



MANAGEMENT OF SANDHIGATA VATA (OA OF KNEE) BY JANUDHARA, AND PANCHATIKTA KSHEERA BASTI ALONG WITH LAKSHA GUGGULU: A CASE STUDY

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ABSTRACT:

Background: Ayurveda has described about the pathogenesis and the treatment of various disorders. The incidence of some of which have increased in the present scenario. *Sandhigata Vata* is a type of *Vata Vyadhi* which mainly occurs in old age due to *Dhatukshya*. When compared to males the prevalence of this condition rises with age and is higher in females (25%) than in males (16%). It may be correlated to Osteoarthritis resemblance in sign and symptoms. In allopath there is a vast range of treatment available such as Analgesic, Anti-inflammatory, Muscle relaxant, Calcium and Vitamin-D supplements and steroids along with Physiotherapy, but its prognosis is limited due to its adverse effects after prolonged use.^[1] Aim and objectives: To study the effect of *Janudhara*, *Panchatikta ksheera Basti* along with *Laksha Guggulu* in the management of *Sandhigata Vata* (OA of knee). 2. to find out an effective ayurvedic management for *Sandhigata Vata* (OA of knee). Material and methods: the present case study is upon a 55years old (female patient) diagnosed case of osteoarthritis of knee with complaints of pain and swelling in both knee joints, and difficulty in walking since last 2 years, at the Panchakarma OPD of Pt. Khushilal Sharma Govt Ayurvedic hospital Bhopal. The Patient was treated with *Janudhara* and *Panchatikta ksheera Basti* along with *Shamana* drug. Duration of study is 30 days. Results: After treatment relief in Joint pain, swelling and Joint crepitation following were observed in symptoms and X-ray showed narrowing of the space between the bones of the joint. Conclusion: Patient got satisfactory relief in clinical features as well as in maintaining joint space were observed in x-ray after treatment.

Keywords: *Sandhigata Vata*, OA of knee, *Janudhara*, *Panchatikta Ksheera Basti*, *Laksha Guggulu*

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INTRODUCTION:

In *Vridhavastha*, all *dhatu*s undergo *Kshaya*, thus leading to *Vataprakopa* and making individual prone to many diseases. Among them *Sandhigata vata* most common in the list. *Sandhigata vata* is a *Vata Vyadhi* affecting people in the *Vridhavastha* due to *Dhatukshya*. According to *Ayurveda* the symptoms such as *Sandhishula* (joint pain) and *Sandhishopha* (swelling of joint). On the basis of symptomatology and nature of the disease, *Sandhigata vata* is much similar to Osteoarthritis (OA) which is the most common degenerative joint disease in older people. OA is a clinical syndrome characterized by joint pain, tenderness, limitation of movements, crepitus, occasional effusion and variable degrees of inflammation without systemic effects. Osteoarthritis is the common rheumatologic problem and its prevalence in 22% to 39% in India. OA is more common in women than men. OA is the most common form of arthritis, which is degenerative in nature. It is characterized by progressive of articular cartilage, formation of new bone in the floor of the cartilage lesion and at the joint margins (osteophytes) and lead to chronic disability at older ages. *Acharya Sushruta* has described the disease in *Vatavyadhi* chapter under the heading of *Sandhigata vata*, while *Acharya Charaka* has described *Sandhigata vata* under the *Vatavyadhi* as *Sandhigata*

Anila. Allopathic treatment has its own limitation in managing this disease. It can provide either conservative or surgical treatment and is highly symptomatic and with trouble some side therefore, our case study proposed to research the better therapeutic *Ayurvedic* approach for the *Sandhigata vata* (knee joint) through *Janudhara* with *Kottamchukadi Taila* and therapeutic enema as *Panchatikta Ksheera Basti* along with *Laksha Guggulu*.

AIM AND OBJECTIVES

1. To study the effect of *Janudhara*, and *Panchatikta ksheera Basti* along with *Laksha Guggulu* in the management of *Sandhigata vata* (OA of knee joint)
2. To find out an effective *Ayurvedic Panchakarma* management for *Sandhigata vata*.

MATERIAL AND METHODS

Selection and source of patient-for this study, patient was registered from OPD of Panchkarma department and admitted in private IPD of Pt.KLS Govt. Ayurveda hospital Bhopal (MP).

Plan for study- the drugs required for *Panchatikta ksheera basti* were procured and prepared in *Prakalpa* of *Panchakarma* in Pt.KLS Govt. Ayurveda hospital Bhopal.

Duration of study-30 days follow up daily for 15 days.

ASSESSMENT CRITERIA

Table no.3 Assessment of effect of therapies

S.N.	Assessment parameter	Grading	BT	AT
1	Joint pain (Sandhi shula)	0-no pain 1-mild pain 2-moderate pain 3-severe pain	2	0
2	Joint swelling (Sandhi shotha)	0-no swelling 1-mild swelling 2-moderate swelling 3-severe swelling	2	0
3	Joint crepitation (vatapurnadritisparsha)	0-no crepitation 1-palpable crepitation 2-audible crepitation 3-always audible	3	1
4	Tenderness	0-no tenderness 1-patient complaints of pain 2-patients of pain and wince 3-patient withdraws of joint	2	1

CASE STUDY

A 55 years old female patient diagnosed case of dated 08/09/21, OPD no.-20210027779, IPD no.-2021843, visited PTKLS Govt. Ayurvedic hospital Bhopal, presented with complaints of pain and swelling of both knee joint with stiffness and difficulty in walking.

