Review Article

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AMA-VATA HARA (ANTI-RHEUMATOID ARTHRITIS) FORMULATIONS OF BHAISHAJYA RATNAVALI: AT A GLANCE

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ABSTRACT

Amavata is the most crippling of the joint diseases, found globally in all climates and ethnic groups. It is a disease instigated due to the vitiation or worsening of Vayu linked with Ama (Undigested food). Vitiating Vayu mingles the Ama all over the body through Dhamanias (Arteries & Veins), takes lodging in the Shleshma Sthana (small and big joints) & harvest symptoms such as stiffness, swelling and tenderness thus assembly a person lame. The symptoms of Amavata revealed in Ayurveda are found slightly undistinguishable to Rheumatism, which embrace Rheumatoid arthritis & Rheumatic Fever. Due to extensive gamut of disease, abundant more prevalence in the civilisation and deficiency of effective medicine, the disease has been selected for the literary Survey. Acharya Govinddas Sen has mentioned numerous formulations acting on Amavata (Rheumatoid Arthritis) in his book Bhaishajya Ratnavali. The present study is designed to screen the formulations with Ama-vatahara (Anti-Rheumatoid Arthritis) property. Out of 3456 formulations mentioned in Bhaishajya Ratnavali, 151 are found described for the treatment of Rheumatoid arthritis throughout the text which includes herbal, mineral and animal origin drug formulations.

Keywords- Amavata, Rheumatoid arthritis, Anti-rheumatoid arthritis formulations, Ama-vatahara Yoga, Bhaishajya Ratnavali.

INTRODUCTION

Rheumatoid Arthritis (RA) is a complex auto immune and progressive inflammatory disease that involves joints leading to their destruction.¹ Although, there are a variety of systemic manifestations, the characteristic feature of established RA is persistent inflammatory synovitis, usually involving peripheral joints in a symmetrical manner.²

The prevalence of RA is 0.8% of the total population (range 0.3–2.1%); women being affected approximately three times more often than men. Its prevalence increases with age whereby sex differences diminish in the older age group. RA is seen throughout the world affecting all the races. However, the incidence and severity seem to be less in rural sub-Saharan Africa and in Caribbean blacks. The onset is most frequent during the fourth and fifth decades of life, with 80% of patients developing the disease between age group of 35 and 50. The incidence of RA is more than six times greater in 60 to 64-year-old women as compared to 18 to 29-year-old women.³

Table 1: Criteria for RA diagnosis

Morning stiffness (> 1 hour)
Rheumatoid nodules
Arthritis of three or more joint areas
Rheumatoid factor
Radiological changes
Arthritis of hand joints • Duration ≥ 6 weeks
Symmetrical arthritis
American Rheumatism Association 1988 revision.

*Diagnosis of rheumatoid arthritis is made confirmed with four or more criteria.⁴

The symptoms of Amavata mentioned in Ayurveda are found slightly identical to Rheumatism, so Rheumatoid arthritis & Rheumatic Fever can be included under it, but RA does not include Amavata due to its vast symptomatology. The main causative factor of the disease that is Ama (Undigested food), is caused due to malfunctioning of the digestion and metabolism. The disease is found mainly in person with continuous indulgence in consumption of Viruddha Ahara (incompatible food) in the presence of Mandagni (weak digestive power).⁵

Albeit Ama (Undigested food) and Vata are mainly held responsible for the disease, Kapha and Pitta are also found associated with them⁶. Ama (Undigested food) and Vata are contradictory in their characteristics, so the line of treatment of Amavata is difficult to plan. Derangement of the Kapha dosha,

especially Shleshmak kapha, which produces joint pain and swelling with tenderness, can be correlated with rheumatoid arthritis and derangement of the Pitta dosha along with Ama taking shelter in the Avalambak Kapha sthana, producing fever along with cardiac involvement can be co-related with rheumatic fever.⁷

Line of Treatment of Aam-vata is given by the following verse:

“Langhanamswedanamiktamdeepananikatanich.....”
(B.R. 21/1)

That is, it includes Langhana (Fasting), Swedana (Fomentation), Tikta rasa aushadha (Bitter taste medicine), Deepana (Appetiser), Katu rasa pradhana dravya (Pungent taste medicine), Virechana (Purgation), Snehapana (Oleation) & Basti (Enema)⁸.

