

**IMPORTANCE OF YOGA IN OSTEOARTHRITIS – A CASE STUDY****Dr. Neha Sheokand\***

Assistant Professor, Deptt. of Swasthviritta, Gangaputra Ayurvedic Medical College, Kandela,  
Jind- Haryana.

Article Received on  
25 August 2021,

Revised on 15 Sept. 2021,  
Accepted on 05 October 2021

DOI: 10.20959/wjpr202113-35757



**\*Corresponding Author**

**Dr. Neha Sheokand**

Assistant Professor, Deptt.  
of Swasthviritta, Gangaputra  
Ayurvedic Medical College,  
Kandela, Jind- Haryana.

**ABSTRACT**

The global burden of osteoarthritis among adults is rising. Yoga might be a potential solution for the management of osteoarthritis. Connection of Mind-body association applies with backgrounds in eastern attitude and culture is delivery a boundless deal of courtesy recently. For many adults, yoga and various dance forms are joining the treadmill like power yoga effectively increase physical activity and prevent us from diseases like OA. If a patient is having arthritis he should not stop individuals from trying these replacements to old-style exercise. *Objective* of the paper is to systematically assess the effects of yoga on pain and quality of life in a patient with knee osteoarthritis. Hence an attempt has made to study on the case of OA and symmetry of it with yoga.

**KEYWORDS:** *Sandhivata, Osteoarthritis, Yoga, Chikitsa.*

**INTRODUCTION**

Knee osteoarthritis (OA) is a deteriorating knee disease usually associated with pain, swelling, stiffness, limited movements, and weakened equilibrium task.<sup>[1]</sup> It has been supposed that chondrocytes experience premature changes in structure of knee joint, which called “stress-induced senescent state” that is the reason for cartilage deterioration.<sup>[2]</sup> The challenging actions, the reduction of lubricin stages, and also the compensations of the synovial watery greasing aptitude, which are thoroughly linked to the expansion of osteoarthritis have also been thought.<sup>[3]</sup> It is a wear-and-tear arthritis result from the repetitive stress injuries of the joint and sometimes corporeal damage can make things worse for the whole life<sup>[4]</sup> According to the Osteoarthritis Research International (OARSI) guidelines for the nonsurgical management, exercise is recommended to improve the function of case of

OA.<sup>[5]</sup> The mechanism behind these wonders may be reason for quality of life after of yoga indulging in the person in a routine which help in person for mental and physical fitness.

## METHODOLOGY

This case study involving a 57 Year old man with Bilateral arthritis , following treatment with selective Yoga postures along with Ayurvedic medicine got significant improvement in Strength of Knees, he is now able to walk for more than 30 min and do routine work which he was facing difficulty priorly in a treatment of 1 month. Hence combining Yoga with Ayurvedic medicine is effective in promoting quality of life in subjects with OA Knee.

## History

I. A person age 57 years, male came to opd of swasthvritta Gangaputra Ayurvedic Medical College, kandela, Jind- Haryana with a complaint of pain in both knees, left knee more painful than right. The pain increases on doing routine activity , floor level activities, difficulty in walking for more than 50 steps, stair case activities.on examination his physical condition on January 3rd 2022 were below:

II. Medical History: he was Non diabetic, Non Hypertensive, driver by profession in younger time but now stopped,non Vegetarian, Smoker, Non Alcoholic.

Resting heart Rate = 80/min

Blood Pressure = 140/80 mm/hg

On examination Antalgic gait while walking

bilateral genu varum

on examination Knee joint B/L

Medial joint line tenderness of left knee positive.

On knee flexion- restricted and painful

Provisional diagnosis: Bilateral Knee Arthritis

## Treatment

He was given -

### 1- Yoga and Asana Therapy

\*Suryabhedana pranayama (vata hara) helps to remove diseases occurring due to vata dosha.

Bhastrika pranayama balance the three doshas in the body.

\*Bhastrika pranayama balance the three doshas in the body.

Because these two pranayamas cause the body to heat up, they might also aid in weight loss. By removing obstructions and facilitating appropriate prana flow and function within the body, Bhastrika pranayama aids in the purification of the nadis.