History of present illness

According to the patient she was apparently normal before 2 years then gradually pain and swelling in right knee joint with stiffness and further pain in the both knee joints, difficulty

in walking and it became worse with time. She also took allopathic treatment but not get better relief. So she came into our hospital in Panchakarma department for Ayurvedic treatment.

History of past illnesses

There was history of borderline type 2 diabetes mellitus and hypothyroidism and not any history of trauma, or surgical illness.

Personal history

Occupation- house maker, addiction-no,
Bowel- clear, micturition- normal, appetite-
normal, Sleep- disturbed due to pain,

General examination

- Pallor, cyanosis, icterus, clubbing were absent
- Vitals were stable
- BP-110/70
- Pulse-74/min

Systemic examination

CVS, CNS, RS, P/A Normal

Musculoskeletal system

Inspection- swelling -present in both knee joints

Palpation- local temperature-raised, effusion-present in both knees, crepitus- both knee joints

Range of movement- Flexion and extension-restricted movement

Gait-Antalgic gait

Investigation (11/09/21)

Investigation	Value
Hb	11.7 gm/dl
ESR	21mm/hr
FBS	90.5 mg/dl
PPBS	142.6mg/dl
RA	Negative
Serum cholesterol	210mg/dl
Serum triglycerides	101.4 mg/dl

Radiological funding

B/L knee joint space reduced with multiple osteophytes formation

TREATMENT REGIMEN

Table no.1 Panchakarma Therapy with Shaman Drug

S.N.	Treatment	Dose	Frequency	Duration	Anupan
1	Janudhara (over both knee) with kottamchukadi taila	q.s.	Once in a late morning	21 days	-
2	Panchatikta ksheera Basti (therapeutic enema)	150 ml	Once in a morning before meal	21 days	-
3	Laksha Guggulu	2 tab (250 mg each)	b.i.d.	30 days	Warm water

Table no. 2 Ingredients of *Panchatikta Ksheera Basti*

Dravya (Materials)	Quantity
<i>Madhu</i> (honey)	35 gm
<i>Saindhav Lavana</i> (rock salt)	5 gm
<i>Panchatikta Ghrita</i>	50 gm
<i>Shatapushpa</i> (Anethum sowa) <i>Kalka</i>	10 gm
<i>Ksheera</i>	50 ml

Table 3. Panchatikta Ksheer Basti Schedule

S.N.	Date	Basti Dose	Retention time
1	12/09/21	150 ml	15 min
2	13/09/21	150 ml	20 minutes
3	14/09/21	150 ml	10 minutes
4	15/09/21	150 ml	20 minutes
5	16/09/21	150 ml	15minutes
6	17/09/21	150 ml	30 minutes
7	18/09/21	150 ml	15 minutes
8	19/09/21	150 ml	35 minutes
9	20/09/21	150 ml	25 minutes
10	21/09/21	150 ml	15minutes
11	22/09/21	Rest	
12	23/09/21	150 ml	10 min
13	24/09/21	150 ml	25 minutes
14	25/09/21	150 ml	35 minutes
15	26/09/21	150 ml	10 minutes
16	27/09/21	150 ml	20 minutes
17	28/09/21	150 ml	5 minutes
18	29/09/21	150 ml	30 minutes
19	30/09/21	150 ml	25 minutes
20	01/10/21	150 ml	15 minutes
21	02/10/21	150 ml	10 minutes

DISCUSSION

Knee osteoarthritis (OA), which a degenerative disease, is the most common form of arthritis in the knee. In *Janusandhigat vata*, *Rukhsa* (dry) and *Sheeta* (cold) *Guna* are mainly aggravated which leads to *Dhatukshya* (joint degeneration). The general line of treatment for *Sandhigata vata* is *Sneha Upnaha agnikarma bandhana unmaranani cha*. *Janudhara* have both *Snehana* and *Swedan* effect. The *kottamchukadi taila* used for this procedure does the *Snehana* and due to *Agni samyog* in this procedure it does *Swedana* effect. *Kottamchukadi taila* mainly contains *Kottam* (*saussurea lappa*), *chukka* (*zinziber officinalis*), *vyambu* (*Acorus calamus*), *shigri* (*moringa oliefera*), *Lashuna* (*Alium sativam*), *karotti* (*capparis sapiaria*), *Devadaru* (*cedrus deodars*), *siddharthak* (*brassica juncea*), *suvaha* (*pluchea lanceolata*), *Tila taila* (*sesamum indicum*), *chinchu rasa*. These *dravyas* are mostly *Ushna*, *teekshna*, *Laghu*, in properties and *kaphavatahara* and *Shophahara* effects.

