EFFECT OF SALVAN UPAHANA IN KNEE JOINT STIFFNESS
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ABSTRACT
Stiffness of joint is a common complication of fracture treatment. Shoulder joint, elbow joint and knee joint are particularly prone to stiffness. Stiff joints hamper the normal physical activity of patient and result in osteoarthritis. According to Ayurveda joint stiffness means sandhi graha. Acharya Sushruta has advised Salvan Upanaha (Hot fomentation) for sandhigraha. Hence in this study case of knee joint stiffness was treated with salvan upanaha. It is evident that patient complaints like janusandhi shotha (joint swelling), janusandhi shoola (Joint pain) and janusandhi graha are significantly relieved after the completion of treatment.

KEY WORDS - Knee joint stiffness, Janusandhigraha, Salvan upanaha

INTRODUCTION
Joint stiffness is the sensation of difficulty in moving joint or apparent loss of range of motion of joint. Joint stiffness can be caused by injuries or disease of joint and common finding in arthritis condition and late complication of fracture. Sometimes injuries or inflammation of adjacent areas such as Bursa can cause pain that may limit the movement of joint and be perceived as joint stiffness. In Ayurveda joint stiffness is called as sandhi graha or sandhi stambha. In this patient joint stiffness caused by injuries. In modern science wide range of conservative and surgical treatment is available. Joint stiffness means sandhigraha which get vitiated by vata, pitta, kapha and raka dosha. Acharya Sushruta has described Salvan upnaha chikista in sandhigraha which is more effective and instant relief without surgery. In modern medicine treatment is heat therapy (hot fomentation, wax bath, diathermy etc) and exercises. Sometimes, there may be a need of manipulating the joint under general anesthesia.

A single case study of joint stiffness is reported here. In which viated dosha shaman by upanaha chikista.

CASE REPORT
A 30 years old young male patient presented in shalyatantra OPD of Government Ayurvedic college, Nanded, Maharashtra on 4/4/2014 with history of trauma at left knee joint before one and half month complaining of swelling at left knee joint stiffness and restricted movement of left knee joint. He consulted a local practitioner for same and received treatment...
but not relief. Local practitioner send orthopedic surgeon and advice MRI left knee joint for ligamentus injuries and given painkiller, antacid and suggest operative after MRI.

On the day of admission patient having complaining of pain and swelling at left knee joint, stiffness at left knee joint. All routine investigation done. X-ray left knee joint-within normal limit.

MANAGEMENT
Conservative management given according to Acharya Sushruta describe in Sushrut chikista sthana.

PROCEDURE
Anupa mansa i.e. fish ½ kg given. First boil the fish, after boiling removed spine and rib of fish then crush the fish. Add 4 teaspoon sendhav lavan and add 10 ml Nimbu swaras (lemon juice). Heat the pan take 20ml til tail add all mixture and stirred. After 10minute salvan upanaha is ready for application. Salvan upanaha applied at left knee joint and then covered by tube of tire left it for 5-6 hour same procedure is done for 2 weeks [4].

PROBABLE MODE OF ACTION

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<th>Day</th>
<th>Ht From Base Extension (Cm)</th>
<th>Flexion (Cm)</th>
<th>Lateral Malleolus To Ant. Sup. Iliac Spine (Cm)</th>
<th>Circular Girth At Patella</th>
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Predominantly vata, pitta, kapha and rakta dosha vikruti were present. Vata dosha is responsible for sndhigraha. Salvan upanaha is best treatment suggested by Acharya sushruta describe virudha chikista for this. Salvan swedana it brings vitiated dosha into prakuta condition. It relieves sandhi graha (joint stiffness), sandhi shopha ,sandhi shoola (joint pain) [5].


Til tail-katu ,tikta ,madhur ,kashaya, madhur vipak, ushna virya, kaph-pittanuta ,vataghna [9].

RESULT & OBSERVATIONS
In this patient, we found that swelling of knee joint decreased, also pain and joint stiffness decreased. Flexion and extension movements of of joints are normal, which happened only due to Salvan upanaha.
DISCUSSION & CONCLUSION

A stiff knee occurs when difficulty in moving the knee joint due to injury to or inflammation of the joint. Anything that leads to restricted movement of knee joint may be considered to cause stiffness of knee.

Four ligaments are important in maintain the stability and function of knee joint, anterior and posterior cruciate ligaments and medial and lateral collateral ligaments. The menisci are two pieces of cartilage that permit the bone of knee joint smoothly against one another. Injuries to these structures may restrict movement of joint.

A knee injury can require emergency care and a sprain may be accompanied by more serious injury to joint. Joint stiffness medication involves acetaminophen, acetylsalicylic acid, ibuprofen, NSAIDS but it has some disadvantage [10].

Salvan upanaha is natural treatment it contain lemoon-antiinflammery, til tail- pain killer, anupmansa-mansa pushtiprada (strength to muscle), Sendhav lawan-increase blood circulation and gives muscle strength [11].

Hence the treatment can be prescribed as worth full procedure considering the effective, safe and low cost therapy for knee joint stiffness (Janusandhigraha).

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Before Treatment

After Treatment

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