

A Clinical Trial of Ajmodadi Churan and Yogaraj Guggul in Aam-Vata (Rheumatoid Arthropathy)

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The medical management of Aam Vata (Rheumatoid Arthritis) have for ages posed serious problems bringing in their wake many social, emotional, psychological and economical problems. They are all disabling ailments specially during one's middle and old age.

This is an intriguing disease and a challenge to clinicians and research workers. Various views have been expressed as a regards as a disease of autoimmunization due to the development of hypersensitivity to some endogenous proteins. Still the nature of antigens to which the antibodies develop and continue to remain obscure.

Factors responsible for the same are Aam and Vata as:—

विरुद्धाहार चेष्टस्य मंदाग्ने निश्चलस्य च ।
स्निग्धं मुक्तबलं हृन्नं व्यायामं कुर्वन्तस्तथा ॥
वायुना प्रेरितो ह्यामः श्लेष्मात्मानं प्रधावति ।
तेनात्यर्थं विदग्धोऽसौ धमनी प्रतिपद्यते ॥
युगपत्कुपितावन्त स्त्रिक सन्निव प्रवेशकी ।
स्तब्धं च कुर्वन्तो गात्रमामवातः स उच्यते ॥

The chief presenting complaints were discomfort, pain, joint swelling with varying degree of immobilization usually the history of the disease present a chronic long drawn course if not treated at early stage ends up in deformities and contractures.

स कष्टः सर्वं रोगाणां यदा प्रकुपिता भवेत् ।
हस्त पादशिरः गुल्फत्रिक जानुसन्धिषु ॥
करोति स शोथं यत्र दोष प्रवृत्तते ।
स देशो रुज्वतेऽत्यर्थं व्याविद्ध इव वृश्चिकैः ॥

Many drugs, analgesics, steroids, phenylbutazone, Indomethacin and many more have been reported to be effective with varying results, some times severe side effects and a high degree of toxicity have been observed. Blood dyscrasias, gastric haemorrhage, severe anaemia have been reported often in many cases with different therapies. The uses of nontoxic drugs would therefore be considered as a blessing for these patients in whose cases the treatment is necessarily a prolonged one.

Recently there is an increased interest in the use of indigenous drugs in the treatment of Aam Vata (Rheumatoid-Arthropathy), Ajmodadi churan and Yogaraj guggul have been favourably reported from many medical centers. This drug is stated to contain a combination of various herbs and minerals having antiarthritic, anti inflammation action, analgesic and other properties. Detail of combination in Tables A, B, C.

Table A
Ajmodadi Churan

Ajmoda	Vadanga
Saindhava	Davdaru
Citraka	Pippalimula
Satpusta	Pippli
Patpuspa (Haritki)	
Nagara (Sunthi)	
Varddha daruka	
All above ingredients are of same churan.	

Table B.
Yogaraj Guggle

Following are the important ingredients of Yogaraj Guggle:	
Guggle	Chitaraka
Pipplimula	Triphla
Ajmoda	Sandhava
Ela	Dalchini

No. of total ingredients about 48 herbs and minerals.

Table C. (i)
Rasna Saptak Quath

Name of drugs	Latin name
Rasna	Plachea lanceolata
Gokhru	Tribulus terrestris
Arandmula	Ricinus communis
Punarnava	Boerhavia diffusa
Devdaru	Cedrus deodara
Geloya	Tinosphora cordifolia
Amaltas	Cassia fistula
Prakshep	Sunthi churan

Table C. (ii)

Mahanarayan oil
A compound Ayurvedic oil for massage.

Materials and Methods

A planned study was carried out in various private medical centers and on the attendance of the O. P. D. cases daily, in the Hospital of State Ayurvedic College, Gurukul Kangri, Hardwar.

120 cases were available for the study during a period of one year, with treating of 70 confirmed cases of Aam Vata. Details are furnished in Table I.

Table I.
Showing the total no. of cases

No. of total cases reviewed	120
No. of cases dropped after first consultation	20
Inadequate follow up	30
Total no. of cases evaluated	70

Table II.
Showing age and sex distribution

Age in years	No. of cases	
	Male	Female
25-30	6	—
31-50	12	14

51-70	18	8
Above 70	10	2

(Table II. indicates maximum cases belonged to higher age group and male cases were predominant.)