Dhara Karma is one of the treatment mentioned under *Murdhataila Chikitsa* as *Shirodhara*. The same *Dhara*, when applied on any localized part then it is called as *Ekanth Dhara* (and named according to the part being treated i.e. *Janudhara* for Knee joint)

Procedure- Patient was sit on comfortable position in *Droni* with legs extended. The bowl

containing *Kottamchukadi taila* is heated gently by keeping over hot water. The lukewarm *Kottamchukadi taila* (having bearable warmth to the patient) is poured into the *Dhara Patra* and made to flow on the *Janusandhi* (knee joint) in a regular, steady stream. The height of stream was maintained about 12 *Angula*. The procedure was performed for 40 minutes in the late morning. The temperature of the oil was maintained throughout the procedure. After the *taila Dhara*, *Abhyanga* is done over the *Janusandhi* for 5 minutes. *Sneha Dravya* is used in *Janudhara* which has the dual action of *Sneha Svedana* which effectively helps in reducing *Vata*. *Vata dosha* is mainly involved in *Sandhigata vata*. *Sneha* has almost opposite qualities to *Vata dosha*. Thus, *Janudhara* with *Kottamchukadi* oil normalizes vitiated *Vata Dosha* and helps in *Samprapati Vigatana* (breaking the pathogenesis) of *Sandhigata Vata*. Heat applied through *Janu dhara* on the affected area helps fight these symptoms. Degeneration is also one of the causes of *Sandhigata Vata*, where *vata dosha* is present and there is *kshaya* (decay) of affection, with this thought, *Snigdha* would be an ideal line of *Sweda* management, which can be effectively treated by *Janudhara* with oil is delivered. Thermal therapy enhances circulation and local metabolic process with relaxation of muscles. The use of heat relaxes the muscles

and tendons of the joints, improves blood supply, venous drainage, lymph supply, and activates local metabolic processes that are responsible for pain relief, tenderness, swelling, and stiffness.

Basti karma is maintained as the best treatment for *Vata dosha*. The *Basti*, which has *Ksheera* or milk as the main ingredient is known as *Ksheera Basti*. *Ksheera Basti* serves dual function, i.e., *Niruha* and *Anuvasana*. hence, it acts as *Shodhana* as well as *Snehana*. And the drugs *Guduchi*, *Nimba*, *Vasa*, *Kantakari*, *Patol Patra* in *Bhavprakash Nighantu* all mentioned in treatment of *Vata Pradhan Vyadhi*, which do their work with *Rasa*, *Virya*, *Vipaka* and by *Prabhava*. *Ksheera Basti* relieves the *Margavarodha* and produces *Brimhana* effect. *Acharya Charaka* specified that in the disease related to *Asthi*, we should give *basti* using *Tikta rasatmak aushadhi dravya* along with *Ghruta (ghee)* and *ksheera* (milk) that is *saghruta tikta ksheera basti* (enema of bitter drugs with ghee and milk). *Tikta rasa* is dominant in *Akash* and *vayu mahabhut pradhan* hence can reach the same *Vayu* and *Akash mahabhuta pradhan Asthi dhatu*. So we planned for *Panchatikta ksheera basti*.

Guduchi is *vayasthapana*, *Rasayana*, *balya*, *agnideepana* and *tridoshghna*. *Patol* is *ruchikara*, *deepan*, *kaphapittaghna*. *Vasa* are *shoshahara* *kaphapittaghna*. *Nimba* is

deepana, and *vatakaphaghna*. *Kantakari* is *deepan*, *pachana*, *kaphavatahara*, *sothahara* and *angamardaprashamana*. *Ksheera* is *jeevaniya*, *rasayaniya*, *sarvarognashana*. It is rich source of calcium. *Ksheera, Ghruta* is *Vata Shamak* and *Tikta Rasa* due to its composition of *Panchamahubhut* will increase of *Asthi Dhatu*. The combination of *Ksheera, Ghruta* and *Tikta Dravyas Siddh Basti* which are good *Vatasamana* and *Asthiposhana*.

Lakshadi guggulu is a herbal drug and it contains *Lakha* (*ficus religiosa*), *asthishrinkhala* (*cissus Quadrangularis*), *Arjuna* (*Terminalia Arjuna*), *Ashwagandha* (*withania somnifera*), *Nagabala* (*Greuria hirsuta*), *Guggulu* (*commifora Mukul*). Most of these drugs have properties like *kashaya tikta Madhur rasa*, *Ushna virya*, *Laghu snigdha guna*, *deepana*, *pachana*, *sothghna* and *vednashamaka*. These collective property of ingredients are anti- inflammatory, Analgesics and antibacterial etc.

CONCLUSION

The main aim of treatment is the pacify of *vatadosha*. In this case study shows that *Janudhara* and *Panchatikta ksheera basti* along with *Laksha guggulu* work effectively in the management of *Janusanshigat vata*. Our study revealed that *Laksha guggulu* acts as an analgesic and anti- inflammatory therapeutic agent. Patient was symptomatically improved with joint pain, swelling, tenderness,

crepitation and pain during flexion and extension of joint. X-ray was done before and after treatment changes was observed in x-ray.



figure 1 X-Ray (Before treatment)



Figure2: X-Ray (After treatment)

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