

EVALUATE THE CLINICAL EFFICACY OF MASHADI UPANAHA IN THE MANAGEMENT OF JANU SANDHIGAT VATA- CASE REPORTS

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ABSTRACT

Janu sandhigatavata is one among the vata vyadhi described. Knee joint being the major weight bearing one is more prone for wear and tear resulting in nearly degenerative changes. Janu sandhigatavata may be correlated with osteoarthritis of knee joint due to resemblance in various modalities of treatment. This includes both internal and external treatment. Snehan and swedan are prescribed as common treatments in vata vyadhi, Upanaha Sweda is an Ayurvedic therapy that uses warm poultices applied to specific areas of the body to reduce pain, inflammation, and promote healing. Effective for various musculoskeletal conditions. Hence, we conduct study on 10 patients to Evaluate the clinical efficacy of Mashadi Upanaha in the management

of Janu Sandhigat Vata, before application of upanaha snehan of janu sandhi is done by sadhishotha were reduced by 65% in 1st application. Pain was relieved in 7 patients by 50% in 3rd application. 3 patients got relieved in sadhisula and shotha by 40%. After 7 days regular of janusandhigatavata. Thus, mashadi upanaha is effective in relieving local symptoms of janusandhigatavata.

KEYWORDS: Mashadi Upanaha, Janu Sandhigata Vata.

INTRODUCTION

The disease sandhigatavata is described under vatavyadhi in ayurvedic classics. Sandhigat vata is common vata vyadhi. It is 2nd rheumatological problem in Indian population with prevalence rate of 22% to 39%.^[1,2] janu sandhi being the major weight bearing one is more

prone for wear and tear and get mainly affected by the vitiated vata leading to condition known as sandhigata vata, presenting with sandhishoola, sandhishoth, prasara akunchana vedna and sandhiatop.^[3,4] In modern science the condition closely resembles with knee osteoarthritis. Osteoarthritis is most common articular disorder. It is characterized by progressive degeneration of articular cartilage of joint. Common symptoms in pain in joints during movements, stiffness in oedema joints, tenderness in joints, crepitus, restricted joint movements and radiologically it is characterized by narrowing joint space, osteophytic changes and deformities in contour of joints.^[5] There are two types of vatavyadhi Janu sandhigata vata is one among them, vatajanantmya vyadhi. There are two types of vata vyadhi – aavarana and dhatukshaya. Classical treatment described needed to be cracked according to reference of Charak Samhita (Cha.chi28), modalities of sandhigata vata are snehana upnaha, angikarma, bandhana, mardana.^[6] snhan swedan are effective in vitiated vata dosha. Hence an attempt is being made to evaluate efficacy of mashadi upnaha in janusandhigata vata as modified form of podikizhi pinda swedan in keraliya panchakarma specialties.

AIM

To study the effect of mashadi upnaha in janu sandhi gata vata.

MATERIALS AND METHODS

Inclusion criteria

1. Patients of both sex of age group 40-70 yrs.
2. Patients with lakshana of janusandhigata vata.
3. Patients with signs and symptoms of osteoarthritis of knee joint.
4. Patients fit for swedan karma

Exclusion criteria

1. Patient with any systemic illness which could interfere with course of treatment.
2. Patients not fit for swedan karma.
3. Patient with Skin lesions

ASSESSMENT CRITERIA

Subjective parameter

1. Vataputra drutisparsha
2. Sandhishoola
3. Sandhishoth

4. Akunchan-prasaran vedna

Gradation of subjective parameters

Crepitus

- No crepitus – 0
- Palpable crepitus – 1
- Audible crepitus – 2
- Always audible – 3

Sandhishoola

- No pain – 0
- Mild pain – 1
- Moderate pain – 2
- Severe pain – 3

Prasaran-Aakunchan vedana

- No pain – 0
- Pain without interference in walking – 1
- Pain interference while walking – 2
- Prevents complete flexion – 3

Sandhi Shoth

- No swelling – 0
- Mild swelling – 1
- Moderate swelling – 2
- Severe swelling – 3

Duration of study: Upanaha was applied to janu sandhi 7 days for 12 hours.

MATERIAL

Mashadi uphana

1. Mash-50 gms.
2. Dashmool kwath – 200 ml.
3. Garlic - 5-6 pods
4. Powder of fennel seeds – 50 gms.

5. Powder of seasum seeds – 50 gms.

6. Eranda tail

- Masg (Black gram) coarsely orindred
- Horse gram (Horce Gram)
- gingely seeds (Tila)
- dil seeds (Shatapushpa)
- fenugreek seeds (Methi seeds)
- few garlic pod
- scrapings of coconut kernel

METHODS

1. Coarsely grinted mixture of Horse gram, Black gram, Seasum, Seeds, Dil seeds, fenugreek seeds should be taken in a thick bottom vessel.
2. Add Dashmoola Kwath to the mixture up to semisolid consistency
3. Add few garlic pods and coconut kernel scraping
4. Boil the mixture together to prepare a thick hot paste.
5. Wrap the mixture in piece of malmal cotton cloth.
6. Before Appling poltice snehan of Janusandhi should be done with Eranda tail.
7. Apply the Poltice of Janusandhi
8. Remove the poltice after 12 hrs.

