

## REVIEW ON THE PROCEDURAL EFFICACY OF JANU BASTI – OIL POOLING PANCHKARMA PROCEDURE.

\*<sup>1</sup>Dr. Ram Prabodh Chaudhary, <sup>2</sup>Dr. Nirmal Bhusal, <sup>3</sup>Dr. Srinivas Sharma and <sup>4</sup>Dr. Gopesh Mangal

<sup>1</sup>MD Scholar, Department of Panchakarma, National Institute of Ayurveda Jaipur, India.

<sup>2</sup>PhD Scholar, Department of Panchakarma, National Institute of Ayurveda Jaipur, India.

<sup>3</sup>Professor, Department of Panchakarma, National Institute of Ayurveda Jaipur, India.

<sup>4</sup>Assistant Professor and Head (I/C), Department of Panchakarma, National Institute of Ayurveda Jaipur, India.

Article Received on  
27 Dec 2017,

Revised on 17 Jan. 2018,  
Accepted on 07 Feb. 2018,

DOI: 10.20959/wjpr20184-11063

### \*Corresponding Author

**Dr. Ram Prabodh**

MD Scholar, Department  
of Panchakarma, National  
Institute of Ayurveda  
Jaipur, India.

### ABSTRACT

*Janu Basti* is a procedure in which comfortably warm medicated oil is kept over the knee joint for a certain period of time with the help of a specially formed frame ring prepared from black gram powder. The word *Janu* refers to knee and *Basti* stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated oil. *Janu Basti* is an unparalleled treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. *Janu Basti* is used mainly to relief from pain and stiffness (catch) associated with bone, joint and or musculoskeletal pains. *Janu Basti* help to relieves pain and stiffness in the knee joint, relieves swelling and inflammation in the knee joint, brings

lightness and a sense of health in the lower limbs, improves movements and enable us to move and work freely. While practicing *Janu Basti* one should prevent burns and leakage. After the procedure perspiration and increased range of motion can be observed which indicate the *Janu Basti* is beneficial in pain and stiffness. Previous studies also suggest the efficacy of *Janu Basti* in knee joint pain. *Janu Basti* helps to tone muscles, provides lubrication and improves the working of Joint.

**KEYWORDS:** *Janu Basti*, medicated oil, pain, stiffness.

## INTRODUCTION

Janu Basti is a procedure in which comfortably warm medicated oil is kept over the *Janu* area or any adjacent part for a certain period of time with the help of a specially formed frame ring prepared from black gram powder.<sup>[1]</sup> The *Janu* refers to knee and *Basti* stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated oil. This is form of giving fomentation to localized area. *Janu Basti* also considered as *Bahya Sthanik Basti* as a part of classification of *Basti*<sup>[2]</sup> is a misnomer. Thus the oils generally are heated and pooled upto a tolerable temperature over the painful area. Various types of *local Basti* are being practiced which are *Greeva Basti, Kati Basti, Shiro Basti, Urobasti* etc.<sup>[3]</sup> This study was performed with the aim to study the concept of *Janu Basti*, understand the standard procedure of Janu Basti and its efficacy.

## MATERIALS AND METHODS

References regarding *Janu Basti* were collected from various textbooks, published research papers, previous work done and compilation was done. Concept of *Janu Basti* and procedure was studied in detail.

## REVIEW OF JANU BASTI

Fomentation is a treatment procedure in which sweat is induced by means of heat in the form of steam or by in contact of the body with heated medicaments. *Janu Basti* is an unparalleled treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. Janu Basti is used mainly to relief from pain and stiffness (catch) associated with bone, joint and or musculoskeletal pains.

## PROCEDURE

### Pre-procedure

Collection of materials required for procedure is done.

### Instruments & Equipments

Panchkarma table - 1, Vessels – 3, Spoon - 1, Cotton QS, Hot water for bath - 1, Black gram powder - 1 Kg., Dashamula Kwatha for Nadi Sweda, Disposable towel and napkins.

