

## ***Clinical Evaluation of Pippali Vardhamana Ksheerapaka And Sameerpannaga Rasa in Amavata.***

**Om Prakash\*, UR Sekhar Namburi\* and G Babu\*\***

### **Abstract**

*Amavata (Rheumatoid arthritis) is a chronic, systemic autoimmune disorder associated with inflammation and tissue damage in joints and tendon sheaths. In Ayurvedic context, Aama (toxic unwholesome product) and vitiated Vata are the important predisposing factors. Pippali Vardhamana Ksheerapaka is a well known Rasayana and Aampachana drug while Sameerpannaga Rasa is Vatahar. The present study was carried out at Central Research Institute (Ay), Gwalior; on 60 patients during the period of 2002-07 years to scientific validate the effects of these drugs in clinical conditions of Amavata. Both the Pippali Vardhamana Ksheerapaka and Sameerpannaga Rasa exhibited significant amelioration of the clinical symptoms of Amavata and improved the physical well-being of the patients. Thus, the investigations conclude that Pippali Vardhamana Ksheerapaka and Sameerpannaga Rasa have clinical efficacy in the treatment of Amavata. Based on statistical analysis, highly significant ( $P < 0.0001$ ) relief was observed on overall parameters.*

---

\* Research Officer (Ay), Central Research Institute (Ay), Aamkho, Gwalior – 474 009, Madhya Pradesh, India

\*\* Assistant Director (Ay), In-charge, Central Research Institute (Ay), Aamkho, Gwalior – 474 009, Madhya Pradesh, India