

### Eye complications of *Amavata* and its management

Maragalawaththa MGK<sup>1</sup>, Goyal M<sup>1</sup>, Chudasama K<sup>3</sup>, Jadav RK<sup>1</sup>

<sup>1</sup>Department of Kayachikitsa, IPGT & RA, Gujarat Ayurveda University, Jamnagar

<sup>2</sup>Department of Shalakya, IPGT & RA, Gujarat Ayurveda University, Jamnagar

#### Abstract

*Amavata* is a disease caused by undigested food particles (*Ama*) due to improper function of *Agni* at different levels. This *Ama*, associating itself with *Vata*, moves quickly towards different seats of *Kapha* in the body filling in them and leading to pain all over the body, joints, loss of taste, thirst, lack of enthusiasm, heaviness, fever, indigestion and swelling of the body parts (joint). *Amavata* can be co-related with Rheumatoid Arthritis which is a chronic inflammatory connective tissue disorder mainly affecting musculoskeletal system producing a wide variety of extra articular manifestation. RA that affects joints can also cause complications for eyes, lungs, skin, heart, blood vessels and other organs. Dry eye or Keratitis Sicca (*Shushka Akshipakatya*) is a main complication of RA which causes lack of sufficient lubrication and moisture on the surface of the eye. Due to vitiation of *Vata Dosha* in *Amavata*, it causes lack of production of tears (moisture contents in eye) which results in dry eye. Inflammation from RA causes abnormalities in the tear glands (lacrimal), significantly reducing fluid secretion. Scleritis (*Shirajala*) is an inflammation of the sclera (the white outer wall of the eye) which is the second main complication of RA. It is one of the *Shleshmasthanas* in the body due to association of *Kapha*. Vitiating *Vata* and *Kapha Dosha* in *Amavata* patient further leads to vitiation of *Pitta Dosha* in Sclera producing *Shirajala*. Thus it can be concluded that RA is a systemic connective tissue disorder and it affects any collagen connective tissue like eye at its chronic stage. On the basis of these facts, an Ayurvedic approach of management can be planned for its prevention and treatment.

**Keywords:** *Amavata*, eye complications, RA

**Corresponding E-mail:** drmgsk@gmail.com