

**SHAMANA AND PANCHAKARMA (JANU BASTI+ MATRA BASTI)
YOG IN THE MANAGEMENT OF SANDHIVATA W.S.R.
OSTEOARTHRITIS- CASE STUDY**

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ABSTRACT

In current scenario, Sandhivata is the common disease affecting a large number of populations. It is formed from two words i.e., *Sandhi* means the joint and *Vata* stands for the *Vata Dosha*. When *Vata* lodges in *Sandhi* (joints), it is characterized by pain, swelling, and restriction of joint movement. It is correlated with osteoarthritis according to sign and symptoms. Amongst different types of Arthritis, osteoarthritis (OA) is most common form of joint disorders all over the world, which is a kind of joint disorders that results from cartilage degeneration. A patient of age 55years came to the hospital with complaint of pain in B/L knee joint (Rt.>Lt.) with swelling for 8-9 months, pain in interphalangeal joints with morning stiffness 10-15 minutes. Patient was diagnosed as Sandhivata according to sign and

symptoms. And Patient was treated as local application of *Dashang lepa*, *Ubay janu basti*, *Matra basti* with *Mahanaryan taila* (60ml) and *Punarnava guggul*, *Sallai guggul* + *Chingati satva*, *Asthiposhak vati*. Patient got symptomatic relief.

KEYWORDS: *Vata*, *Dosha*, *Sandhi*, Arthritis.

INTRODUCTION

Osteoarthritis (OA) is a type of degenerative joint disease that results from breakdown of joint cartilage and underlying bone.

It is believed to be the fourth leading cause of disability in the world.^[1]

The disease is characterized by *Dhatu kshaya* and *Lakshanas* reflective of vitiated *Vata* hence the diet and treatment includes *Dravyas* which have *Brimhana*, *Shoolahara*, *Stambhahara* and *Balya* properties. The disease *Sandhivata* was not mentioned as such in *Vedic* literature. *Ashwinikumaras* had recorded their skill in treating joint diseases and its mention can be found in *Rigveda*.^[2]

The *laskhans* are described in *Charaka Chikitsasthana* as- *vatapurnadratisparsha* (tenderness), *shotha* (swelling), *Prasarana kunchanpravritisavedna* (Pain during extension and flexion of joints).^[3]

It is correlated with OA. The sign and symptoms are pain in weight bearing joints, short term morning stiffness, functional limitation of joints, crepitus, bony enlargement, joint effusion and bone instability.^[4]

AIM AND OBJECTIVE

To assess the efficacy *Shamana* and *Panchakarma* (*janu basti*+ *matra basti*) *yog* in the management of *Sandhivata* w.s.r. Osteoarthritis.

MATERIAL AND METHODS

Selection and source of patient- For this study, patient was taken from the IPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

CASE STUDY

A patient of age 55years came to the hospital with complaint of pain in B/L knee joint(Rt.>Lt.) with swelling since 8-9 months, pain in interphalangeal joints B/L hands with morning stiffness 10-15 minutes.

History of past illness-No

Surgical history- No

Personal history

Addiction-tea

Dietary habits-vegetarian

Sleep- Disturbed due to pain

Bladder and Bowel- Normal

No history of Hypertension, DM, Tobacco

Examination of patient**Ashtavidha pariksha**

- Nadi (Pulse)- Vata-kapha, 80/ min.
- Mootram (Urine)- Normal
- Malam (Stool) – Normal
- Jivha (Tongue) – Normal
- Shabdham (Voice)- Normal
- Sparsham (Touch) – Normal but warmth all over body.
- Drika (Eyes) – Normal
- Aakriti (Built) – Moderately, no deformities

Local examination- Swelling on both knee joints

Tenderness in both knee joints.

Crepitation present.

Diagnostic criteria**Table No. 1**

Parameter	Criteria
Pain (VAS Scale)	(0)No pain
	(1-3)Mild pain
	(4-6)Moderate Pain
	(7-10)Severe Pain

Table No. 2: Tenderness.

No tenderness	0
Acc to patient, tenderness	1
Wincing of face	2
Wincing of face and withdrawal of affecting part	3

Table No. 3: Shotha (Swelling).

No swelling	0
Slight swelling	1
Moderate swelling	2
Severe swelling	3

Table No. 4: Crepitus.

