

## A CLINICAL STUDY TO EVALUATE THE EFFICACY OF UPANAHA SWEDA AND VATARI GUGGULU IN THE MANAGEMENT OF JANUSANDHIGATA VATA

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### ABSTRACT

Ayurveda is the science of life. The chief objects lay down before this science is the preservation of health and preventive disease. Ayurveda has described about the pathogenesis and the treatment of various disorders, the incidence of some of which have increased in the present scenario. *Janu Sandhigata Vata* correlated with osteoarthritis (OA) of the knee joint is one such chronic, degenerative, inflammatory disease which has a great impact on the quality of the life of an individual. Different modalities of treatment have been explained in the classics to tackle the condition effectively. The present study was aimed to assess clinically the effect of *Vatari Guggulu* and *Upanaha Sweda* in the management of *Janusandhigata Vata*. 18 patients were treated with *Vatari Guggulu* and *Upanaha Sweda* for two months. Results obtained were analyzed for statistical significance which shows *Vatari Guggulu* and *Upanaha Sweda* are effective in bringing relief in signs and symptoms of *Janusandhigata Vata*.

**Keywords:** *Janu Sandhigata vata*, knee osteoarthritis, *Vatari Guggulu*, *Upanaha Sweda*

### INTRODUCTION

The disease *Sandhigata vata* is described under the *Vatavyadhi* in ayurvedic classics. The vitiated *vata* when shelter in *sandhisthana* causes pain, swelling, stiffness, crepitus so known as *Sandhigata vata*. Acharya Charaka was the first person who described the disease separately named *Sandhigata anila* and defined it as *vatapurna driti sparsha* (on palpation it feels air filled bag), *shopha* (swelling), *prasaranokunchanyopravartischa savedana* (painful on flexion and extension movement).<sup>1</sup> Factors which are responsible for vitiation of *vata* are *katu*, *tikta* and *kashaya rasa pradhana dravya* and *ativyayma*,

*dhatukashya* and *abhighata*<sup>2</sup>. In modern science this condition closely resembles with knee osteoarthritis. Osteoarthritis is the most common articular disorder. It is characterized by progressive degeneration of articular cartilage of joints. Clinically it represented as pain in joints during movements, stiffness in joints, tenderness in joints, crepitus, restricted joint movements, and radiologically it is characterized by narrowing of joint spaces, osteophytic changes and deformities in contour of joints<sup>3</sup>. The incidence of osteoarthritis in India is as high as 12%. Currently OA affected persons, 80% are having some move-

ment limitation and 20% are unable to perform major activities of daily life. It is asymptotically in the 2<sup>nd</sup> & 3<sup>rd</sup> decades and is extremely common by age 70. Almost all persons by age 40 have some pathologic change in weight bearing joint 25% females & 16% males have symptomatic osteoarthritis<sup>4</sup>. No treatment is available which can prevent the disease process. In modern science using NSAIDS and surgery are the option for the treatment of osteoarthritis. While in Ayurveda the line of treatment for *Sandhigata Vata* focused on the alleviation of *vata dosha*. So, treatment options for *Sandhigata vata* described by various Acharyas, are *snehana*, *swedana*, *upanaha* and *lepa*. *Snehana* and *swedana* are very effective in vitiated *vata* and relieves in pain, swelling, stiffness and improves flexibility. With this background, it is planned to evaluate the efficacy of *Upanaha sweda* and *Vatari guggulu* in the management of *Janusandhigata vata*.

#### Aim & Objectives

To observe the effect of *Upanaha sweda* and *Vatari Guggulu* in the management of *Janusandhigata vata*

#### Materials and Methods

The patients were selected randomly from Outdoor Patient Department (OPD) and Indoor Patient Department (IPD) of Panchakarma Rishikul Ayurvedic College and Hospital, Haridwar, irrespective of gender, caste, religion, occupation, etc.

#### Inclusion criteria

- Patients aged between 40-70 years.
- Patients follow the symptomology of *Janusandhigata Vata* according to Ayurveda classic.
- Patients follow the diagnostic criteria of knee osteoarthritis.
- Cases of primary knee osteoarthritis only.
- Patients without any anatomical deformity.

#### Exclusion criteria

- Patients age below 40 years and above 70 years.
- Patients with secondary knee osteoarthritis.
- Patients having past traumatic history.
- History of systemic illness like Diabetes mellitus, liver disease, Tuberculosis, Renal disease, Cardiac disease.
- Patients having past history of RA, Gout, Psoriasis etc.

#### Study design-

*Vatari Guggulu*<sup>5</sup> –

**Drug** - *Vatari Guggulu*, *Matra*-1 gm (1masha),

*Sevankal* - *Pratha Kala*,

*Anupana* - Lukewarm water, Duration - 60 Days

*Vatari Guggulu* It was prepared according to the description given in Bhaishajya ratnavali 9/154-155 which contains

DRUGS	PART
<i>Eranda tail</i>	1 part
<i>Gandhaka</i>	1 part
<i>Haritaki</i>	1 part
<i>Amalaki</i>	1 part
<i>Bibheetak</i>	1 part
<i>Guggulu</i>	1 part

**Upanaha sweda<sup>6</sup> –**

**Drug –Upanaha sweda** - It was prepared according to the description given in charaka samhita 14/35-36.

DRUGS	PART
<i>Godhoma</i>	1 part
<i>Yava</i>	1 part
<b>Tila taila</b>	20 ml
<b>Saindhav lavana</b>	3 gm
<b>Kanji</b>	

No. of Registered Patients	No. of Patients Complete Treatment	Treatment Module	Duration
20	18	<i>Upanaha sweda</i> with <i>Vatari Guggulu</i>	3 sittings (one sitting 15 days) within the gap of 7 days & <i>Vatari Guggulu</i> 2TDS for two months.

