

ROLE OF JANU BASTI AND KALA BASTI IN MANAGEMENT OF SANDHIVATA [OSTEOARTHRITIS] –A CASE STUDY

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ABSTRACT

Introduction: Osteoarthritis is a degenerative joint disease. Osteoarthritis is the most common form of arthritis. Occurs when the protective cartilage on the end of the bone wears down over time. It causes pain, swelling and reduced motion in joints. Usually it affected on hands, knee, hips and spine. A variety of causes –Hereditary, Developmental Metabolic and Mechanical. The *Ayurvedic* approach to the management of *sandhivata* to provide the complete cure. *Sandhivata (Sandhi-Vata)* occurs due to aggravation of *Vata Dosha* and is known as osteoarthritis. *Janu Basti* and *kala basti* is treatment for such type of *Vikara*. **Case Report-** This is the case study of female patient suffering from osteoarthritis come in jodhpur *Panchkarma* O.P.D with complaints of pain in both knee joints restricted movement of both leg and difficulty in routine work. **Management and Result-**

The patient is treated with *Panchkarma Therapy* of *Abhayang & Swedana*, *Kala Basti*, *Janu Basti* and *Shaman* drugs. Patient found significant relief in their symptoms. all this procedures managing *Sandhivata* controlling reliving pain maintaining and improving range of movement. **Conclusion-** In the acute stage of osteoarthritis *Ayurveda* play an important role but in advance stage of the disease still an awaited, but with the *Panchkarma Therapy* along with *Shaman* drugs improved the quality of life.

KEYWORDS: *Sandhivata*, osteoarthritis, *Janu Basti*, *Ayurveda*, *Vatavyadhi*.

INTRODUCTION

Ayurveda is a *Holistic* approach to healthcare with roots in ancient india. Occurs due to aggravation of vata dosha. the vata one of the three bio regulating principle of the body is aggravated by various reasons like improper diet. Over exertion, injury, exposure to cold & intake of cold items suppression of nature urges. Staying awake at night, stress depression .Aging is primary cause as *Vata* predominance in body increase as age of the person advances towards old age. Individuals with the *Vata Prakruti* are also more prone for the *Sandhivata*. *Vata* is *Rooksha* in nature when *Vata* get vitiated in any of the joints, dries up the lubricating synovial fluid inside the joint capsule degenerates the joints and cause the destruction of the cartilage. *Sandhivata* gradually worsens with time and no cure exists. But *Sandhivata* treatment can prevent the progression of disease, relieve pain rejuvenates damaged cartilage and improves the joint lubrication, function & strength. *Sandhivata* treatment includes both *Samana* and *Sodhana Chikitsa*.

CASE REPORT

A 55 year old female patient come to *Panchakarma* OPD of *Dr. S R. Rajasthan Ayurveda University Jodhpur* with complaints of pain in both nee joints, swelling, stiffness & difficulty in walking since 2 year. Patient took allopathic treatment but got only symptomatic relief. Examination of the patient revealed *Sandhi Shotha* (swelling) around both knee joints. Tenderness 3+, *Vatapurnadritisparsa* (audible crepitus) in both knee joints. The extension and flexion movement of knee joints were restricted and movement were limited 60⁰ flexion. Patient was overweight. pulse rate 76/min, regular. Blood pressure was 126/80 mm of Hg .x-ray of the joints revealed joint space reduction in both the knee joint On the basis of the clinical features and radiological findings the diagnosis of osteoarthritis was established. In consideration with the findings of clinical examination & investigation following treatment was given table no. 2.

ASTVIDHA PARIKSHA

NADI – Vata kaphaja(76/min)	JIHVA – Alipta
MALA – aam (constipated)	MUTRA – Prakrita
SHABDA – Spsata	SPARSHA – Sama shitoshna
DRIK – Prakrita	AKRTI – sthoulya

ASSESSMENT PARAMETERS

Table 1: Objective and Subjective Parameter.

Grade	Pain	Stiffness	Tenderness	Oedema	Crepitation	Range of Movement
Grade-0	No pain	Absent	absent (no tenderness)	absent	no crepitus	normal (101 to 120 degree flexion)
Grade- 1	mild pain (pain observed on excessive work)	mild stiffness (morning stiffness of 5-10 minutes duration)	mild (patient says it is paining)	mild slightly swelling (covering only the bony prominence)	mild (perception on touch)	mild (81 to 100 degree flexion)
Grade- 2	moderate pain (pain increased on little work)	moderate stiffness (morning stiffness of 10-15 minutes duration)	moderate (patient winces and with draws the affected)	moderate (completely covering all the body prominence)	moderate (audible on attention)	moderate (61 to 80 degree flexion)
Grade-3	severe pain (persistent pain with sleep disturbance)	severe stiffness (morning stiffness of 15-30 minutes duration)	severe (does not allow the effected joint to be touched)	Severe (completely covering the joint)	severe (clearly audible)	severe (0-60 degree flexion)

PANCHKARMA TREATMENT

Table No. 2: Treatment Plan.