RESULT AND OBSERVATIONS

In above study signs and symptoms were assessed according to subjective and objective criteria. Out of 10 patients in 3 patient's symptoms of sandhishula and sandhishoth was relieved by 65% after 1st application. 2 application patient got relief after the 3rd application vatpunadrutisparsha was reduced in all 5 patients after 5th day upnaha application. Prasaran – aakunchan shula was reduced in all 5 patients after continuous application of mashadi UPNAHA for 7 days.

Table 01: Patient Master chart.

Patients	Crepitus		Sandhishoola		Prasaran-Aakunchan vedana		Sandhi Shoth	
	B.T	A.T	B.T	A.T	B.T	A.T	B.T	A.T
1	3	1	3	0	2	0	1	0
2	3	1	2	1	2	0	2	0
3	3	1	2	0	2	1	1	0
4	2	0	1	0	1	0	2	1
5	3	2	2	0	2	0	1	0
6	2	0	3	1	2	1	1	1
7	3	1	2	1	2	0	1	0
8	3	1	2	0	1	0	3	1
9	3	1	2	1	2	0	1	1
10	3	1	3	1	2	1	1	0
Total	28	09	22	05	18	03	14	4

Table 02: Assessment of relief in percentage.

Serial	Symptoms	Total Score			Relief percentage
		B.T	A.T	Difference	
1	Crepitus	28	09	19	67.85 %
2	Sandhishoola	22	05	17	77.27 %
3	Prasaran-Aakunchan vedana	18	03	15	83.33 %
4	Sandhi Shoth	14	4	10	71.42 %

RESULTS

- 67.85 % relief was observed in Crepitus Sound
- 77.27 % relief was observed from Sandhishoola
- 83.33 % results were observed in Prasaran-Aakunchan vedana
- 88.88 % relief was observed from Sandhi Shoth

DISCUSSION

In this study it was observed that majority patients suffering with Osteoarthritis of knee joint were in between age of 45 yrs.- 70 yrs. 6 were female and 4 males Patient were from Vat Pradhan Prakriti and increased physical activities belonging to Hindu community with normal body weight Disease chronicity was up to 1 yr. with gradual onset of Sandhishula, Vatpurnadrutisparsha Prasaran, aakunchan vedna and Sandhishotha. The Udbhava sthan of Sandhigata vata is Pakvashaya Which is also the sthan of Vata dosha. Sandhigat vata is madhyama rogmarga vikara. Because of aawastha, Balakshaya, and Dhatiukshya it becomes Yapya vyadhi for Stambnigrah and shool prashman Charak opines that Sneha purvaka swedan is beneficial According to Shusrut Snehan upnaha agnikarma, Bandhan Mardana are beneficial.^[7] Sthana samashraya which has occurred due to doshsa, dushya Sammurchhana is

main objective of Samprapti Vighatana. As Sandhigata vata is a Vata Nanatmaja vyadhi^[8] and 'old age vata is predominant dosha. Sandhigat vaat is more frequent in old age. But or to that also Ruksha, shita, katu aahar etc. ati sevan and ati vyayam, ati chintana, aaghat, vegavrodh aggrevates the vata dosha get sthana samashraya in the Sandhi Pradesh causes Sandhigat Vata, aggreavated ruksha, shita, laghu guna of vata leads to dhatu kshaya in Sandhi pradesha. (joint degeneration). So, use of drugs formulations having opposite qualities to that of vata like Snigdhta, ushna, guru, and Sthira helps in treating Sandhigata vata. The drugs present in for formulations of mashadi upnaha are mainly which help in relief, Sandhigat vata. Upnaha means bandaging. The process in which drugs for swedan is applied over a knee. Mashadi Upnaha is Saagni, Snigdha, Guru, Sthira, upnaha. When tila, dil, fenugreek, kulatha are added becomes Guru, snigdha, picchila. Acharya CHARAK very clearly states that Swedana is the procedure which relieves stiffness, heaviness, cold and induces sweating^[9] according to Acharya Sushrut upnaha sweda was used in vata predominant disorders.^[10] The drugs selected for Upnaha yoga are having the properties that are mentioned in the swedopag gana. Upnaha sweda is vata shamak properties due to its ushna and snigdha guna. In upnaha sweda due to local rise in temperature, metabolic waste is removed through increased blood circulation. The secretion of sweat is under nervous control especially Autonomous. Thus the swedan can bring out changes indirectly on autonomous nervous system and the may reduce pain by acting over nerve stimuli. The application of heat over the joint promotes local circulation and metabolic activities and the pores of the skin to permit the medicine towards the affected site.

CONCLUSION

So, it can be said that upnaha sweda is one among the best treatment which may be beneficial in patients to reduce the signs and symptoms of sandhigat vata with less chronicity. But in chronic condition application of mashadi upanaha along with other treatment modalities may be combined to yield better relief in condition. Thus, it can be concluded that mashadi upanaha helps in treating sanghigatavata with less chronicity. Symptomatic relief is only possible though mashadi upanaha sweda. Thus mashadi upnaha sweda may be selected either as a choice of treatment or adjuvant therapy to manage the local signs and symptoms of janu sandhigata vata.

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11. Table 01 – Patient Master chart.
12. Table 02 - Assessment of relief in percentage.