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A CASE STUDY - AYURVEDIC MANAGEMENT OF SANDHIVAT (KNEE OSTEOARTHRITIS)

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Abstract:

Janu Sandhigata Vata (Osteoarthritis of knee) is one of the most common diseases found in old age. The symptoms of janugat vat are sandhi shoola, stabdhata (Stiffness), crepitus and shotha. In Ayurveda janu basti by different taila, local snehan and swedana and internal medicine are recommended for knee osteoarthritis. In the present case study, a diagnosed case of knee osteoarthritis has been included for its ayurvedic management. Chief complains were sandhi shoola, sotha, stiffness and audible crepitus from last 2 year. Externally janubasti and local snehan and swedana was given for 15 days during this procedure ayurvedic medicine also given. Different subjective parameters have been assessed before and after the treatment schedule. There is a complete relief in the parameters like sandhi sotha. Sandhi shoola, stiffness and audible crepitus shows significant improvement.

Keywords: knee osteoarthritis, janubasti, Snehana, swedana

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Introduction

Knee osteoarthritis is the most prevalent and leading cause of pain and disability in most countries. It affects women more than men.[1] It is chronic musculoskeletal disorders characterized by gradual loss of cartilage in joints and creating stiffness, pain and impaired movement. It is classified into two groups primary and secondary. In Primary osteoarthritis there is chronic degeneration of bone and related to aging. While secondary arthritis usually affects the joint earlier due to obesity, diabetes, heavy works. According to World Health Organization 9.6% of men and 18% of women aged over 60 years has symptomatic osteoarthritis worldwide, 80% of those with osteoarthritis have limitations in movement and 25% cannot be perform their major daily activities for life. In Ayurveda it is correlated with *sandhigat vata*. It is types of *vata vyadhi*. Excessive intake of *ruksha aahar*, *vegavadharan*, *ativyayam*, excessive walking etc are the causative factor for the *vata roga*. *Vatapurna drutisparsha*, *sandhishoola*, *sandhi sotha* and difficulty in movements of joints are the symptoms of *sandhigat vata lakshana*. [2] Treatment for sandhigat vat is snehan, swedan, lepa and upanaha. The main aim of this treatment is to pacify the vata dosha. Snehana with swedana over the affected part is also advised in the treatment of *vatavyadhi* which alleviates pain, stiffness and improves flexibility. [3]

Case report

A 65-year-old male patient came to my OPD at Khamgaon, with the complaints of severe pain and swelling in both knee joint and

difficulty in walking in the last 2 years. The patient was advised to get knee replacement by orthopaedic surgeon. He was taking allopathic treatment particularly pain killers but did not get significant relief.

Family history: Not significant.

Past history: No relevant past history

Examination

On examination of patient extension and flexion movement of both knee are restricted, audible crepitus heard in both knee joint, severe pain and swelling in both knee joint. On X ray of the both knee joint revealed reduction of joint space and osteophytes are developed in both knee joint. Blood pressure Was 130/90 mm of hg, pulse -74. Patient was advised to CBC and ESR which was normal. Because of the clinical features and radiological findings, the diagnosis of knee Osteoarthritis was established.

Treatment Protocol:

Janu basti - Janu Basti was done in the morning for consecutive 15 days. The patient was made to lie on the table. A plastic circular ring was kept on both knees joint the gap was filled with wheat flour. The Bala Aswagandhadi oil [4] which was pre warmed was poured in the plastic Janu yantra on both knee joint. The temperature was maintained uniform throughout the procedure. This process was carried out for 30 minutes. After that local snehana done by the same bala Aswagandhadi oil for 10 min, after that nadi swedan with nirgundi patra was given on both knee joint for 10 min.

Internal medicine - Patient was advised Tab Muxnee (Ujwal pharma) 500 mg twice a day with warm water for the period of 30 days.

