

## AYURVEDIC APPROACH IN OSTEOARTHRITIS (JANU SANDHIGATA VATA)- A CASE REPORT

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### ABSTRACT

A 63 year old female patient complaining of pain, tenderness (*Sparsha Asahatwa*), inflammation (*Shotha*) and restricted movement of left knee joint, was being diagnosed as a case of osteoarthritis of knee joint (*Janu Sandhigata Vata*). Treatment planned in two stages, first *Shodhana Basti* and then *Brimhana Basti*. Visual analogue scale for pain, tenderness score, restricted movement of knee and standing time used to evaluate the efficacy of the treatment. There was a significant improvement in the Visual analogue scale of pain, range of movement and standing time along with diminution of inflammation and tenderness after treatment. Quality of life improved by the combined treatment of *Shodhana and Brimhana Basti* in this patient.

**Key words:** *Shodhana Basti, Brimhana Basti, Janu Sandhigata Vata, Osteo-arthritis.*

### INTRODUCTION

Every disorder begins with lack of proper nutrients or insufficient supply of nutrient to particular tissue. Nutrients do not reach to the target site due to blockage of channel (*Srotoavarodha*) so, it will be the cause of disease. *Janu Sandhigata Vata*<sup>1</sup> is an *Asthi-Sandhigata Vyadhi*, there is *Kshaya* of *Asthi Dhatu* due to insufficient supply of *Poshaka Rasa*. Considering

the concept of *Mridu Langhana*<sup>2</sup> prior to the *Brimhana* as a protocol for the treatment, *Shodhana Basti*<sup>3</sup> was being administered prior to the administration of *Brimhana Basti*<sup>4</sup> in this case and results was very encouraging.

### CASE REPORT

A 63-year-old female patient with presenting complaints was admitted in our hospital

Gradual onset of moderate pain since 9 month
Inflammation of supra patellar region
Restricted movement of knee associated with pain
Audible crepitus
With severe tenderness (Wincing of face on pressure)

Based on the above complaints and radiological report, patient was diagnosed as Osteoarthritis of left knee joint (*Janu Sandhigata Vata*). Before Ayurvedic treatment, patient had a history of usage of NSAIDs, conservative therapies and ste-

roidal injections to the knee joint but pain in the knee joint progressively increased and on the other hand daily activities of living (ADL) disturbed day by day. The Administration of *Shodhana Basti* for two days.

treatment was planned into two stages as here under,

### First Regimen

Ingredients of <i>Shodhana Basti</i>	Quantity
Honey	120 ml
<i>Saindhava Lavana</i>	12 gm.
<i>Sneha- Pippalyadianuvasana Taila</i>	80 ml
<i>Kalka- Sathpuspa, Yastimadhu, Madanaphala</i>	Each 8 gm.
<i>Kashaya- Erandmooladikashaya</i>	300 ml
<i>Aavapa- Gomutra</i>	100 ml

### Second Regimen

Administration of *Brimhana Basti*<sup>6</sup> in *Kala Basti* schedule.<sup>7</sup>

Ingredients of <i>Brimhana</i>	Quantity
Honey	100 ml.
<i>Saindhvalavana</i>	12 gm.
<i>BalaLaksha Ashwagandhadi Taila</i>	100 ml
<i>Panchatikta Ghrita</i>	100 ml
<i>Kalka - Yastimadhu, Musta</i>	12 gms. Each
<i>Ksheera</i>	200 ml

**Ingredient of *Brimhana Anuvasana Basti*:** *Anuvasana Basti* was being administered with *Pancha Tikta Ghrita*<sup>8</sup> (50 ml) and *Bala Laksha Ashwagandhadi Taila*<sup>9</sup> (50 ml).

