ROLE OF AYURVEDA IN RHEUMATISM AND ADDICTION WITH SPECIAL REFERENCE TO MUNIPYRIN AND HEBADICT TABLETS

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INTRODUCTION

- Rheumatism or Rheumatic disorder is a non-specific term for medical problems affecting the heart, bones, joints, kidney, skin and lung.
- Mostly, this term is used to focus on arthritis i.e. rheumatoid arthritis. However, "non-articular rheumatism", also known as "regional pain syndrome" or "soft tissue rheumatism" can cause just as much discomfort and difficulty.
- Rheumatoid arthritis is most important among these which can cripple an individual’s life. Basically it is a severe form of chronic synovitis that sometimes leads to destruction and ankylosis of affected joints.
Amavata (Rheumatoid Arthritis): An Ayurvedic Approach

Rheumatoid arthritis is described as “Amavata” in Ayurveda. The word ‘Ama’ literally means, undigested, toxic or unwholesome product, which is produced in the body due to weakening of digestive fire. This ‘Ama’ is then carried by vitiated ‘Vayu’ and travels throughout the body and accumulates in the joints, which is the seat of ‘Kapha’ (one of the three bodily humors i.e. Vata, Pitta and Kapha). As this process continues, all the joints are gradually affected, which results in severe pain and swelling in the joints. Here, pain is due to vitiated "Vata” swelling due to affected Kapha When ‘Pitta’ also gets aggravated, it causes burning sensation around the joints.
**Ayurvedic Management of Amavata**

- In Ayurveda, Amavata is treated by the following measures.
  
  **a. Ahara or Diet:**
  
  - One should take old rice, butter milk, wet ginger, garlic, wheat, bitter gourd and horse gram in his diet.
  
  - Avoid consumption of dairy products, sweets, oily foods, junk and fast foods, salty and sour foods, jaggery, black gram, fish, cold drinks and ice creams.
b. Vihara or Life Style One should avoid cold breeze and excessive wind. Bathing with cold water should be strictly avoided. Warm water bath is recommended. It is also advisable to take a gentle walk after consumption of food. Also it is good to avoid water intake immediately after consuming food.
AYURVEDIC MANAGEMENT OF AMAVATA

- **Aushadhi or Drugs**

Guggulu (Comiphora mukul) is the most effective drug in treating ‘Amavata’. Also herbal preparations of Ashwagandha (Withania somnifera), Rasna (Pluchea lanceolata), Sunthi (Ginger), Pippai (Long pepper), Gokshura (Tribulus terrestris) and Trivrut (Operculina terpethum) are helpful in Amavata. Administration of caster oil is also very effective in this disease. The above-mentioned drugs should be taken after consulting a qualified Ayurvedic Physician.
HERBS USEFUL IN AMAVATA

Guggulu (Commiphora mukul)
HERBS USEFUL IN AMAVATA

Ashvagandha (Withania somnifera)
HERBS USEFUL IN AMAVATA

Rasna (Pluchea lanceolata)
HERBS USEFUL IN AMAVATA

Gokshura (Tribulus terrestris)
HERBS USEFUL IN AMAVATA

Shunthi (Zingiber officinalis)
HERBS USEFUL IN AMAVATA

Pippali (Piper longum)
HERBS USEFUL IN AMAVATA

Trivrt (Operculina terpethum)
AYURVEDIC MANAGEMENT OF AMAVATA

- **d. Panchakarma Therapy** This is purification process. By taking this therapy the body toxins are eliminated from the body. For treating ‘Amavata’ the following processes are followed.

- **1. Snehana :**
- **2. Swedana:**
- **3. Virechana:**
- **4. Basti:**
MUNIPYRIN AND RHEUAMATOID ARTHRITIS

• Munipyrin tablets are formulated by combining various ingredients which have their proved efficacy in various conditions like rheumatoid arthritis and osteoarthritis. This is due to their analgesic, anti-inflammatory and immunomodulatory effects. The drugs selected here are on the basis of classical references mentioned in ancient Ayurvedic texts and also various research works carried out. To prove the efficacy of the formulation a preliminary clinical study was carried out in the patients suffering from rheumatoid arthritis and osteoarthritis which showed remarkable clinical improvement in those conditions.
MUNIPYRIN IN RHEUMATOID ARTHRITIS

• **The study:** Thirty cases with clinical Rheumatoid arthritis of chronicity 5-10 years were enrolled and a detailed history was taken and clinical examinations were carried out according to the proforma prepared for the specific purpose. Haematological parameters were also considered. The drug was administered in a dose of 2 tablets three times a day for 30 days along with water, after food. Detailed assessment was done before, during and also after treatment.

