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Effect of *Janu Basti* in *Janu Sandhi Gat Vaat* w.s.r. to Osteoarthritis: A Case Study

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ABSTRACT

Joint pain is the global problem in patients with almost 70 to 80% of the world population suffering from it. Statistical analysis shows that by the age of 60 to 75 years 80% of the population shows radiographic evidences of osteoarthritis. Management of osteoarthritis in modern science involves many problems and rarely substantial improvements are achieved. In modern medicine providing symptomatic relief and pain management are the main of aim of treatment, In our classics it can be compared with *sandhi gat vaat*.

Acharya has described *snehan, upnaha bandahan* as a line of treatment, therefore *janu basti* has been chosen for the present case study for relieving pain stiffness and improving physical functions are the important goals of this intervention

KEYWORDS

Osteoarthritis, Sandhi Gat Vaat, Janu Basti



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INTRODUCTION

Osteoarthritis (OA) is one of the most common joint disorders. It is the second most common rheumatological problem and is most frequent joint disease with prevalence of 22% to 39% in India^{1,2} and inflicts about 4-6 crore Indians. It is the most common cause of locomotor disability in the elderly³ and begins asymptotically in the 2nd & 3rd decade; mostly in persons by age 40 have some pathologic change in weight bearing joints⁴. NSAIDs are the drug of choice in this disease⁵. The signs and symptoms of OA has resemblance with *Sandhivata*; one of the disease conditions described under *Vatavyadhi* of *Ayurveda*⁶. *Sushruta samhita* delineates the disease in *Vatavyadhi* chapter under the heading of *Sandhigata vata*, while Charaka delineates it under *Sandhigata vata* under the *Vatavyadhi* as *Sandhigata anila*⁷. *Sandhigata Vata* is briefly described in *Ayurvedic Samhitas*.

In *Charaka Samhita*, it has been described for the first time in the name “*Sandhigata Anila*” with the symptom as “*Vatapurna Driti Spars*), “*Sopha*” (swelling), “*Prasaranakunchanyoh Pravritt ischa Savedana*” (painful on flexion and extension movement). *Acharya Susruta* in *Nidanasthan* has described it as “*Sandhigata Vata*” and defined it as

Sandhihanti (destruction of joints), *Sandhisoola* (painful joints), *Sandhisopha* (swollen joints)⁸. *Sushruta* has mentioned the treatment for *Sandhigatavata* as *Snehana*, *Svedana*, *Upanaha*, *Agnikarma*, *Bandhana* and *Unmardana*⁹

MATERIALS AND METHODS

Case study: A 46 year old female came in OPD with chief complain of pain, swelling and inability to walk or climb stairs since 6 months. X-ray of both knee joints showed osteophytic changes and reduced gap, suggesting of osteoarthritis.

Further physical examination showed presence of crepitus in both the knee joints and pain in extension and flexion with tenderness. She took allopathic medicine along with physiotherapy but there was no satisfactory result.

Treatment plan: patient was planned for *janu basti* with *sehcharadi* oil for 7 days.

Assessment criteria:

Janu basti: One of the advance interventions of *panchkarma* is *janu basti*, *janu* means *knee* and *basti* means to hold. It is a type of *bahya snehan and swedan*

Materials required:

- Black gram flour: 250 gms
- Sehcharadi tail: 500 ml
- Cotton roll
- Towels: 2



Purva karma: Mild abhyanga was done in both the knee joints. A paste of the black flour was prepared and a circular leak proof wall of this paste was made around the knee joint.

Pradhan karma: Luke warm oil was poured in this ring, when oil cool down it was replaced with the warm oil. This was repeated for 30-45 mints.

Table 1¹⁰ Grading of symptoms

Sr.no	Symptoms	Grading
1.	<i>Sandhi shoola</i> /pain on walk	No pain: 0; Mild pain on exertion: 1; Moderate intermittent pain on walk: 2; Constant pain on walk: 3; Severe pain unable to walk: 4;
2.	<i>Sandhi graham</i> /stiffness	Normal flexion: 0; Mild restriction: 1; Moderate restriction: 2; Severe restriction: 3
3	<i>Gait/aakruti</i> :	Free swinging, no limp: 0; Limping gait with no additional support: 1; Limping gait with unilateral support: 2; Limping gait with bilateral support: 3
4.	Tenderness:	No tenderness: 0; Patient complains of pain on touch: 1; Patient complains of pain on touch and winces: 2; Patient withdraws joint on touch: 3; Patient doesn't allow touching the joint: 4
5.	<i>Swelling/shotha</i>	Swelling absent: 0; Swelling present: 1
6.	<i>Crepitus/aatopa</i>	No crepitus: 0; Crepitus present: 1
7.	Range of movements	flexion 135° : 0; lesser than 135° & more than 100° : 1; lesser than 100° & more than 75° : 2; lesser than 75° : 3

Pradhan karma: Luke warm oil was poured in this ring, when oil cool down it was replaced with the warm oil. This was repeated for 30-45 mints.

Pashchat karma: ring is removed and extra oil is cleaned. Patient is asked to take proper rest.

OBSERVATIONS AND RESULTS

The procedure was completed and grading of the symptoms before and after the

treatment (table 2) was observed and noted.

After treatment there was complete relief in symptoms like stiffness, gait, tenderness, and swelling and significant relief in rest of the symptoms.

DISCUSSION

Sandhigata vaat specially occurs in *vridhdha avastha* in which *dhatukshaya* takes place which leads to *vata prakopa*. *Vata & asthi* have *ashraya ashrayi*



sambandha. That means *vata* is situated in *asthi*. In *vridhdha avastha* increased *vata*

Table- 2 Effect of therapy on symptoms

Sr.no	Symptoms	Before treatment	After treatment
1.	<i>Sandhi shoola</i> /pain on walk	3	1
2.	<i>Sandhi graham</i> /stiffness	2	0
3.	<i>Gait/aakruti</i> :	1	0
4.	Tenderness:	1	0
5.	Swelling/ <i>shotha</i>	1	0
6.	<i>Crepitus/aatopa</i>	1	1
7.	Range of movements	2	1

Due to diminution of *sneha*, *kha vaigunya*(*rikta srotas*) occurs in *asthi* which is responsible for the cause of *sandhigata vata* in the weight bearing joints especially in *janusandhi* causing *janusandhigata vata*¹¹. In our texts *Bahyasnehan* (external application of oil) is mentioned as one of the therapeutic measures in curing various types of *Vata* disorders. So, External application of *Janu basti* with *sehcharadi oil* that has specific property like (*Madhur & Tikta Rasa & Ushana Viryatamak Gati Visheshatvam* (helps to move) it can be given in condition like the disease having difficulty in walking, pain, swelling, Tenderness and stiffness¹² was used during intervention.

Janu basti provides dual effect as *snehan* due to use of oil and *swedan*. *snehan* nourishes the joint, *dhatu* and muscles while *swedan* helped in pacifying stiffness, pain and swelling that was present by increasing blood circulation due to heat of

diminishes *the sneha* from *its asthi dhatu* by its opposite qualities to *sneha*.

the oil. *Janu Basti* helps curing *Vata* disorders quickly and effectively due to its *Vatahara* as well as *Brihmhana* (nourishing) property.

CONCLUSION

Result of above study supports the fact that *janu basti* provides dual effect of *snehan* and *swedan* at the same time and has no side effect unlike modern medicine. So it can be used as a choice of intervention for treating *janu sandhigat vaat*



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