

MARVELLOUS EFFECT OF JANU DHARA IN THE MANAGEMENT OF SANDHIGATA VATA W.S.R. OSTEOARTHRITIS- CASE STUDY

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ABSTRACT

Osteoarthritis is most common degenerative joint disease in India; its common symptoms are pain & stiffness. As disease progresses it may cause morbidity and work disability. In *Ayurveda* we can correlate O.A. with *Sandhigata Vata*. O.A. of knee is common in women as in men. *Janu Dhara* is specialized knee therapy in *Panchakarma* which rejuvenate the *Janu Marma*.

KEYWORDS: OA, *Sandhigata Vata*, *Janudhara*.

INTRODUCTION

Osteoarthritis is most common degenerative joint disease in India, it's usually affect in fourth decade, and occurrence increases linearly with age.^[1] OA is is more prevalent in male and bilateral in OA in female.^[2]

Its common symptoms are Pain swelling, restricted movement of joints. Most affected joint is Knee joint because its weight bearing joint.

In *Ayurveda* we can correlate OA with *Sandhigata Vata* which is occur due to *Dhatukshaya* and other *Vata Prakopaka Nidana*. In *Ayurveda* main symptoms of *Sandhigata Vata* is *Vatapurnandritisparsha*, *Vedana*, *Sandhi Shoola*, *Atopa* according to *Acharya Charaka* which is match with OA.

In Panchkarma Chikitsa, Dharakarma is one of the treatments mentioned under *Murdhni Taila Chikitsa* as *Shirodhara*. The same *Dhara* treatment can be applied on whole body and is considered as *Sarvanga Dhara* or for the localized part as *Ekanga Dhara*, and when it is applied on *Janu* (Knee) it is call *Janu Dhara*.

Different types *Dharas* are done based on the medicament used and is called as *Tailadhara* when the *Aushadha Dravya* is used along with *Taila* as the medium.^[3] *Taila* is considered as the best *Vatashamaka* and *Taila Dhara* can be successively adopted in *Vatavikaras*. *Tila Taila* is said to be the best *Vata Shamaka* owing to its properties such as *Madhura Kashaya Tikta Rasa, Guru and Snigdha Guna, Ushna Veerya, Madhura Vipaka*.^[4]

In this case study *Janu Dhara* with *Mahanarayan Taila, Nirgundi Taila* and *Tila Taila* was done for 15 days and showed satisfactory results.

CASE REPORT

A female patient aged 57 years come to *Panchkarma* OPD Reg. no 7720, of **Dr. S R.Rajasthan Ayurveda University Jodhpur** with presented with complaints of pain in B/L knee joints since 8 years, patient felt difficulty in walking, sitting in squatting position and inability to climb the stairs. On examination crepitus was found in both joints with restricted movements.

The extension and flexion movement of knee joints were restricted and movement were limited 600 flexion. Pulse rate 76/min, regular. Blood pressure was 126/80 mm of Hg .x-ray of the joints revealed joint space reduction in both the knee joint. Patient was suffering from hyperacidity so she refuses to take oral medicine. Based on above complaints and radiological report, patient was diagnosed with *Sandhigata Vata* (OA).

Observations: subjective criteria – Pain, Stiffness, Tenderness, Oedema, Crepitation, Range of Movement.

ASTVIDHA PARIKSHA

<i>NADI</i> – <i>Vatakapahaja</i> (76/min)	<i>JIHVA</i> – <i>Alipta</i>
<i>MALA</i> – <i>aam</i> (constipated)	<i>MUTRA</i> – <i>Prakrita</i>
<i>SHABDA</i> – <i>Spsata</i>	<i>SPARSHA</i> – <i>Samashitoshna</i>
<i>DRIK</i> – <i>Prakrita</i>	<i>AKRTI</i> – <i>sthoulya</i>

ASSESSMENT PARAMETERS

Table 1: Objective and Subjective Parameter.

GRADE	PAIN	STIFFNESS	TENDRNESS	OEDEMA	CREPITATION	RANGE OF MOVEMENT
Grade-0	No pain	Absent	Absent (no tenderness)	Absent	no crepitus	Normal (101 to 120 degree flexion)
Grade- 1	Mild pain (pain observed on excessive work)	Mild stiffness (morning stiffness of 5-10 minutes duration)	Mild (patient says it is paining)	Mild slightly swelling (covering only the bony prominence)	Mild (perception on touch)	Mild (81 to 100 degree flexion)
Grade- 2	Moderate pain (pain increased on little work)	Moderate stiffness (morning stiffness of 10-15 minutes duration)	Moderate (patient winces and with draws the affected)	Moderate (completely covering all the body prominence)	Moderate (audible on attention)	Moderate (61 to 80 degree flexion)
Grade-3	Severe pain (persistent pain with sleep disturbance)	Severe stiffness (morning stiffness of 15-30 minutes duration)	Severe (does not allow the effected joint to be touched)	Severe (completely covering the joint)	Severe (clearly audible)	Severe (0-60 degree flexion)