Bhaishajya Ratnavali composed in 19th century A.D. by Shri Govind Das is a unique classical textbook of Ayurveda emphasizing the materia-medica & formulations of Ayurvedic pharmaceuticals. Divided into 106 chapters, each dealing with separate disease & indispositions covering about 3456 herbal & herbo-mineral formulations, it has been the most popular collection among practitioners as well as the manufacturers of Ayurvedic medicines in India as well as neighbouring countries. In this text, the indicated medicaments of different classics as well as some new formulations are described in all chapters that are addressing an individual disease. A unique chronology of different kinds of Ayurvedic dosage forms to treat a single disease has been followed in each chapter along with description of Pathya-Apathya at the end. The work named as Bhaishajya Ratnavali that is Jewel of the Medicinal formulae has stressed the use of mercury & sulphur as well as other ingredients that remained largely unexplored at Samhita period. Thus, this text updates the entire gamut of Ayurvedic recipes immediately before the impact of the West on Indian medical system. Now-a-days, it is visible that the global population is looking very positively towards alternative systems of medicine, so this text may prove helpful to achieve quality & safe Ayurvedic medicines.

SOURCE OF DATA

This study presented literary review on Bhaishajya Ratnavali emphasizing mainly on Ama-vatahara Yoga (Anti-rheumatoid arthritis formulations). Bhaishajya Ratnavali has mentioned total 151 Formulations including plant, animal as well as mineral origin drugs for the treatment of Rheumatoid arthritis. Govinddas Sen has directly mentioned the karma or action of these formulations as Ama-vatahara (Anti-RA). Obtained data is presented as Aam-vatahara formulations mentioned under three different groups viz. Ama-vatahara yoga given under the Ama-vata Chikitsa, Under Ama-vata Differential disease Chikitsa (including Vata-vyadhi, Vatarakta, Urustambha) & under other general disease Chikitsa (Rogadhikara-chapter wise classification) with corresponding reference.

Table 2: Ama-vatahara yoga mentioned under ama-vatachikitsa

S. No	Name of the Formulation	Respective reference*
1	Hinsradi Lepa	B.R. 29/10/614
2	Shatpushpadi Lepa	B.R. 29/12/614
3	Haritaki Prayoga	B.R. 29/14/614
4	Aaragwadha Pallava Prayoga	B.R. 29/15/614
5	Nagara Churna	B.R. 29/16/614
6	Trivritadi Churna	B.R. 29/17/614-15
7	Trivrit Churna	B.R. 29/18/615
8	Eranda Taila Prayoga	B.R. 29/20/615
9	Erandadi Kwath	B.R. 29/21 /615
10	Shatyadi Kwath	B.R. 29/22/615
11	Rasonadi Kwath	B.R. 29/23/615
12	Rasnapanachak Kwath	B.R. 29/24/615
13	Rasnasaptak Kwath	B.R. 29/25/615
14	Rasnadidashmula Kwath	B.R. 29/26/616
15	MadhyamRasnadi Kwath	B.R. 29/27/616
16	Maharasnadi Pachan	B.R. 29/33/616
17	Shunthyadi Kwath	B.R. 29/36/616
18	Shatyadi Kalka	B.R. 29/37/616
19	Dashmuladi yoga	B.R. 29/38/617
20	Shatpushpadi Churna	B.R. 29/39/617
21	Hingwadya Churna	B.R. 29/40/617
22	Alambushadya Churna	B.R. 29/42/617
23	Alambushadya Churna (Apara)	B.R. 29/46/617
24	Vaishvanara Churna	B.R. 29/50/618
25	Amritadi Churna	B.R. 29/52/618
26	Devdarvadi Churna	B.R. 29/53/618
27	Chitrakadi Churna	B.R. 29/54/618
28	Punarnavadi Churna	B.R. 29/56/618
29	Aabhadya Churna	B.R. 29/60/618-19
30	Pathyadya Churna	B.R. 29/63/619
31	Prasarini Sandhana	B.R. 29/64/619
32	Amavatari Vatika	B.R. 29/68/619
33	Amavatari Rasa	B.R. 29/72/619
34	Amavateshwar Rasa	B.R. 29/78/620
35	VatagajendraSinha Rasa	B.R. 29/83/620-21
36	Amapramathini Vatika	B.R. 29/91/621
37	Amavatadrivajra Rasa	B.R. 29/94/621
38	Amritmanjari	B.R. 29/97/621
39	Triphaladi Loha	B.R. 29/101/621-22
40	Vidangadi Loha	B.R. 29/109/622
41	Panchananrasa Loha	B.R. 29/120/622-23
42	Ajmodadi Vataka	B.R. 29/126/623
43	Amagajasinha Modaka	B.R. 29/132/623-24
44	Rasona Pinda	B.R. 29/139/624
45	Rasona Pinda (Mahana)	B.R. 29/151/624-25
46	Vatari Guggulu	B.R. 29/154/625
47	Yograj Guggulu	B.R. 29/160/625-26
48	Yograj Guggulu (Brihat)	B.R. 29/168/626
49	Vyadhisardula Guggulu	B.R. 29/179/626-27
50	Sinhanad Guggulu	B.R. 29/186/627-28
51	Sinhanad Guggulu Rasa	B.R. 29/193/628
52	Shiva Guggulu	B.R. 29/199/628
53	Shunthi Ghrita	B.R. 29/201/628-29
54	Shringveradya Ghrita	B.R. 29/203/629
55	Kanjikshatpala Ghrita	B.R. 29/205/629
56	Prasarini Taila	B.R. 29/208/629
57	Vijayabhairava Taila (SutaTaila)	B.R. 29/212/629-30
58	Vijayabhairava Taila (Mehat)	B.R. 29/214 //630
59	Saindhavadya Taila	B.R. 29/219/630
60	Saindhavadya Taila Brihat	B.R. 29/225/630-31
61	Dwipanchmuladya Taila	B.R. 29/228/631
62	Rasona Sura	B.R. 29/231/631

