

**Research Article****EFFICACY OF PATRA POTTALI SWED & JANUBASTI IN OSTEOARTHRITIS W.S.R. TO KNEE JOINT (JANU-SANDHIVATA)****Gyan Prakash Sharma<sup>1\*</sup>, Meenakshi Sharma<sup>2</sup>, Mahesh Kumar Sharma<sup>3</sup>**<sup>1</sup>Assistant Professor, <sup>3</sup>Associate Professor & HOD, Department of Panchakarma, Dr.SR Rajasthan Ayurved University, Jodhpur, Rajasthan, India.<sup>2</sup>Lecturer, Dept. of Kriyasharir, Punjab Ayurved Medical College & Hospital, Sri Ganganagar, Rajasthan.**ABSTRACT**

Osteoarthritis (OA) is a chronic degenerative disease in male while it affects female in younger age. Life style play major role in OA. In Osteoarthritis (*Sandhigata vata*) pain, swelling, restricted movements of joints are common clinical features. The insidious starting is with aching pain in the joint and relieved by the rest. The other associated symptom is stiffness, which aggravated after a long rest and subsides after by active movement. In this trial entitled efficacy of *Patra pottli swed & Janubasti* in osteoarthritis w.s.r. to knee joint (*Janu-sandhivata*) *Patra pottali swed & janu basti* are selected to treat the Osteoarthritis of knee joint (*Janu sandhigata vata*) for 90 patients. All the 90 patients were divided in three groups of 30 patients in each group with an *Patra Pottali Swed (Nirgundi Patra)*, *Janubasti (Dashmooladi tail)* & combined therapy (*Patra Pottali Swed & Janu basti*).

*Swedan* is indicated in *Kapha vata pradhan vyadhi*. *swedan* helps in remove stiffness, pain, heaviness and coldness. In this trail both therapy *Patra pottali sed* and *Kati basti* have based on *Swedan* properties. Acharya charak mentioned in *Sagni swed (sankar swed)* for *Pottali* seed. Both therapy are special indicate in Group- A (*Patra Pottali Swed*) & Group - B (*Janubasti*) are mild beneficial, statistically significant & Group - C (*Patra Pottali Swed & Janu basti*) is moderate beneficial, statistically highly significant.

**KEYWORDS:** Osteoarthritis, *Sandhigata vata*, *Patra Pottali Swed (Nirgundi Patra)*, *Janubasti (Dashmoolabala tail)*.

**INTRODUCTION**

Ayurveda is India's traditional, natural system of medicine that has been practiced for more than 5,000 years. Ayurveda is a Sanskrit word that literally translated means "science of life" or "practices of longevity." Ayurveda was the system of health care conceived and developed by the *Rishis* (Sage) and natural scientists through centuries of observations, experiments, discussions, and meditations. For several thousand years their teachings were passed on orally from teacher to student; about the fifth to sixth century BC, elaborately detailed texts were written in Sanskrit, the ancient language of India.<sup>1</sup>

Life style denotes the way people live, reflecting the whole range of activities, attitudes of everyday from Sunrise to sunset. Dramatic shifts in the way humans live their lives, often due to advancements in a society or its scientific progress leads to altered lifestyle which has many implications on human health and may lead to many disorders including diabetes mellitus, CHD, primary hypertension, osteoarthritis of the knee joint & obesity. Lifestyle diseases are different from other diseases because they are potentially preventable and can be lowered with changes in diet, lifestyle, and environment.<sup>2</sup>

People of this age has changed his life style erroneously which has altered his daushik constitution and caused various physical as well as mental ailments. In Osteoarthritis pain, swelling, restricted movements of joints are common clinical features. The insidious starting is with aching pain in the joint and relieved by the rest. The other associated symptom is stiffness, which aggravated after a long rest and subsides after by active movement. In modern medicine the complete remedy of Osteoarthritis still not available. The drugs used are mainly Analgesics, Anti-Inflammatory and steroids, which cannot pacify the disease but provides only symptomatic relief. On other hand furious side effect like gastritis, ulceration of mucosal layer of stomach, heart burn and vomiting are added as the unwanted results.<sup>3</sup>

Ayurveda the science of life has its own methodology and hypothesis to manage all types of diseases. In this regard experimental study is considered as a most important method of Panchkarma. *Patra pottali swed & Janu basti* are selected to treat the Osteoarthritis of knee joint (*Janu sandhigata vata*)<sup>4</sup>

**Material & Methods****Selection of patients**

From O.P.D. Panchkarma of Department of, U.C.A. Jodhpur 90 Patients suffering from Osteoarthritis (*Janu sandhigata vata*) will be selected randomly as per the inclusion and exclusion criteria on the basis of specific criteria prepared according to its description mentioned in Ayurvedic texts.

**Inclusion Criteria**

- Patients with osteophytes formation.
- Patients having clinical symptoms of Osteoarthritis.
- Patients having joint space reduction.

