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Clinical Case Study on Osteoarthritis: Integrative Treatment and Functional Improvement

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ABSTRACT

Osteoarthritis (OA) is a prevalent degenerative joint disease characterized by the progressive breakdown of articular cartilage and changes in subchondral bone, leading to pain, stiffness, and reduced joint function. Its management involves a combination of pharmacological and non-pharmacological approaches aimed at alleviating symptoms and improving quality of life.^[1] *Sandhivata* is a term used in *Ayurveda* to describe a condition resembling osteoarthritis, characterized by joint pain, stiffness, and swelling. It is considered to be caused by an imbalance in the body's *Doshas* (humors), particularly *Vata Dosh*, leading to degeneration of the joints and surrounding tissues.^[2] Routine full-body massage (*Abhyanga*) using warm, therapeutic oils aids in nourishing the tissues, improving circulation, and balancing *Vata Dosh*. *Basti* is a vital therapy for managing *Vata*-related conditions.

Key words: *Sandhivata, Janu Basti, Abhyanga, Knee Pain.*

INTRODUCTION

Osteoarthritis (OA) is the most prevalent type of arthritis and a major contributor to disability worldwide. It is a degenerative joint condition characterized by the gradual erosion of cartilage within the joints, which results in pain, stiffness, and reduced joint function. Although OA primarily affects weight-bearing joints such as the knees, hips, and spine, it can also involve smaller joints like those in the hands.^[3]

The development of OA is driven by a complex interaction of mechanical stresses, biological processes,

and environmental influences. Key to the disease process is the deterioration of cartilage, which is accompanied by changes in the underlying bone, inflammation of the joint lining, and the formation of bone spurs.^[4]

Several risk factors are linked to the onset and progression of OA, including aging, obesity, previous joint injuries, and genetic predisposition.^[5] The impact of OA on a person's quality of life can be profound, leading to reduced mobility and independence, and affecting overall daily activities.^[6]

Effective management of OA involves a multifaceted approach aimed at relieving symptoms, enhancing joint function, and slowing the progression of the disease. Treatment strategies typically include medications such as analgesics and nonsteroidal anti-inflammatory drugs (NSAIDs), alongside non-drug interventions like physical therapy, lifestyle changes, and sometimes surgical options.^[7]

In *Ayurveda Janu Basti* is an advanced treatment specifically designed to address knee joint pathology. It involves applying warm, medicated oil to the knee within a protective ring made of dough. This therapy is

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especially beneficial for balancing *Vata dosha*, which is often associated with conditions such as osteoarthritis or degenerative issue. *Janu Basti* provides targeted relief by alleviating pain, reducing stiffness, and decreasing swelling. It also restores natural lubrication to the joint and enhances mobility.

CASE REPORT

A 59-year-old Female patient came to the IPD of Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal with

Demographic data

- Age: 59 years
- Sex: female
- Religion: Hindu
- Education: Matric
- Occupation: House wife
- Marital status: Married
- Socio-economic status: Lower Middle class

Presenting complaints with duration

SN	Complaints	Duration
1.	Pain in both knee joint, aggravating with knee bending climbing stairs and physical activity, relieved with rest	3 years
2.	Early morning stiffness \leq 20 min.	2-Year
3.	Pain in neck and lower back, shoulder joint MCP (metacarpophalangeal joint)	2- year

Examination

General examination

Pulse : 79bpm

B.P : 120/80 mm of Hg

Temp. : 98.4°F

R.R : 18/M

Pallor : absent

Icterus : absent

Cyanosis : absent

Odema : absent

Clubbing : absent

Lymph node : not palpable

Ashtasthana Pariksha

Nadi: Vataj, Kaphaj	Shabda: Spashtha
Mutra: Samyak Pravrutti	Sparsha: Anushnasheeta
Mala: Samyak Pravrutti	Drika: Samyaka
Jihva: Niram	Aakriti: Madhyam

