

**A CASE REPORT-EFFECT OF ABHA GUGGUL AND PAD ABHYANGA WITH ERANDA TAIL IN POST COVID REACTIVE ARTHRITIS OF ANKLE JOINT**

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**ABSTRACT**

In most of Post covid cases, inflammatory arthritis of ankle joint was mostly found. Due to use of steroids other medicines in covid treatment immunity was affected. In this case patient was complained of pain in Ankle joint and gait was disturbed. We used *Pad Abhyanga* with *eranda tail* and orally *Abha guggul* for 1 month in this case, it was proved that pain is reduced and gait was also improved. Most unique about this case is pain was reduced by 50 percent almost in one month only. In previous published articles relation between *Eranda tail* and arthritis described with respect to all joints. Specifically for ankle joint, there were no case reporting so we put forth this case report about *Abha Guggul* and *Pad Abhyanga* with *Eranda tail* in post covid reactive arthritis of ankle joint but further more cases are required for specific analysis.

**KEYWORDS:** Case report, Covid19, *Abhyanga*, *Pad Abhyanga*, Arthritis, Joints.

**INTRODUCTION**

Covid 19 was contagious disease caused by severe acute respiratory syndrome corona virus (SARS-COV-2). We were facing many challenges while combating Covid 19 since 3 years. Now in covid patients post covid symptoms like Insomnia, arthritis of joints, depression etc. found. As with other post covid symptoms musculoskeletal symptoms frequently occur during covid 19 disease, with a spectrum of joint symptoms ranging from arthralgia to

spurious and chronic arthritis.<sup>[1]</sup> Reactive Arthritis means sudden onset of inflammation of joints after covid infection, usually affects under age of 50 years.<sup>[2]</sup> For the purpose of treatment in arthritis *Pad Abhyanga* was most useful.<sup>[3]</sup> *Abhyanga* is the procedure of application of snehan dravya over the body to make to and fro movements. *Pad Abhyanga* explained in *Matrasheetiya* adhyaya of *Charak Samhita* said that *Vata prashaman* eventually *Vedana prashaman* is the effect of *Pad Abhyanga*.<sup>[4]</sup>

We have studied a case we have found that *pad abhyanga* is very effective procedure in arthritis. For further clarification we have to study more cases so that effect can be confirmed.

## INTERVENTIONS

A XYZ patient was covid 19 infected in Aug 2021. She was 25 years old worked as medical officer in hospital during her internship period came in the opd with following complaints:

- Pain in left ankle joint
- Unable to walk properly
- Disturbed gait.
- Fatigue

All the above symptoms started after covid infection after 3 months of covid 19 infection, she was taking NSAIDs and other medicines during that period. Xray was done but no degenerative changes seen and no hairline fracture seen.

On exertion while walking she was in severe pain so gait is disturbed

## Medical History

During infection she was on steroid with tapering dose and was given Remdesivir injection once.

No any history comorbid disease was observed.

Psychological condition of patient was good.

No history of Diabetes melitus, Asthama, Hypertension and obesity was traced among family members.

**Past Intervention**

Hospitalised with 7 days of fluvir 75mg and 25 mg prednisolone for 5 days and tapering dose after discharge for 1 month.

For complaint of ankle joint pain, initially treated with NSAIDs for a month when pain was there.

There is no relief so that she had gone to ayurvedic physician and treated with *Tb.Yograj guggul* 1 bd for 1 month with lukewarm water.(1 tab=125 mg)

After we have given her *Tb.Abha guggul* BD for 1 month with lukewarm water along with daily massage to both surfaces of both foot (*Pad Abhyanga*) with *Eranda tail* for 1 month

**Outcome**

Pain is reduced by 50 percent and gait is improved by 25 %.

**Physical Examination**

As per Ayurveda, “*Ashtavidh Pariksha*” was performed on patient as follows:

*Nadi: Kapha Pradhan Nadi*

*Mutra: prakrut*

*Mala: prakrut*

*Jivha: ishat sama*

*Shabda: prakrut*

*Sparsha: alpam Ushna* (warm touch)

*Drik: prakrut* (normal vision)

*Akruti: Madhyam*

**Chest and abdomen examination was performed as per the modern protocol**

Chest: on auscultation: air entry bilaterally equal.

