

## A CASE STUDY: EFFECT OF KSHEERBALA TAILA JANUBASTI IN JANUSANDHI-GATAVATA (OSTEOARTHRITIS)

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### ABSTRACT

In Ayurvedic classics, *Sandhigataavata* is among eighty *Nanatmaja Vata Vyadhi*. As age advances, *Vata Dosha* increases in an individual. This increasing *Vata* accelerates *Dhatu Kshaya* (depletion of tissues) and *Bala Kshaya* (reduction of strength). *Sandhigata Vata* is a common disorder that occurs due to *Dhatukshya*. *Sandhigataavata* is the most common joint disorder worldwide. *Shoola* is the cardinal feature associated with *Sandhishotha* with *Vatapurnadrutisparsha* of this disease. If the condition manifests in *Janusandhi*, then it is called *Janu Sandhigata Vata*. *Janusandhigataavata* is also correlated to Knee osteoarthritis due to the resemblance in signs and symptoms, i.e., joint pain, stiffness, muscle weakness, swelling of the knee joint, deformed joint, reduced range of motion and loss of use of the joints and cracking sounds and progressive softening and disintegration of articular cartilage accompanied by the growth of osteophytes. The knee joint is weight-bearing, the strongest and most important joint in the body. Movements at the knee joint are essential for all everyday activities, including walking, running, sitting, and standing. Different modalities of treatment have been explained in the Ayurvedic classics to treat this disease. Here, an attempt has been made via *Janubasti* with *Ksheerbala taila* and *Shallaki* as *Shamana Aushadhi*. A patient XYZ of age 60years was treated with an External *Panchakarma* procedure, i.e., *Janubasti* with *Ksheerbala taila* for 12 days continuously, and oral medication was *Shallaki* started from the 1<sup>st</sup> day to the 12<sup>th</sup> day. Follow-up was done for 24 days to see improvement, and the patient got significant improvement in the sign and symptoms of the disease.

**Keywords:** Janusandhigatavata, Osteoarthritis, Janubasti, Shallaki.

## INTRODUCTION

Ayurveda, the holistic life science, aims at the physical, social, and spiritual well-being of an individual. The modalities of preventive and curative healthcare have been well expounded in this science and may offer comprehensive solutions for the multifactorial diseases of humanity.<sup>1</sup> Vata Dosha increases as age increases and results in increasing Vata Dosha, which accelerates *Dhatu Kshaya* (depletion of tissue), and *Bala Kshaya* (diminished strength), which results in degenerative disorders.<sup>2</sup> Ayurvedic classics highlight degenerative diseases under the concepts of "Dhatu saithilya" and "Dhatu kshaya." Acharya Charaka is described as 'Sandhigata Anila' in *Vatavyadhi Chikitsadhyaya*.<sup>3</sup> The line of treatment told by *Acharyas* for the management of *Sandhigata Vata* is to use *Vatashamana Chikitsa*.<sup>4</sup> *Snehana* and *Swedana* are prescribed as common treatments in *Vatavyadhi*.<sup>5</sup> In modern science, *Sandhigata Vata* is co-related with osteoarthritis (OA).<sup>6</sup> Osteoarthritis is a chronic disorder of synovial joints, and there is a progressive softening and disintegration of articular cartilage accompanied by the growth of osteophytes. Osteoarthritis refers to a clinical syndrome of joint pain accompanied by varying degrees of functional limitation. According to WHO, knee osteoarthritis is likely to become 4<sup>th</sup> in women and 8<sup>th</sup> in men, the cause of disability.<sup>7</sup>

### CASE REPORT:-

A 60years old, female patient diagnosed as *Janusandhigata Vata* (Osteoarthritis) visited Somaadya

Ayurvedic Panchakarma Clinic, Gurugram OPD, having complaints of *Vatapurana Drutisparsha* (crepitus), *Sandhi Shoola* (joint pain), *Sandhi Shotha* (swelling over joints), *Prasarana Akunchana Vedana* (pain during extension and flexion) since 7years. The history of the patient revealed that symptoms increased gradually, and the patient took painkillers, anti-inflammatory and applied ointments also but did not get relief and was later advised for knee replacement surgery. But the patient was not willing to have surgery. Hence, she came to the clinic for *Panchakarma* treatments and *Ayurvedic* medicines. In past history, there was a H/O of HTN but no H/O of DM, any surgery, trauma, and any other major illness. In family history, her mother had the same illness. The patient was healthy and overweight, well nourished, and afebrile, and other parameters like pallor, cyanosis, icterus, and lymphadenopathy were absent. All systemic examinations were normal, and lab investigations were also within normal limits.

