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# Management of *Janu Sandhigata Vata* (Osteoarthritis of the Knee Joint)

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## ABSTRACT

Osteoarthritis of the knee joint is a common degenerative joint disorder seen in modern India. Either due to faulty lifestyle, poor quality and deficient food or due to age related changes in bone and joints, incidence of this disease has risen. Ayurveda medicine has a better role in the management of degenerative joint disorder. *Maha Yogaraja Guggulu, Kaishora Guggulu, Maha Rasnadi Kwatha, Narayana Taila* are few formulations which are commonly used in this disease. These formulations are having actions like regenerative, *Rasayana, Vedana Sthapana, Vatahara*, etc. Ayurveda treatment has better result on osteoarthritis patients. The present paper highlights the role of Ayurveda Medicine in the management of osteoarthritis of the knee joint.

**Key words:** Osteoarthritis, *Janu Sandhigata Vata*, *Rasayana*.

## INTRODUCTION

Ayurveda medicine is indigenous in nature which is evidence based and developed by experience. *Rishis* (Saints) of India have developed the system of medicine which is safe, cost effective and affordable and people friendly. Non communicating disorders are best treated with Ayurveda medicine. These medicines are least toxic and can be safely given for prolonged period without any adverse effects.

Formulations used in *Janu Sandhigata Vata*

1. Rasayana
2. Vatahara
3. Vedana Sthapana

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4. Anti stress
5. Adaptogenic
6. Dhatu Poshaka
7. Ojaskara
8. Jivaniya
9. Vayasthapana
10. Analgesic
11. Anti inflammatory
12. Immunomodulator
13. Immunity booster
14. Immunosuppressive
15. Antioxidant
16. Virechana
17. Snehana
18. Swedana
19. Basti
20. Abhyanga
21. Malavatanulomana
22. Sramsana

23. Calcium supplement

24. Substance containing Vitamin D

Osteoarthritis of knee joint is a degenerative joint disorder seen commonly in modern India. Middle and old aged people are likely prone to develop this disorder. Instead of much expensive knee replacement therapy patient can be treated cost effective and affordable Ayurveda treatment of osteoarthritis of the knee joint.

#### Rasayana

1. Balarista
2. Ashwagandharista
3. Ashwagandha Choorna
4. Ksheerabala Taila
5. Mahanarayana Taila
6. Guduchi Kashaya
7. Bhallataka Rasayana
8. Yogaraja Guggulu
9. Maha Yogaraja Guggulu

#### Vatahara

1. Maha Narayana Taila
2. Maha Yogaraja Guggulu
3. Ksheerabala Taila
4. Yogaraja Guggulu
5. Balarista
6. Ashwagandharista

#### Vedanasthapaka

1. Gandhaprasarini Taila
2. Gandharvahastadi Kashaya
3. Rasnaerandadi Kashaya
4. Rasnasaptaka Kashaya
5. Rasnapanchaka Kashaya
6. Vishagarbha Taila
7. Panchaguna Taila

8. Maha Vishagarbha Taila

9. Prabhanjanavimardana Taila

10. Kottamchukkadi Taila

11. Murivenna Taila

#### Antistress

1. Ashwagandhadi Choorna
2. Sarpagandha Vati
3. Ashwagandha Leha
4. Balarista
5. Draksharista
6. Guduchi Kashaya
7. Tagara Tablet
8. Jatamamsi choorna
9. Shatavari Swarasa
10. Shatavari Guda
11. Ksheerabala Taila
12. Goghrita

#### Adaptogenic - do

#### Dhatuposhaka

1. Shatavari Guda
2. Kooshmanda Swarasa
3. Kooshmandava Leha
4. Ashwagandhava Leha
5. Balarista
6. Kharjuradi Mantha
7. Masha Nirmita Ahara
8. Aja Mamsa Rasayana
9. Mamsa Rasa
10. Go Ksheera
11. Ashta Ksheera
12. Kukkutanda

