATIONAL STUDY ON AETIO-PATHOGENESIS OF RHEUMATOID ARTHRITIS – AN AYURVEDIC PERSPECTIVE

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### ABSTRACT

Rheumatoid arthritis is a systemic chronic inflammatory disease that affects principally the joints. In modern medicine Rheumatoid arthritis is considered to be disease of unknown aetiology. However, various theories have been put forward from time to time suspecting it to be aetiology of Rheumatoid arthritis like autoimmunity, infection, nutritional, metabolic, etc. The study was an observational study. Here 40 cases of Rheumatoid arthritis were selected and subjected to detailed clinical examination to assess the etiological factors and symptomatology based on the questionnaire prepared as per the plan of the study. Maximum data recorded in this study resemble with the available modern descriptions. The Clinical features observed in Rheumatoid Arthritis like pain, swelling, stiffness, fever, tiredness, general debility etc were almost identical to that of *Vatarakta* and *Amavata* features. Different parameters seen in the cases were compared to the etiological factors of Rheumatoid Arthritis according to Ayurveda and allied sciences. As per the study it can be concluded that in modern parlance the causative factors and features of *Vatarakta* and *Amavata* almost resemblance with that of Rheumatoid Arthritis.

**Keywords:** Rheumatoid arthritis, *Amavata*, *Vatarakta*

### INTRODUCTION

*Ayurveda* is recognized worldwide as a system of medicine that provides physical, mental and social health. This traditional Indian system of medicine has a unique position in the field of medical care, as it provides satisfactory answers to almost all human health problems. According to Ayurveda, body is the product of food i.e. it is the outcome of nutrition.

The very same factors, which are in the state of their wholesome combinations, are responsible for the creation of living being. On the other hand in the state of their unwholesome combination are responsible for the various diseases <sup>(1)</sup>. Majority of the endogenous diseases actually begin with the formation of *ama* (free radicals), which has tremendous capac-

## CONCLUSIONS

It may be concluded from the study that maximum number of patients belonged to the age group (41-60) and age of onset between the age group 31-45 yrs, female populations were predominantly affected. Maximum number of patients having aggravating factor was exposure to cold and exposure to heat was relieving factor. Excessive indulgence in *masha*, *nishpawa*, leafy vegetable, flesh of *anupa mamsa*, *tiktarasa sevana*, *katurasa sevana*, *virudhaahara*, *guru ahara*, etc faulty dietary habits has been observed as *aharatamaka nidanas* of RA. Changing life style like sedentary life style or increased work load and *Manasika* (psychological) factors like – *Chinta*, *krodha* etc, along with genetic predisposition play a major role in aetiopathogenesis of Rheumatoid arthritis. During clinical study, the clinical features observed in RA like pain, swelling, stiffness, fever, tiredness, general debility are almost identical to that of *Vatarakta* and *Amavata*. On the basis of clinical study it can be concluded that symptomatology of Rheumatoid arthritis is very closely resembles with both the diseases i.e *Vatarakta* and *Amavata* and both the diseases come under the heading of Rheumatoid arthritis.

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