

## EFFICACY OF AGNIKARMA IN THE MANAGEMENT OF JANUSANDHIGAT VATA W.S.R. TO OSTEOARTHRITIS OF KNEE JOINT- A CASE STUDY

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### ABSTRACT

*Vata Dosha* plays main role in the disease. *Shula Pradhana Vedana* is the cardinal feature of *Sandhigat Vat* disease associated with *Sandhishool & Vata Purna Druti Sparsha, Shothasandhigateanile*. It is the one line unique identity of *Sandhigat Vat*.

In today's modern era due to sitting jobs, air conditioner atmosphere, unhealthy diet disease can be increase day by day. All the osteoarthritis in *Ayurveda* described under the *Vatvyadhi* with respect to etiology, pathology & clinical feature. Knee joint are more prone to be affect by this disease beacause of its most frequently involve joint in work.

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The word *Agnikarma* is made up of *Agni & Karma* which means application of heat which involve procedure using a metal rod i.e *Shalaka* in aseptic manner. An indian surgeon, *Maharshi Sushruta*, known as the father of modern surgery documented the effectiveness of *Agnikarma* for various musculoskeletal disorders in the ancient *Ayurveda* literature od *Sushruta Samhita* about 2500 years ago.

In the fast lifestyle patient needs instant result on all pain. *Agnikarma* is one which gives instant relief from pain by balancing local *Vata & Kapha* without any adverse effect.

**KEYWORDS:** *Vata & Kapha, Sushruta Samhita, Agnikarma, Maharshi Sushruta.*

## INTRODUCTION

In *Vridhavastha*, all *dhatu*s undergo *kshaya*, thus leading to *vatprakopa* & making individual prone to many disease.

Osteoarthritis is a chronic degenerative disorder of multifactorial etiology characterise by the loss of articular cartilage, hypertrophy of bone at the margins.<sup>[1]</sup> Typical clinical symptoms are pain, particularly after prolonge activity & weight bearing, whereas stiffness is experience after inactivity.<sup>[2]</sup>

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.<sup>[3]</sup> OA is more common in women than men but the prevalence increases with age.<sup>[4]</sup> *Ayurveda* the symptoms of osteoarthritis are approximately similar to *janu sandhigata vata* as decribed in *sushrut samhita*. Classical sign and symptoms of *sandhigata vata* are *Shula*, *Shotha*, *Stamba*, *Sparshya-asahyata*, *akunchana prasarana vedana*.<sup>[5]</sup>

*Agnikarma* is a nonpharmacological treatment which has definite role in *sandhigata vata*. The emphasis of the *Ayurvedic* approach of *Agnikarma* is to relieve the pain in OA. It is more effective in the management of *janugata sandhivata* (OA of knee joint). *Sushruta* has given direction for treatment of the *sandhigata vata* by *Agnikarma*.<sup>[6]</sup>

The main aim of my treatment was pain management for that purpose *Agnikarma* Therapy was used. Keeping all this in mind and besides that the present study was done to evaluate efficacy of *Agnikarma* in the management of *janusandhigat vata*.

## CASE REPORT

Patient name-xyz	DOA-20/08/2019A
Age & sex-56 yr/male	DOD-27/09/2019
Reg no-11270	Occupation-Driver

### C/O

- 1]Bilateral knee joint pain++
- 2]Swelling of bilateral knee joint+
- 3]Difficulty while walking++

**PAST HISTORY**

N/K/C/O-DM/HTN/PTB/IHD

N/H/O-Fall/Trauma/any addiction

**O/E**

P-84/min

BP-130/80 mmhg

**S/E**

RS-AEBE clear

CVS-S1S2 Sinus rhythm

CNS-Concious & Oriented

**INVESTIGATION**

All Routine blood test-WNL

X RAY bilateral Knee joint-Bilateral space reduction, osteophytes seen

**TREATMENT GIVEN**

3 Setting of *Agnikarma* has been done over the knee region at interval of 1 week.

**Shaman treatment**

1. Tab *kaishor guggul* 250 mg 2-0-2.
2. *Gandharvaharitaki churna* 3gm HS with warm water.

**CRITERIA OF ASSESMENT****Severity of pain<sup>[7]</sup>**

VAS Scale is the easiest way to measure the intensity of pain and can be analysed quickly.

**Table no. I Visual analogue scale for assessment of pain.**

S.N.	Type of pain	Grade
1	No pain	0
2	Mild pain (up to 0-3 mark)	1
3	Moderate pain (up to 4-6 mark)	2
4	Severe pain (up to 7-8 mark)	3

**Grading Table no. II for assessment of walking distance by patient.**

S.N.	Walking distance by patient	Grade
1	Walks without pain up to 1km	0
2	Walks without pain up to 500 meters	1
3	Walks without pain up to 250 meters	2
4	Feels pain on standing	3
5	Patient Cannot stand	4

**Grading Table no. III for assessment of Range of movement in knee joint.**

S.N.	Range of movement in knee joint	Grade
1	0-130 degree	0
2	129-90 degree	1
3	89-60 degree	2
4	59-30 degree	3
5	30-0 degree	4

**RESULT**

S.N.	Clinical feature	Before Treatment	After Treatment
1	Pain	3	1
2	Walking distance	3	1
3	Range of movement of knee joint	3	1

**CONCLUSION**

*Agnikarma* was found to effective in the management of *janusandhigat vata*. Patient got symptomatic relief in previous signs and symptoms & he can do his daily routine work without pain.

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