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 3: Amavata differential disease related formulations

S.No.	Ama-Vata Hara Yoga mentioned under Vatavyadhi Chikitsa	Respective reference*	Ama-Vata Hara Yoga mentioned under VataRakta Chikitsa	Respective reference*
1.	Rasnadashmula Kwath	B.R. 26/84/538	Sinhaasyadi Kwath	B.R. 27/19/590
2.	Kubjavinod Rasa	B.R. 26/133/542	Nimbadi Churna	B.R. 27/34/591-92
3.	Chaturmukha Rasa	B.R. 26/153/544	Dwadashkayasa	B.R. 27/58/594
4.	Chhagaladya Ghrita (Brihat)	B.R. 26/247/551-53	Amrita Guggulu	B.R. 27/89/597
5.	Nakula Taila	B.R. 26/540/580	Punarnava Guggulu	B.R. 27/113/599
6.	Masha Taila (Tritiya)	B.R. 26/564/582	Amrita Guggulu (Dwitiya)	B.R. 27/119/599-600
7.			Amritadya Ghrita	B.R. 27/135/601
8.			Mahapinda Taila	B.R. 27/166/603

*B.R. -Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 4: Ama-vata hara yoga mentioned under Jwara chikitsa & Urustambh chikitsa

S. No	Name of the Formulation under Jwara Chikitsa	Respective reference*	Name of the formulations under Urustambh chikitsa	Respective reference*
1	Jwara Naagmayur Churna	B.R. 5/477/119	Rasnadi Kwath	B.R. 28/15/610
2	Jwaramurari Rasa	B.R. 5/884/154-55		
3	Mritasanjivan Rasa	B.R. 5/911/157		
4	Chudamani Rasa	B.R. 5/985/163		
5	Shleshma Shailendra Rasa (Rasendra Gutika)	B.R. 5/1219/179-80		
6	Laxmivilas Rasa	B.R. 5/1230/180-81		

*B.R.-Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 5: Ama-vata hara yoga mentioned under Grahani chikitsa & Arsha chikitsa

S. No	Name of the Formulation under Grahani Chikitsa	Respective reference*	Name of the formulations under Arsha chikitsa	Respective reference*
1	Brihallavangadya Churna	B.R. 8/74/246-47	Shri Baahushala Guda	B.R. 9/124/309-10
2	Madhyamnaika Churna	B.R. 8/89/247-48	Agnimukha Loha	B.R. 9/219/320-21
3	Brihannaika Churna	B.R. 8/95/248		
4	Madan Modaka	B.R. 8/168/254-55		
5	Brihannmethi Modaka	B.R. 8/183/255-56		
6	Agnikumar Modaka	B.R. 8/231/259		
7	Shri Vaidynath Vatika	B.R. 8/305/265		
8	Mahabhra Vati	B.R. 8/329/266-67		
9	Shri Nripativallabh Rasa	B.R. 8/357/268-69		
10	Rasa Parpatika	B.R. 8/434/273-76		
11	Loha Parpati	B.R. 8/450/277		

