

## **ROLE OF SUNTHI GUGGULU AND GODANTI BHASMA IN THE TREATMENT OF AMAVATA (RHEUMATOID ARTHRITIS)**

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### **ABSTRACT**

*In this series of clinical studies 78 patients of Amavata (Rheumatoid arthritis) were selected on the basis of clinical and biochemical findings. Combination of Sunthi, Guggulu and Godanti 2gms. (in the ratio of 1:2:1) thrice a day orally with fresh water were given to the patients for 6 weeks, at R.R.I. (Ay), Itanagar, Arunachal Pradesh. (Under control of CCRAS New Delhi) The observations on demographic profile, clinical profile and biochemical profile of Amavata patients were taken for trial. Comparison between before and after treatment of these patients (N=78) were showed that drug Sunthi Guggulu and Godanti plays an effective role in relieving symptoms as well as normalizing of altered biochemical changes. Maximum laboratory changes were highly significant ( $P < 0.001$ ). Out of 78 patients of Amavata (Rheumatoid-arthritis) 48 cases completed their treatment in which 47.92 per cent showed good response (cured), 35.42 per cent fair response (improved), 12.50 per cent poor response (mild improved) and 04.16 per cent gave no response while, 38.46 per cent were LAMA /dropped out from the studies. The mode of action of drugs is under consideration and no any toxic effect was observed during the clinical studies. Thus, a combination of Sunthi, Guggulu and Godanti found effective in the management of Amavata (Rheumatoid arthritis).*

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