

A Literature Review on *Aamavata*

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Abstract: *Ayurveda* is the science of life, which described various principles for the prevention and treatment of the diseases¹. *Aamavata* is the one of the most important disease in *Ayurveda*. In this disease there is vitiation of *Aama* and *Vatadosha* which leads to pathogenesis in body. It can be correlated with Rheumatoid arthritis in modern science. It is the most common persistent inflammatory Arthritis, in this bilateral-symmetrical joints are affected. Mortality of the Rheumatoid arthritis increased due to increased risk of cardiovascular disease. In *Ayurveda*, Rheumatoid arthritis can be correlated with *Aamavata*. According to *Ayurveda* for the balanced digestion of food there is a requirement of the normal digestive heat (*Agni*) and many of the diseases occurs due to abnormal digestive system functions. When the *Doshas* & *Dushyas*, are vitiated due to their own causes, get combined with *Aama* termed as *Sama* state of that *Doshal* *Dushya*. *Aamadosha* is responsible for the development of the various diseases in the body.

Keywords: *Aamavata*, *Ayurveda*, Rheumatoid arthritis