

CRITICAL EVALUATION OF ACTION OF CHINCHADI THAILAM IN OSTEOARTHRITIS KNEE (JANUSANDHIGATA VATA)

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ABSTRACT

Osteoarthritis is the most common form of arthritis affecting millions of people worldwide. Osteoarthritis can damage any joint. The disorder most commonly affect joints in hand, knees, hips and spine. The first change observed is an increase in water content and depletion of the proteoglycans from the cartilage matrix. Repeated weight bearing on such a cartilage leads to its fibrillation. Knee Osteoarthritis is more important because of its high prevalence rate. *Sandhigata vata* is mentioned under *Vatavyadhi* in all *Samhithas* of *Ayurveda*. The symptoms of *Sandhigata vata* have similar features as that of Osteoarthritis. As there is main involvement of *Vata*, *Vatasamana* treatments like *Thaila prayoga* should be adopted. *Thaila* has many properties like alleviating *Vata*, promoting bodily strength etc. *Chinchadi thailam* serves as effective oil for the treatment of diseases which affecting joints, muscles and nerves.

Keywords: Osteoarthritis knee, *Janusandhigata vata*, *Chinchadi thailam*

INTRODUCTION

Osteoarthritis is a complex disorder with both genetic and environmental components. Common risk factors include increasing age, obesity, previous joint injury and overuse of the joint. Among the degenerative diseases Osteoarthritis is the most common joint disease. By the age of 65 around 80% of people have some radiographic evidence of Osteoarthritis although only 25-30% may have symptoms. Osteoarthritis of knee is prevalent in all racial groups, but hip, hand, and generalized Osteoarthritis are only prevalent in Caucasians [1]. Osteoarthritis is more generalized and more severe in old women. About 13% of women and 10%

of men aged 60 years old have symptomatic knee Osteoarthritis [2]. Knee Osteoarthritis is more important not only for its high prevalence rate compared with other types of Osteoarthritis but also for its presentation at earlier age groups particularly in younger age groups of obese women [3]. Osteoarthritis of the knee may involve the medial or lateral femorotibial compartment and patellofemoral compartment. Palpation may reveal bony hypertrophy (osteophytes) and tenderness. Effusions if present are small. Joint movement commonly elicits bony crepitus [4]. Osteoarthritis is correlated with *Sandhigata vata* in *Ayurveda*. Most

of the typical symptoms of Osteoarthritis of knee are related with *Janusandhigata vata* such as pain, stiffness, restricted range of movements, swelling of the joints^[2]. *Sandhigata vata* is describe under *Vatavyadhi* in all *Samhithas* and *Sangraha granthas*. *Janusandhigata vata* is the condition when *Vata* affects the knee joint. *Sandhigata vata* is characterized by clinical features like *Vata Poorna Drithivat Sparsha Shopham*, *Vedana* during *Prasarana* and *Akunchana*^[5,6]. *Chinchadi thaila* is explained in *Sahasrayogam thaila prakaranam*. It is effective for eighty types of *Vata vikara*. It is prepared from various herbs including *Chincha*, *Prasarini*, *Varuna* etc. It is used only for external application like *Abhyanga*, *Januvasthi* and *Bandhana* ^[7]. Most of the drugs in it have *Ushna veerya*, *Vata hara*, *Rechana*, and *Vrishya* properties, with these properties *Chinchadi thaila* is effective for degenerative and inflammatory condition.

DISEASE REVIEW

The term arthritis includes both inflammatory and degenerative lesions of a joint. It implies a diffuse lesion affecting the joint as a whole. Clinically arthritis is generally characterized by pain and restriction of movement at a joint arising spontaneously. In superficial joints these features are usually accompanied by obvious swelling or thickening ^[3]. Osteoarthritis is by far the most common form of arthritis. It shows a strong association with aging and is a major cause of pain and disability in the elderly persons. Pathologically, it may be defined as a condition of synovial joints characterized by focal loss of articular hyaline cartilage with proliferation of new bone and remodeling of joint contour. Inflammation is not a prominent feature ^[1]. Osteoarthritis affects certain joints, commonly effected joints are cervical spine, lumbosacral spine, hip, knee and first metatarsal phalangeal joint. Osteoarthritis can be diagnosed based on structural abnormalities or on the symptoms these abnormalities evoke. According to cadaveric study, by elderly persons, structural changes of Osteoarthritis are nearly universal. These include cartilage loss and osteophytes

^[4]. Most knee Osteoarthritis pain is well localized to the anterior or medial aspect of the knee and upper tibia. Patello-femoral pain usually worse going up and down stairs. Posterior knee pain suggests a complicating popliteal cyst. Common functional difficulties are prolonged walking, rising from a chair, and getting in or out of a car or bending to put on shoes and socks ^[1]. Local examination findings.

- A jerky asymmetric antalgic gait, less time weight-bearing on the painful side.
- A varus, less commonly valgus and fixed flexion deformity
- Weakness and wasting of the quadriceps muscle.
- Restricted flexion\extension with coarse crepitus.
- Bony swelling around the joint line.

