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Effect of *Navaprasrutika Basti* in *Janu Sandhigatavata* w.s.r. to Osteoarthritis of Knee Joint with and without *Janubasti*

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ABSTRACT

In the *Samprapti* of *Janu Sandhigata Vata*, *Janu Sandhi* is afflicted by *Prakupita Vata*. *Sandhi* is one among the *Marmas* and comes under *Madhyama Roga Marga*. Thus, involvement of *Madhyama Roga Marga*, *Marma*, *Vatadosha* and *Dhatukshaya* make the disease *Kashtasadhya* or *Krucchasadhya*. In this present study, *Basti* was selected as it is mentioned best for the disease involving *Marma* and pacifies *Vata Dosha*. Here *Janu Basti* was one of the modalities of treatment adopted with *Sahcharadi Tail* as it has *Vatakaphahara*, *Shoolaghna*, *Shothahara* and *Navaprasrutika Basti* was selected as it has *Vatahara* and *Snehaneya* properties and *Murchita Tila Tail* for *Anuvasana Basti* as it is indicated in *Sandhi-Asthi- Majja Gata Vata*.

Key words: *Janusandhigatavata*, *Navaprasrutika Basti*.

INTRODUCTION

In *Vriddhavastha*, all *Dhatus* undergo *Kshaya*, thus leading to *Vata Prakopa*. This makes the individual prone to many diseases, among which *Sandhivata* stands at the top of the list. When this deranged *Vata* lodges in *Sandhi*, it is characterized by *Sandhi Shoola*,

Sandhi Shotha, *Prasarana Akunchana Vedana* and *Sandhi Atopa* manifests in *Janusandhi*, which is one among the most important weight bearing joints in body. It is also considered as a *Marma*. In the present study, the procedure employed to treat *Sandhigata Vata* is *Basti*. Though there are many formulations available for *Basti Karma*, *Navaprasrutika* as *Niruha Basti* and *Murchita Tila Taila* for *Anuvasana Basti* has been taken up for the study, by considering the properties of its ingredients which brings about *Shoolahara*, *Stambhahara*, *Shothahara* and *Vatakaphahara* effect.

Navaprasrutika Basti it is mentioned under *Prasrutika Yogiyaam Siddhi Adhayaya* in *Charaka Samhita* and is indicated for *Sukumara* and *Karma Vilupta* persons as these *Basti* is considered to be *Mrudu* in nature and having *Snehaniya* property. Drugs used in *Navaprasrutika Basti* mainly have *Brihat Panchamoola Kashaya* which is *Vatakaphahara* properties, *Sneha*

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part contains both *Taila* and *Ghrita* that have *Vatahara* action.

MATERIALS AND METHODS

Diagnostic criteria

- *Lakshanas* of *Sandhigata Vata*.
- Signs & Symptoms of Knee Osteoarthritis.
- Radiological findings of Osteoarthritis of Knee joint.

Inclusion criteria

- Patients of either sex between age group of 40 – 70 years
- The patients with signs & symptoms of *Sandhigatavata* and Osteoarthritis.
- Patients fit for *Abhyanga* and *Swedana Karma*.
- Patients fit for *Basti Karma*.

Exclusive criteria

- Other systemic diseases which interfere with the course of treatment.
- Patients who are not fit for *Abhyanga*, *Basti Karma* and *Swedana Karma*.

Study design

- A comparative clinical study with pre-test and post-test design was conducted on 40 patients with *Lakshanas* of *Janusandhigata Vata* w.s.r. to Osteoarthritis of Knee Joint.

Intervention

40 *Janusandhigata Vata* patients diagnosed were selected and assigned randomly into two groups, as Group - A and Group - B.

Group - A: *Yoga Basti* schedule with *Janubasti*.

Group - B: *Yoga Basti* schedule.

Materials required

Masha Pishti, metal ring, *Sahacharadi Tail*, spoon, bowl, vessel, water, gas stove and table.

Method of preparation of *Janu Basti*

a) *Basti Yantra Dharana*

First, *Masha Pishti* is prepared by adding sufficient quantity of water to the flour of Black gram. Then, with the use of metal ring and *Masha Pishti* a pit of about 2 *Angula Height* is constructed over the *Janusandhi*. The concavity of pit (*Basti Yantra*) should be well sealed to prevent the leakage of the medicine retained in the cavity.

b) *Aushadhi Dharana*

The bowl containing *Sahacharadi Tail* is heated indirectly by keeping over hot water. Then, the gently heated lukewarm *Tail* is poured slowly and carefully on the *Janu-Sandhi* along the side of *Basti-Yantra*. The temperature of *Sahacharadi Tail* should be sufficient enough to be tolerated by the patient. The level of the medicine should be 2 *Angula* above the highest point inside the cavity.

c) Maintenance of constant temperature of medicine

The *Sahacharadi Tail* in the pit is replaced with heated *Tail* for every 5 minutes so that a constant temperature is maintained throughout the procedure.

d) Removal of *Sahacharadi Tail* and *Janu Basti Yantra*

Medicine is removed from the *Janu Basti-Yantra* and then the *Janu Basti-Yantra* is removed.

