

## Effect of valuka swedanam in amavata

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**A**mavata is a disease in which improperly metabolized intermediate by products known as Ama become the core cause of the disease. i.e. cause of inflammation and degenerative processes and the Ama is traversed and get deposited in different parts of the body by the vitiated Vata. Application of heat & there by inducing perspiration by using heated pack of sand Is known as valukasweda. The procedure somewhat simulates sashtika shali pinda sweda. Here in valuka sweda body part is subjected to sudation procdure without proper application of Oil and is the unique feature of this treatment. For the same reason in diseased conditions like Amavata where sneha is contraindicated swedana is done by this procedure. This ruksha sweda helps in rectification of the imbalance of *kaphadosha* as well as alleviation of *amadosha*. The unique therapeutic effect of this procedure is *kaphahara* (beneficial in the treatment of Kaphadosha) and *shothasthulahara* (alleviates the pain & swelling). Its effects to *ama nasaka* in disorders due to *amadosha* and in *medho dushti* it acts as a medhohara.

## Biography

Kumbha Gopi Krishna studying as a PG Scholar in the dept. of Kaya Chikitsa 1<sup>st</sup> Year at DR.B R K R Govt.AYU. College Hyderabad. The prevalence of amavata is 1-2% in population, females out number males almost 3:1. Rheumatoid Arthritis seen throughout the world and affects all races. This presentation will bring awareness about the ayurvedic treatments like Rukshaswedana into the population.

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