

## CASE REPORT - AYURVEDIC MANAGEMENT OF KNEE OSTEOARTHRITIS

Biswajit Dash<sup>1\*</sup> and Rabindranath Acharya<sup>2</sup>

<sup>1</sup>Lecturer, Department of Panchakarma, Govt. Ayurvedic College, Balangir, Odisha.

<sup>2</sup>Ex-Professor, Department of Panchakarma, S.S.N Ayurveda College & Research Institute,  
Paikmal, Odisha.

Article Received on  
01 Sept. 2020,

Revised on 21 Sept. 2020,  
Accepted on 11 October 2020

DOI: 10.20959/wjpr202013-19010

### \*Corresponding Author

**Dr. Biswajit Dash**

Lecturer, Department of  
Panchakarma, Govt.  
Ayurvedic College,  
Balangir, Odisha.

### ABSTRACT

Osteoarthritis of Knee joint is one of the most common disorders among the joint diseases. The management of osteoarthritis depends upon the chronicity and the cause. It is the Physician who decides, whether an emergency treatment or conservative line of treatment is to be carried out. For many people pain in the Knee joint is the common complaint. In *Ayurveda*, this can be considered under *vatavyadhi*. *Snehana* is the best treatment for *Vatavyadhi*. *Ayurvedic* principles reveals the management for this with *Matra basti*, *Janu basti*. In this case the patient came with a X-Ray report on complaining of *Janusandhi ruk* (pain in Knee joint), *Janusandhi stambha* (Knee joint Stiffness). The patient was suffering from this complaint since six

months, for the same the Orthopaedician advised for surgical treatment of the Knee joint. But the Patient didn't want to undergo for surgery. So, the patient came to Panchakarma Department of Govt. Ayurvedic College – Hospital, Balangir and was treated with *Ayurvedic* approach by *Janubasti*, *Matrabasti* and internal *Ayurvedic* medicines. The said treatment shows significant relief in pain and also improved the capacity to do daily work.

**KEYWORDS:** Osteoarthritis, *Matrabasti*, *Janubasti*, *Ayurvedic* medicine.

### 1. INTRODUCTION

Nowadays, Osteoarthritis due to degeneration is very common. The three important determinants related to the cause of disease are Food, lifestyle and environment. Osteoarthritis is one of the commonest form of articular disorder. With the present day's fast life people do not have time to eat properly, sleep properly and rest properly. Most often, it is

observed after fifth decade of life. But in present scenario, it is seen in early fourth decade also. This is caused due to various factors like degeneration, mechanical trauma, neurological deficit, metabolic and functional disability. Knee Osteoarthritis is a joint disease involving complex interactions between biomechanical, structural and biological pathways at an *in vivo* systems level.<sup>[1]</sup>

Specific description is not available in any *Ayurvedic* classics as a separate disease entity. But, in *Charaka Samhita*, this is mentioned as one among the Eighty *Nanatmaja Vatavyadhi*.<sup>[2]</sup> The aim of Ayurveda is not only to treat the diseased but also to maintain the health of people and to increase immunity and restore *tridosha*. While, in contemporary science, the disease is managed by non-steroidal anti-inflammatory drugs, analgesic drugs, corticosteroids and physiotherapy. But these drug have many side effects.<sup>[3]</sup> Thus, an approach through Ayurveda is a natural way to treat Osteoarthritis of Knee Joint by the said *Matrabasti*, *Janubasti* and internal *Ayurvedic* medicine without any side effect that can give promising results.

## 2. METHODOLOGY

**Place of study:-** Govt. Ayurvedic College & Hospital, Balangir, Odisha.

### CASE REPORT

A female patient aged 54 years came to the Outdoor of Panchakarma Department of Govt. Ayurvedic College, Balangir. Patient presenting with *Janusandhi Ruk* (pain in Knee joint), *Janusandhi Stambha* (Knee joint Stiffness), tingling sensation in both lower limb, *Kashtayukta Chankramana* (difficulty to walk) and *Kashtayukta Utkatasana* (difficulty to seat). Patient was suffering from same complaint since six month. But from past three weeks patient increase the severity of symptoms.