Group A

The patients of this group were administered *Janubasti* with *Sahacharadi Taila* followed by *Navaprasrutika Niruha Basti* and *Murchita Tila Taila* for *Anuvasana Basti* as per *Yoga Basti* pattern in 8 days schedule.

Treatment plan for Group A

Day	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Basti	J+A	J+N	J+A	J+N	J+A	J+N	J+A	J+A

Group B

The patients of this group were administered *Navaprasrutika Niruha Basti* and *Murchita Tila Taila*

for Anuvasana Basti as per Yoga Basti pattern in 8 days schedule.

Treatment plan for Group B

Day	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Basti	A	N	A	N	A	N	A	A

J - Janu Basti, N - Niruha Basti (Navaprasrutika Basti), A - Anuvasana Basti (Murchita Tila Tail)

Dravya	Rasa	Veerya	Vipaka	Doshahata	Karma
Madhu	Madhura Kashaya	Sheeta	Madhura	Tridosahara	Deepana, Shodana, Marganusar Sandhanakar ^[1]
Saindhava Lavana	Madhura Lavana	Sheeta	Madhura	Tridosahara	Deepana, Vrushya ^[2,3]
Bilwa	Madhura	Sheeta	Madhura	Tridosahara	Mutrala, Balya ^[4]
Agnimantha	Katu, Tikta, Kashaya	Ushna	Katu	Vatahara, Kaphahara	Shothahara ^[5,6]
Shyonaka	Kashaya, Tikta	Sheeta	Katu	Kapha Pittahara	Deepana, Vedansthapan ^[7]
Patala	Kashaya, Tikta	Anushana	Katu	Tridosahara	Vedanasthapan, Ruchya
Gambhari	Madhura	Sheeta	Madhura	Vatahara	Brihamana, Bhedana, Shramahara ^[8]

Assessment will be done on

- Group A: Pre-Test – 1st Day, Post-Test – 8th Day, follow up – 24th Day
- Group-B: Pre-test – 1st day, Post-test – 5th day, follow up – 15th day

Duration of study

- In Group- A - 24days
- In Group-B - 24days

Assessment criteria

- Assessment was done based on subjective and objective parameters as per the case proforma.

OBSERVATION

Sandhi Atopa

Showing the observations on Sandhi Atopa in affected Joints

Joint	Group A	Group B
Right	2	1
	10%	5%
Left	1	3
	5%	15%
Bilateral	17	16
	85%	80%

In **Group A**, 17(85%) patients had *Sandhi Atopa* in Bilateral knee Joint, 1 (5%) patient presented with complaint of *Sandhi Atopa* only in Left knee Joint and 2 (10%) patient presented with *Sandhi Atopa* only in Right knee Joint.

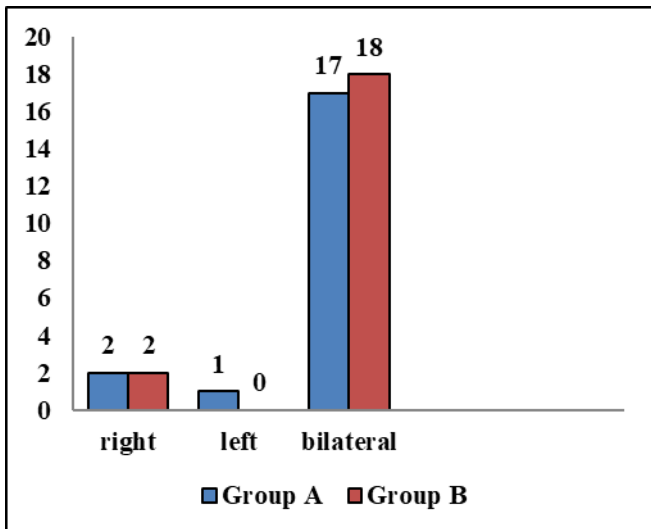
In **Group B**, 16 (80%) patients presented with complaint of *Sandhi Atopa* in Bilateral knee joint, 1 (5%) patient presented with complaint of *Sandhi Atopa*, in Right knee Joint and 3 (15%) patients presented with complaint of *Sandhi Atopa* only in Left knee Joint.

