

AYURVEDIC MANAGEMENT OF JANUSANDHIGAT VAT (OSTEOARTHRITIS OF
KNEE) - A CASE REPORT STUDYPournima Rikibe^{1*} and Shubhangi Maske²¹Associate Professor, Department of Panchakarma, Pdea's College of Ayurved and Research Centre, Nigadi Pune.²PG Scholar, Pdea's College of Ayurved and Research Centre, Nigadi Pune.

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ABSTRACT

This is the case presentation of 63 year female patient with janusandhigat vat, who came with chief complaints of B/L knee joint pain and x ray showing grade 3 osteoarthritis. Treatment plan includes janudhara swed^[1], medications and lifestyle changes depending on saam and niram conditions of the patient for 30 days. After treatment symptoms reduced to 80% and x-ray shows increase in joint spaces.

KEYWORDS: Janusandhigat vat, saam, niram, dhara swed, osteoarthritis, joint spaces.

INTRODUCTION

Osteoarthritis is the most common form of arthritis in the world and it is one of the leading causes of disability and is estimated that over 100 million people globally suffer from osteoarthritis (OA). The prevalence rate of OA was found in between the range 17-60 and 6% of this comes under knee OA.^[2] The main aim of OA treatment is to reduce joint pain, stiffness, improve mobility and quality of life.

In ayurveda swedan is advised in all types of vat vyadhi. Acharya sushrut has mentioned Drava swed as a type of Swed. In this study Drava swed was done with balaashwagandha oil.

Saam and niram conditions of patient were assessed properly and depending on that pottali done in saam condition where as dhara swed were given in niram conditions.

Also pachan medicines in saam condition and bruhan medicine in niram conditions were advised. This protocol is followed for 30 days and interpretations in symptoms of patient and x ray changes with increased joint spaces were noted.

CASE REPORT

Chief complaints with duration

63 years old patient complaining of following symptoms since 4 years

1. Ubhay jaanu sandhi shul RT>LT (more while walking)
2. Ubhaya janu sandhi shoth
3. Jaanu sandhi stambh RT > LT

4. Kriya kashtata

5. Jadtvā

Others symptoms - alpa swed pravrutti.

HISTORY OF PRESENT ILLNESS

Patient was having above symptoms since 4 years, symptoms aggravated since 1 year. Patient took pain killer SOS. Patient also consulted to orthopedic surgeons and doctor advised for total knee replacement surgery, but patient was not willing for surgery. With above symptoms patient came to our hospital.

PAST HISTORY

K/c/o HTN on Rx - 3 years

TL done - 8 years.

FAMILY HISTORY

No relevant history was found on prashn pariksha.

Asthvidh pariksha

Mal-asamyak consistency- hard frequency - 1 time

Mutra- 5-6 times

Naktmutrata - 1 time

Jivha- saam

Shabda- spashta

Sparsh- ushna

Druk- praktut

Akruti- madhyam.

LOCAL EXAMINATION (before treatment)

RT knee. Lt Knee

Shul +++ ++

Shoth ++ ++

Sparsh ushna ushna
Stambh ++
Grah + -
Gaurav ++. ++

X-ray of B/L knee joint in standing position taken before (day1) and after treatment (day 30).

MATERIAL AND METHOD

TREATMENT PLAN

Stage 1 – Pachan^[3]

Conditions – saam^[4]

Potali contents (shunthi + daruharidra + sahchar+ nirgundi + rasna + saidhav + erand patra + puarnava).

Treatment days	Panchakarma treatment	Medicines	Diet
Day 1	Potali swed with erand tail ^[5]	1.Ampachak vati 2 bd vyanodane 2. Rakt pachak vati 2 bd vyanodane 3.sutshekhar 2 bd apane 4.kaishor guggul 2bd vyanodane 5.Sunthi suddha erand tail 1 TSP nishakale (Dose increased upto 4 TSP) 6.Medopachak vati 2bd vyanodane	Laghu supachya ahara according to agni Mug Usha (1:16) Two times
Day 2	Potali swed with erand oil	Same as above	Mug yusha
Day 3	Potali swed with erand oil	Same as above	Mug yusha
Day 4	Potali swed with erand tail	Same as above	1 time jwari bhakari with okra/bottle gourd/ridge gourd/ pumpkin/ pointed gourd/cabbage One time mug yusha
Day 5	Potali swed with erand tail	Same as above	Same as above
Day 6	Potali swed with erand tail	Same as above	Same as above
Day 7	Potali swed with erand tail	Same as above	Same as above
Day 8	Potali swed with erand tail	Same as above	Same as above

Stage 2- Bruhan^[6]