### **Ashtha Vidha Pariksha:**

*Nadi Pariksha:* 79 b/min

*Mala:* 2 times/day

*Mutra:* 5-6 times/day

*Jiwha:* Lipta

*Shabda:* Spashta

*Sparsha:* Anushana Sheeta

*Druk:* Avishesha

*Akriti:* Sthoola

**Table-1: Intervention with timeline:**

Days	Treatment	Duration
Day 1	<i>Janu Basti</i> with <i>Ksheerbala taila</i> .	45min for 12 days
Day 1	<i>Shallaki</i> tablet 1BD with water after food.	12 days

### Observations:-

The follow-up was made on the 12th day and 24<sup>th</sup> day. During this period, the patient did not develop any other complaints. The patient reported gradual improvement in pain, swelling, movements of the knee joint, and crepitus. The changes observed in the signs and symptoms were assessed by adopting suitable scoring methods and the

objective signs by using appropriate clinical tools. The assessment was done before treatment and on the 12<sup>th</sup> day and 24<sup>th</sup> days.

**Table 2:- Clinical grading and assessment:-**

Clinical features	Grading		BT	AT	
				12 <sup>th</sup> Day	24 <sup>th</sup> Day
<i>Vatapurana Drutisparsha</i> (crepitus)	No crepitus	0	2	1	1
	Palpable crepitus	1			
	Audible crepitus	2			
	Always audible crepitus	3			
<i>Sandhi Shoola</i> (Joint pain)	No pain	0	3	2	1
	Mild pain	1			
	Moderate pain	2			
	Severe pain	3			
<i>Sandhi Shootha</i> (Joint swelling)	No swelling	0	3	1	0
	Mild swelling	1			
	Moderate swelling	2			
	Severe swelling	3			
<i>Prasarana Akunchana Vedana</i> (Pain during extension and flexion)	No pain	0	3	2	1
	Pain without winching of the face	1			
	Pain with winching of the face	2			
	Prevents complete flexion	3			

## DISCUSSION

*Janubasti* is one of the modalities of treatment commonly adopted in the management of *Janusandhigatavata*. The word *Janubasti* is formed by *Janu* and *Basti*. This procedure is unique because it provides both *Snehana* and *Swedana* properties. *Snehana* mainly acts against *Ruksha Guna* caused by *Vata*, and *Swedana* mainly acts against *Sheeta Guna*. In *Sandhigatavata*, mainly *Vatadosha* is there, which has *Ruksha Guna*. In this study, *Ksheerbala taila* is used, and *Ksheerbala Taila* is an important *Sneha Kalpana* (oil formulation) mentioned in *Ayurveda* texts prepared from *Go-Ksheera* (cow milk), *Bala* (*Sida cordifolia*) and *Tila Taila* (sesame oil). Cow's milk contains all the elements necessary for the growth and nutrition of bones, nerves, muscles, and other tissues of the human body.<sup>8</sup> *Bala* is a highly valuable drug in *Ayurveda* and is one of the three most utilized raw drugs. It is abundantly mentioned in *Ayurveda* and has been largely used in neurological as well as heart diseases and has been reported to possess analgesic, anti-inflammatory as well as hepa-

to-protective activity.<sup>9,10,11</sup> *Tila Taila* nourishes and strengthens all *Dhatu*, checks *Dhatukshaya*, and thus alleviates *Vata*. The presence of *Go-Ksheera*, *Bala*, and *Tila Taila* makes *Ksheerbala Taila* pacify all the eighty chronic conditions of *Vata* origin disease (*Vata Nanatamja Vikara*). *Shallaki* is also used as *Shaman Aushadhi* because *Shallaki* is proved to act as an effective agent to reduce the pain and inflammation associated with the disease.<sup>12</sup>

## CONCLUSION

*Janusandhigatavata* is a *Vata Pradhana Vyadhi* having symptoms of *Vatapurana Drutisparsha* (crepitus), *Sandhi Shoola* (joint pain), *Sandhi Shootha* (swelling over joints), *Prasarana Akunchana Vedana* (pain during extension and flexion). *Janubasti* with *Ksheerbala Taila* is very effective. In one schedule of 12 days, the patient got significant relief. If patients suffering from *Janusandhigatavata* (osteoarthritis) take repeated treatment of *Janubasti*, the patient will get complete relief.

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