Prasarana Akunchana Pravrutti Sa Vedana

Showing the observations on Prasarana Akunchana Vedana in affected Joints

Joint	Group A	Group B
Right	2	2
	10%	10%
Left	1	0

	5%	00%
Bilateral	17	18
	85%	90%



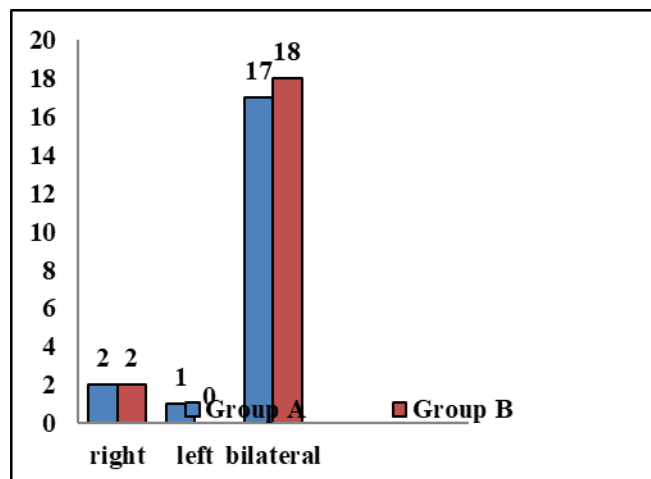
In **Group A**, 17 (85%) patients had *Prasarana Akunchana Pravrutti Sa Vedana* in Bilateral Joint, 2 (10%) patients had *Prasarana Akunchana Pravrutti Sa Vedana* in the Right Knee Joint and 1 (5%) patients had *Prasarana Akunchana Pravrutti Sa Vedana* only in the Left Knee Joint.

In **Group B**, 18 (90%) patients had *Prasarana Akunchana Pravrutti Sa Vedana* in Bilateral knee joint, and 2 (10%) patients had *Prasarana Akunchana Pravrutti Sa Vedana* only in Right knee Joint.

Sandhi Stambha

Showing the observations on Sandhi Stambha in affected Joints

Joint	Group A	Group B
Right	2	2
	10%	10%
Left	1	0
	5%	00%
Bilateral	17	18
	85%	90%



In **Group A**, 17 (85%) patients presented with complaint of *Sandhi Sthambha* in Bilateral joint, 2 (10%) patient presented with complaint of *Sandhi Sthambha* in Right Knee Joint and 1 (5%) patient presented with complaint of *Sandhi Sthambha* in Left Knee Joint.

In **Group B**, 18 (90%) patients presented with complaint of *Sandhi Sthambha* in Bilateral knee Joint, 2 (10%) patients presented with complaint of *Sandhi Sthambha* in Right Knee Joint.

Aggravating Factors and Relieving Factors

Showing the observations on Aggravating and Relieving Factors

Diurnal	Aggravating Factors			Relieving Factors		
	Group A	Group B	Total	Group A	Group B	Total
Morning	10	7	17	7	7	14
	50%	35%	42.5 %	35%	35%	35%
Noon	0	1	1	4	3	7
	0%	5%	2.5%	20%	15%	17.5 %
Evening	6	4	10	6	3	9
	30%	20%	25%	30%	15%	22.5 %
Night	4	5	9	3	2	5

	20%	25%	22.5 %	15%	10%	12.5 %
All Time / No Relief	0	4	4	0	5	5
	0%	20%	10%	0%	25%	12.5 %
Seasonal						
Sheeta	19	20	39	0	0	0
	95%	100%	97.5 %	0%	0%	0%
Varsha	1	0	1	0	0	0
	5%	0%	2.5%	0%	0%	0%
Ushna	0	0	0	20	20	40
	0%	0%	0%	100%	100%	100%
Variations depending on knee movement/ rest						
Knee movement	20	20	40	0	0	0
	100%	100%	100%	0%	0%	0%
Rest	0	0	0	20	20	40
	0%	0%	0%	100%	100%	100%

CONCLUSION

The present study is an open clinical study with pre-test and post- test design where in 40 patients of either sex diagnosed as *Sandhigata Vata* w.s.r. Osteoarthritis of knee joint were randomly assigned into two groups comprising of 20 patients in each. The overall observation in the present study revealed that the maximum of patients i.e., 35% were in the age group of 51-60 & 61-70%. Predominance of females (82.5%) Hindus (38%) and Housewives (55%) belonged to *Vatapitta Prakriti* (55%), *Madhyama Satwa* (70%) along with *Madhyama Sara* (85%) *Madhyama Samhanana* (85%) and *Madhyama Satmya* (100%) were found. The effect of treatment has shown statistically highly significant i.e., p value is <0.001, In following parameters i.e., *Sandhi Shotha*, *Prasarana Akunchana Vedana* and *Sandhi Stabdhata*, walking

time, WOMAC osteoarthritis index in group A. The effect of treatment has shown statistically significant i.e., p value is <0.005 on *Sandhi Shotha* parameter, in both group A and group B. The effect of the treatment has shown statistically insignificant i.e., value is >0.005 on *Sandhi Atopa* parameter, in both group A and group B. On statistical comparison, A group showed better results with p value in maximum parameters.

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