Condition- niram^[7]

Treatment days	Panchakarma treatment	Medicine	Diet
Day 9	Janu sandhi dhara swed- till tail 20 minutes	1. Guduchi ghan 2 tab rasayan kale 2.Lakshadi guggul 2 bd vyanodane 3. Bala +ashwagandha + asthishrunkhala + shallaki + rasna 4.kaishor guggul 2 bd vyanodane 5. Sundhi siddha erand tail 3 TSP nishakale 6.asthimajjapachak 2 bd apane	1 time jwari bhakari with okra/bottle gourd/ridge gourd/ pumpkin/ pointed gourd/ cabbage (after Agni dipan only) One time mug yusha (at evening 6 pm)
Day 10	Janu sandhi dhara swed- till tail 30 minutes	Same as above	1 time jwari bhakari with okra/bottle gourd/ridge gourd/ pumpkin/ pointed gourd/cabbage / vari rice/ jack fruit/ elephant yam/krushra One time mug yusha
Day 11	Janu sandhi dhara swed- balaashwagandha tail 10 minutes	Same as above	2 times jwari bhakari with okra/bottle gourd/ridge gourd/ pumpkin/ pointed gourd/cabbage / vari rice/ jack fruit/ elephant yam/krushra

			Evening meal at 6 pm
Day 12	Janu sandhi dhara swed-balaashwagandha tail 20 minutes	Same as above	Same as above
Day 13	Janu sandhi dhara swed-balaaswagandha tail 30 minutes	Same as above	Same as above
Day 14	Janu sandhi dhara swed-balaaswagandha tail 30 minutes	Same as above 7. Mahatikta ghрут 1/2 TSP with 2 guduchi ghan vati	Same as above
Day 15	Janu sandhi dhara swed-balaaswagandha tail 35 minutes	Same as above 7. Mahatikta ghрут 1/2 TSP with 2 guduchi ghan vati	Same as above
Day 16	Janu sandhi dhara swed-balaaswagandha tail 35 minutes	Same as above 7. Mahatikta ghрут 1/2 TSP with 2 guduchi ghan vati	Same as above
Day 17	Janu sandhi dhara swed-balaaswagandha tail 40 minutes	Same as above 7. Mahatikta ghрут 1 TSP with 2 guduchi ghan vati	Same as above
Day 18	Janu sandhi dhara swed-balaaswagandha tail 40 minutes	Same as above 7. Mahatikta ghрут 1 TSP with 2 guduchi ghan vati	Same as above
Day 19	Janu sandhi dhara swed-balaaswagandha tail 45 minutes	Same as above 7. Mahatikta ghрут 1 TSP with 2 guduchi ghan vati	Same as above
Day 20	Janu sandhi dhara swed-balaaswagandha tail 45 minutes	Same as above 7. Mahatikta ghрут 2 TSP with 2 guduchi ghan vati	Same as above
Day 21	Janu sandhi dhara swed-balaaswagandha tail 50 minutes	Same as above 7. Mahatikta ghрут 2 TSP with 2 guduchi ghan vati	Same as above
Day 22	Janu sandhi dhara swed-balaaswagandha tail 50minutes	Same as above 7. Mahatikta ghрут 2 TSP with 2 guduchi ghan vati	Same as above
Day 23 -30	Janu sandhi dhara swed-balaaswagandha tail 50 minutes	Same as above 7. Mahatikta ghрут 3 TSP with 2 guduchi ghan vati	Same as above

DISCUSSION

Literature review revealed less Studies investigations on effects of Dhara swedan on janu sandhigat vat. Dhara swedan is a traditional and popular method used in this research. Swedan had heat transfer effect on applied area. Blood flow, capillary permeability, nerve conduction increase as a result of heat treatment (swedan).^[8]

This is the case of dhatukshyajanya janusandhigat^[9] vat. For 1st 8 days saamta pachan were done with erand tail

potali swed with pachan medicines and for next 22 days balaashwagandha dhara were done along with bruhan medicines. Patient was advised to take laghu supachya ahara. Patient's symptoms reduced upto 80% and after 30 days x-rays shows increase in joint spaces.

CONCLUSION

Swedan seems to be a traditional vat shamak procedure. Potali swedan as well as tail dhara swedan can be used as

supportive treatment in the management of janu sandhigat vat.

Earlier patient was not able to perform daily activities and was walking with support but after treatment patient

was able to walk more comfortably without support. Kriyakashtata, stambh, shoth, Gaurav were reduced upto 80%. Before treatment and after treatment x rays are attached with this article.

BEFORE TREATMENT



AFTER 30 DAYS TREATMENT



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