\*Asanas strengthens and stretches the joints by improving blood flow around them. Improved blood circulation around the joints results in better muscular tone. As a result of the improved blood circulation, the joints receive enough nutrition and are free of hazardous particles. The asanas also help to prevent and remove the blockages in the body and mind. This blockage leads to stiffness, muscular tension and minor defects in function. After a period they become chronic joint problems. Asanas like Janufalak Akarshan, Janu naman and Janu chakra help to strengthen the knee joint, leg muscles and ligaments around the joint.

These Yoga and Asanas make the joints healthy, strong and flexible.

## 2- Shaman Chikitsa

\*Rasna saptaka kashaya – 3 TSF TID with 3 TSF of luke warm water( Before food).

\* Vishamushti vati 2 Tab TID (After food)

Diet restriction.

Physical activities include walking were also included. His physical conditions as on 15/01/2022 are as follows: Abdominal muscles, both hip joint muscles have better-quality, motor power and functionally.

He was counselled to continue a set of exercises and to keep watching his improvement

Also he is counseled to take passable rest in between Spartan exertional activities.

## DISCUSSION

- Osteoarthritis is one of the most prevalent circumstances leading cause of disability among elderly population. The economic costs of OA are high, related to conduct, for individual and family (Nordemar 1981) have shown hatha yoga to be effective among Knee Osteoarthritis (Gohlam 2013). Obesity has a huge influence on osteoarthritis (Lauren etal 2013). This traditional management of OA Knees using Yoga, with Ayurvedic medicine help in improving quality of life .Content of Rasnasaptak kwath includes Gokshur,Giloy , errand tail and Rasna.

**Mode of action of Gokshura**

- Drugs which can lead to pain alleviation without having an effect on conscious levels
- Drugs which aid in swelling reduction following an injury
- Substances that invigorate sex drive.

**Mode of action of Giloy**

- Agents which support in dipping free radical activity and preventing oxidative stress and damage
- Substances that improve digestive processes.
- Drugs that improve liver function and protect it from infections
- Substances that can stimulate or reduce the action of immune system molecules in the body.
- Agents who thwart microbial repetition and growth by either killing microorganisms or ceasing their actions.

**Mode of action of Rasna**

- It is used for the control of pain and do not lead to loss of consciousness
- It help improve the process of digestion and food absorption

**Mode of action of Castor oil-**

- It help in reducing the symptoms of fever, pain and swelling in an inflammatory response.
- Substances that scavenge the singlet oxygen molecules in the body.
- Substances that sooth and soften the skin, usually used in case of dry and itching skin.
- Medicines that induce defecation by softening stools and easing bowel movement.

Along with this medicine yoga Asana's gave patient physically and mentally stability.<sup>[6-8]</sup>

**CONCLUSION**

According to western Ontario and MC Master Universities osteoarthritis index (WOMAC) patient pain has decreased from 79% to 24% and an improvement in quality of patient were seen. We can see this combination in many patient's too. Hence This Study requires evidence from larger sample size but an attempt has made just to give more efforts to this treatment at larger scale.

**REFERENCES**

1. Gracia. S, baleen. D, Obesity Risk factor and predictors of on Lijec Vjesn., 2009; 131: 22-6.
2. Altmen RD, Early management of OA, Amj Manag Care, 2010; 16: 541-7.
3. Gohlam. A Ghasemi, Ainal of Hata yoga on Knee OA, Intjpremed, 2013; 4: 5133-5138.
4. Lawren K. King, Lyn Moych Anqrthila Ananda Coomarasamy 2013 obesity and Osteoarthritis, IJ med Rej 138, Aug 2013; 185- 193.
5. Coggon, D, Reading I, Croft P, MC Laren M, Barrett D, Cooper C, Knee Osteoarthritis and Obesity. Int J Obes related Metabolism disorder, 2001; 25: 622-7.
6. Sharangdhara Acharya, Sharangdhar Samhita, by Adhamalla and Gudharth Dipika by Kasiram, Edited by Pandit parasuram shastri, Varanasi, Chaukhamba Orientalia Publishers, 5<sup>th</sup>ed, 2002 Madhyam Khand, 2<sup>nd</sup> chapter,,p 133
7. Anonymous, The Ayurvedic Formulary of India, 2<sup>nd</sup> ed. Part-1, Indian System of Medicine and Homeopathy, Govt. of India, 2003.
8. Agnivesh, Charak Samhita, English commentary by Sharma mP.V., Reprint, Varanasi: Chaukhambha Orientalia Publishers, Reprint 2011, Sutra Sthana 3/21,p 89