

AYURVEDIC APPROACH TOWARDS JOINT PAIN- A REVIEW

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ABSTRACT

Kayachikitsa is a branch treating body, as the tridosha in our body is in balanced state our body is free from diseases. As the age increases vata Dosha in our body increases takes other two doshas and makes diseases. Joint pain is very commonly symptoms found in osteo Arthritis i.e; sandhivata and ama vata. Clinically it is characterized by *shula*, *shotha* and *prasaarana-aakunchanayo pravruttscha vedana*. Ayurveda described various treatment modalities for the management of joint pain such as; *snehana*, *swedan*, *upanaha*, *lepa* and herbal medicine. This branch also recommended use of different natural medicine for the treatment of joint pain. *Guggulu* (*Comiphora mukul*) is most common drug used in *Amavata*; disease of joint pain. Similarly various herbal formulation of *Ashwagandha*, *nirgundi*, *devdaru*,

guduchi, *Shallaki*, etc. are also recommended in diseases of joint pain. Present article summarized role of herbal medicine in joint pain.

KEYWORDS: Ayurveda, Kayachikitsa, Joint Pain, Shula, Vedana.

INTRODUCTION

Osteoarthritis and rheumatic arthritis are known as Vata vikar in common language. Rheumatic arthritis (*Ama Vata*) and osteoarthritis (*Sandhigat Vata*) are the diseases which involve severe joint pain due to the cartilage destruction and inflammation. The vitiated *pitta*

results joint inflammation while aggravated *vata* plays important role in overall cascade of joint pain. Etiological factors are many in these like accidents, old age, congenital condition, malformation, etc. As per ayurveda when *Agni* not working properly then toxins or *ama* produced which accumulate along with vitiated *vata*, this further leads *Ama Vata*.^[1-4] Consumption of excessively cold, dry, bitter and pungent foods, irregular pattern of life style, excessive travelling, stress, lack of sleep, traumatic event and genetic factors may be considered responsible for *Vata* aggravation. The aggravated *Vata* along with *Ama* move into the *shrotas* and affect most vulnerable part of body such as; joints. This cascade resulted deterioration of the soft tissues in the joints and bones. Similarly aggravated *Ama* block channels and reduces supply of nutrients to the joints leads to malnutrition, these all together resulted joint inflammation, stiffness, swelling and pain.^[3-6]

In joint *vyana vayu* is considered responsible for joint motion while *apana vayu* is responsible for health of bones. Therefore we can say that disturbed motion is a function of *vyana vayu* while joint damage is related to *apana* vitiation. *Sleshaka kapha* also considered responsible for synovial fluids; vitiation of *sleshaka* resulted excess fluid and thus swelling in the joint.^[4-8]

Ayurveda these drugs help to reduce inflammation, swelling, tenderness and stiffness of joint. The herbal medicine also possesses ability to pacify aggravated *Vata* and *ama*. Ayurveda also suggested some *rasayana* formulation to nourish joint tissues and *Ojas*. The ayurveda medicine not only helps to pacify *ama* & *doshas* but also boost functioning of *agni* hence thus reduces joint pain in early stages.

Ayurveda the natural way of treatment recommended many traditional herbal formulations for the management of diseases related to joint pain.

Samprapti

Etiological triggering

-

Accumulation of Ama/ vitiation of Pitta

-

Ama combined with aggravated Vata and Pitta

-

Vitiated ama and vata block shrotas

-

This causes depleted Ojas

Autoimmune adversity/nutritional insufficiency/inflammatory responses

Joint pain or disease which having predominant symptoms of joint pain

CHIKITSA OF JOINT PAIN AS PER AYURVEDA

The basic line of treatment involves balancing of vitiated factors such as; normalizing *agni*, *ama* and *vata*. Herbs which possess analgesics and anti-inflammatory properties are used most commonly in the management of diseases related to joint pain⁵⁻⁷. The basic line of treatment for diseases related to joint pain such as; *amavata* includes *langhanam*, *swedanam*, *tiktam*, *deepana*, *katu* drugs and *sodhana* procedure⁷⁻¹⁰:

- Formulation such as *Rasnasaptaka kashayam*, *Maharasnadi kashayam*, *Dhanwantara kashayam* and *Sahacharadi kashayam* offers beneficial effect in joint pain.
- *Ksheera bala taila*, *Narayana taila*, *Gandha taila* and *Maha narayana taila* offers lubrication of joints and strengthening of cartilage, muscles, ligaments and bones.
- *Niruha* (decoction-based) *vastis* are recommended; herbal medicines *dashmoola* and *guduchi* commonly employed in *niruha vastis* which offer beneficial effect in joint pain.