Past history of diagnosis and previous therapy were recorded. Most of cases gave a history of massage, consumption of some modern drugs. The duration of the illness i.e. of the affected joints varied from 4 to 5 weeks to 4-10 years. In the age group of above 70, having ten years duration of the illness.

Table III.

Showing the distribution of the cases with details of the joints affected

Joints	Male	Female
Knee	46	24
Spine	2	5
Ankle	6	4
Other	10	15

There were 70 cases consisting, all effecting the knee and with knee involving, 7 cases involved spine, 10 of the ankle and 25 of the other joints.

For 45 cases, Ajmodadi churan—4 grams. and 2 tablets of Yogaraj guggul (each of 250 grams.) t.i.d. were given with Rasna saptak quath for four weeks and followed by Ajmodadi churan 3 grams. and one tab. of Yogaraj guggul t.i.d. for 6 to 12 weeks and continued further in cases where it responded. Only 20% cases required Ahayogaraj guggul during this period. Mahanarayan oil was also applied locally three times daily. Simultaneously physiotherapy and local fermentation to the affected parts were recommended.

15 cases were available to take Quath of Rasna Saptak instead took the medication with hot water regularly and rest 10 cases received the medication with different liquid and irregular fermentation and massage. (Classified in Table IV.)

Table IV.

Showing the Anupan (अनुपान) of different cases

Group I	45 cases	Ajmodadi churan, Yogaraj guggul with Rasna saptak quath. Local fermentation daily.
Group II	15 "	Ajmodadi churan, yogaraj guggul with hot water. Fermentation daily.
Group III	10 "	Same churan and tabs. but taken with different liquids. Irregular fermentation.

20 cases reported nausea, anorexia, bad taste as side effects were mild to moderate, never severe enough to discontinue therapy. The dosage of the drug however had to be reduced in a few of their cases.

Table V.
Showing Symptomatology and Signs

Complaints	Treated	Response		
		Excellent	Good	Poor
Constant pain and tenderness	70	20	30	20
Difficulty in movement	70	15	27	28
Swelling of the joints	40	5	22	3
Movement in full range but painful	20	6	11	13
No. movement	5	—	—	5
Multiple joint affected	25	—2	15	8

Diet regimen was also considered, advised and restricted diet to the patient given in Table VI.

Table VI.
Showing Diet Regimen

Advised diet	Restricted diet
Light diet.—palak, mung, gajar, muli, parval, dalia, sabudana, hot water bath, rest.	Chana, matar, baigan, dahi, alu, khatai, starvation, excessive walk and mental exhaustion.

Observation

70 cases of Aam-Vata (Rheumatoid Arthropathy) were treated with this combination (in Table IV) maximum cases belonged to the higher age group and males were predominant. Result suggested anti Aam-Vata effect with no side reaction, toxic effect and intolerance were detected. Table VII gives an idea of the various groups showing response.

Table VII
Showing response of various group

Group	Excellent	Good	Poor
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Group I	45 cases	37%	6	2
		32.2%	13.3%	4.5%
Group II	15 "	3	6	3
		20%	60%	20%
Group III	10 "	—	4	6
			40%	60%
Total	70	40	19	11

Table VIII
Showing Age group response

Age in year	Treated	Good response
25-30	6	6
31-50	26	22
51-70	26	16
Above 70	12	3

These results indicate clearly the clinical affects and efficacy of the combination of Ajmododi churan and Yograj guggul with Rasna saptak quath. Thus the combination has a definite place in the treatment of Aam-Vata (Rheumatoid arthropathy). It is useful in addition to the currently available forms of therapy for Aam-vata which are difficult to treat effectively with modern therapy.

Acknowledgements

We are grateful to Dr. S. N. Srivastava (Lecturer in Pathology) and Dr. Kamallesh Verma, B. A. M. S., for their help during the course of work, and Dr. N. P. S. Verma, Principal, for providing facilities to conduct the work in O. P. D. of State Ayurvedic, College Gurukul Kangri, Hardwar.

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