

JANUBASTI: A SHORT COMMUNICATION

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The procedure of applying heat to the Knee region by retaining warm medicated oil within a specially formed frame on this area is known by the name 'Janubasti'.

INDICATIONS

This Basti is indicated in painful conditions of knee region like Osteoarthritis, Rheumatoid Arthritis, Gouty Arthritis, Musculoskeletal disorders of knee, Neuromuscular disorders of knee etc.

PROCEDURE

To carry out the procedure of Janubasti, the patient is made to lie down on a bed in a supine position or sit with knees extended.

A frame of black gram paste is made around the painful knee region. Junction between the frame and skin is sealed to make it leak-proof. Warm medicated oil is poured into this frame for half an hour.

PRACTICAL WORK

30 patients of Janusandhigatavata (Knee joint Osteoarthritis) had undergone Janubasti procedure with Koshna (Lukewarm) Narayana Taila for 15 days after screening in OPD of M.A. Podar (Govt) Hospital, Worli, Mumbai-18, out of which 27 had shown remarkable results in Janushoola (Knee pain) and 22 showed a significant improvement in Jaushotha (Knee swelling).

REFERENCE

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