



Ayurvedic management of *Janusandhigata Vata* w.s.r Osteoarthritis of knee- A Case Report

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ABSTRACT

Osteoarthritis is one of the most prevalent musculoskeletal disorders worldwide, affecting approximately 22-28% of global population among which knee OA is the common one. *Janu sandhigata vata*, correlated with osteoarthritis of the knee, is a degenerative disorder caused by the aggravation of *vata dosha*. This case report presents the therapeutic efficacy of *abhyangam* (medicated oil massage) and *godhuma pinda sweda* in a patient with *janu sandhigata vata*.

Key words: *Abhyangam, Godhuma pinda sweda, Janu sandhigata vata, Osteoarthritis*

INTRODUCTION

According to ayurveda human body is made up of *tridosha vata, pitha* and *kapha*, when the *tridoshas* are in an equivalent state a person is said to be healthy.¹ As the age of a person advances it will cause *datu kshaya* and as a result *vataprakopa* will happen and one will be prone to *vatavyadhis*. *Sandhigata vata* is one among the most common *vatavyadhis* which can be seen, especially *janu sandhigata vata*.²

Sandhigata vata is a condition in which the vitiated *vata* gets lodged into the joints. When it gets particularly lodged in the knee joint it is known as *janu sandhigata vata*. *Janu sandhigata vata* is caused due to old age, inherited abnormalities in the knee joints, repetitive stress injuries etc. Women of 55 years or older are more likely to develop *janu sandhigata vata* than men. The signs and symptoms of *janu sandhigata vata* are *shula*(pain), *atopa*(crepitus), *vata purna driti sparsha* (feels like touching a balloon filled with air), *sotha*(swelling) and painful movements of joints.³

Janu sandhigata vata may be correlated to osteoarthritis of knee joint. Knee osteoarthritis is a degenerative joint disease caused due to the result of wear and tear and progressive loss of articular cartilage. Knee osteoarthritis is classified as either primary or secondary depending on its cause. Primary knee osteoarthritis is the result of articular cartilage degeneration without any known reason. Secondary knee osteoarthritis is the result of articular cartilage degeneration due to known reason.⁴

CASE REPORT

A 47 years old female patient came to Sri Jayendra Saraswati Ayurveda College and Hospital, OPD with bilateral knee joint pain Rt>Lt in the last 3 months. It was associated with swelling and stiffness. The patient was apparently normal before 4 years. After that she gradually started experiencing pain and stiffness on both knee joints. The pain was of catching type. She gets slight relief from pain after pouring hot water. She took alternative medicine for these and got relief. She again started experiencing increased knee joint pain and stiffness along with edema because of over exertion in the past 3 months. So, the patient approached for ayurveda treatment.

MATERIALS AND METHODS

Assessment Criteria

Subjective Criteria⁵

Shoola

Absent	0
Mild	1
Moderate	2
Severe	3

Sopha

Absent	0
Mild	1
Moderate	2
Severe	3

Stambha

Absent	0
Mild	1
Moderate	2
Severe	3

Crepitus

Absent	0
Mild	1
Moderate	2
Severe	3



Samana Chikitsa

Sl. No	Medicine	Time	Dosage	Anupana
1	<i>Maharasnadhi kwatham</i>	BD before food	15ml	30ml warm water
2.	Tab.orthoflex DS	t.i.d after food	1 tab	Warm water
3.	<i>Mahashankha vati</i>	BD before food	1 tab	Warm water

Panchakarma

Sl. No	Procedure	Duration
1.	<i>Abhyangam</i> (full body) with <i>dhanwantharam taila</i> for 14 days.	15 minutes
2.	<i>Goduma pinda sweda</i> for 14 days.	45 minutes

Observation and result

Parameters	Before treatment	After treatment
<i>Shoola</i>	3	1
<i>Sopha</i>	3	2
<i>Stambha</i>	2	1
Crepitus	3	2

WOMAC scale:⁶

The WOMAC scale parameters are:

0-none, 1-slight, 2-moderate, 3-severe, 4-extreme.

The index is out of a total 96 possible points, with 0 being the best and 96 being the worst.

Pain	Before treatment	After treatment
1. Walking	3	1
2. Stair climbing	4	1
3. Nocturnal	2	0
4. Rest	1	0
5. Weightbearing	3	1
Stiffness		
1. Morning stiffness	0	0
2. Stiffness during day.	4	1
Physical function		
1. Descending stairs	4	2
2. Ascending stairs	4	1
3. Rising from sitting	4	2
4. Standing	3	1
5. Sitting	1	0
6. Bending to the floor	3	1

7. Walking on flat surface	3	1
8. Getting in/out of a car	4	
9. Rising from bed	4	1
10. Lying on bed	1	0
11. Getting on/off toilet	4	2
12. Performing heavy domestic duties	4	3
13. Performing light domestic duties	3	2
Total	59	20

Discussion

Sandhigata vata is one among *nanatmaja vata vyadhi*. *Janu sandhigata* is due to the vitiation of *vata* due to *dhatukshaya* (depletion of tissues) or *avarana* (obstruction of *vata* by aggravated *kapha* or *ama*). This leads to the depletion of *snigdha guna* and cause the drying of lubricating factors in the joint. *Janu sandhigata vata* is characterized by pain, crepitus stiffness, and functional impairment, closely resembling osteoarthritis. Management of *janu sandhigata vata* focuses on pacification of *vata* through *snehana* (oleation), *swedana* (sudation) and other *vata samana* medicines.

The treatment protocol of this patient can be divided in to *samana chikitsa* and *panchakarma chikitsa*. After the treatment the patient got significant relief after treatment. Adopted treatment protocol comprised of *vedhanastapana* (to relieve pain), *sothahara* (anti-inflammatory) and *vata samana* (pacification of *vata*) in nature and to strengthen knee joint.