Vata vitiated by its own cause settle down in the *Sandhis* and produce features such a *Vata purna drthi sprasha* like *Sopha* (air filled bag), *Prasarana akunchana vedana* (pain during movements) is called as *Sandhigata vata*. While explaining *Samprapthi* of *Sandhigata vata*, *Acharya Charaka* explains 2 facts such as *Dhatukshaya janya* and *Margavarana janya Sandhigata vata*. The factors affecting *Dhatu kshaya janya Sandhigata vata* are similar to factors which cause primary osteoarthritis such as age, sex etc. In *Vardhakya* usually *Vataprakopa* takes place, that leads to gradual reduction of *Dhatu*s and *Doshas(sleshaka kapha)*. Gradual reduction of *Sleshaka Kapha*, which is situated in *Sandhis* in the body leads to *Sandhigata vata*^[8].

Chinchadi Thaila

Chinchadi thaila is a *yoga* which is explained in *Sahasrayogam thaila prakaranam*. It is mainly indicated for *Vata Vikaras*. *Thaila* should be prepared in *Khara paka* for external use. Main ingredients of *Chinchadi thaila* are *Chincha*, *Prasarini*, *Sarshapa*, *Snuhi*, *Saindhava*, *Eranda*, *Devadaru*, *Gandeera*, *Jambeera*, *Rasona*, *Varuna*, *Arka*, *Satapatra*, *vishwa*, and *Drava dravya* such as *Dadhi*, *Amlashukta*, and *Tila thailam*^[7].

Table 1: Properties of ingredients in *Chinchadi thailam* [9]

Drug	Rasa	Guna	Veerya	Vipaka	Karma
Chincha	Madhuram, Amlam	Guru, Rooksha	Ushna	Amla	Kaphavatahara, Deepana
Mandaka	Madhuram, Katu, Kashaya	Teekshna, Guru, Snigdha	Ushna	Madhuram	Tridosha Shamaka
Prasarini	Tikta	Guru, Sara	Ushna	Katu	Vatakaphashamaka, Balya, Shothahara
Varuna	Kashaya, Tikta, Madhuram	Laghu, Rooksha	Ushna	Katu	Kaphavatashamaka, Mootrala, Agni deepana
Snuhi	Katu	Laghu, Teekshna	Ushna	Katu	Vatakapha shamaka
Bhanu	Katu, Tikta,	Laghu, Rooksha,	Usna	Katu	Kaphavata shamaka
Gandeera	Madhuram, Tiktam	Rooksha, Bhedan, Hima	Sheetam		Mootralam, Shoolanashini
Jambeera	Amla, Katu	Laghu, Teekshna	Usna	Amla	Vatakaphahara, Deepana, Pachanam
Shatapatra	Katu, Tikta	Laghu, Rooksha, Teekshna	Ushna	Katu	Kaphavataharam, Deepana, Grahi
Grunjanarasa	Madhuram, lavana, katu, Tikta, Kashaya	Snigdha, Guru, Teekshna, Sara	Ushna	Katu	Vatakapha hara, Balya, Rasayana
Siddhartha	Katu, Tikta	Teekshna, Snigdha	Ushna	Katu	Vatakapha shamaka
Devataru	Tikta, Katu, Kashaya	Snigdha, Laghu	Usna	Katu	Vatakapha shamaka
Vishwa	Katu	Guru, Rooksha, Teekshna	Ushna	Madhuram	Vata-kaphaharam
Saindhavam	Lavana, Madhuram	Laghu, Snigdhama	Sheetha	Madhuram	Vatahara, kaphahara, pittavardhana

Table 2: Properties of *Tila thaila*

Properties	Susrutha [10]	Vagbhata [11]
Rasa	Madhuram	Madhuram
Guna	Vyavayi, Sookshma, Vishada, Guru, Sara	Vyavayi, Tikshna
Veerya	Ushna	Ushna
Vipaka	Madhuram	Madhuram
Dosha	Vata samana, Pitta samana, Kapha samana	Vata – Kapha hara

Table 3: Properties of *Drava dravyam*

Drava dravyam	Gunam
Dadhi [12]	Ushnam, pacifies Vata
Amla shuktham [13]	Vatanulomanam, Ushna, Teekshna

Effect of *Abhyanga* with *Chinchadi thaila* in Osteoarthritis knee

Abhyanga is a type of *Bahya sneha* it softens the body, alleviates *Vata*, and provides cleanliness, com-

plexion and strength. By doing *Abhyanga*, *Thaila* penetrates in to different *Dhatus* in different *Matra kala*. *Acharya Susrutha* explains Period of nourishment of body by *Sneha* through blood vessels etc. [14].