Systemic Examination

Gait: Normal gait

Examination of Knee Joint

SN	Feature	Right Knee	Left Knee
1.	Crepitation	+++	+++
2.	Warmness	+	+
3.	Tenderness	++	++
4.	Odema	Absent	Absent
5.	Ant.Drawer Test	Absent	Absent
6.	Post.Drawer Test	Absent	Absent
7.	Pattellar Tap Test	Absent	Absent
8.	Flexion	60°	50°
9.	Heberden's Node	Present	Present
10.	Bauchard' Node	Absent	Absent

Heberden's Node



Examination of Spine**Inspection**

Cervical Spine: lordotic curvature seen

Dorsal Spine: No Kyphosis

Lumbar Spine: lordotic curvature seen

Palpation

Cervical Spine: Tenderness over C6, C7 vertebrae

Lumbar Spine: Tenderness over L4-L5, L5-S1 vertebrae

Investigation :- X Ray Both Knee Joint (AP/Lat View)**X Ray Cervical Spine (Lateral View)****X Ray Lumbar Spine (Lateral View)****Shaman Aushadh**

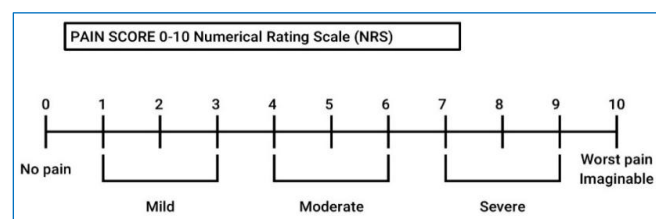
SN	Medicine	Dose	Duration	Anupana
1.	<i>Lakshadi Guggul</i>	250 mg bd	3 months	Leuk warm water
2.	<i>Yograj Guggul</i>	250 mg bd	3 months	Leuk warm water
3.	<i>Ashwagandha Churn</i> <i>Kaprdika Bhasama</i> <i>Mukta Sukti</i>	3 gm 250 mg 250 mg	3 months	With milk
4.	<i>Artilon</i>	One bd	3 months	Leuk warm water
5.	<i>Manyawin</i>	One bd	3 months	Leuk warm water
6.	<i>Boniheal</i>	One bd	3 months	With milk
7.	<i>Dashmul Katutray Kwath</i>	20 ml bd	2 months	Leuk warm water
8.	<i>Saralvirechan Churn</i>	10 gm hs	2 months	Leuk warm water

Panchkarma

SN	Procedure	Aushdha	Duration
1.	Sarawang Abhyanga Swedan	Kottamchukadi oil	15 Days
2.	Greeva Basti	Kottamchukadi oil	15 Days
3.	Janu Basti	Kottamchukadi oil	15 Days

Effect of therapy on symptoms of Osteoarthritis

SN	Symptoms	BT	AT
1.	Pain in both knee joint	9	1
2.	Early morning stiffness \leq 20 min.	7	0
3.	Pain in neck and lower back, shoulder joint MCP (metacarpophalangeal joint)	8	0

Numeric Pain Rating Scale (NPRS)**DISCUSSION****Discussion on Shaman Aushad****Lakshadi Guggul**

- **Anti-inflammatory:** The combination of herbs helps to reduce inflammation, making it beneficial for conditions like arthritis.
- **Pain Relief:** *Guggul* and turmeric have analgesic properties that can help alleviate joint pain.

Its formulation is designed to balance *Vata*, alleviate *Pitta*, and reduce *Kapha*.

Yograj Guggul

- **Joint Health:** Helps in managing joint pain, stiffness, and inflammation, particularly those related to *Vata* imbalances.
- **Muscle Health:** Supports muscle strength and function, making it beneficial for conditions like muscle weakness or stiffness.

- *Yograj Guggul* is highly effective in managing *Vata* imbalances. It helps to reduce dryness, stiffness, and pain by providing warming and lubricating effects.

Ashwagandha Churna

- Anti-anxiety and Stress Relief and It is known for its calming effects, which help in reducing symptoms of anxiety and stress.
- *Ashwagandha* is considered to balance all three *doshas* (*Vata*, *Pitta*, and *Kapha*).
- It is particularly useful for balancing *Vata* and *Pitta Doshas*.