OBSERVATION AND RESULT

For this study following assessment parameters are considered. *Vatapurnadritisparsha* (joint crepitations), *Shotha* (joint swelling), *Sandhi shoola* (joint pain) and *Prasaranakkunchanapravriti savedana* (pain during flexion and extension of joint)

Grading of parameter: [5]

1) *Vatapurnadritisparsha* (joint crepitations)-

Grade 0 – No crepitus

Grade 1 – Palpable crepitus

Grade 2- Audible crepitus

Grade 3- Always audible crepitus

2) *Sandhi Shotha* (joint swelling) –

Grade 0 – No swelling

Grade 1 – Mild swelling

Grade 2- Moderate swelling

Grade 3- Severe swelling

3) *Sandhi Shoola* (joint pain) –

Grade 0 – No pain

Grade 1 – Mild pain

Grade 2- Moderate pain

Grade 3- Severe pain

4) *Prasaranakkunchanaana pravriti savedana* (pain during flexion and extension of joint)

Grade 0 – No pain

Grade 1- Pain without winching of face

Grade 2- Pain with winching of face

Grade 3- Prevent complete flexion

Table 1: Assessment on before treatment and on 15th and 30th day

Sr.no	Subjective parameter	Before treatment	On 15 th Day	On 30 th day
1	<i>Vatapura dritisparsha</i> (joint crepitations)	3	2	1
2	<i>Shotha</i> (joint swelling)	3	1	0
3	<i>Sandhi shoola</i> (joint pain)	3	2	1
4	<i>Prasaran akkunchana pravriti savedana</i>	2	1	1

After treatment with *Janu basti* for 15 days, above mentioned medicines continued for next 15 days.

Discussion :

From the above subjective parameter showed that all the symptoms are reduced after one month. Patient got significant relief in all symptoms. Tablet Muxnee is proprietary medicine by Ujwal pharma Akaola. It is specially indicated for joint pain and stiffness. It contains Mahayaograj Guggula, Nirgundi Patra, Rasna, Punarnawa Mula and Ashwagandha. Mahayograj guguula[6] is indicated in vatvyadhi. The main content is

guggula which is *vatahara*[7]. *Nirgundi patra* is *shoolahara*, *sothshara* and *vatanashak*[8]. *Rasna* is best *vatahara* drug. Due to *ushna veerya* it pacify *vata dosha*. *Punarnava* is *usna*, *sothanashak*, and *vatanashak*.[9] *Eranad taila* is given for *aamapacha* and mild laxation. It is *madhura vipakai*, *usna verrya* and *vatanashak*. [10] It is the best *vatahara* drug. *Janu basti* was given to pacify the *Vata-dosha*, it strengthens the muscles, ligaments, and tendon of knee joints. It also provides

nourishment to bilateral knee joints. [11] Bala ashwagandhadi tail[12] was used for Janu basti. Bala and aswagandha are balya and Bruhana in nature and also they pacify the Vatadosha[13].

With *Snehana* and *Swedana*, *Vakra* and *stambdha* body parts can be *namayita* (bended softly). *Snehana* and *swedana* increases the *agni bala* and strength of the body and nourish the *dhatu*. [14] *Nirgundi* is used for the *nadi swedana*. *Nirgundi* leaves possess anti-inflammatory and analgesic activities. The *Snigdha* and *Ushna* *Gunas* of *Snehana* *Swedana* are against the *Ruksha* and *Sheeta* *gunas* of *Vata*.

Conclusion

Knee osteoarthritis is very common condition found in old age. But due to lack of exercise, lifestyle disorders, excessive consumption of spicy food now middle-aged people also suffered from this problem. From the above study it is concluded that Janu basti is effective in knee osteoarthritis. Local *snehan* and *swedana* also decreases the symptoms of that disease. Delaying of surgical knee replacement by few years by external *Ayurvedic* treatments is considered as great relief by the patients. During this study no known side effect was observed thus it indicated non toxicity study of drugs.

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