CLINICAL STUDY

- Materials and Methods
- Observations
A) MATERIALS AND METHODS

Any research work depends upon the scientific background and recent advances in the same field in this study of Amavata. (Rheumatoid arthritis). We have considered the modern medical parameters for diagnosis and the prognosis, along with therapeutic effect of Ayurvedic drug in chronic cases.

As far as Ayurved is concerned, the disease described by Bhavaprakash and in modern medicine from Hippocrates, till date many more researches are found in spite of all these sophisticated and recent medical therapy, patient of rheumatoid arthritis suffers from the disability of body movement depending upon the joint involved. American Rheumatic Association has formed the diagnosis criteria based on clinical as well as pathological findings and serological investigation. In Ayurveda,

This work has been done at D.M.M. Ayurved College and L.K. Ayurved Hospital, Yavatmal in I.P.D. & O.P.D.

CRITERIA OF DIAGNOSIS

1) Angamarda 2) Aruchi 3) Trushna 4) Aalasya
5) Gaurava 6) Mand-jwar 7) Apak 8) Sandhishoth
9) Sandhishula

By American Rheumatic Association

1) Morning stiffness
2) Pain in motion & tenderness
3) Swelling in at least one joint
4) Swelling in more than one joint
5) Symmetrical joint involvement
6) Sub-cutaneous nodules
7) X-ray changes typical of R.A.
8) Positive rheumatoid agglutination reaction
9) Poor mucin clot formation in joint fluid -
10) Biopsy finding of Synovium typical of R.A. - Not done
11) Biopsy finding in nodules consistant with R.A.

Taking the above facts into consideration we studied 100 patients of different presentation method which were as follows.
1) Undiagnosed first time presenting patients of R.A. in O.P.D. were admitted and investigated in detail. Registration No. & O.P.D/ I.P.D. card and along with proforma which is attatched.
2) We have carried out different serological methods possible at our level
3) We have noted any other cause of R.A. mentioned in modern medicine.
4) Genetic-transmission was the main finding in our study.
5) After diagnosing the patient we have treated the patient as per the Ayurvedic methods.
6) Different methods of improvement were utilised to find out as to how much improvement does the patient have with the Ayurvedic management, for example: sentence writing, joint movement and mobility, walking time, swelling,

**How to assess R.A.?**

**Pain** - Pain can be assessed by several methods but the visual analogue score (VAS) has proved both practical and useful. This consists of a 10 cm. line at one end of which is written "no pain" and at the other "worst possible pain" or a similar phrase. The patient makes a mark at a point on this line to represent their current level of pain. Thus a mark 7.5 mm. along the line would give a VAS score of 75%.

**Number of swollen joints** - A count of the number of swollen joints can provide a useful guide to the extent and activity of rheumatoid arthritis. The degree of swelling in individual joints can also be assessed by measurement of joint circumference on a serial basis. This is most often performed on knee joints or on proximal interphalangeal joints.

**Walking time**: Serial measurements can be made of the time taken to walk a given distance, typically 50 feet. This reflects lower limb function rather than disease activity over all but may be helpful.
Grip strength :- This can be measured with a modified sphygmomanometer. It is of little value in late disease since relatively little change occurs when there is marked deformity of the fingers.

Criteria For Assessment of the Results

Patients admitted in IPD have been observed closely daily for clinical assessment. Patients treated on OPD level, have been assessed every week for systematic assessment of the Clinical results.

1) Compleat Relief – Patients included in this group have got complete relief or over >5% relief of following signs and symptoms.
Shotha, Sthambha, Sparshasahatwa, Jwar etc.
Laboratory investigations like
I. Normal E.S.R.
II. Hb% within normal limit

2) Moderate Relief – Patients who have got 50 to 75% relief of above signs and symptoms are included in this group. Marked changes in the level's of Hb% along with Esr levels were considered.

3) Mild Relief – Patients included in this group have got 25 to 50% relief of signs and symptoms and Laboratory investigations like E.s.r. & Hb% level.

4) No improvement – Patients who have got only 25% relief of above signs, symptoms and laboratory investigations or no change have been included in this group.

RESEARCH METHODOLOGY

Present Research work have been carried out in following treatment groups –
Group I – In this group 50 patients have been studied with Rasnapanchak Kwath.
Group II – In this group 50 patients have been studied with Indocap SR.

Duration :-
Patients subjected to present research work have been kept under above treatment for a period of 4 weeks.
Strict dietetic regimen have been implemented throughout the treatment course.