### Material Required

Medicated oil – 300-500 ml, Black gram powder 300-400 gms. commonly used Medicated oils are Dashamula Taila Karpasasthyadi Taila, Sahacharadi Taila, Masha Taila, Dhanvantara

Taila, Kottumchukkadi Taila, Mahanarayana *Tail*. Preparation of Dough of Black gram powder is mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about 45 to 60 cm, thickness of 2-3 cm and height 5 cm.

### **Patient preparation**

The patient is thoroughly examined. The Prakriti (basic constitution) and Vikriti (details of morbidity) are documented in detail. The disease is also examined. The treatment line-up, materials and medicines which need to be used are enlisted. Patient is advised to pass natural urges of urine stool if present. Patient is also advised to remove the cloths and expose the Janu area. Patient may sit and expose the knee with legs extended in table or is advised to lie down in supine position. Generally it is done early in the morning if convenience.

### **Procedure**

The prepared dough is fixed on the Janu area in a proper shape, taking care to prevent any leakage of oil. The chosen medicated oil is heated passively. Required quantity of oil (sufficient enough to fill the space within the ring of wet flour) is taken in a small bowl. The bowl is kept in the vessel filled with hot water. When the oil gets warm, the bowl is removed. Oil is poured into the compartment (space within the constructed ring of wet flour). The oil is heated up to warmth over the water bath and poured slowly inside the ring. Its uniform temperature is maintained throughout the process by replacing warm oil. The oil is kept for 30-40 minutes. After the prescribed time, oil is removed by dipping cotton and squeezing in a container or with the help of spoon. A uniform temperature is maintained by reheating and replacing the heated oil. Care should be taken to maintain the temperature of the oil in the Janu Basti pool. The temperature should be kept uniform throughout the procedure (until the procedure is completed). For this to happen, the oil from the pool is removed at regular intervals (leaving some oil in it i.e. oil should not be completely removed) and replaced by warm oil (on the other side, simultaneously oil is passively heated).

### **Post operative procedure**

Dough is removed afterwards and the area is wiped off followed by cleaning with lukewarm water. Patient is given light oil massage over Janu Sandhi for 5-10 minutes. Thereafter the patient is advised to take rest for 10-15 min in comfortable position. Oil used once is filtered and reused for next two days. On 4th day the fresh oil is to be used. Patient is advised to take light diet and clean with hot water after procedure.

**Precautions**

Care should be taken to prevent excess heating of the oil since it may cause burn and discomfort. Paste the dough well to avoid leakage and avoid movements during procedure.

**Complications**

Burn and discomfort due to prolonged sitting in same posture.

**Duration**

7-21 days depending on the nature and intensity of the disease.

**Indications**

Osteoarthritis of knee joints, Osteoporosis, Arthrosis of knee joints, Chronic pain of the knee joint.

**Contraindications**

Fractures, dislocations, infections, loss of sensation.

Janu Basti help to relieves pain and stiffness in the knee joint, relieves swelling and inflammation in the knee joint, brings lightness and a sense of health in the lower limbs, improves movements and enable us to move and work freely, Strengthens the low back (bones, muscles and soft tissues therein), Soothes the nerves supplying the legs (lower limbs).

**SOME PREVIOUS STUDIES**

More than 15 researches *have* been done in the efficacy of Janu Basti in Janusandhigata Vata in different institutes of India.<sup>[4]</sup> The oil used in different previous studies were Kshirabala Taila, Chinchadi Taila, Masha Taila, Nirgundi Taila, Dashamula Taila, Siddharthaka Taila, Sahachar Taila, Sugandabala Taila, hot water, Dashmula Kwatha. Most of the studies used Dashmula Taila in Janu Basti.

**Gyan Prakash Sharma et al**<sup>[5]</sup> did a study on the efficacy of Patrapottali Sweda and Janubasti in osteoarthritis w.s.r to *knee joint ( Janu Sandhivata) where 90 patients were divided in three groups of 30 patients in each group with an Patra Pottali Swed (Nirgundi Patra), Janu Basti (Dashmooladi tail) & combined therapy (Patra Pottali Swed & Janu Basti).*

In this trail both therapy Patra pottali seweda and Kati Basti have based on Swedan properties. Acharya charak mentioned in Sagni sweda (sankar

swed) for Pottali sweda. Both therapy are specially indicated in Group– A (Patra Pottali Swed) & Group – B (Janu Basti) are mild beneficial, statistically significant & Group – C (Patra Pottali Swed & Janu Basti) is moderate beneficial, statistically highly significant.

