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Efficacy of a prepared traditional *lepa* for the management of *Amavata sandi shotha*

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Abstract

Amavata is a disease caused by vitiation of *Vata* by *Ama*, which is the product of incomplete digestion and metabolism. *Agni* in Ayurveda includes the digestive processes of gastrointestinal tract as well as the metabolic processes in tissues. *Ama* could therefore be produced by flawed digestion in gastrointestinal tract or in the tissues by defective metabolic process. *Ama* thus produced is said to circulate and block the vessel of the joints and get deposited there causing inflammation by producing symptoms such as pain, moving discomfort, swelling and morning stiffness in small and big joints, making a person lame. Various drug trails were already carried out on *Amavata*, yet there is a lacuna in the management of *Ama vata*. Therefore this study was undertaken to examine the efficacy of a prepared traditional *lepa* in the management of *Amavata sandi shotha*. Hence, in the present clinical study, 30 patients were selected and divided into 2 groups, Group A and B. Group A was given *Sarshapa* oil and group B the test group was given, traditional *lepa*. The collected data was recorded according to the age, sex and a paired sample t – test was applied for the clinical assessment of the subjective parameters. During treatment no side effects were noted. According to the analysis all P- values of the test group in the comparison of before and after treatment in full duration were less than 0.05 (P - values before and after treatment on pain (0.000), moving discomfort (0.000), edema (0.000), redness (0.012), burning sensation (0.000), ESR (0.010) and Rheumatoid Factor 0.025). The results obtained were significant statistically in traditional *lepa*. Therefore, the study confirms that the traditional *lepa* is effective in the management of *Amavata sandishotha*.

Keywords: *Amavata, sandi shotha, traditional lepa*

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