

Demographic Profiles of *Amavata* with special reference to Rheumatoid Arthritis (RA)

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Amavata, one of the commonest crippling disorders caused by the impairment of Agni (digestive power) has close resemblance with Rheumatoid Arthritis (RA). Its prevalence is becoming high due to the indulgence of unhealthy diet and regimen. The aim of this study was to evaluate the demographic profiles of the patients of Amavata (RA). 40 patients of the age group 16- 60 years were selected, based on the classical signs and symptoms of Amavata, and the criteria lay down by the American Rheumatism Association, from outdoor patients department (OPD) and indoor patients department (IPD) of Ayurveda Teaching Hospital Borella, Sri Lanka. The generated data was analyzed by using statistical analytical program SPSS. The majority of patients (50.0%) were between 34 to 42 years of age group; followed by 20.0% in the age group of 43 to 51 years. 80.0% of the patients were female. Most of the patients (55.0%) in the present study were from urban areas. 65.0% of the patients had a family history of Amavata. 50.0% of patients in this study were seropositive. 72.5% of patients had a sedentary lifestyle and 70.0% of patients had mixed dietary patterns. Majority of the patients (62.5%) were of Vata Kaphaja Prakruti. Vata Kaphaja Prakruti persons are vulnerable to have Mandagni (low digestive power). Sedentary lifestyle leads to Kaphaja Roga. Predominance of Kapha Dosha may lead to Mandagni and further formation of Ama. As per this study it is concluded that Amavata is predominant among females of middle age. Observations of this study were in accordance with the textual references of the prevalence, distribution, family history and presence of Rheumatoid factor of Rheumatoid Arthritis. These findings could be used when preventing and managing Amavata (Rheumatoid Arthritis).

Keywords: Amavata, Rheumatoid Arthritis, Lifestyle, Demographic Profiles, Prevalence