**Wadhwa Ritu et al**<sup>[6]</sup> did a study on role of *Nirgundi Taila Janubasti* in *Janu Sandhigata Vata* where 6 patients were selected with classical symptoms of *Janu Sandhigata Vata* from Pachakarma OPD of Dr. D. Y. Patil College of Ayurved & Research Institute Nerul. Two course of *Nirgundi Tail Janubasti* was planned, 1st course for 7 days after a gap of 1 week again 2nd course was repeated for 7days. Assessment of result was done on the subjective and objective parameters. Significant changes were observed in subjective & objective parameters.

**Kaushik & Sharma Pragya**<sup>[7]</sup> did a case study study on Janubasti and Nadi-Swedana in Janu Sandhigata Vata in 61 year old male patient suffering from osteoarthritis of knee joint to assess the Effect of Janubasti with Mahanarayana Taila along with Dashmoola Kwath Nadi-Swedana. The study reports significant relief in subjective parameters like Vatapurnadritisparsha (joint crepitations), Sandhi Shoola (joint pain) and Prasaranakkunchanapravriti Savedana (pain during flexion and extension of joint). Sandhi Shotha (joint swelling) is completely relieved after the study.

**Bharatdwaj & Parida**<sup>[8]</sup> did a case study to observe the Effect Of *Virechana Karma* Along With *Janu Basti* in *Janusandhi-Gatavata* in a female patient aged 52 year, with the classical sign and symptoms of *Janusandhigatavata* was treated with *Virechana Karma* along with *Janu Basti* with *Ksheerbala Taila* for 14days. Follow up was taken 7days after completion of treatment and Maximum Improvement was found in reduction of the signs and symptoms.

**Kumar A & Singh S**<sup>[9]</sup> did a comparative clinical study to evaluate the role of *Janu Basti* and *Matra Basti* along with *Adityapaka Guggulu* in the management of *Janusandhigata Vata* w.s.r. to osteoarthritis of Knee joint. 15 patients were taken in each group and 14 days procedure was done. The conclusion drawn from the study showed that *Matra Basti* with *Sahchar Taila* and *Janu Basti* were both effective in *Janu Sandhigata Vata*. Efficacy of matra Basti with *Sahachar Taila* was more in the symptoms of *Sandhishoola*, *Sandhighraha* and WOMAC Index Score.

**Gautam M et al**<sup>[10]</sup> did a clinical study to evaluate the efficacy of *Rasna Saptak Ghanvati* and *Janu Basti* in the management of *Sandhigata*(osteoarthritis). 10 Patient in each group were taken and *Janu basti* was given in group B alone and with internal medicine in group c for 14 days. The study concluded *Janu Basti* as local oleation and fomentation therapy showing quick relief in the symptoms of *Janusandhigata Vata*. The results of *Janu Basti* didn't last long.

## DISCUSSION

In *Janu Basti* medicated oils having analgesic and anti-inflammatory properties are the important ingredient of the procedure. *Janu Basti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata*, *Pitta* and *Kapha* in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and a feeling of health in the affected joints, muscles and soft tissues. *Janu Basti* is highly effective in the management of pain. Previous studies also suggest the efficacy of *Janu Basti* knee joint pain. Although *Janu Basti* is a routine treatment/ procedure of choice in osteoarthritis of knee joint in Panchkarma clinics and hospitals. The procedural standard varies. First, light *Abhyanga* is to be done, then after *Nadi sweda* is advisable on the pain affected sight which increases the efficacy of *Janu Basti*. While practicing *Janu Basti* one should prevent burns and leakage. After the procedure perspiration and increased range of motion can be observed indicating the efficacy of *Janu Basti* in pain and stiffness.

## CONCLUSION

*Janu Basti* is most often recommended in condition like osteo-arthritis, stiffness of knee joints and pain. *Janu Basti* may help to increase blood circulation to the affected area, gets rid of *Dosha* imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. Larger studies with Uniformity in the procedure of *Janu Basti* may help to assess the efficacy at larger scale.

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