*B.R.-Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 6: Ama-vata hara yoga mentioned under Agnimandya chikitsa & Krimi rog chikitsa

S. No	Name of the Formulation under Agnimandya	Respective reference*	Name of the Formulation under KrimiRoga Chikitsa	Respective reference*
1	Shri Rambaan Rasa	B.R. 10/91/341	Yavani Churna	B.R. 11/10/364
2	Ajmalakalanal Rasa	B.R. 10/182/349		
3	Vishvoddipaka Abhra	B.R. 10/223/353		
4	Virbhadrha Abhraka	B.R. 10/228/353-54		
5	Amrita Haritaki	B.R. 10/262/357		

*B.R.-Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 7: Ama-vata hara yoga mentioned under Pandu chikitsa & Raktapitta chikitsa

S. No	Name of the Formulation under Agnimandya	Respective reference*	Name of the Formulation under Raktapitta	Respective reference*
1	Vishaladi Churna	B.R. 12/25/377	Eladi Gutika	B.R. 13/45/396
2	Ashtadashanga Loha	B.R. 12/36/378-79		
3	Chandrasuryatmaka Rasa	B.R. 12/81/382		

*B.R.-Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 8: Ama-vata hara yoga mentioned under Rajyakshma chikitsa & Kasa chikitsa

S. No	Name of the Formulation under Rajyakshma chikitsa	Respective reference*	Name of the Formulation under Kasa Chikitsa	Respective reference*
1	Kalyanasundra Abhra	B.R. 14/135/423	Indu marichiyadi Vatika	B.R. 15/164/455

*B.R.-Bhaishhya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 9: Ama-vata hara yoga mentioned under Shula roga chikitsa & Arochaka chikitsa

S. No	Name of the Formulation under Shula Rog Chikitsa	Respective reference*	Name of the Formulation under Arochaka Chikitsa	Respective reference*
1	Krishnaabhy Loha Churna	B.R. 30/75/643	Rasa Keshari	B.R. 18/41/485
2	Shankh Churna	B.R. 30/78/643	Sudhanidhi Rasa	B.R. 18/46/485
3	Shulavajrini Vati	B.R. 30/104/645		
4	Vidyadhara Abhra (Brihat)	B.R. 30/126/647		
5	Chatuhsama Loha	B.R. 30/146/648-49		
6	Puga Khand (Aparā)	B.R. 30/224/655-56		

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 10: Ama-vata hara yoga mentioned under Gulma roga, Hridroga, Medo roga & Udara roga chikitsa

S.No.	Chikitsa	Name of the Formulation under Rogadhikar	Respective reference*
1.	Gulmaroga	Lavangadi Churna	B.R. 32/58/676
2.	Hridroga	Shankar Vati	B.R. 33/56/693-94
3.	Medoroga	Navaka Guggulu	B.R. 39/43/750
4.	Udara roga chikitsa	Chulika Vati	B.R. 40/89/762

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 11: Ama-vata hara yoga mentioned under Pleeha-yakrit roga chikitsa & Vridhhi roga chikitsa

S. No	Name of the Formulation Under Pleeha yakrita roga	Respective reference*	Name of the Formulation Under Vridhhi roga	Respective reference*
1	Pleehari Rasa	B.R. 41/94/777-78	Bhaktotriya Churna	B.R. 43/64/816
2	Mahamrityunjaya Loha	B.R. 41/143/781	Danti Ghrita (Brihat)	B.R. 43/104/819
3	Shankh Dravaka (Mahana)	B.R. 41/188/784-85	Saindhavadya Taila (Brihat)	B.R. 43/114/820
4	Dravaka Rasa Mahana (Tritiya)	B.R. 41/211/786-87		

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 12: Ama-vata hara yoga mentioned under Updansha chikitsa & Shlipada roga chikitsa