Total 20 patients were registered.18 patients had completed the treatment and 2 were drop out.

**CRITERIA FOR ASSESMENT**

Assessment was done initially before intervention of medicine and there after a period of 1 month on the basis of improvement in the subjective (Pain, swelling, stiffness, tenderness, crepitus, and restriction of movements) and objective parameters (x- ray findings) in grading pattern. Results obtained were analyzed for statistical significance by adapting Wilcoxon signed rank test.

The total effect of the drug on the parameters was assessed as follow

Good improvement - >75% relief in signs & symptoms

Moderate improvement -51% to 75% relief in signs & symptoms

Mild improvement - 25% to 50% relief in signs & symptoms

No improvement - below 25% relief in signs & symptom

**OBSERVATION**

The response of the patients to the treatment done was observed according to the subjective & objective parameters before and after the treatment. Out of 20 patients, maximum patients were 57.1% between the age group 51- 60. Than 23.8% were between the age group 40-50, and minium patients 19.0% were between the age group 61-70.

PARAMETERS	Sample size	MEAN		MD	% CHANGES	W	N	P	Significance
		BT	AT						
<b>SANDHISHULA ON REST</b>	18	2.22	0.22	2.0	90	-171.000	18	<0.001	ES
<b>ON STANDING</b>	18	2.06	0.06	2.00	88	-171.000	18	<0001	ES
<b>ABILIY TO CLIMB UP/DOWNSTAIRS</b>	18	2.00	0.44	1.56	77.77	-148.000	18	<0.01	HS
<b>ABILITY TO SQUAT</b>	18	2.00	0.50	1.50	75	-171.000	18	<0.01	HS
<b>STABHDTHA (STIFFNESS)</b>	18	1.67	0.22	1.44	86.66	-171.000	18	<0.001	ES
<b>SANDHISOPHA (SWELLING)</b>	16	1.13	0.00	1.13	90	-136.000	16	<0.001	ES
<b>TENDERNESS</b>	10	1.30	0.00	1.30	90	-55.000	10	<0.01	HS
<b>SANDHISPHUTN (CREPITUS)</b>	17	1.29	0.47	0.82	63.63	-105.000	17	<0.005	S
<b>ANKUNCHANPR SARANJANYO VEDANA (RANGE OF MOVEMENT )</b>	18	1.44	0.28	1.17	80.76	-153.000	18	<0.01	HS
<b>X-RAY FINDING</b>	17	1.29	0.76	0.53	40.90	-45.000	17	<0.05	S

## DISCUSSION

Acharya Charaka very clearly states that *Swedana* is the procedure which relieves Stiffness, heaviness, cold, and which induces sweating. According to Acharya Sushruta, *Upanaha Sweda* was used in *Vata* predominant disorders. The drugs selected for the *upanaha yoga* are having the properties that are mentioned in *swedopaga* group. *Upanaha Sweda* is *vata shamaka* properties due to its *Ushna* and *Snigdha Guna*. In *Upanaha Sweda* due to local rise of temperature, metabolic wastes are removed through increased blood circulation. The secretion of sweat is under nervous control especially autonomous. Thus the *Swedana* can bring about changes indirectly on the autonomic nervous system and the heat may reduce pain by acting over nerve stimuli. The application of heat over the joint promotes local circulation and metabolic activities and opens the pores of the skin to permit the medicines towards the affected site. So it is clearly said that *Upanaha Sweda* may be reduce the symptoms of *Sandhigata vata*.

Composition of *Vatari Guggulu* is collectively having *Vata-shamaka*, *Kapha shamaka*, *Ama pachana*, *Deepana*, *Vednasthapana* and *Rasayana* properties. Due to *Ushna veerya* and *Vatanulomana* properties, it normalizes the movement of *Apana Vayu* and *Vyana Vayu* which in turn helps in relieving pain. Furthermore the *kapha shamaka* properties of *Eranda* and *Guggulu* by its *laghu*, *ushna*, *Sukshma*, *Srotoshuddhikar* properties, it checks the blockage of path occurred due to *Kapha Dosha* and so helps to relieve *Stambha* and *Shotha*.

## CONCLUSION

The clinical study reveals that there is significant relief in symptoms of *Janusandhigata vata* after use of *Vatari Guggulu* with *Upanaha sweda*. Improvement was observed in all signs and symptoms. Clinical trials of the drug conclude that it possesses properties like *shoolhara* (analgesic), *vatahara* and *kaphahara* without any toxic effects. Preventive aspect and patient's education such as proper infor-

mation about causes, *pathya-apathya* (Do's and Don'ts) play an important role in the management of *Janusandhigata vata*.

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