#### 2.1 On examination

1. **General condition of patient:** Moderate.
2. **Pulse rate:** 74/min
3. **B.P. -** 120/80 mm of Hg
4. **Pallor -** Absent
5. **Weight-** 62kg,
6. **Height-** 5 Ft 5inch.
7. **RS -** AE=BE clear

8. CVS – S1 S2 normal. No abnormal sound
9. CNS – well conscious oriented
10. P/A: Soft, non-tender; Liver, Kidney, Spleen-not palpable

#### *Ashtavidhapariksha*

1. *Nadi* – Vata pradhana pitta
2. *Mala* – malavshambha (occasional)
3. *Mutra* – samyakpravritti
4. *Jivha* – sama
5. *Shabda* – spashta
6. *Sparsha* – ushna
7. *Druk* – panduta
8. *Akriti* – Madhyama

#### *Sroto dushti*

*Asthivaha Strotas: Januruk* (pain in Knee joints), *Janusandhi Stambha* (Knee joint Stiffness)

*Majja vaha Strotas: Tingling and numbness* in both upper and lower limb, difficulty in walking.

### **2.2 Present Illness**

Patient was having above complaints from six months. For the said complaint she attended Allopathic Hospital for treatment and didn't get relief. Further, she was advised for surgical treatment. But she doesn't want to go for surgical treatment. So, the patient came to Govt. Ayurvedic College & Hospital, Balangir for treatment.

### **2.3 Past history**

No H/O DM/HTN/IHD/PTB/BA/Jaundice/Typhoid or any other major medical illness.

H/O- Fall 01 year back.

### **2.4 Clinical examination of knee joint**

**Inspection:** No abnormality was found in the patient.

No any other major abnormality was seen in Knee examination of the patient.

No any swelling and surgical marks were seen in Knee examination of patient.

**Gait:** Toe out gait.

## 2.5 Investigations

Hb% - 10.8 gm%,

TLC – 8600 cu/mm,

DLC –P – 50, L – 45, E – 01, M – 06,

Urine examination – Normal

Random Blood Sugar – 104 mg/dl.

## X - Ray of both knee joints with AP and Lateral view

The X-ray of knee joint reveals knee joint space narrowing with mild osteophytes seen and the cartilage becoming thin.

**Table no. 1: Showing samprapti ghataka.**

Nidana	Vataprakopaka Nidana Sevana (Ch. Chi 28/18)
Dosha	Vata (Ch. Chi 28/37)
Dushya	Asthi, Majja, Rasa, Mamsa, Meda
Srotas	Asthivaha, Majjavaha, Rasavaha, Mamsavaha, Medovaha Srotas
Srotadushti	Sanga, Vimarga gamana, Atipravritti
Agni	<i>Jatharagni- Manda, Dhatwagni- Manda</i>
Doshamarga	Marmaasthi Sandhi (Ch. Sut 17/113)
Rogamarga	Madhyama
Adhithana	Asthisandhi
Pratyatma Lakshana	Akunchana prasarana vedana, Vatapurna drutisparsha

## 2.6 Treatment approach

*Sthanika Snehana* (Abhyanga) with *Ketakyadi Taila* <sup>[4]</sup> followed with *Swedana* (*Nadisweda* by *Dashamoola Kwatha*) for 15 days.

*Janu basti*: *Ketakyadi Taila* for 25min. for 15 days.

*Matrabasti*: *Ketakyadi Taila* 72 ml total 15 *basti* were given.

