



## MODULATION OF AGNILEPA IN THE MANAGEMENT OF AMAVATA

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### ABSTRACT

*Amavata* (Rheumatoid arthritis) is one among systemic disorder, which affects the locomotor system resulting severe tenderness and inflammation in affected joints. To overcome from the tenderness and inflammation the topical applications like *Lepa* (topical applications) are explained which may help in the remission of symptoms instantly and may also act as local analgesics. Extensive references regarding *Lepa* (topical applications) are available in the classical texts of *Ayurveda* from immemorial time, which are used in limited circumstances due to the tedious work in the preparation of *Lepa Dravya* and its minimal shelf life.

Among these concepts of *Lepa*, *Agnilepa* is one among folklore practice of *Lepa Kalpana* (local applicators) which is practiced in southern part of Karnataka state in the management of different musculoskeletal and neuromuscular disorders. It is proved to be effective in the management of *Sama* (toxins from undigested food) and *Avarana* (to obstruct) conditions of *Pakshaghata* (Paralysis). In the management of *Amavata* (Rheumatoid Arthritis) also primary importance is given for *Amapachana* (digestion/liquification of toxic substances) to reduce the severity of illness. Hence *Agnilepa* (topical applications) which is having 10 herbal drugs as ingredients is selected and modified into the form of amalgam, which is having shelf life of one year. This is designed to use as local applicator in the management of *Amavata* (Rheumatoid Arthritis) over affected joints.

**Key Words:** *Amavata*, Topical applications, Amalgamation

### INTRODUCTION

*Amavata* (Rheumatoid Arthritis) is a disease caused by the vitiation of *Vata Dosha* and accumulation of *Ama* (toxins) in the joints resulting in symptoms like *Angamarda* (pain all over body), *Aruchi* (loss of taste), *Trishna* (thirst), *Hrillasa* (lack of enthusiasm), *Gaurava* (heaviness), *Jwara* (fever), *Apaka* (indigestion), *Shunangata* (swelling in joints)<sup>[1]</sup>.

In our classics, under *Sthanika Chikitsa* (local treatments) and *Sarvadaihika Chikitsa* different modalities of treatment have been explained for the management of *Amavata*. In *Sthanika Chikitsa* mainly the *Kalpana*'s (formulations) which are going to reduce the uneasiness of affected part are explained and *Lepa Kalpana* (topical application) is one among them. *Amavata* is a chronic disorder when compared to generalised symptoms like *Angamarda* (pain all over body), *Aruchi* (loss of taste), *Hrillasa* (lack of enthusiasm), *Gaurava* (heaviness) there will be more pain, swelling, local rise temperature and stiffness in the affected joints. Topical applications like *Lepa*