A Critical Approach on Treatment Modalities of Janusandhigatavata

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ABSTRACT
Janusandhigatavata is one of the slowly progressive disorder seen in late forty’s. Person will become handicap due to severe damage of knee in advanced stage of the disease. There is description on Janubheda in Vatajanaatmja vikaras of CharakaSamhita. It comes under gatavata type of disorders. Swelling of the, difficulty in flexion and extension and crepitus of the affected knee are the typical clinical features explained in the classics. There are variety of treatment modalities mentioned in ayurvedic classics include mainly panchakarma (pentabiopurification) technique.

KEYWORDS
Janusandhigatavata, Osteoarthritis, Panchakarma, GataVata
INTRODUCTION

Janusandhigatavata means abnormal Vata residing in the knee resulting in the manifestation of symptoms. Ancient system of medicine, Ayurveda has its own impact in controlling the progression of disease. Panchakarma (Pentabiopurification) is an asset to an Ayurvedic physician to treat various ailments like arthritis. Janusandhigatavata is one of the slowly progressive disorder seen in late forty’s. Person will become handicap due to severe damage of knee in advanced stage of the disease. There is description on Janubheda in Vatajananatmja vikaras of Charaka Samhita. It is gatavata type of disorder coming under asthi majjgata (Bone and bone marrow) vikara (Disorder). Swelling of the knee, difficulty in flexion and extension of knee and crepitus of the affected knee are the typical clinical features explained in the classics. Janusandhigatavata can be correlated with Osteoarthritis of knee in contemporary system of medicine. Usually arthritis will affect the weight bearing joints like knee, hip etc.

Incidence and prevalence:

The reported prevalence of Osteoarthritis in rural India is 5.78%. Only 25-30% of OA are symptomatic even though 80% of prevalence rate at the age of 65. Global prevalence of symptomatic OA among men will be 9.6% and among women is 18%.

Treatment of Sandhigatavata:

All Vatic disorders are difficult to cure but always an effort should made to treat. Patient may get rid of the ailment due to god’s grace. Janusandhigatavata comes under the general classification of Vatavikara (Vatic ailments), all the treatment modalities like Snehana (internal and external oleation), Swedana (Sudation) and vasti karma are highly useful. Panchakarma modalities of treatment being explained in Asthivaha srotogata vikaras (Disorders of Channels of bone tissue) by Acharya Charaka. Further he has emphasized the tikta rasa dravyasadhita vastikarma (Enema therapy with drug possessing bitter taste) in the same. Even Acharya Charaka and Vagbhata have mentioned the importance of internal and external oleation therapies in bone and bone marrow tissue related ailments. Here internal oleation include snehapana (drinking of medicated ghee, oil etc), vastikarma (fat enema) etc. External oleation therapy include Abhyanga (Oil massage), Januvasti (Retaining medicated liquid over the knee joint in a specific manner), Januseka (Pouring of medicated
liquid on knee) etc. Snehana (Oleation), Upanaha (A kind of sudation), Agni Karma (Cauterization), Bandhana (Bandaging) and Mardana (A kind of massage technique) are the treatment modalities mentioned by Acharya Sushruta.

**Discussion on treatment modalities on Janusandhigatavata:**

Agni Karma (Cauterization): A special procedure where in metal rod by the name Jamboushtashalaka is made red hot and applied over the knee. Part is cleaned with triphala decoction before the application of the rod. Later aloe vera gel is applied on the area. This process acts as instant pain reliever. Hot application to the part will result in immediate improvement in circulation.

Upanaha (A kind of Sudation): is a specialized swedana technique highly useful in Vatic ailments. Initially medicated oil massage is carried to the affected knee. Later various medicines which mitigate Vata (one among the three humoral factors) are made into paste and applied to the knee. It is then tied or covered with castor leaves. It will generate heat in the area as well as mild irritation, resulting in penetration and absorption of medicaments. It will improve the circulation resulting in reduction of pain and swelling of that part.

Snehana (Oleation): It includes both external as well as internal oleation.

Snehapana (internal Oleation): Drinking of medicated fatty materials will curb the morbid vata (one among the three humoral factors) due to its opposite qualities.

Sneha or Anuvasana or MatraVasti (Medicated fat enema): Even anuvasana or snehavasti(fat enema) karma will be highly efficacious in Janusandhigatavata. Acharya Charaka mentioned the importance of tiktra rasa dravyasadhitaghritavasti (medicated ghee prepared from bitter drugs) in sandhigatavata. Drugs possessing bitter taste is essential in rebuilding of bone tissue where as ghee will nullify the Vata dosha (One of the three humoral factor). Even medicated enema not only cleanses the colon but also maintains the growth of normal intestinal flora. Acharaya Sushruta mentioned that asthidharakala and pureeshdharakala are having similarities. Hence Vasti karma (mediated enema) is the most ideal therapy to be adopted in Janusnadhiagatavata.

Abhyanga (External oleation/Massage): Abhyanga can be done with taila’s (oil) like ketakimooladitaila, murivenna etc are highly efficacious in Janusndhigatavata. Abhyanga (oil massage) with above
mentioned taila’s will reduce the localized morbid humoral factor.

JanuVasti: A specialized procedure where in medicated oil is made to retain over the knees by using a ring made up of black gram. Taila (Oil) having luke warmth is poured within the ring and retained for 45 minutes. Procedure is to be continued for a minimum period of seven days or even more. Taila (Oil) not only curb the morbid Vata (Humoral factor) but also having action on the Asthidhatu (bone tissue) such as Ketakimooladitaila or Balataila etc can be used. Absorption of fatty material through the skin will improve the quantity of synovial fluid inside the knee joint. It results in less friction of joints leading to dimunition of crepitus of the affected joint. These medicated fatty materials having exactly opposite features of Vata dosha (one among the three humoral factor) there by prevents the progression.

JanuSeka or Janudhara: A specialized external oleation procedure where in medicated liquids are poured on to the affected knee in continuous manner for a stipulated period. Janu vasti is superior to januseka due to retention capacity of the former one. The fatty material absorbed in januvasti and dhara will reach up to majjadhatu (bone marrow tissue). Hence these procedures will derange the progression of the disease.

CONCLUSION

Janusandhigatavata is commonly seen after fourth decade of life. One of the degenerative joint disorders commonly affecting the weight bearing joints. Radiological evidence of OA of knee will be after the age of 65. Panchakarma (Penta bio purification) treatment modalities have major role in controlling the progression of the disease. Different panchakarma (Penta bio purification) modalities can be selected according to the stage of the disease. Among all the panchakarma (Penta bio purification) modalities Vasti karma (medicated enema therapy) has great impact on Janusandhigatavata as well as other vatic ailments. All these kinds of diseases can be prevented with panchakarma (Penta bio purification) along with shamana (conservative line of treatment) and rasayana (rejuvinaion) therapies. Disease will never recur, as it is uprooted by means of Panchakarma/Shodhana (Penta bio purification).
BIBLIOGRAPHY


