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# Ayurvedic management of *Janusandhigata Vata* - A Case Report

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## ABSTRACT

Osteoarthritis of knee is one of the major musculoskeletal abnormality found now a days. Osteoarthritis (OA) is the most common joint disorder all over the world. Symptomatic knee OA occurs in 10% men and 13% in women aged 60 years or older. The number of people affected with symptomatic OA is likely to increase due to the aging of the population and the obesity epidemic. In Ayurveda, osteoarthritis is correlated with *Sandhigata Vata*. Large number of studies have been conducted for the Ayurvedic treatment of *Sandhigata Vata*. So with help of this paper, efforts were taken for the successful Ayurvedic management of *Jaanu Sandhigata Vata*.

**Key words:** Osteoarthritis, *Sandhigata Vata*, Ayurvedic Management.

## INTRODUCTION

Osteoarthritis is a chronic, degenerative disorder of unknown cause characterised by gradual loss of articular cartilage. Osteoarthritis also known as degenerative arthritis, degenerative joint disease, or osteoarthrosis, is a type of joint disease that results from breakdown of joint cartilage and underlying bone. The most common symptoms are joint pain and stiffness. Initially this usually just occurs after exercise but over time may become constant. It is the most prevalent disease in our society, with a world wide distribution. It ranks fourth in health impact in women and eighth in men in the world. Osteoarthritis of knee is the common musculoskeletal problem commonly

found by the age of 60 years. This condition generally affects major joints. Knee is weight-bearing joint.

Generally pathological changes occurs after the age of 40 years in almost all people. Symptoms of osteoarthritis are commonly seen in 30% females and 18% males. It influences daily work by inducing limitations due to pain while carrying out routine activities such as bending, lifting objects and walking.<sup>[1]</sup>

Osteoarthritis can be correlated with *Sandhigata Vata* in Ayurveda. Acharya Charaka has explained this disease under *Vataja Nanatmaja Vyadhi*. He had explained this condition with symptoms such as pain while walking, inflammation and crepitus present in joint.<sup>[2]</sup> Acharya Sushruta has added peculiar symptoms like degenerative changes in joints as the symptoms of *Sandhigata Vata*.<sup>[3]</sup> other treatment pathy has its own limitation in managing osteoarthritis. The pharmacological management of osteoarthritis includes the administration of pain killers and Non Steroidal Anti-Inflammatory Drugs (NSAIDs). But this line of treatment is not adequate for pain relief nor deceleration in disease process. And non steroid anti inflammatory medicines causes many side effects.<sup>[4]</sup> Hence here is a great need to find effective management in *Sandhigata Vata*. Such type

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of rheumatological condition can be better treated with application of various *Shodana (Panchakarma)* and *Shamana Chikitsa* (oral medicine) in Ayurveda. The line of treatment in the study is based on the *Chikitsa Sootra* (recommendation) from classical books of *Sandhigata Vata* (osteoarthritis). A Ayurvedic therapy in treating a disease is being used in Dr. Deepak Patil Ayurved Medical College and Hospital, Panhala, Kolhapur. Hospital is providing good relief to the patients with *Sandhigata Vata*. In this case study, a female patient with *Sandhigata Vata* was prescribed for different local and systemic therapy along with palliative (*Shamana*) treatment. This resulted in recovery in symptoms.

## CASE REPORT

A 52 years old female patient came in Dr. Deepak Patil Ayurvedic Medical college and Hospital, OPD with complaints of right knee pain. It was associated with stiffness and swelling. MRI was done. He was not having any history of major medical and surgical illness. Patient was taking allopathic treatment for the osteoarthritis but did not get much relief. So patient approached for Ayurved treatment.

## MATERIALS AND METHODS

### Assessment Criteria

#### Subjective Criteria

##### Shool

No Shool	0
Mild Shool	1
Moderate Shool	2
Severe Shool	3

##### Shoph

No Shoph	0
Mild Shoph	1
Moderate Shoph	2

Severe Shoph	3
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##### Stambha

No Stambha	0
Mild Stambha	1
Moderate Stambha	2
Severe Stambha	3

##### Creptus

No Creptus	0
Mild Creptus	1
Moderate Creptus	2
Severe Creptus	3

Treatment given: *Pachana Chikitsa* followed by *Shamana* and *Shodhana Chikitsa*.

##### Deepana Chikitsa

Having *Deepana* property of *Hingwashtaka Churna*, it causes the overall absorption of medicine used for *Shamana* therapy. 3gm *Hingwashtaka Churna* was advised twice a day before meals.<sup>[5]</sup>

##### Pachana Chikitsa

**Maharasnadi Kwatha:** *Maharasnadi Kwatha* is a polyherbal formulation that has the potential for providing relief in arthritic condition. This formulation is very useful for the purpose of reduction of pain, inflammation and antipyretic activity. 50ml *Maharasnadi Kwatha* was advised on empty stomach on morning time.<sup>[6]</sup>

**Lepa:** *Shigru* and *Varuna*, were used in the *Lepa*. This *Lepa* have anti-inflammatory and analgesic property; hence, remarkable reduction was observed in pain and inflammation due to its application.<sup>[7]</sup>

10gms luke warm *lepa* was applied over anterior side of right knee. It was kept for a hour and was removed.