Mode of action:

Maharasnadi kwatham:

Maharasnadi kashayam is very effective in *janu sandhigata vata* due to its *vata-kapha samana* properties. It mainly consists of drugs like *rasna* (*Pluchea lanceolata*), *bala* (*Sida cordifolia*), *ashwagandha* (*Withania somnifera*), *eranda* (*Ricinus communis*), *nagara* (*Zingiber officinale*), *pathya* (*Terminalia chebula*), *chavya* (*Piper chaba*), *punarnava* (*Boerhavia diffusa*), *gokshura* (*Tribulus terrestris*), *guduchi* (*Tinospora cordifolia*), *satapushpa* etc... which works synergistically to alleviate pain, stiffness, and inflammation. It is indicated in conditions like *sarvanga kampa*, *kubjathwa*, *januroga*, *jangharoga*, *gridrasi*, *amavata* etc. the presence of *snigdha* and *ushna dravyas* like *rasna*, *bala*, *ashwagandha* and *eranda* helps in reducing *vata* induced pain, stiffness, and dryness in the joints. Drugs like *bala*, *ashwagandha* are *balya* and *brimhana* countering *vata* induced *datu kshaya*. *Swedajana* (induces sweating) property of *tikta katu rasa dravyas* helps in relieving stiffness and mobility and helps in *kapha samana*. Because of their *shothahara* (anti-inflammatory) and *mutrala*(diuretic) properties *punarnava* and *gokshura* help in reducing edema and inflammation.⁷

Tab.Orthoflex DS:

Each 1000mg tablet of orthoplex ds contains extracts of *shallaki* (*Boswellia serrata*), *guggulu* (*Commiphora guggulu*), *dasamoola*, *nirgundi* (*Vitex negundo*), *rasna* (*Pluchea lanceolata*), *langali* (*Gloriosa superba*). *Guggulu*, *shallaki*, *langali* possess anti-inflammatory and analgesic properties, which helps to alleviate pain and swelling in degenerative joint conditions like *janu sandhigata vata*. *Nirgundi* have muscle relaxant property. All the drugs help in pacifying *vata* and *kapha*.

Mahashankha vati:

Mahashankha vati act by correcting *agni dushti* (digestive impairment) and alleviating *ama*, which plays a significant role in *janu sandhigata*

vata. Ingredients of *mahashankha vati* are *shankha bhasma*, *chitraka* (*Plumbago zeylanica*) and *pippali* (*Piper longum*), which have *ushna*(hot), *deepana* (digestive stimulant) and *lekhana*(scraping) properties. In *janu sandhigata vata*, where aggravated *vata* leads to dryness and degeneration, the presence of *ama* further blocks lubrication and nourishment of knee joint. *Mahashankha vati* aids in removing *ama* thus enhancing circulation and facilitating the proper absorption of nutrients.⁸

Abhyangam:

Abhyangam (oil massage) is an important treatment in the management of *janu sandhigata vata*, it works primarily by pacifying *vata dosha*. The application of medicated oil like *dhanwantaram taila* deeply penetrates the tissue, providing *snigdha*(unctuousness), *ushna*(hot) and *balya*(strengthening) properties. The gentle yet firm massage enhances blood circulation, nourishes the joints, and improves the elasticity of surrounding muscles and ligaments. *Abhyangam* also aids in reducing inflammation, improves synovial fluid production and offers long term relief in conditions like osteoarthritis. In this case *abhyangam* is done with *dhanwantharam tailam*.⁹

Dhanwantaram taila:

Dhanwantaram tailam can pacify *vata dosha*, which is responsible for dryness, pain, and degeneration of joints. It is prepared with a blend of *bala* (*Sida cordifolia*), *ashwagandha* (*Withania somnifera*), *dhasamoola* and other drugs with *rasayana* properties in *tila taila* (sesame oil) as base. It provides deep nourishment to the joints, restoring lubrication and strength. *Dhanwantaram tailam* also has *shothahara* (anti-inflammatory) and *balya*(strengthening) effects.¹⁰

Godhuma pinda sweda:

Godhuma pinda sweda is a type of *sankara sweda (pinda sweda)*, which is a form of *ruksha* or *snigdha sweda* where warm medicated boluses are used to induce sweating, in *janu sandhigata vata godhuma pinada sweda* is typically used in *snigdha* form. Here *godhuma pinda sweda* is prepared in *dashamoola ksheera kashaya*. *Dashamoola* have *sothahara* (anti-inflammatory), analgesic properties and is also *vata-kapha samaka*. When it is combined with *ksheera* (milk) it enhances *brumhana* (nourishing) and *rasayana* (rejuvenate) properties. When *godhuma* (wheat) is processed in this medicated decoction, it absorbs the therapeutic qualities, creating a warm moist bolus that helps in reducing dryness and strengthen joints. The combined effect of *dashamoola* and milk helps in pacifying aggravated *vata*, relieves pain and restore joint flexibility. The heat from *pinda sweda* improves circulation, relaxes muscles and prevents further degeneration making it beneficial for chronic knee osteoarthritis.¹¹

Conclusion:

Sandhigata vata is one of the most common articular illnesses which makes the affected individual to do even basic daily tasks. It mostly affects the knee and other major weight bearing joints in the body. In this case study marked improvement can be seen in patient of *janu sandhigata vata* (knee osteoarthritis). The treatment adopted here was helpful in *ama pachana*, *vata saman* and it also improved flexibility and movement of the knee joint. Before the treatment WOMAC scale score of the patient was 59 which decreased to 20 after treatment, that clearly shows there is a drastic improvement in the patient's condition.

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