In consideration with the findings of clinical examination & investigation following treatment given

Janu Dhara

1. Patient was sitting in comfortable position in *Droni* with legs extended.
2. Mild *Abhyang* with oil was done for 10 minute.
3. *Mahanarayana tail, Nirgundi Tail and Tila Tail* put in *Dhara* pot and on the switch on the Automatic *Dhara* Machine, when oil will be warm (*Sukhoshna*). We will made to flow on the knee joint in a regular stream along with the direction of *Dhara*.
4. The stream was made to fall on the knee joint in circular manner throughout the procedure. The height of stream was maintained about 12 *Angula*.
5. The procedure was performed for 45 min in the morning.
6. The temperature of the oil was maintained throughout the procedure.
7. Mild *Abhyang* was done over the *JanuSandhi* after *Janu Dhara*.
8. The oil was wiped off with the help of cotton and area was cleaned with soft towel.

Janu Dhara has both *Snehana* and *Swedana* effect. The oil used for this procedure does the *Snehana* and due to *Agani Samyog* in this procedure it does *Swedana* effect.

Table 2: Assessment Score.

PARAMETER	B.T	A.T	DIFFERENCE (B.T- A.T)	% IMPROVMENT
PAIN	3	1	2	66.66%
STIFFNESS	3	2	1	33.33%
TENDERNESS	2	0	2	100%
OEDEMA	2	1	1	50%
CREPITATION	2	1	1	50%
RANGE OF MOVEMENT	3	1	2	66.66%
TOTAL	15	6	9	60%

DISCUSSION

The general line of treatment for the *Sandhigata Vata* is “*Sneha Upnaha Agnikarma Bandhana Unmardanani Cha*”.^[5] Hence *Snehana* and *Swedana* in the form of *JanuDhara* would be promising to relieve the symptoms.

Dhara Karma is one of the treatments mentioned under *Murdh Tail Chikitsa* as *Shirodhara*.^[6]

The same *Dhara* can be applied on localized part than it is called as *Ekanga Dhara*. According to *Acharya Sushruta*, the *Veerya* of the Oil applied over the skin is absorbed by *Tryagaami Dhamanis*.^[7] which are present all over the body and are attached to *Romakoopas*. *Swedana* open these *Roomkoopas*.

Effect of oils

Mahanarayan Taila

Mahanarayana Taila is medicated oil known for a great multitude of benefits to the human body. It is prepared using many medicinal herbs with sesame oil as the base. It is a good tonic for the nervous system and the musculoskeletal system. *Mahanarayana oil* is a potent analgesic for relieving in pain. A nourishing and strengthening oil that soothes sore muscles and tendons blessed with the characteristics of anti-rheumatic, anti-arthritis, anti-inflammatory, demulcent, and emollient. The oil lubricates the muscles and joints enhancing body movements and flexibility. It controls inflammation, reduces swelling and tenderness. It gives relief in pain associated with sprains. A massage with *Mahanarayana oil* opens up the locks, loosens tight muscles, relieves stiffness and pain thereby improving blood circulation in the body. Massaging with this oil breaks up blockages and stimulates healing. A gentle

massage with this oil relieves pain, congestion, and inflammation quickly. A superb salve that cures emaciation, tendon tear, fractures and arthritis. The poly-herbal *Mahanarayana oil* can be used internally or externally to cure arthritis disorders especially osteoarthritis. It is very effective in the treatment of Rheumatic disorders, Muscular pain, Pain in joints, inflammation and many neuromuscular and skeletomuscular conditions. Gentle, regular application of the oil nourishes muscles and nerves and is very effective in treating paralysis, facial palsy, and spondylosis.

Nirgundi Taila

It is basically used as analgesic, especially prepared using finest natural herb that effectively offers relief from muscular, joint as well as arthritis pain. This effective oil for instant pain relief offers relief from vascular headaches caused due to migraines, pain related to orchitis, rheumatoid arthritis, and osteoarthritis. It also helps in reducing congestion, inflammation, and pain and ensures soothe living. It effectively improves blood circulation and allows great pain-free moving comfort.

Tila taila

Til taila have a significant effect in pacification of vitiated *Vata* related to pain due to having opposite qualities of *Vata* like *Drava*, *Suksma*, *Sara*, *Snigdha*, *Picchil*, *Guru*, *Sitala*, *Manda*, and *Mridu*, as *Acharya Charaka* mentioned in classics.

CONCLUSION

On the basis of the this single case study it can be concluded that *Panchkarma* treatment like *Janudhara* was effective in the management of *Sandhigata Vata* (OA).

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