• **Results:** A significant reduction was observed in joint pain and swelling (P<0.001) and the working ability of the individual was also improved. Tenderness was reduced (P<0.001). In haematological parameters reduction in ESR was significant (P<0.001). By this study it has become clear that Munipyrin can be used effectively in the cases of Rheumatoid arthritis.
EFFECT OF MUNIPYRIN
RHEUAMATOID ARTHRITIS

Effect of Munipyran in Rheumatoid Arthritis

- Pain
- Tenderness
- Swelling
- Redness
- Increased temperature
- Morning stiffness
- Restriction of movement
- ESR

Gradation

Symptoms

Note: BT: - Before Treatment
AT: - After Treatment
Addiction- like alcoholism, drugs, tobacco chewing and smoking are psychosomatic and social problem throughout the world. Alcoholism referred as “Madaatyaya” in Ayurveda is treated by Pancakarma, Yoga, Oral medication etc.
Drug addiction is not only a personal problem but also a social problem as alcoholism results in different adverse manifestations in the individuals involving multiple systems; a person may suffer from alcoholic liver diseases, peripheral neuropathy, etc. An addict, even though he wishes to quit alcohol, will power and determination may not be strong. Considering all these factors an attempt was made to prepare a special formulation, which has multi-dimensional effects.
Clinical evaluations of the product conducted by the eminent physicians have proved following beneficial effects of the product.

1. Hepatoprotective action and beneficial effects in alcoholic liver diseases.
2. Induces natural sleep pattern.
3. Reduces withdrawal symptoms.
4. Improves will power to give up addiction.
CLINICAL EVALUATION OF HERBADICT

Aims and Objectives of the study:
1. To evaluate the action of Herbadict on withdrawal symptoms.
2. To evaluate the effect of Herbadict on alcoholic liver diseases.
3. To observe the effect of Herbadict on disturbed sleep.
4. To assess the effect of Herbadict in increasing the will power to withdraw from addiction.

Total number of patient studied: 122
## EFFECT OF HERBADICT ON WITHDRAWAL SYMPTOMS

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>No. of patients</th>
<th>% relief</th>
<th>SD±SE</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tremors</td>
<td>72</td>
<td>80.54</td>
<td>0.201</td>
<td>8.02</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Headache</td>
<td>80</td>
<td>100.00</td>
<td>0</td>
<td>-</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Restlessness</td>
<td>110</td>
<td>90.23</td>
<td>0.236</td>
<td>7.98</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Anxiety</td>
<td>105</td>
<td>90.24</td>
<td>0.287</td>
<td>7.02</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>
## EFFECT OF HERBADICT ON ALCOHOLIC LIVER DISEASE

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Mean</th>
<th>% change</th>
<th>S.D.</th>
<th>SEM</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B.T.</td>
<td>A.T.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.G.O.T.</td>
<td>60.2</td>
<td>41.7</td>
<td>30.73</td>
<td>0.768</td>
<td>8.02</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>S.G.P.T.</td>
<td>56.5</td>
<td>40.3</td>
<td>28.67</td>
<td>0.852</td>
<td>7.96</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Total bilirubin</td>
<td>6.54</td>
<td>1.7</td>
<td>74.01</td>
<td>1.022</td>
<td>7.65</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>
EFFECT ON DE-ADDICTION

It was observed that by the treatment with Herbadict for two months, about 60% of the patients could come out of their addiction whereas others have reduced their addictions. When the treatment was continued for 6 months 80% of them could completely give up their addiction and interestingly recurrence rate was negligible (0.1%).
SUMMARY AND CONCLUSION

• Clinical experiences have shown that Ayurveda has a lot to contribute in treating the patients of Rheumatoid arthritis. Munipyrin Tablet designed by Muniyal Ayurveda research center on the basis of Ayurvedic classics is a judicial combination of analgesic and anti inflammatory herbs like Guggulu(Commiphora mukul), Rasna(Pluchea lanceolate), Erandamula(root of Ricinus communis) and immune modulating plants like Ashvagandha(Withania somnifera), Amalaki(Emblica officinalis) etc. It is a safe supplement helping in maintaining the normal health of musculoskeletal system.
SUMMARY AND CONCLUSION

- Alcoholism like addictions destroys personal, family and social health. Herbadict tablets contain the hepatoprotective herbs like Amalaki (Emblica officinalis), Bhumyamalaki (Phyllanthus niruri), Katuki (Picrorhiza kurroa), Bhrngaraja (Eclipta alba) etc and the immune modulating and psychotropic drugs like Ashvagandha (Withania somnifera), Rajata Bhasma, etc. Hence, it is found to be very useful supplement in treating the people who are the victims of addiction like alcohol.
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Thank You