**Exclusion Criteria**

- Gouty Arthritis, Tuberculous arthritis, Rheumatoid arthritis, Diabetes Mellitus.

**Subjective parameters****Grouping of patients**

All the 90 patients were divided in three groups of 30 patients in each group.

Group - A: Were treated with an *Patra Pottali Swed*

Group - B: Were treated with *Janubasti*

Group - C: Were treated with combined therapy (*Patra Pottali Swed & Janu basti*)

**Selection of Drug**

*Patra Pottali swed* with *Nirgundi Patra*, *Janubasti* with *Dashmool bala tail*<sup>5</sup>

**Duration of treatment** - 3 months & the progress were evaluated after 14 days

**Assessment Criteria**

Assessment of therapy were done on the basis of functional and various laboratory parameters -

**Table 1: Grading of Subjective Parameters**

Benefits	Nil	25%	50%	75%	100%
Walking distance	-	+	++	+++	++++
Pain	-	+	++	+++	++++
Tenderness	-	+	++	+++	++++
Range of Motion of the knee joint	-	+	++	+++	++++

**Objective parameters**

- Plain X-ray
- Laboratory Examinations
- Routine haematological investigations - Hb %, E.S.R, TLC, DLC.
- Biochemical investigation
- Blood Sugar - Fasting and PP, Serum uric acid, RA factor.

**OBSERVATION****Table 2: Effect of Therapy (*Patra Pottali Swed*)**

Assessment criteria	Mean Score		% of Relief	S.D. (±)	S.E. (±)	t	P
	B.T.	A.T.					
Tenderness	2.60	1.59	40.51	1.17	0.20	4.97	<0.001
Walking distance	2.10	1.40	32.30	1.40	0.25	2.71	<0.01
Pain	2.77	1.54	43.92	1.24	0.22	5.29	<0.001
ROM of the knee joint	2.20	1.60	28.36	1.51	0.27	2.03	<0.05

**Table 3: Effect of Therapy (Janu Basti)**

Assessment criteria	Mean Score		% of Relief	S.D. (±)	S.E. (±)	t	P
	B.T.	A.T.					
Tenderness	2.17	1.47	30.48	1.37	0.27	2.62	<0.01
Walking distance	2.27	1.52	32.45	1.38	0.26	2.70	<0.01
Pain	2.23	1.70	19.80	1.26	0.24	1.87	<0.05
ROM of the knee joint	2.33	1.70	25.19	1.61	0.31	1.92	<0.05

**Table 4: Effect of Therapy (Patra Pottli Swed & Janu Basti)**

Assessment criteria	Mean Score		% of Relief	S.D. (±)	S.E. (±)	t	P
	B.T.	A.T.					
Tenderness	2.17	1.17	44.22	0.72	0.13	10.01	<0.001
Walking distance	2.63	1.33	37.56	1.08	0.19	6.45	<0.001
Pain	2.57	1.17	52.22	0.72	0.14	10.01	<0.001
ROM of the knee joint	2.47	1.07	53.83	0.85	0.14	9.60	<0.001

## DISCUSSION

In this trial entitled efficacy of *Patra pottli swed & Janubasti* in osteoarthritis w.s.r. to knee joint (*Janu-sandhivata*) *Patra pottali swed & Janu basti* are selected to treat the Osteoarthritis of knee joint (*Janu sandhigata vata*) for 90 patients. Group A were treated with an *Patra Pottali Swed*. Group - B: Were treated with *Janubasti*. Group - C: were treated with combined therapy (*Patra Pottali Swed & Janu basti*). Inclusion Criteria were patients with osteophytes formation, patients having clinical symptoms of Osteoarthritis, patients having joint space reduction. Exclusion Criteria were Gouty Arthritis, Tuberculosis arthritis, Rheumatoid arthritis, Diabetes Mellitus. 3 months.

## CONCLUSION

In this trial entitled efficacy of *Patra pottli swed & Janubasti* in osteoarthritis w.s.r. to knee joint (*Janu-sandhivata*) 90 patients were treated with *Patra pottali swed & Janu basti* suffering from OA of knee joint. in group C both type of treatment were given to patient and result in this group was more beneficial seen rather than group A and B. Symptomatically pain was reduced 75% and range of motion was positive 75% in

Group C. in Group A and B result of walking distance and tenderness was also beneficial. so in present trial Group - A (*Patra Pottali Swed*) & Group - B (*Janubasti*) are mild beneficial, statistically significant & Group - C (*Patra Pottali Swed & Janu basti*) is moderate beneficial, statistically highly significant.

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### Cite this article as:

Gyan Prakash Sharma, Meenakshi Sharma, Mahesh Kumar Sharma. Efficacy of Patra Pottali Swed & Janubasti in Osteoarthritis w.s.r. to Knee Joint (Janu-Sandhivata). International Journal of Ayurveda and Pharma Research. 2015;3(11):67-69.

**Source of support: Nil, Conflict of interest: None Declared**

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