

RHEUMATOID ARTHRITIS IN AYURVEDA

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The incidence of rheumatic/ arthritic disorders is increasing day by day. Modern medical science has tried to provide a well-defined classification of these disorders based on causative, biochemical and clinical parameters.

Ayurvedic literature provides similar descriptions of musculo skeletal and functional disorders. Some of these are specific disease entities whereas the others are minor disorders involving joints and related parts. There is a distinct change in the descriptions available in the Ayurvedic classics and the later Ayurvedic texts. However, a comprehensive description including causation, physio pathological changes and clinical manifestation is possible based on Ayurvedic principles of doshas, dhatus, malas and srotasas.

Sandhigatvaata as described by Charak and Aamavaata by Madhav provide clinical manifestations of a disease similar to Rheumatoid Arthritis. Some present day scholars consider Vaatarakta as described by Charak & Sushruta as RA.

Various therapies and therapeutics are prescribed for these disorders. Several clinical trials have been conducted in these areas, which require further studies.

An in-depth study of subjective information based on Ayurvedic principles with the help of modern objective criteria can help to understand and evaluate the Ayurvedic approach to this group of disorders.

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Update Ayurveda '1988 Symposium, Bombay.