#### Brimhana - do

### Ojaskara

1. Go Ksheera
2. Go Ghrita
3. Shatavari Swarasa
4. Shatavari Ava Leha
5. Ashwagandha Rasayana
6. Mamsa Rasa
7. Siddha Makaradhwaja
8. Swarna Malini Vasanta
9. Vasanta Kusumakara Rasa
10. Navaneeta

### Jeevaniya

1. Ashtavarga Kashaya
2. Ashwagandha Choorna
3. Go Ksheera
4. Go Ghrita
5. Mamsa Rasa
6. Aja Mamsa Rasayana
7. Kukkutanda
8. Masha Nirmita Ahara
9. Amalaki Choorna

### Vaya Sthapana

1. Dhatr Ichoorna
2. Guduchi Kashaya
3. Shatavari Swarasa

### Analgesic

1. Yogaraja Guggulu
2. Shallaki Tablet
3. Maha Yogaraja Guggulu
4. Kaishora Guggulu
5. Simhanada Guggulu
6. Sapta Vimshati Guggulu

7. Trayodashanga Guggulu
8. Panchaguna Taila Abhyanga

### Antiinflammatory - do

#### Immunomodulator

1. Guduchi Kashaya
2. Amritadi Kashaya
3. Bhallataka Vati
4. Triphala Choorna
5. Amalaki Choorna
6. Siddha Makardhwaja
7. Rasa Sindoor
8. Malla Sindoor
9. Poorna Chandrodaya Rasa

### Immunity booster

1. Guduchi Kashaya
2. Swarna Bhasma
3. Swarna Malini Vasanta
4. Vasantakusumakara Rasa

### Immune Suppressant

1. Chithrakasava
2. Chitrakadi Vati
3. Bhallataka Vati

### Antioxident

1. Guduchi Kashaya
2. Rasona Khanda

### Virechana

1. Triphala Choorna
2. Triphala Kwatha
3. Draksharista
4. Abhayarista
5. Pancha Sakara Choorna
6. Shat Sakara Choorna

7. Trivritava Lehya

**Snehana**

1. Mahanarayana Taila
2. Ksheerabala Taila
3. Bala Taila

**Swedana**

1. Shigru Kwatha
2. Valuka Sweda
3. Patra Panda Sweda
4. Nadi Sweda

**Basti**

1. Matra Basti
2. Kashaya Basti
3. Anuvasana Basti–Dhanvantara Taila
4. Madhutailika Basti

**Abhyanga**

1. Maha Narayana Taila
2. Mahamasha Taila
3. Shuddha Bala Taila
4. Visha Garbha Taila

**Mala Vatanulomana**

1. Triphala Choorna
2. Gandharvahastadi Kashaya
3. Balarista
4. Drakshasava

**Sramsana – do**

**Calcium Supplement**

1. Godanti Bhasma
2. Varatika Bhasma
3. Pravala Pisti

4. Mukta Pisti

5. Pravala Panchamrita Rasa
6. Mukta Panchamrita Rasa

**Food Containing Vitamin D**

1. Go Ghrita
2. Mahisha Ghrita

**DISCUSSION**

*Sandhigata Vata* is a degenerative joint disorder seen in elderly people. Ayurveda treatment includes *Nidana Parivarjana*, *Vyadhi Pratyhanika Aushadhi Prayoga*, *Rasayana*, *Vedana Sthapana*, analgesics, *Poshaka*, use of *Pathyapathya*, diet, calcium supplements, and *Panchakarma* with lifestyle changes. It is effective in *Sandhigata Vata* patients.

**CONCLUSION**

*Sandhigata Vata* of the knee joints can be better managed by Ayurveda medicines. This disease needs a prolonged treatment. There are least adverse effects when the patient receives Ayurveda treatment. In patient who are advised knee replacement therapy are also respond well to Ayurveda treatment.

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