Table 4: penetration of *Thaila* in different *matra kala*^[14]

Sl no	Dhatu	Matrakala
1	Romakoopa	300
2	Twak	400
3	Rakta	500
4	Mamsa	600
5	Meda	700
6	Asthi	800
7	Majja	900

Effect of Januvasthi with Chinchadi thaila in Osteoarthritis knee *Januvasthi* is a kind of *Bahya sneha* and *swedana* procedure. Role of *Januvasthi* in *Janu Sandhigata vata* is based on *Bahiparimarjana chikitsa* advocated by *Acharya Charaka*. *Snehana* mainly acts against *Ruksha guna* caused by *Vata* and *Swedana* mainly act against *Sheeta guna*, it also reduces *Stambha* and *Gauravata*^[15]. The word *Vasthi* is used here the meaning of to retain. In *Januvasthi* the medicine is made to retain over the *Janu sandhi* for prescribed time. By doing *Januvasthi* with *Chinchadi thaila*, the medicated oil made to retain over the *Janu* through which induce the *Snehana* and *Swedana* effect simultaneously. The process of *Januvasthi* was not mentioned by ancient authors in their classical texts. *Januvasthi* is a procedure that evolved from *Shirovasthi*, it is a type of *Murdhni thaila*^[16].

Effect of Bandhana with Chinchadi thaila in Osteoarthritis knee *Bandhana* is a procedure used either to covering the wounds, to keep dressing in place or to provide support to the body. *Acharya Susruta* explains about 14 types of bandages. *Swasthika bandhana* is one among them. It is indicated in joints, area over metatarsal, between brows, breasts, palms, soles and ears^[17]. *Swasthika bandhana* with *Chinchadi thaila* helps to immobilize the effected joint and also retain the oil in knee joint for long time.

DISCUSSION

Knee joint is affected osteoarthritis more often than any other joint. This condition is particularly common in elderly, obese women^[3]. Involvement of *Vata* is the main cause of *Sandhigata vata*. The symptoms Osteoarthritis is correlate with *Sandhigata vata* explained under *Vatavyadhi*. *Sandhigata vata* is a *Vata*

nanatmaja vyadhi and is more frequent in old age. Excessive use of *Ruksha*, *Seetha*, *Katu Ahara Ativyayama*, *Atichintha* and *Vegavarodha* aggravates the *Vata dosha*, so use of drug formulations having qualities like *Snigdha*, *Ushna*, *Guru* and *Sthira* helps in treating *Sandhigata vata*^[6]. For *Sandhigata vata* *Acharya Susruta* explains specific line of treatment such as *Snehana*, *Upanaha*, *Agnikarma*, *Bandhana*, and *Mardana*^[18]. *Snehana* which produces *Mardavata*, *Kledata*, *Snigdhadata*, in the body. It has many qualities like *Manda*, *Mrudu*, *Snigdha*, *Picchila*, *Sukshma*, *Sara*, *Guru*, *Sheeta* and *Drava*^[19]. *Chinchadi thaila* is indicated for *Vatavyadhi*, it applies in the form of *Abhyanga*. *Abhyanga* improve blood circulation, helps to remove toxins from the tissue and improve the functions of musculoskeletal system. *Bhrajaka pitta* having the function of *Deepana* and *Pachana* which seated on skin helps in the digestion of *Sneha* which is applied on knee joint in circular direction thus enters the *Romakoopa* and *Srotas*. By doing *Abhyanga* arterial blood flow to the skin and muscles is increased, expels the metabolic waste product from the body and reduces swelling, pain and helps in movement of body and joint^[15]. *Chinchadi thailam* which contains *Swarasa* of some drugs such as *Chincha*, *Mandaka*, *Prasarini*, *Varuna*, *Snuhi*, *Bhanu*, *Gandeerika*, *Jambeera*, *Shatapatra*, *Grunjanarasa*, *Kalka of Siddhartha*, *Devadaru*, *Shigru*, *Vishwa* and *Dravadravya* such as *Dadhi*, *Amla Shuktam* and *Tila thailam*^[7]. Most of the drugs in *Chinchadi thaila* has *Ushna Veerya*. *Ushna Guna* having opposite qualities of *Vata dosha* helps to relieve from stiffness caused by *Seeta guna* of *Vata*. Most of the drugs in *Chinchadi thaila* also having qualities like *Vata Kapha Samana*, *Balya*, *Shothahara* and *Rasayana*^[9]. The combination of *Bandhana* and

Januvasthi with Chinchadi thailam may be much more beneficial in Janusandhigata Vata since it can increase the effect by more absorption of oil via Roma Koopa.

CONCLUSION

In *Vatavyadhi Chikitsa*, Acharyas explain different types of *Thaila prayoga*. *Thaila* has lot of advantages like it alleviates *Vata dosha* but not increase *Kapha dosha* etc. Different *Thailas* are explained for *Vata vyadhi*. *Chinchadi thaila* is well explained in *Sahasrayogam* for eighty types of *Vata vyadhi* for external application like *Abhyanga*, *Bandhana* and *Januvasthi* etc. *Ushnaguna* of *Chinchadi thaila* mainly acts against *Vatavyadi*. By these features *Chinchadi thaila* is effective in treatment of Osteoarthritis of knee.

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