Sr.No	Treatment	dose	duration
1	<i>Ashwagandha Churna</i>	3 gm BD Before meal	30 days
2	<i>Mahayograj Gugglu</i>	1 Vati BD Before meal	30 days
3	<i>Erandbharstharitki</i>	3gm 1 time(bed time)	30 days
4	<i>Abhayang & Swedana With Ksheerbala Oil</i>		16 days
5	<i>Janu Basti With Mahanarayana Oil</i>		16 days
6	<i>Kala Basti</i> <i>Anuvashana-Mahanarayan Oil</i> <i>Niruha Basti- Erandmuladi Niruha Basti</i> <i>(According To Charak)</i>		16 days

Table 3: Kala Basti Shedule.

1 st day	<i>Anuvasana Basti</i>	9day	<i>Niruha Basti</i>
2 nd day	<i>Anuvasana Basti</i>	10 day	<i>Anuvasana Basti</i>
3 rd day	<i>Niruha Basti</i>	11 day	<i>Niruha Basti</i>
4 day	<i>Anuvasana Basti</i>	12 day	<i>Anuvasana Basti</i>
5 day	<i>Niruha Basti</i>	13 day	<i>Niruha Basti</i>
6 day	<i>Anuvasana Basti</i>	14 day	<i>Anuvasana Basti</i>
7 day	<i>Niruha Basti</i>	15 day	<i>Anuvasana Basti</i>
8 day	<i>Anuvasana Basti</i>	16 day	<i>Anuvasana Basti</i>
TOTAL	16 BASTI- 10 Anuvasana Basti + 6 Niruha Basti		

Table 4: Assessment Score.

Parameter	B.T	A.T	Difference (B.T- A.T)	% Improvement
Pain	3	1	2	66.66%
Stiffness	3	1	2	66.66%
Tenderness	3	1	2	66.66%
Oedema	2	0	2	100%
Crepitation	2	1	1	50%
Range of movement	3	1	2	66.66%
Total	16	5	11	68.75%

DISCUSSION AND RESULT

Ashwagandha are well known for their effects in pacifying *Vata* and *Bruhana* (strength promoting) due to *Snigdha* (unctuous), *Madhura* (sweet) properties.

Mahayograj Gugglu reduced the inflammation and spasm facilitates better blood supply and improved nerve conduction to be affected area. Classical references and clinical suggest it is highly beneficial in the management of *Sandhivata*.

Erandbhrstharitki is useful in *Vataanuloman* & *Vatashama*.

Janu Basti includes two process *Snehna* & *Swedana* simultaneously. *Snehna* means *Oleation Therapy*. *Sneh* has dominancy of *Apya Mahabhut*, Therefore the joints becomes *Oily* and smooth due to *Snehna*. Remove the roughness and dryness of joints. *Swedana* leads to excretion of waste material by sweating. Its physical properties i.e heat (*Ushna*), *Swedana* would serve as a specific therapy for *Vatika* & *Kaphja* disorders *Janu Basti* will help in pacifying *Vata* in the case of *Janu Sandhigata Vata*.

Anuvasana and *Niruh Basti* treatment per excellence for *Vatik* disorder because immediately after entering the *Pakwashaya*, the strike at the very root of morbid *vata* and when it is overcome in *Pakwashya* even the entire morbid *Vata* dwelling in the other parts of the body could be alleviated.

The patient showed highly satisfactory relief, in the symptoms of oedema, pain, stiffness, tenderness percentage wise relief of thus, the Response is seen among the patient (table no.4). This is clear from the above discussion that all the therapies have reduced the pain in the patients of *Sandhivata*.

CONCLUSION

The purpose of the case study was Evaluate the effect of *Janu Basti* and *Kala Basti* in *Sandhivata* w.s.r to osteoarthritis of knee joint. Osteoarthritis is a very common condition advancing age and life style factors contribute in tandem to increase the trouble. It was apparent from the study of *Janu Basti* and *Kala Basti* in *Sandhivata* w.s.r to OA of knee joint showed invigorating result in alleviating the presentations of *Sandhivata*. It also observed *Basti* then when given would yield best result. Hence it can be concluded that *Janu Basti* with *Mahanarayana Tail* and *Mahanarayana Tail Anuvasana* & *Erandmuladi Niruha Basti* which is economical and effective, give relief from the symptoms of *Sandhivata*.

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