

3. ĀMAVĀTA (RHEUMATISM)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śuṅṭhī Cūrṇa (Zingiber officinale)	Cūrṇa	3 gm BD	Kānji	B. R. Āmavāta Cikitsā
2.	Rāsnā kwātha (Pluchea lanceolata)	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā

B. Compound formulations

Sl. No.	Name of the formulation	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Siṃhanāda Guggulu	Vaṭī	500 mg BD	Hot water	B. R. Āmavāta Cikitsā

2.	Vaiśwānara Cūrṇa	Cūrṇa	3 gm BD	Hot water	B. R. Āmavāta Cikitsā
3.	Rāsnā saptaka Kwātha	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā
4.	Mahārasnādi Kwātha	Kwātha	30 ml BD	Water	S.S.Ma. K. 2/90- 96
5.	Āmavātāri Rasa	Vaṭī	250 mg BD	Water	B. R. Āmavāta Cikitsā
6.	Yogarāja Guggulu	Vaṭī	500 mg BD	Hot Water	B.R. Āmavāta Cikitsā,
7.	Citrakādi Vaṭī	Vaṭī	500 mg BD	Hot Water	S.Si. 15/ 97

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, red variety of śāli rice,	

Pulses	Kulathī	Black gram (uḍada)
Fruits & vegetables	Drum stick ((śigru), paravala, bitter gourd (kāravellaka)	-
Others	Dry ginger (śuṅṭhī), ginger (ārdra), ajavāyana, fennel, black pepper, rock salt, hiṅgu, garlic, cumin, butter milk, Luke warm water, castor oil	Curd, fish, jaggery, milk, incompatible food, excessively heavy food (gariṣṭha bhojana)
Life style	Sudation, lightening, walking, light exercise, woolen cloths	Suppression of natural urges, night awakening, Tension (cintā), Sadness (śoka), Cloudy weather (megha ācchādita ākāśa), Eastern wind (pūrvī vāyu)

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.