No crepitus	0
Complained by patient but not felt on examination	1

Felt on examination	2
Felt and heard on examination	3

Investigations

PLKhushtil Sharma Govt. Auto. Ayurvedic College & Institute
Science Hill Behind MAHATMA Hospital-422003 Ph. 0755-2875319
Deputy Nigam And Vikas Vigyan Department

Name: _____ Lab No.: 57 O.P.D./P.D. No.: 11895
Age: 44 Years Sex: Female Date: 24-Feb-23
Advised By: A

BIOCHEMISTRY

Test Performed	Value Observed	Reference Range
Serum Calcium	8.5 mg%	9-11 mg%
Vitamin D (25-Hydroxy)	39.42 ng/mL	<20 : Deficiency 20-30 : Insufficiency 30-100 : Sufficiency >100 : Toxicity

Note: All test should be clinically correlated because of technical limitations, if any disparity noted please report/perform.

Signature: Pankaj Singh, M.D. Signature: Technical Expert

Fig. 1

PATHOLOGY LAB

Name: _____ Age/Sex: _____
Ref: DR. M. MESHAM (M.B.B.S., D.M.D.) Reporting Date: 22/04/2022
Ref: DR. M. MESHAM (M.B.B.S., D.M.D.)

Test of BIOCHEMISTRY Reports:-

Test	Value	Unit	Normal Range
RHEUMATOID FACTOR (RF) Serum (enzyme immunoassay)	4.88	IU/mL	Normal Range: <14.00
URIC ACID	3.52	mg/dL	Normal: Male 3.5-5.5 mg/dL Female 2.5-5.5 mg/dL

End of Report

Fig. 2



Fig. 3

Treatment regimen

Shamana chikitsa

Punarnava guggul 1 BD (250mg) twice a day

Sallai guggul + *Chingati satva* 2BD twice a day

Asthiposhak vati 2 BD twice a day

Panchkarma procedure

Matra basti with *Mahanarayan Taila* 60 ml for 8 days

Ubhay Janu basti

Dashang lepa for Local application

OBSERVATION AND RESULTS

Criteria	BT	AT
Pain	Moderate	Mild
Tenderness	2	1
Swelling	2	0
Crepitus	3	1

DISCUSSION AND CONCLUSION

Osteoarthritis is the most common type of arthritis. Its high prevalence especially in the elderly, and its negative impact on physical function make it a leading cause of disability in the elderly.^[5]

Sandhivata is a vatavyadhi affecting the peoples in vridhavastha.^[6]

Dashang lepa is very useful for local application because-

शिरिषयष्टीनतचन्दनैलामांसीहरिद्राद्वयकुष्ठवालैः । लेपो दशांगः सघृतः प्रयोज्यो
विसर्पकुष्ठज्वरशोथहारी ॥

Punarnava gugglu has anti inflammatory and anti arthritic properties because of *punarnava*, *erandmool*, *suddha guggul*.

Asthiposhak vati acts on *vata dosha* and having *kukkutandatvak bhasma*, *arjuna*, *guduchi*, *bala*, *suddha laksha*.

Janu Basti involves powerful medicinal oils that are sanctified with potent analgesic and anti-inflammatory properties. which work in synch to reduce joint and muscle pain, thereby reducing the chances of chronic autoimmune inflammatory diseases like rheumatoid arthritis, osteopenia, strains and sprains; a majority of which occurs due to the vitiation of *Vata Doshas*. *Janu Basti* helps in boosting blood circulation, thus strengthening and nourishing the

knee joints. Being a natural vasodilator, it is also used to successfully mitigate painful muscle spasms, sore muscles, gout and various arthritic conditions.

Sallai guggul + Chingati satva Improves joint function and helps restore mobility in osteoarthritis Relieves joint pain and stiffness Acts as an anti-inflammatory.

Effects of *Matra Basti* are *Balya*-increase strength of body, *Sukhamshrisht-pureeshakrita*-helps in easy evacuation of bowel, *Brimhana*-nourishes the *dhatu*s, *vataroganugata*-cures *vatavyadhi*.

Mahanarayan taila described in *Bhasjyga ratnavali vatavyadhi roga dhikar* having *ashwagandha*, *sonapatha*, *agnimantha*, *gokshru*, *punarnava mool* etc.^[7]

The treatment modalities done showed marked improvement in the patient's signs and symptoms and blood investigations and hence was found fruitful.

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