Abdomen: NAD

**Local Examination**

No swelling on left ankle joint

Severe pain

Unable to walk properly

**On examination**

BP-110/80 mm of hg

P-82/min

Temperature range: 96.8 F

Urine: Normal

Stool: Normal

### Investigations done

- CBC (Complete Blood Count)
- RTPCR
- Xray / MRI of ankle joint
- RA factor

### Interpretation of investigation

CBC (Complete Blood Count) suggested that raised WBCs. RTPCR shows no covid infection.

RA factor: Negative

Xray ankle joint shows no changes of degeneration and no hairline fracture.

### Diagnosis

From the investigations and clinical findings shows that patient is having Reactive arthritis; Sandhigata vata as per ayurvedic texts.

### Therapeutic intervention

Informed consent was taken.

*Pad Abhyanga*: for half hour daily before bath and before going to bed for 1 month

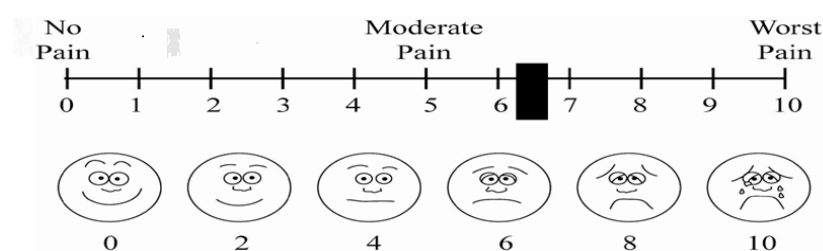
*Tb. Abha guggul* 1 bd for 3 months

Follow up after 10 days with 3 visits in a month.

### Treatment Plan

#### Observation Table

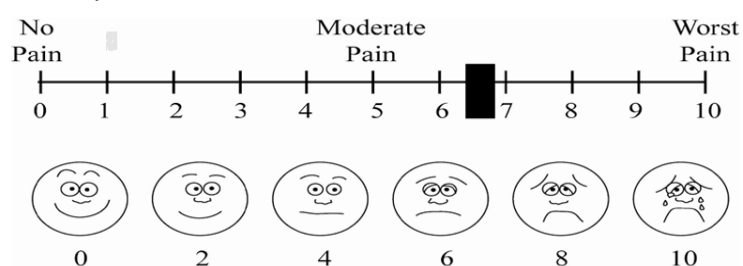
##### Before treatment



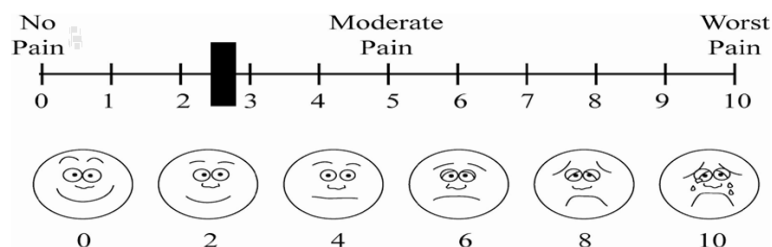
Day	Medicine used	Matra (quantity)	Anupan (along with)	Kala (time)	Pathyapathya (diet)
Day 1 To Day 10	<i>Tb.Abha guggul</i> <i>Eranda tail</i>	1 tablet BD 10 ml	Lukewarm water	Before bath and Nishi kala (Tablet at Apan kala)	Normal diet
Day 10 To Day 20	<i>Tb.Abha guggul</i> <i>Eranda tail</i>	1 tablet BD 10 ml	Lukewarm water	Before bath and Nishi kala (Tablet at Apan kala)	Normal diet
Day 20 To Day 30	<i>Tb.Abha guggul</i> <i>Eranda tail</i>	1 tablet BD 10 ml	Lukewarm water	Before bath and Nishi kala (Tablet at Apan kala)	Normal diet

### After treatment

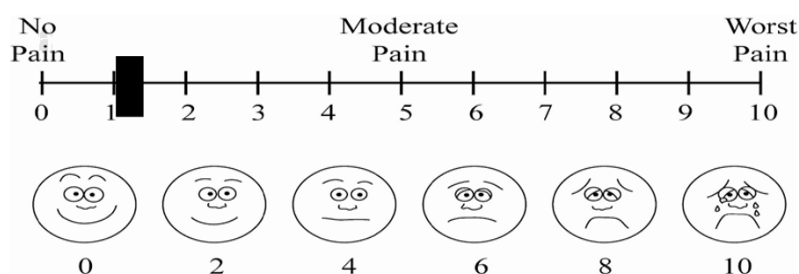
0 to 10 days:



10 to 20 days:



20 to 30 days:



### OBSERVATIONS AND RESULTS

After one month of *Pad Abhyanga*

Patient showed 25% improvement in gait and 50 % pain was reduced.