Muktashukti

- *Muktashukti* is traditionally used to support bone health and strength. The calcium and other minerals in the pearl shell are thought to contribute to bone density and overall skeletal health.

Kapardika Bhasm

- **Calcium Source:** The calcium content in *Kapardika Bhasma* supports bone health and may help in conditions related to bone weakness and joint pain.
- **Calming Effect:** *Kapardika Bhasma* may have a calming effect on the nervous system, making it beneficial in managing stress and anxiety.

Artilon

- Artilon primarily used to support joint health and manage symptoms of arthritis, including pain, inflammation, and stiffness.

Manyawin

- Manyawin Tablet is an Ayurvedic formulation designed to support joint health and manage arthritis-related symptoms. It combines various herbs known for their anti-inflammatory, analgesic, and overall supportive properties.

Boniheal

- Boneheal is formulated to support bone density and strength, making it beneficial for managing osteoporosis and other bone-related conditions.

- Reduces joint pain and inflammation, improving mobility and comfort in conditions like arthritis.

Dashmul Katutray Kwath

- Reduction:** The formulation contains several anti-inflammatory herbs that help in reducing inflammation throughout the body, including in the digestive tract and joints.
- Cleansing:** Supports detoxification processes in the body, helping to eliminate toxins and improve overall health.

Saralvirechan Churn

- Purgative Effect:** Helps in the cleansing of the intestines by promoting bowel movements.
- Detoxification:** Assists in the removal of toxins from the digestive tract.

Discussion on Panchkarma

Sarvang Abhyanga Swedan

- Improved Circulation:** It enhances blood circulation, aiding in nutrient delivery and waste removal.
- Muscle and Joint Health:** Regular *Abhyanga* can relieve muscle tension, stiffness, and joint pain.
- Relief from Muscle and Joint Pain:** *Swedan* is beneficial in reducing stiffness, pain, and inflammation in muscles and joints. The heat helps to relax muscles and increase flexibility.

Greeva Basti

- Relieves Neck Pain:** *Greeva Basti* is highly effective in alleviating chronic neck pain, stiffness, and discomfort. The warm herbal oil or decoction penetrates deeply into the muscles and joints of the neck, providing relief from tension and stiffness.

Janu Basti

- Pain Relief:** *Janu Basti* is highly effective in alleviating knee pain, stiffness, and inflammation. The warm oil penetrates deep into the joint, providing lubrication and nourishment to the knee structures.

- Improves Flexibility:** Regular sessions of *Janu Basti* help to improve flexibility and range of motion in the knee joint. It reduces stiffness and enhances the elasticity of the muscles and ligaments around the knee.
- Nourishes the Joint:** The medicated oil used in *Janu Basti* nourishes and strengthens the knee joint tissues. It promotes regeneration of cartilage and improves the health of ligaments and tendons.

Kottamchukadi Oil

- Kottam (*Saussurea lappa*):** Anti-inflammatory and analgesic, beneficial for joint disorders.
- Chukku (*Zingiber officinale*):** Ginger, known for its warming and anti-inflammatory properties.
- Ajamoda (*Apium graveolens*):** Celery seed, helps in reducing pain and inflammation.
- Taila (Sesame oil):** Base oil, enhances absorption of herbal constituents and provides nourishment to tissues.

CONCLUSION

In the present case, the Ayurvedic diagnosis of (*Sandhivata*) is made for Osteoarthritis. This case study reveals that *Ayurvedic* treatments, such as *Shaman Aushadh* and *Panchakarma* procedure can effectively alleviate osteoarthritis as demonstrated by the notable improvement in the patient's symptoms. The significant decrease in knee joint pain and lower back and cervical pain, morning stiffness, along with the overall enhancement in the patient's quality of life, highlights the effectiveness of these remedies. These results suggest that Ayurvedic medicine and *Panchakarma* could serve as a valuable alternative for managing osteoarthritis particularly for those who do not achieve satisfactory results from conventional therapies. Additional research is needed to validate these outcomes and refine treatment approaches for wider use.

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