### Schedule of administration of *Basti*

Days	1 & 2 <sup>nd</sup> days	3 <sup>rd</sup> to 17 <sup>th</sup> days ( <i>Kala Basti</i> schedule)
<b>Types of <i>Basti</i></b>	<i>Shodhana Basti</i>	<i>Anuvashana &amp; Niruha-Brimhana Basti</i>
<b>Total number of <i>Basti</i></b>	2	<i>Niruha Basti</i> – 6 and <i>Anuvashana Basti</i> – 9

As per the schedule mentioned above *Basti* was administered i.e. first two days *Shodhana Basti* then after looking at the symptoms like lightness of the body, increased appetite etc. *Anuvasana* and *Niruha Brimhana Basti* as per *Kala Basti* schedule for next 15 days administered.

### RESULTS

The symptoms assessment was done before treatment, after treatment and

during follow up. After 17 days of treatment, reduction in the left knee joint pain was observed using VAS (Visual Analogue Scale), which reduced from 8 to 0 along with significant improvement in the symptoms like restricted joint movement, standing time and diminution of inflammation and tenderness.

Assessment criteria	Before treatment	After treatment	During Follow up (after 30 days)
Pain	Moderate	Occasional pain	No pain
Inflammation	Supra patellar region	Absent	Absent

Tenderness	Winching of face on pressure	No tenderness	No tenderness
Range of movement	85 degree	110 degree	115 degree
Standing time	Able to stand less than 15 min without support	Able to stand more than 15 min without support	Able to stand

## DISCUSSION

- For Knee joint disorder (*Sandhigata Vyadhi*), according to *Ayurvedic* classical guidelines, *Tikta Ksheera Basti* is advisable, as the *Dravya* with *Snigdha*, *Khara* and *Shoshana* properties is expected to nourish the *Asthidhatu*. *Ksheera* and *Sarpi* do the *Asthidhatu Poshana* (*Guna Samanya Siddhanta*) because of their *Snigdha Guna*, *Tikta Rasa* gives strength to the *Asthi* especially it protects the *Kharatwa Guna* of *Asthi* and it does *Asthidhatu* strong and rigid with its *Shoshana Guna*. Being an *Akasha Mahabhuta Pradhanya Dravya*, *Tikta Rasa* also acts as a medium for the *Basti Dravya* to reach their destination with similar composition by allowing their easy penetration.
- *Pureeshadhara Kalaa* is nothing but *Asthidhara Kalaa*. In the management of *Asthivaha Srotodushti*, *Basti* is mentioned as choice of treatment because *Basti Dravya* directly can act on *Pusreeshadhara Kalaa* thereby it is expected to nourish *Asthidhara Kalaa* and *Asthidhatu* in particular.
- *Basti* procedure chosen in this case for its *Vata* pacifying property.
- Before giving the *Brimhana Basti*, *Shodhana Basti* was administered. The aim of administration of *Shodhana Basti* was to purify the channels of circulation (*Srotosodhaka*). It enhances easy and quick absorption of

administered drug and allows it to reach its target.

- *Kala Basti* schedule was chosen for treatment as this disease comes under *Madhyama Roga Marga* with *Gambheera Dhatu* i.e. deeper tissue involvement.
- Calcium metabolism which is very essential for the rigidity of bones is regulated by the intestines by adjusting the absorption of calcium. Cow milk composed of maximum Calcium which is used in *Tikta Ksheera Basti* procedure. Calcium is being absorbed both actively and passively in the Large intestine there by expected to help the healthy growth and rejuvenation of osseous tissue.

Priorly *Shodhana Basti* was administered, it was a *Doshaharana Basti* (withdraw the morbid *Dosha* from body) and *Srotosodhaka* in its property. After purification of channels, we had administered *Brimhana Basti* for the *Poshana* of *Asthi*, *Sandhi* and its surrounding structures. *Tikta Ksheera Basti* expected to provide strength, compactness, stability to the knee joints and it give strengthen the *Snayu* (ligament) and *Kandara*. In this way, medicine can reach up to target tissue and we can get immediate and long-term effect.

## CONCLUSION

Patient was being treated with *Shodhana Basti* and *Brimhana Basti* in a *Kala Basti* schedule for a period of 17 days and significant positive improvement was ob-

served in the signs and symptoms. As in this case study (two stages treatment schedule) very encouraging results were obtained and efficacy was proved practically, it may be a subject for further clinical trials and may provide a room for discussion in future.

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