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Ayurveda management of Osteo Arthritis (Sandhigata Vata) - A Case Study

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ABSTRACT

Osteoarthritis is the most common form of arthritis affecting millions of people worldwide. It occurs when the protective cartilage that cushions the end of your bone wears down overtime. In Ayurveda osteoarthritis correlate to *Sandhigat Vata*. The common sign and symptoms of this disease is present in the form of *Shoola*, *Shoṭha*, *Vatapoornadriti Sparsha* and difficulty in flexion and extension of *Sandhi*. In modern science the available treatment is use of NSAID, Calcium supplement and finally replacement therapy. Due to this there are large no of patients suffering from this disease come towards Ayurveda. Ayurveda treatment by its *Chikitsa Siddhant* gives remarkable relief in osteoarthritis. In this case study a 60 yrs patient suffering from osteoarthritis of both knee joint got good relief.

Key words: Osteo Arthritis, Sandhigat Vata.

INTRODUCTION

Now a day's Arthritis is the most common disease in the society. Out of all arthritis Osteo arthritis is the common one. Acharya Charaka describes the disease under *Vata Vyadhis*.^[1] Acharya Sushrut describes sign and symptoms of this disease as *Shool*, *Shoṭha* and *Hanti Sandhigat*.^[2] The line of treatment includes *Snehana*, *Swedana*, *Upanaha* and *Janu Basti*. By using this *Chikitsa Siddhant* osteoarthritis patient got good relief.

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CASE PRESENTATION

A 60 year old female patient presented with OPD of ASPM Ayurved College, Buldhana, Maharashtra with a chief complaint of *Ubhaya Janusandhi Shoola* with *Shoṭha*, *Vatapurnadruti Sparsha* in both knee joints, the flexion and extension movement of both knee joint were restricted. X-Ray of both knee joint shows osteoarthritis. The patient was taking Allopathic treatment but didn't get relief.

Ashta Vidha Pariksha

Table 1: Ashta Vidha Pariksha

SN	Pariksha	Pramana
1.	Nadi	80/min
2.	Mala	Vibandha
3.	Mutra	Samyak
4.	Jeeva	Niram
5.	Shabda	Samyak

6.	<i>Sparsha</i>	<i>Samyak</i>
7.	<i>Druka</i>	<i>Samyak</i>
8.	<i>Akruti</i>	<i>Madhyama.</i>

Assessment Criteria

Sandhishoola (Pain in Joints)

Table 2: Grading of *Sandhishoola*

SN	Severity of Pain	Grade
1.	No Pain	0
2.	Mild pain	1
3.	Moderate but no difficulty in moving	2
4.	Slight difficulty in moving due to pain	3
5.	Much difficulty in moving the bodily parts	4

Sandhishotha (Swelling in Joints)

Table 3: Grading of *Sandhishotha*

SN	Severity of Swelling	Grade
1.	No swelling	0
2.	Slight swelling	1
3.	Moderate swelling	2
4.	Severe swelling	3

Vatapurnadruti Sparsha (Crepitus)

Table 4: Grading of *Vatapurnadruti Sparsha*

SN	Severity of Crepitus	Grade
1.	No Crepitus	0
2.	Mild palpable Crepitus	1
3.	Audible Crepitus	2
4.	Palpable and Audible Crepitus	3

Flexion and Extension

Table 4: Grading of Flexion and Extension

SN	Severity of Flexion and Extension	Grade
1.	No any difficulty	0
2.	Pain without winching of face	1
3.	Pain with winching of face	2
4.	Prevent complete flexion	3

MATERIALS AND METHODS

Materials

SN	<i>Dravya</i>	Dose	Duration	Anupana
1.	<i>Trayodashanga Guggulu</i>	250 mg	2 BD	Lukewarm water
2.	<i>Shallaki</i>	250 mg	2 BD	Lukewarm water
3.	<i>Maharasnadi Kwatha</i>	15 MI	BD	Lukewarm water
4.	<i>Prawal Pishti</i>	125 mg	BD	Lukewarm water
5.	<i>Janubasti</i> (10 Days)	200 MI	OD	-

Method

Centre of Study - ASPM Ayurved College Hospital and Research Institute, Buldhana.

RESULTS

Patient got relief from *Sandhishoola* and *Sandhishotha* in 15 days. After 15 days of treatment patient got relief from crepitus and after 30 days mild palpable crepitus is remaining. Patient got symptomatic relief from all worse major symptoms. We took follow up of patient upto next 3 months. After 3 months follow up it was observed that patient got relief from all symptoms except slight pain in knee joints.

SN	Sign and Symptoms	Before Treatment	After Treatment
1.	<i>Sandhishoola</i>	2	1
2.	<i>Sandhishotha</i>	2	0
3.	Crepitus	2	0
4.	Flexion and Extension	2	1

DISCUSSION

Trayodashanga Guggulu has the properties of *Vatakaphahara*, *Deepanam*, *Vatashoolhara*, *Asthiposhaka*, *Asthimajigata Vatahara*.^[3] *Shallaki* has *Tikta* (bitter), *Laghu* (light) and *Tikshna*, *Vipaka* is *Katu* whereas *Virya* is *Ushna*. *Shallaki* inhibits the activity of the enzyme 5 lipoxygenase through a non redox reaction in osteoarthritis.^[4] So *Shallaki* has anti inflammatory action. *Maharasnadi Kwatha* has the property of *Vatahar*, *Pachana*, *Ushnavirya*, *Tiktakatu Rasa*.^[5] *Prawal Pishti* is the rich source of calcium. Calcium plays very important role in strengthening the bone health of human body. *Janu Basti* relieves pain, stiffness and swelling associated with arthritis.

CONCLUSION

By considering results of this case it can be conclude that Ayurveda management gives significant results in Osteoarthritis patients.

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