

# **A comparative clinical study on the efficacy of *Rasna Panchaka* and *Rasna Saptaka Kwatha* with *Murungadi Lepa* (local application) in the management of *Amavata* (Rheumatoid Arthritis)**

A. M. M. Paranagama, S. M. S. Samarakoon

*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

*Amavata* is a chronic inflammatory disorder described in Ayurveda that causes significant impairment in daily functioning due to intense joint pain and stiffness. The present study aims to evaluate the efficacy of *Rasna Panchaka Kwatha* and *Rasna Saptaka Kwatha* with *Murungadi Lepa* in the management of *Amavata*. Based on the clinical characteristics, this disease can be correlated with Rheumatoid Arthritis (RA) as described in contemporary medicine. This study was conducted as a randomized, single-blind, parallel-group, comparative clinical trial on 60 patients diagnosed with *Amavata*, admitted to the Inpatient Department (IPD) of National Ayurveda Teaching Hospital, Borella. Assessment was done based on assessment criteria applied in the study (Sajjanar, 2018). The patients were randomly allocated into two groups of 30 each. Group A received *Rasna Panchaka Kwatha* (120 ml) and Group B received *Rasna Saptaka Kwatha* (120 mL), both along with topical application of *Murungadi Lepa* twice daily for 14 days. After the intervention, when comparing data of Group A with Group B it was observed that subjective parameters like Sandi shoola, Sandi shotha, Sandi sthabdata, Aruchi, Thrushna, and Jawara, were statistically highly significant ( $p < 0.001$ ) except Angamarda, Alasya, Apaka, Bahumutrata, and Nidra Viparya, which were significant with  $p < 0.05$ . Objective parameters observed that the improvement of the mean values of the Rh factor was highly significant ( $p < 0.001$ ). However, ESR, CRP, and Hb count were not significant ( $p > 0.05$ ). In the overall improvement of both Groups A and B, it was observed that the majority of the subjective parameters were markedly improved following the intervention of *Rasnadi Saptakaya* along with *Murungadi Lepa*. The combination of *Kwatha* and *Murungadi Lepa* demonstrated promising results and may be integrated into the *Amavata* management protocol for better patient outcomes.

**Keywords:** *Amavata, Murungadi Lepa, Rheumatoid Arthritis, Rasna Panchaka Kwatha, Rasna Saptaka Kwatha*