



# ADVANTAGES OF YOGA IN OSTEOARTHRITIS –A CASE REPORT

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## ABSTRACT

Connection of Mind-body association applies with backgrounds in eastern attitude and culture is delivery a boundless deal of courtesy recently. For many adults, yoga and various dance forms are joining the treadmill like power yoga effectively increase physical activity and prevent us from diseases like OA. If a patient is having arthritis he should not stop individuals from trying these replacements to old-style exercise. *Objective* of the paper is to systematically assess the effects of yoga on pain and quality of life in a patient with knee osteoarthritis. Hence an attempt has made to study on the case of OA and symmetry of it with yoga.

Keywords- *sandhivata, Osteoarthritis, yoga, chikitsa*

## INTRODUCTION

Knee osteoarthritis (OA) is a deteriorating knee disease usually associated with pain, swelling, stiffness, limited movements, and weakened equilibrium task [1]. It has been supposed that chondrocytes experience premature changes in structure of knee joint, which called “stress-induced senescent state” that is the reason for cartilage deterioration [2]. The challenging actions, the reduction of lubricin stages, and also the compensations of the synovial watery greasing aptitude, which are thoroughly linked to the expansion of osteoarthritis, have also been thought [3]. It is a wear-and-tear arthritis result from the repetitive stress injuries of the joint and sometimes corporeal damage can make things worse for the whole life [4] According to the Osteoarthritis Research International (OARSI) guidelines for the nonsurgical management, exercise is recommended to improve the function of case of OA [5]. The mechanism behind these wonders may be reason for quality of life after of yoga indulging in the person in a routine which help in person for mental and physical fitness.

## Methodology

This case study involving a 55 Year old man with Bilateral arthritis , following treatment with selective Yoga postures along with Ayurvedic medicine got significant improvement in Strength of Knees, he is now able to walk for more than 30 min and do routine work which he was facing difficulty priorly in a treatment of 3 months. Hence combining Yoga with Ayurvedic medicine is effective in promoting quality of life in subjects with OA Knee.

## History

A person age 55 years, male came to Ayurveda college and Hospital, Khanpur Kalan came with a complaint of pain in both knees, left knee more painful than right. The pain increases on doing routine activity, floor level activities, difficulty in walking for more than 50 steps, stair case activities. On examination his physical condition on 12 August 2018 were below:

II. Medical History: he was Non diabetic, Non Hypertensive, driver by profession in younger time but now stopped, on Vegetarian, Smoker, Non Alcoholic.

**Resting heart Rate** = 80/min

**Blood Pressure** = 140/80 mm/hg

**On examination knee joint** -Antalgic gait while walking

Medial joint line tenderness left knee joint - **positive**.

On knee flexion- restricted and painful B/L

**Provisional Diagnosis:** Bilateral Knee Arthritis

### Treatment:

He was given

1. **Rasna saptaka kwath** – 2cup + 1spoon of kwath boil and reduce to half and patient had taken twice.

Along with Yoga postures to stretch and tone upper and lower extremities. Such as butterfly, veerasan, vajrasan, cat and camel postures.

Diet restriction. Physical activities include walking were also included. His physical conditions as on 06/09/2018 are as follows: Abdominal muscles, both hip joint muscles have better-quality, motor power and functionally.

He was counselled to continue a set of exercises and then relax a bit He was told to keep watching his improvement .Also he is counseled to take rest for a while in between yoga's and excercises.

### Discussion

- Osteoarthritis is one of the most prevalent circumstances leading cause of disability among elderly population. The economic costs of OA are high, related to conduct, for individual and family (Nordemar 1981) have shown hatha yoga to be effective among Knee Osteoarthritis (Gohlam 2013). Obesity has a huge influence on osteoarthritis (Lauren etal 2013). This traditional management of OA Knees using Yoga, with Ayurvedic medicine help in improving quality of life .Content of Rasnasaptak kwath includes Gokshur, Giloy , errand tail and Rasna.

### Mode of action of Gokshura-

- Drugs which can decrease pain alleviation without having an effect on conscious levels.
- Drugs which aid in swelling reduction following an injury or inflammation due to degenerative changes in old age by relieving pain and inflammation. Another function of Gokshura is it is having antioxidants which improves the memory capacity, focus, concentration, calmness, alertness of an individual.

**Mode of action of Giloy –**

- Agents which support in dipping free radical activity and preventing oxidative stress and damage
- Substances that improve digestive processes.
- Drugs that improve liver function and protect it from infections
- Substances that can stimulate or reduce the action of immune system molecules in the body.
- Agents who thwart microbial repetition and growth by either killing microorganisms or ceasing their actions.

**Mode of action of Rasna –**

- It is used for the control of pain and do not lead to loss of consciousness
- It help improve the process of digestion and food absorption

**Mode of action of Castor oil-**

- It help in reducing the symptoms of fever, pain and swelling in an inflammatory response.
  - Substances that scavenge the singlet oxygen molecules in the body.
  - Substances that sooth and soften the skin, usually used in case of dry and itching skin.
  - Medicines that induce defecation by softening stools and easing bowel movement.
- Along with this medicine yoga Asana's gave patient physically and mentally stability. [6-8]

**CONCLUSION**

In the current study patient pain has decreased pain in terms of percentage from 79% to 24% and an improvement in quality of life of the patient were seen. We can see this combination in many patients' too. Hence This Study requires evidence from larger sample size but an attempt has made just to give more efforts to this treatment at larger scale.

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