



Case Study

**AYURVEDIC MANAGEMENT OF AAGHATAJA SANDHIVATA W.S.R. TO KNEE
OSTEOARTHRITIS: A CASE STUDY**

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ABSTRACT

The most commonly diagnosed arthritis is Knee Osteoarthritis. The main possible causes of Knee Osteoarthritis can be trauma, overweight, old age, lifestyle, calcium deficiency etc. In modern medicine, the available treatment for osteoarthritis is NSAIDS, Ca supplements, and at last, joint replacement. The present case study is about knee osteoarthritis which is caused due to trauma. *Panchakarma (Snehana, Swedana, Janu Basti, Matra Basti)* has a significant role in the management of Osteoarthritis. So, here's an attempt to show its efficacy, along with oral Ayurvedic medications, which will be helpful for further studies.

INTRODUCTION

In Ayurveda, *Acharya Charak* has described *Sandhivata* under the heading of *Vatavyadhi*^[1]. It is characterized by *Vatapurnadritisparsha* (balloon-like touch), *Shotha* (swelling), *Prasarana Aakunchana Aprivritti vedana* (pain on movement). *Madhavakara* adds *Atopa* (crepitus in joint) as an additional feature of it.^[2] In *Sushrut Samhita*, *Sandhivata* has been characterized by *Sandhinasha*, *Sandhi Shoola*, and *Sandhi Shotha*^[3].

Prevalence

Osteoarthritis is the second most common rheumatologic problem and it is the most frequent joint disease with a prevalence of 22% to 39% in India. OA is more common in women than men. Nearly, 45% of women over the age of 65 years have symptoms while 70% of those over 65 years show radiological evidence of OA^[4].

In modern, *Sandhivata* can be correlated with Knee osteoarthritis (OA), also known as degenerative joint disease, which is typically the result of wear and tear and progressive loss of articular cartilage.

It is most common in the elderly. Knee osteoarthritis can be divided into two types, depending upon the cause is primary and secondary. Primary osteoarthritis is articular degeneration without any apparent underlying reason. Secondary osteoarthritis is the consequence of either an abnormal concentration of force across the joint as with post-traumatic causes or abnormal articular cartilage, such as rheumatoid arthritis^[5].

Symptoms are pain, tenderness, loss of ability to perform activities, loss of flexibility, stiffness.

Samprapti of Sandhivata^[6]

By indulging in *Vata Prakopaka aahara* in diet and doing activities which cause vitiation of *Vata*, *Vata* gets lodged in joints, and it damages bones, tissue and initiates the disease process. After tissue damage, symptoms of *Snadhivata* like *Shoola*, *Shotha* occurs. If it is left untreated, complications possible are immobility, deformity in the joint.

Case Summary

A 50 years old, female patient came in the O.P.D. of Govt. Ayurvedic Hospital Motichouhhta Udaipur, with the complaint of pain in the right knee joint for the last 5 years. She was unable to walk properly. Crepitation was present in the right knee joint.

Family History- No family history was found.

Past History- No history was present.

Personal History

Diet- Non-vegetarian

Appetite- Normal

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Sleep- Disturbed due to pain

Bowel- Clear

Bladder- Clear

Chief Complaints

Pain in right knee joint, difficulty in walking

Vitals

BP- 140/90mmof Hg Pulse- 72/min. RR- 18 weight-

96kg Temp- Afebrile

• **Ashtavidha Pariksha**

Nadi – Vataja

Mala - Samyak

Mutra- Samyak

Jivha- Nirama

Shabda- Spashta

Sparsha- Samsheetoushna

Drik- Samyak

Aakriti- Sthool

Treatment Profile

• **Dashvidha Pariksha**

Prakriti- Vat-Kaphaja

Sara (purest body tissue)- Medasara

Samhanana (body built)- Madhyam

Pramana (body proportion)- Pravara

Satmya (homologation)- Madhyam

Satva (mental strength)- Avara

Vyayamshakti (to carry on physical activities)-

Avara (least capability)

Aharshakti and Jaranshakti - Madhyam

(food intake and digestive power- medium)

Laboratory Investigation

RBS- 81mg/dl

Uric acid – 6.6

X ray – Loss of knee joint space, marginal osteophytes with degenerative changes.

Basti	Dose	Procedure	Days
1. Janu Basti at right knee joint <i>Murivenna Taila</i> <i>Ashwagandha Taila</i> <i>Sahacharadi Taila</i> <i>Panchaguna Taila</i>	100ml 50ml 100ml 100ml	All the four <i>Taila</i> were mixed, in the mentioned ratio & <i>Janu Basti</i> was given on anteriorly and posteriorly on the right knee.	<i>Janu Basti</i> was Given for 10 days.
2. Matra Basti <i>Sahacharadi Taila</i>	40ml	After meal	7 days.

Aushadh	Matra	Sevan Kal	Anupana
1. <i>Rasnasaptak Kwath</i> <i>Shothahara Kwath</i>	30ml 30ml	Empty stomach, B.D.	
2. <i>Vatagajankush Rasa</i> <i>Karpad Bhasma</i> <i>Godanti Bhasma</i> <i>Sameerapannag Rasa</i> A.G. Compound	250mg 250mg 250mg 65mg 5gm	Empty stomach, Before meal	With honey

DISCUSSION

In this disease, *Panchakarma* has a specific role, along with oral medications. So, in this patient, *Janu Basti* of medicated oil (at affected knee joint) and *Matra Basti* (medicated enema) was given with oral medications.

Janu Basti: By the mixture of four oil named *Murivenna*, *Ashwagandha*, *Sahacharadi* and *Panchaguna* oil in the above- mentioned ratio, *Janu Basti* was given for 10 days continuously. By making a compartment of White gram flour, the mixed oil was poured for around 40-45 min at the right knee joint in 4-5 continuous rounds.

1. **Murivenna Taila**^[7]- It is helpful in pain-related arthritis. It has also healing power, which can help to manage fractures.
2. **Ashwagandha Taila**^[8]- It will strengthen and endorse the *Mans Dhatu*.
3. **Sahacharadi Taila**^[9]- It is used in *Daruna Vat Vyadhi*.
4. **Panchaguna taila**^[10]- it is useful in *Sandhivata*, also it is used as *Abhyanga* in pain at any body part.
 - **Matra basti**^[11] – It is specially indicated in *Vata Rogas* and it has no restrictions to follow *Pathya- Apathya* (dietetics and lifestyle changes). It is *Bala Vardhaka*, *Sukhoupchayam*, *Brimhaniya* and *Vataroganashaka*. In this case, the patient was given *Sahacharadi Taila*. (Description of *Sahacharadi taila* is given above)
 - *Vatagajankush Rasa*^[12] can quickly destruct all curable-uncurable *Vat rogas*.
 - *Karpad Bhasma*^[13] is *Vatahara* and *Shulaghna*.
 - *Godanti Bhasma*^[14] is rich in calcium. So it will help as a calcium supplement.
 - *Sameerapannag Rasa*^[15] is beneficial in all joint disorders.



Fig. 1: Before treatment



Fig. 2: After Treatment

CONCLUSION

The X-Ray report was done after the treatment showed the results. Normal joint space was gained after 1 month of treatment. Hence, it shows that Ayurvedic treatment is beneficial in reducing *Aaghataja Sandhivata* (Knee Osteoarthritis).

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