S. No	Name of the Formulation under Updansha Chikitsa	Respective reference*	Name of the Formulation under Shalipada chikitsa	Respective reference*
1	Paradadi Dhupa	B.R. 52/31/875-76	Vridhha Darakasama Churna	B.R. 45/64/835
2	Bhairava Rasa	B.R. 52/48/876-77		

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 13: Ama-vata hara yoga mentioned under Kushtha chikitsa

S. No	Name of the Formulation	Respective reference*
1	Amritankur Loha	B.R. 54/192/900-01
2	Mahabhallataka Guda	B.R. 54/220/902-03
3	Amrita Guggulu	B.R. 54/227/903-04
4	Somraji Ghrita	B.R. 54/255/905-06

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 14: Ama-vata hara yoga mentioned under Amlapitta chikitsa

S. No	Name of the Formulation	Respective reference*
1	Sarvatobhadra Loha	B.R. 56/50/923-24
2	Kshudhavati Gudika Swalpa	B.R. 56/75/925
3	Kshudhavati Gudika Brihati	B.R. 56/96/926
4	Shunthi Khanda	B.R. 56/123/928

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 15: Ama-vata hara yoga mentioned under Shiro roga chikitsa

S. No	Name of the Formulation	Respective reference*
1	Raschandrika Vati	B.R. 65/66/1022
2	Kanaka Taila	B.R. 65/119/1026
3	Kanaka Taila Mehat	B.R. 65/124/1026

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 16: Ama-vata hara yoga mentioned under Yonivyapat chikitsa & Sutika roga chikitsa

S. No	Name of the Formulation under Yonivyapat chikitsa	Respective reference*	Name of the Formulation under Sutika roga Chikitsa	Respective reference*
1	Nashtapushpantaka Rasa	B.R. 67/56/1044-45	Saubhagya Shunthi (Dwitiya)	B.R. 69/35/1062-63
2	Sanvidasara	B.R. 67/72/1046	Saubhagya Shunthi Brihati	B.R. 69/49/1063

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 17: Ama-vata hara yoga mentioned under Rasayana chikitsa & Vajikarana chikitsa

S. No	Name of the Formulation under Rasayana Chikitsa	Respective reference*	Name of the Formulation under Vajikarana Chikitsa	Respective reference*
1	Poornachandra Rasa Brihat	B.R. 73/86/1108-09	Chhagaladya Ghrita (Brihat)	B.R. 74/327/1141-42
2	Mahalaxmivilas Rasa	B.R. 73/95/1109		
3	Shiva Gudika	B.R. 73/164/1113-14		

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Table 18: Ama-vata hara yoga mentioned under Kapha roga chikitsa (Bhaishjyarnatnavali parishishta)

S. No	Name of the Formulation	Respective reference*
1	Shleshma Shailendra Rasa	B.R. 2/25/1240
2	Kanaka Taila	B.R. 2/33/1241

*B.R.-Bhaishjya Ratnavali, 1st number - chapter number, 2nd one - respective verse & 3rd one- page number

Acharya Govinddas Sen has also given Pathya-Apathya at the end of each chapter. Importance of Pathya-Apathya has been clearly given in Vaidya Jeevan as “With Pathya there is no need of treatment & Without Pathya there is no use of treatment. So, knowledge of Pathya-Apathya is as essential as that of treatment.”⁹

Table 19: Pathya& Apathya in Amavata (B.R. 29/232-237)

Pathya Aahar	Apathya Aahar
One year old rice (<i>Oryza sativa</i>), Kulattha dal (<i>Dolichos biflorus</i>), Wild animals meat soup, Buttermilk, Garlic (<i>Allium sativum</i>), Ginger (<i>Zingiber officinale</i>), Castor oil (<i>Ricinus communis</i>), Vata-Kapha alleviating eatables, Punarnava (<i>Boerhavia diffusa</i>), Brinjal (<i>Solanum melongena</i>), Gokshur (<i>Tribulus terrestris</i>), Bhallatak (<i>Semecarpus anacardium</i>), Gomutra (Cow urine), Karela/Bitter gourd (<i>Momordia charantia</i>), Parwal/Pointed gourd (<i>Trichosanthes dioica</i>), Vidhara (<i>Argyrea nervosa</i>), Shigru (<i>Moringa oleifera</i>), old wine Katu-Tikta Rasa Dravya Agnideepaka aahar (Digestive fire stimulants)	Curd, Fish, Jaggery, Milk, Urad Dal (<i>Vigna mungo</i>), Poi shaak (<i>Basella alba</i>), Heavy diet, Impure water

DISCUSSION

In present study, the formulations described directly or indirectly as Aam-vatahara by Acharya Govinddas Sen were screened and documented along with Pathya-Apathya which may prove helpful for future treatment & prevention modalities in a better way.