**Yogaraja Guggulu:** In this patient, there was a moderate pain over the knee joint; hence, *Yogaraja Guggulu* was prescribed to reduce the pains due to its anti-arthritis property. 2 tablets of *Yogaraja Guggulu* were given twice daily with lukewarm water.<sup>[8]</sup>

**Abhyanga (massage) with Mahanarayana Taila:** *Abhyanga* appease vitiated *Vata*, which is responsible for the degeneration of *Sapta Dhatus* and for the manifestation of *Sandhigata Vata*. *Abhyanga* causes vasodilatation, absorption of drugs, and increases effect of *Snehana* (oleation).

Oil is the best *Shamana* drug for *Vata* and many of the drugs of *Narayana Taila* possess *Datuposhana* (nourishing) properties. In this case, owing to local *Abhyanga* (oleation), there was reduction in pain, stiffness, and improvement in knee joint movement. *Mahanarayana Taila* acts on *Vatadosha* or *Asthigata* and *Sandhigata* due to its analgesic and anti-inflammatory action. 10ml of warm *Mahanarayana Taila* was advised for massage of right knee.<sup>[10]</sup>

**Nadi Sweda:** After *Nadi Sweda*, reduction in stiffness and pain was observed as it relaxes muscles and provides better relief in osteoarthritis (*Sandhigata Vata*). *Nadi Sweda* was advised for 10 minutes.

#### Yoga Basti

Day 1 :- *Matra Basti* of 40 ml *Narayana Taila* (immediately after supper)

Day 2 :- *Matra Basti* of 40 ml *Narayana Taila* (immediately after supper)

Day 3 :- *Niruha Basti* of *Dashamula Kvatha* (decoction of *Dashamula*) 500 ml following *Abhyanga* and *Svedana*)

Day 4 :- *Matra Basti* of 40 ml *Narayana Taila* (immediately after supper)

Day 5 :- *Niruhbasti* of *Dashamula Kvatha* (decoction of *Dashamula*) 500 ml following *Abhyanga* and *Svedana*)

Day 6 :- *Matra Basti* of 40 ml *Narayana Taila* (immediately after supper)

Day 7 :- *Matra Basti* of 40 ml *Narayana Taila* (immediately after supper)

This *Yoga Basti Krama* was advised for seven days. It was started after a week of *Dipana-Pachana Chikitsa*.<sup>[11]</sup>

With above mentioned line of treatment patient got satisfactory relief from the symptoms of right knee osteoarthritis. Treatment was given for 3 months. It can be well appreciated on Table 2.

**Table 2: Showing results before and after treatment.**

Shoola		Shopha		Stambha		Creitus	
BT	AT	BT	AT	BT	AT	BT	AT
3	1	2	0	3	0	2	0
BT - Before Treatment, AT - After Treatment							

#### DISCUSSION

In above case study patient got excellent relief from symptoms of right knee osteoarthritis. Different types of treatment like *Deepan*, *Pachana*, *Abhyang*, *Swedan*, *Dhara*, *Lepam*, *Bandh*, *Agnikarm*, *Raktamokshna*, are mentioned in Ayurveda. Ayurveda has *Panchakarma Chikitsa* as its specialty. In this case study *Yogaraja Guggulu* showed good results along with *Deepana-Pachana*. In *Sandhigata Vata Chikitsa* according to Acharya, *Shodhana Chikitsa* should be given to the patient. *Basti Chikitsa* is indicated for vitiated *Vata Dosha*. In this case patient was having symptoms of *Vata* vitiation. *Basti Chikitsa* helps to remove vitiated *Vaat Dosha* from body. *Shaman Yoga* was given as a combination of *Yogaraja Guggulu* 500mg bid and *Maharasnadi Kwatha* 20ml along with local application of *Mahanarayana Taila*. Main content of *Kaishora Guggulu* is *Guggulu*, *Triphala*, *Trikatu*. This *Kalpa* is useful for vitiated *Vata Dosha* & *Rakta Dushti*. *Guggulu* is very useful medicine for vitiated *Vata Kapha Rakta*. And other content like *Chavya*, *Chitrak*, *Dhanyaka*, *Pippali Moola*, *Tamala Patra*, *Danti* are very good medicine for *Aampachana*. Adopted treatment protocol mainly comprised *Aampachaka*, *Vedanasthapaka* (pain killer), *Shothahara* (anti-inflammatory), and was *Vatadosha Shamana* (pacification of *Vata*) in nature. This line of treatment

helped to strengthen various musculatures and various structures in knee region. By taking into consideration all factors, which were involved in the pathogenesis of *Sandhigata Vata* in this patient, treatment principles for *Vatavyadhi Chikitsa* (treatment of *Vata* diseases) was applied here.

### CONCLUSION

In this case study marked improvement was seen in patient of knee osteoarthritis (*Janusandhigata Vata*). The treatment so planned was helpful in *Aamapachana*, removal of vitiated *Doshas* from body and bringing *Samyavastha* (balanced condition) of *Doshas*. It also improved routine movements of patient and hence the treatment was effective to relieve the symptoms.

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