DISCUSSION

Although, there are many ayurvedic drugs used for management of joint pain. But in this article I will explain few drugs action for management of joint pain; basically used as *vatashamna*.

- List of drugs are helps in management of joint pain
- *Castor Oil*
- *Gugguls*
- *Ashwagandha*
- *Dashmool*
- *Guduchi*
- *Nirgundi*
- *Shallaki*
- *Devdaru*.

Castor Oil

Latin name: (Eranda, Ricinus communis)

Castor oil possesses *kashaya rasa, ushana virya and katu vipaka*, it also offers purgative and analgesic action. It helps to normalize aggravated *pitta* and *kapha*, best for treating *vata* disease. Application of oils to the painful joints helps to aggravate inflammatory diseases. It also helps in *anuloman* then the *pakawashya* the site of *vata* formation of prakrut *vata*. Which balances the *vata* dosh and reduces the pain.

Guggul

Latin name: (Commiphora mukul)

Guggul possess anti-inflammatory, *dipana* and *pachana* properties therefore help to reduce *ama*, *vata* and *kapha*. *Guggul* also help to lose weight which decreases extra burden to joint thus reduces pain. It also offers anti- microbial and analgesic properties which help to achieve symptomatic relief in joint pain. *Guggul* is also included in sandhaniya gana hence it has adhesive property.

Ashwagandha

Latin name: Withania Somnifera

Ashwagandha has anti-inflammatory properties, help to calm *vata* and nourishes muscle and bone tissues. *Ashwagandha* possess adaptogen action and relief pain caused by the stiffening and constant stress of joints and muscles. It also helps in insomnia. It basically works on *mans dhatu*.

Dashmool

Dashmool is a combination of roots of various herbs including; *patala*, *gambhari*, *brihati* and *shalparni*. It offers effective anti-inflammatory response and treats *Vata Roga*. Its anti-oxidant, analgesic and sedative properties also help to achieve symptomatic relief in joint pain.

Guduchi

Latin Name: (Tinospora cordifolia)

Guduchi pacifies all *doshas*, offers anti-inflammatory and analgesic effect. This herbs act as prophylactic anti- infective agent thus reduces chances of joint diseases associated with infections. *Guduchi* offers relief in joint pain associated with *pitta*-type arthritis.

Nirgundi

Latin name: (*Vitex negundo*)

Nirgundi has a bitter, astringent and pungent *rasa* and warm *virya*. It is light and rough, so best for kaph dosh but also pacify the vata dosha. It's best for osteo arthritis rheumatoid arthritis. *Nirgundi* is most common herbs used in joints; it reduces swelling, control inflammatory response, offers anti- oxidant properties and hot potency of *Nirgundi* boost joints and muscles.

Shallaki

Shallaki herb provides strength to joints, relieve joint pain, diminish swelling, increases mobility and pacify *dosha* which are responsible for joint disease.

Devadaru

It has anti inflammatory property. It is in vednasthapan gana also use widely used to treat sandhivata ama vata. It also has anti spasmodic activity so can be used in respiratory system. It is anti fungal, anti inflammatory, anti septic uses.

CONCLUSION

- Control deterioration of the cartilage and sub-chondral bone.
- Herbs help to pacify *Vata* and *Kapha doshas*, lessen *srotovarodha*, relieves pain, swelling, heaviness, stiffness and tenderness of joint.
- Use of *Tikta-Katu Aushadis* promotes *agni*, *srotoshodana*, reduces *kapha* and produces lightness in body.
- *Deepana* and *Pachana* medicines prevent formation of *ama* and nourish *dhatu*.
- Herbal medicine not only restores nutrition to diseased cartilage cells but also help to repair damage cartilage.
- Herbal drugs help to improve synovial fluid viscosity & concentration and strengthens bones; *brumhanam* effect.

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