Total number formulations in Bhaishjya Ratnavali are 3456. Out of these 3456 formulations, 62 (1.792%) are described under Amavata (Rheumatoid arthritis) chikitsa. 15(0.434%) are described under Amavata Differential Disease Related Formulations [In Vataavyadhi (Nervine disorder)-6, In Vatarakta (Gout)-8, In Urustambha (Stiffness of Thigh)-1].

74(2.14%) are described under other disease chikitsa [11 (0.318%) in Grahni (Irritable bowel syndrome) chikitsa, 6 (0.086%) each in Jwara (Fever), Shula (Pain) chikitsa, 5 (0.144%) in Agnimandya (Weak digestion) chikitsa, 4 (0.116%) each in Pleeha Yakrita roga (Liver and spleen disease), Kushta (Skin disorder) & Amlapitta (Hyperacidity) chikitsa, 3 (0.086%) each in Pandu (Anaemia), Vriddhiroga (Hernia), Shiroroga (Head disorder) & Rasayan (Immuno-modulator) chikitsa, 2 (0.057%) each in Arsha (Haemorrhoids), Arochaka (Anorexia), Upadansa (Gonorrhoea), Yonivyapata (Gynaecological disease), Sutikaroga (Puerperal Disorders) & Kaphaja roga chikitsa, 1 (0.029%) each in Krimiroga (Infectious disease), Raktapitta (Bleeding disorder), Rajyayakshama (Tuberculosis), Kasa (Cough), Gulma (Different Types of Tumours), Hridayaroga

(Cardiac disorder), Medoroga (Obesity), Udararoga (Hepatomegaly, Spleenomegaly, Ascites), Shleepad (Elephantitis) & Vajikarana (Aphrodisiac) chikitsa/.

Out of 151(4.37%) formulations indicated in Ama-vata, 62 (41.06%) are described under Amavata (Rheumatoid arthritis) chikitsa, 15(9.93%) are described under Amavata Differential Disease Related Formulations [In Vataavyadhi (Nervine disorder)-6, In Vatarakta (Gout)-8, In Urustambha (Stiffness of Thigh)-1].

74(49%) are described other disease chikitsa [11 (7.28%) in Grahni (Irritable bowel syndrome) chikitsa, 6 (3.97%) each in Jwara (Fever)& Shula (Pain) chikitsa, 5 (3.31%) in Agnimandya (Weak digestion) chikitsa, 4 (2.65%) each in Pleeha Yakrita roga (Liver and spleen disease), Kushta (Skin disorder) & Amlapitta (Hyperacidity) chikitsa, 3 (1.98%) each in Pandu (Anaemia), Vriddhiroga (Hernia), Shiroroga (Head disorder) & Rasayana (Immuno-modulator) chikitsa, 2 (1.32%) each in Arsha (Haemorrhoids), Arochaka (Anorexia), Upadansa (Gonorrhoea), Yonivyapata (Gynecological disease), Sutikaroga (Puerperal Disorders) & Kaphaja roga chikitsa, 1 (0.66%) each in Krimiroga (Infectious disease), Raktapitta (Bleeding disorder), Rajyayakshama (Tuberculosis), Kasa (Cough), Gulma (Different Types of Tumours), Hridayaroga (Cardiac disorder), Medoroga (Obesity), Udararoga (Hepatomegaly, Spleenomegaly, Ascites), Shleepad (Elephantitis) & Vajikarana (Aphrodisiac) chikitsa].

Graph 1: B.R.-Bhaishajya Ratnavali

CONCLUSION

The present review on Anti-Rheumatoid arthritis formulations of Bhaishajya Ratnavali may provide quick overview of the different formulations indicated in the treatment of Amavata. Total 151 formulations comprising herbal, mineral and animal origin drugs are mentioned in Bhaishajya Ratnavali as Amavatahara, but the text is silent regarding their mode of action. A detailed clinical study is therefore required to find out the probable mode of action as well as efficacy of these formulations.

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