



## Amavata (Rheumatoid Arthritis)

### Plan - 1 (In Jeerna - Niramavastha)

- Churna Pinda Sweda with or without oil (decide after amavastha assessment) - 5 days
- Jambheera Pinda Sweda or Patra Pottali Sweda + Yoga Vasti/ Kala Vasti - 8-15 days
- Pizhichil or Kayaseka (in complete niramavastha only) - 7 days

### Plan - 2 (In Amavastha)

- Internal medicine for Deepan Pachan + Dhanyamala Dhara or Udvartana - 3 days
- Jambheera Pinda Sweda or Patra Pottali Sweda + Vaitarana Vasti/ Yoga Vasti/ Kala Vasti - 5-15 days

### Plan - 3

- Sadyo Virechana - 1 day
- Dhanyamla Dhara or Churna Pinda Sweda or Valuka Sweda (if Ama is Prabala) / Patra Pottali Sweda (if Ama is madhyam) + Vaitarana Vasti (Gomutra) - 5 days
- Jambheera Pinda Sweda/ Patra Pottali Sweda + Yoga Vasti/ Kala Vasti - 8-15 days
- Pizhichil or Kayaseka (in complete niramavastha only) - 5 days

### Plan 4 - In case of chronic Amavata patients, who are not responding to conservative medicines:

- Deepana Pachana
  - Vettumaran Gutika 1 tablet thrice a day for 14 days
  - Bala Guduchyadi Kwatha 40 ml thrice a day for 14 days.
- Snehana - Indukanta Ghrita for 7 days (till attaining Samyak Snehana).
- Swedana - Vashpa Sweda for 3 days.
- Vamana Karma by using Vamana Yoga
  - Madana Phala (Randia dumetorum) - 10 gm
  - Pippali Chuma (Piper longum) - 5 gm
  - Saindhava Lavan - 2.5 gm
  - Honey - 20gm
  - Milk - 3 Litres
- Samsarjana Karma

### Plan 5 - In chronic condition with pain, stiffness, gastrointestinal disturbances and joint deformity:

- Deepana Pachana
- Snehana - Indukanta Ghrita for 7 days (till attaining Samyak Snehana).
- Swedana - Vashpa Sweda for 3 days.
- Vamana Karma one day using Vamana Yoga containing
  - Madanaphala (Randia dumetorum) - 10 gm
  - Pippali Chuma (Piper longum) - 5 gm
  - SaindhavaLavana - 2.5 gm
  - Honey - 20 gm
  - Milk - 3 Litres
- Samsarjana Karma