*Guggulu tiktakam Kashayam* 20ml bid for 30 days

Cap. Neuron 250 mg bid for 30 days



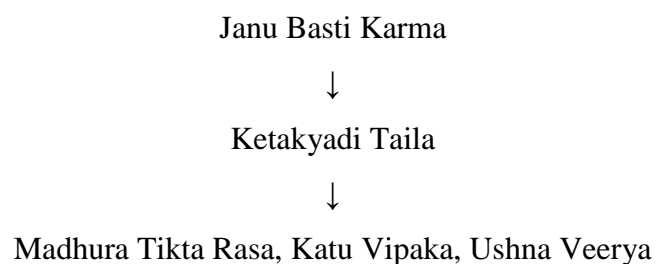
**Janu Basti Karma**

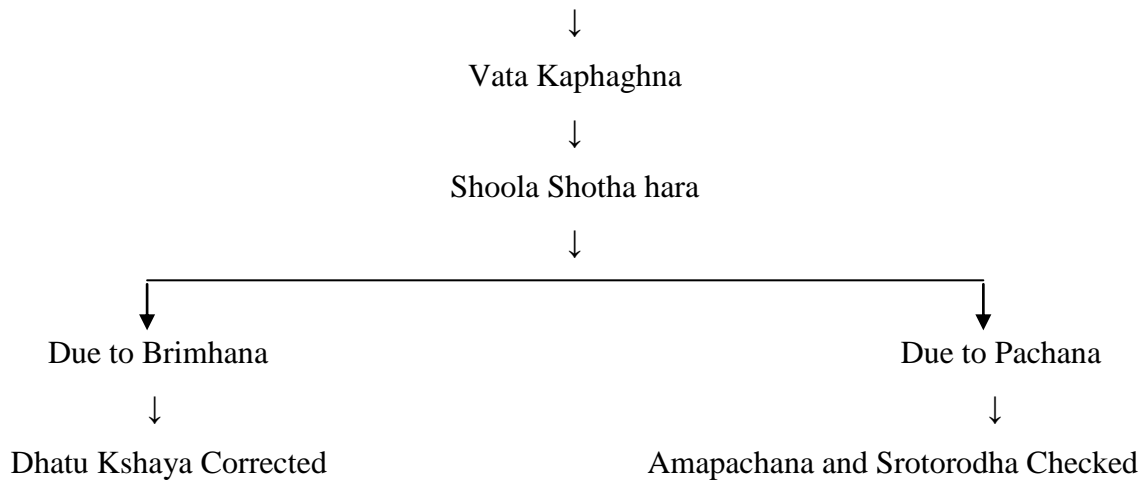
### 3. DISCUSSION

In this case, there is involvement of *Vata*, *Asthi* and *Sandhi Dushti*. Hence, this disease can be considered as *Madhyama Marga Roga*. *Vatavyadhi samanyachikitsa* is *Abhyanga*, *swedana*, *basti*.<sup>[5]</sup> *Snehana* and *swedana* (*Ch. Su. 22/11*)<sup>[6]</sup> act as *vata shamaka*, increases the blood circulation and by its local action relieves pain. *Janubasti* acts locally at Knee joint region by both actions - local oiling and fomentation that relieves pain.

*Cap. Neuron*, contains *Brihat Vatachintamani Rasa*, *Dashamoola*, *trayodashanga Guggulu*, *Lashuna*, *eranda*, *kapikacchu*, *Bala*. It acts as anti-inflammatory and muscle relaxant. It strengthens muscles and relieves pain. The *Guggulutiktakam Kashayam* having *tikta rasa*, *laghu guna*, *ushnavirya* and *katuvipaka*, act as *kaphavatahara*. As it is bitter, work as a nervine tonic too. It relieves pain. *Basti* is very much effective treatment for *Vatavyadhi*<sup>[7]</sup>. It acts on root of *vata dosha* and gives promising results in relieving pain and functional disability. It helps in absorption in vitamin B12 in gut so it helps in regeneration of tissues and nerve.<sup>[8]</sup>