After internal medication of *Abha guggul*, pain is reduced.<sup>[13]</sup>

## DISCUSSION

Covid-19 is an extremely contagious disease which might prove to be fatal. In addition, patients that recovered are left with multiple Post Covid symptoms, it has just affected physical health of patients causing reactive arthritis. While discussing above case we can say that in arthritis *Pad Abhyanga* is useful in reducing pain as *eranda tail* has *vatanashak* properties.<sup>[3]</sup> *Tikta* and *Madhur ras* of *Eranda tail* is *vata dosh nashak* and reduces pain.<sup>[5]</sup>

Due to *Pad Abhyanga* *vata dosha* is pacified, increased flow of blood and energy reduce the pain and by pressing specifically marma points removes toxins and stimulates nerve endings and activates muscle movements so that pain is reduced and patient feels relief from *vatvyadhi*. But it requires specific strokes and specific pressure and suitable method of *Abhyanga* so that patient gets full relief. For that purpose we have to do this therapy in multiple patients with post covid symptoms so that we conclude that *Pad Abhyanga* can reduce pain. As explained in *Charak Samhita* in *Dinacharya Adhyay* *Pad Abhyanga* is essential to remove dryness and scaliness of foot and reduce pain at joints and can increase the sight also.<sup>[6]</sup> With this we have to give *Abha guggul* so we get result in less time and patient gets relief.

Five potent gunas or qualities of *Eranda tail* include *Guru* (i.e. heavy), *Ushna* (i.e. hot), *Sara* (i.e. purgating), *Balyam* (i.e. Strength promoter), Foul smelling properties. It shows a positive effect on various *Dhatus* of the body including *Rasa*, *Rakta*, *Mamsa*, *Asthi* and *shukra* and hence it is used both externally and internally in ayurvedic treatments as a purgative, moisturiser, pain reliever as well as in flushing out toxins out and in cooling the body down which thus aids in balancing three *doshas*.<sup>[7]</sup>

The roughness, stiffness, dryness, fatigue and numbness of feet are alleviated by massaging the legs. The legs attain gentleness, strength, firmness, the eyes attain brightness, and the *vata* is pacified. Foot massage also prevents *grudhasi* (sciatica), fissures in the feet, contraction of the muscles, and blood vessels of legs with the help of *Pad Abhyanga*.<sup>[8]</sup>

From above description in *samhitas* we can say that *eranda tail* was useful in arthritis of ankle joint, but for the confirmed analysis we have to do study its effect on more patients so we get specific conclusion.

*Abha guggul* contains anti-inflammatory properties and it's a painkiller so that it reduces pain in patient.<sup>[9]</sup>

### Patient perspective

Patient is unable to walk properly so she has taken allopathic treatment of 1 month. Then she was convinced to take ayurvedic treatment so after that she was started with *Pad Abhyanga* and medicine. When she came for first follow up with improvement in gait and reduced pain. When she came for second follow up her gait is so improved and pain is reduced by almost 50 %. Within 1 month she was returned with so much improved gait and she asked to continue treatment for full relief.

### CONCLUSION

From the above findings we can say that *Pad Abhyanga* is most useful in reactive arthritis in post covid patients. Also we can say that *Abha guggul* is highly effective in relieving pain and reduction in swelling.<sup>[10]</sup> *Pad Abhyanga* with eranda tail is effective in improving gait of patient and patient can easily walk with pressure on ankle joint, so we confirm that if we study in more patients we can get specific result.<sup>[11]</sup> It shows that *Pad Abhyanga* and *abha guggul* helped in reducing pain and improving gait in patient.

As post covid complications rising nowadays we can use *Pad Abhyanga* and use of *Abha guggul* in post covid patients so that patients get relief.

We conclude that *Pad Abhyanga* with *Eranda tail* with *Abha guggul* is most effective in post covid reactive arthritis.

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