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## A Case Report on the Management of Gambheera Vatasonita With Ayapatra Guluchi Rasayana

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### ABSTRACT:

Rheumatoid arthritis is the most common inflammatory arthritis and is one of the most common causes of disability worldwide . .Rheumatoid arthritis has a detrimental effect on almost all areas of life including everyday tasks ,personal and social relationships and even moods and emotions .Anemia is an associated feature in rheumatoid arthritis . Vatasonita described in Ayurvedic classics is similar to rheumatoid arthritis in its presentation . With proper Ayurvedic management of vatasonita , there can be significant improvement in the quality of life of the patient and correction of the associated anemia .In the present paper , a case of vatasonita was successfully managed with selected Ayurveda protocol along with *ayapatraguluchi rasayana* . The patient was assessed before and after management with objective and subjective criteria.

**Keywords:** Vatasonita , Ayapatra guluchi ,Rheumatoid arthritis

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