#### Flow chart of samprapti vighatana





#### 4. Probable mode of action of matra basti

*Basti* is the best treatment for *Vata* as said by *Acharya Charaka* “*Bastihi Vataharanam*”. *Basti* drug first reaches to the *Pakvashaya* (large intestine). *Pakvashaya* is the chief site of *Vatadosha*. Thus, by its action on the chief site, *Basti* gets control on *Vata* all over the body. *Pakvashaya* is the site of *Purishadharakala*. Commentator *Dalhana* has said *Purishadhara* and *Asthidhara kala* are one and same.<sup>[9]</sup> *Basti* drugs directly acts on *Purishadharakala* so we can take its direct action on *Asthidharakala* also. *Sushruta* has mentioned 6<sup>th</sup> *Basti* nourishes *Mamsa Dhatu*, 7<sup>th</sup> *Basti* nourishes *Meda Dhatu*, 8<sup>th</sup> *Basti* nourishes *Asthi Dhatu* and 9<sup>th</sup> *Basti* nourishes *Majja Dhatu*.<sup>[10]</sup> Thus, through *Basti*, we achieve *Vata Dosha Shamana* and *Snehana* of *Asthi Dhatu*. So, by breaking the *Samprapti* we achieve the *Shamana* of *Sandhigatavata*. According to modern medical science, as per *Basti /Enema* concerned, in trans rectal route, the rectum has a rich blood and lymph supply and drug can cross the rectal mucosa like other lipid membrane. Thus by entering in general circulation, *Basti* drugs acts on whole the body. By this treatment, patient shows significant results in straight leg raising test, walking. By this treatment patient is symptomatically improved. The subjective parameters show improvement in the clinical symptoms. This treatment is helpful to prevent the further more complication in Knee joint pathology.

**Table no. 2: Showing treatment schedule**

Treatment	Medicine	Dose	Days
Abhyanga and Nadi Swedana	<i>Ketakyadi taila</i> and <i>Dashamoola Kwatha</i>		1-15 days
Janu Basti followed by Matra Basti	<i>Ketakyadi taila</i>	72ml	16-30 days
Internal Medicine	<i>Guggulutiktakam Kashayam</i>	20ml bid	1-30 days
	Cap. Neuron	1 Cap. Bid	

## 5. Scope of future research

A Large number of sample size should be included to confirm the results and generalize the results to population. Other parameters like Crepitus, tenderness, swelling, difficulty in walking etc. should also be assessed for the patients. Same procedure using other *taila* should be studied to compare the relative efficacy of different *tailas*.

## 6. CONCLUSION

In above discussion and result we can say that this therapy is effective in Knee joint pain caused due to degeneration. So, we can give symptomatic relief with reduction in pain and improvement in quality of life to the patient of Knee OA by *Ayurveda*. With further research, *Matra Basti* and *Janu Basti* can be established as the preferred line of treatment in Knee Osteoarthritis.

## REFERENCES

1. Andriacchi TP, Favre J, Erhart-Hledik JC, Chu CR. A systems analysis of knee osteoarthritis reveals new insights into the pathogenesis of the disease. *Ann Biomed Eng*, 2015; 43: 376-387.
2. Agnivesha acharya, Vaidya Yadavji Trikamji, Chakrapanidatta, Charaka samhita: Ayurveda Deepika: Sutra sthana, Chikitsa sthana. Varanasi, Uttar Pradesh: Chaukhamba Orientalia, 619-620.
3. Tripathi K D, Editor. Essential of Medical Pharmacology. New Delhi: Jaypee Brothers Medical Publisher, 2008; 6: 189-285.
4. Ramnivas Sharma, Surendra Sharma. Sahasrayoga: Taila Prakarana, 76.
5. Vaidya Kushavaha H, Editor. Charak Samhita, Sutrasthana shlok Choukhambha orientalia, Varanasi, 2009; 303: 20-13.
6. Vaidya Kushavaha H, Editor. Charak Samhita, Sutrasthana shlok Choukhambha orientalia, Varanasi, 2009; 320: 22-11.
7. Vaidya Kushavaha H, Editor. Charak Samhita, Sutrasthana shlok Choukhambha orientalia, Varanasi, 2009; 950(1): 27-30.
8. Gyanendra Shukla, Shweta Pandey, Anup Thakur *et al.*, International journal of pharmaceutical & biological archieve, Pharmacodynamic understanding of basti: A contemporary approach, 2012: 3(4): 893-896.
9. Kasutre Vd.H.S. Baidynath Ayurveda Bhawan; Ayurveda Panchakarma vijnana, 471: 6.
10. Ibidem, Sushruta Samhita Anuvasanauttarbastichikitsa Adhyaya, 164(37): 1-76.