

Diagnostic criteria for assessment of ama and amavata

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The term ama refers to raw, unripe, unprocessed or improperly digested condition of food substances. Mandagni is the root cause of all diseases and is a causative factor for the production of ama. Ama is described by all acharyas but the greatest clinical detail for this entity ama has been described for the first time by Acharya Vagbhata. Ama may be produced due to exogenous and endogenous sources, becomes unwholesome to the body and can be termed as an antigen which is very much capable for inducing immunological reaction in various arthritis such as amavata. Amavata is a disease of small as well as large joints of body as described in Ayurveda. Amavata is thought as a syndrome in which there are many symptoms which are similar to many joint disorders such as SLE, reactive arthritis and rheumatoid arthritis. This paper highlights the diagnostic criteria of ama and amavata in elaborate manner.

Aims and Objectives: Clinical justification for the different types of ama and amavata in parlance to musculoskeletal diseases

1. Apathy ahara (Unwholesome food) is causing diseases in all individuals by developing ama
2. Clinical assessment of ama
3. Correlation of clinical features of amavata with musculoskeletal diseases

Materials and Methods: Clinical assessment criteria for different types of ama and amavata will be compiled from various Samhitas, text books and recent articles on the subject

Conclusion: Autoimmunity is characterized by a specific humoral or cell-mediated immune response against the constituents of the body's own tissues (autoantigens) which allows an immune response against its own cells and tissues. This type of aberrant immune response is termed an autoimmune disease. This concept may be correlated to ama described in Ayurveda. Syndrome mentioned in Ayurveda as a result of ama manifestation is termed as amavata. Biggest strength of Ayurveda is clinical diagnosis and accordingly vivid description of clinical symptomatology used for the diagnosis of various ailments available in various Samhitas, text books and articles published in various journals. Compilation of all data from all these available sources criteria will be designed and it will be presented in seminar.

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