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A Case Report on *Janu-Basti* in *Janu-Sandhigata-Vata*

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ABSTRACT

Ayurveda is the science of life. It heals by using the natural resources. *Janu Sandhi* is the largest joint and bears the weight of the body. *Janusandhigatavata* is one of the most painful conditions of human body. It worsens the daily life. Its prevalence rate is 5.78% in rural India, among them 25-30% are symptomatic and 80% patients are at the age of 65 years. The Pain and involvement *Janu Sandhi* indicates the vitiation of *Vayu*. *Ushna*, *Snigdha*, *Vedana Sthapana* are the characters that reduces *Vata Dosha*. Hence, it will also reduce the signs and symptoms of *Janusandhigatavata*. *Bhaishajya Ratnavali* advocated the use of *Vishagarbha Taila* in *Vatavyadhi Rogadhikara*. It has the same properties that are required to pacify *Vata Dosha* and its symptoms. The *Vishagarbha Taila* can be used in the form of *Abhyanga* and *Dhara*. However, we have modified *Janubasti* based on the concept of *Shirodhara*, *ShiroBasti*, which are explained in the context of *Mrudhni Taila* by *Acharya Vagbhata* and *Netra Tarpana* explained by all the *Acharya* of *Brihatrayee* and *Laghutrayee*. The luke warm oil is poured to the prepared *Janupaali* and this oil is kept for 30 minutes. The *Swedana* as *Poorvakarma* and warmth of the *Taila* causes vasodilatation and modulate the absorption of the active principles presents in the *Vishagarbha Taila*. This absorption is favored by the bilipid layer of cell membrane to enter the active principles of the *Taila* to the cell organelles and nourishes them. Thus restoring the normal function of the *Janu Sandhi*, i.e. movement and relives pain of the joint.

KEYWORDS

Janu Sandhigata Vata, *Janubasti*, *Janupaali*, *Vishagarbha taila*



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INTRODUCTION

Ancient Ayurved describes many modalities for the management of *Sandhigatavata*. Lots of *Vata Shamaka Taila* were mentioned in this context. *Vata Shamaka Dravya* are subjected to *Taila Murchhana* and *Vatahara, Vedana Shamaka* oils are prepared. *Taila Abhyanga* is very common method to get relief from pain. However, *Janu Sandhigata Vata* is a common disease in old age but young age group are also affected because of *Mithya Ahara Vihara sevana*. Rheumatic arthritis and Osteo arthritis (OA) are the common cause of kneejoint pain. Among the diseases, Osteoarthritis is most common cause of discomfort in kneejoint pain in old age. Its prevalence rate is 5.78% in rural India¹, among them 25-30% are symptomatic and 80% are at the age of 65 years². Global prevalence of OA among male and Female are 9.6% and 18% respectively³.

Basti Karma is the best *Vatahara Pancha Karma* therapy to manage *Vata Vyadhi*. A modified *Bastikarma* is developed to treat the kneejoint pain in OA. In this procedure a *Janu-Paali* is made with *Masha* paste around the kneejoint and on this the *Vatahara, Vedana Shamaka, Brihmaneeya Taila* (Luke warm) etc. are poured for 30-

45 minutes. This helps in pacifying *Vata* and provides nutrition to the kneejoint.

This clinical observation is made on a male patient aged 38 years, height 6.8” with kneejoint pain. He is managed with two sittings of *Vishagarbha Taila* as *Janubasti* for 7 days for 30 minutes with a gap of 7 days.

CASE REPORT

A male patient aged 38 years, height 6’ .8”, weight 94 kg, vide Registration No. 89156 on dt.14/08/2019 came to our Panchakarma OPD with complain of severe pain in left kneejoint since 5 months. The patient was a Govt. employee. He had to manage his family needs, that was why his food habit was not regular and he used to take fast foods more frequently. His appetite was irregular.

Pain aggravated on standing, lifting weight and walking. He needs support while standing and he had restricted movement of the left leg. The X-Ray of the left kneejoint showed narrowed joint space. On examination of the knee joint, there was tenderness, hard crepitation sound on movement of the left knee joint and severe restriction with ROM 40⁰.

He took analgesics and calcium tablets along with multivitamins; still he did not get relief. The patient was advised to take



two sittings of *Janu Basti* with a gap of seven days with *Vishagarbha Taila*.

MATERIALS AND METHODS

The required materials of this study are-

1. *Vishagarbha Taila*
2. *Masha Paste For Janu-Paali*
3. 1 small bowl
4. 1 large bowl to boil water
5. Water
6. Cotton
7. Small towel/cloth
8. Induction heater

Method

Table 1 Treatment protocol

Poorva Karma	<i>Abhyanga</i> with <i>Vishagarbha Taila</i> followed by <i>Nadi Swedana</i> . Then clean the kneejoint with cotton cloth.
Pradhana Karma	<i>Janubasti</i> with <i>Vishagarbha Taila</i> , 30 minutes for 7 days. The same procedure is repeated after a gap of 7 days for seven more days.
Paschat Karma	Soft message and <i>Nadi Swedana</i> .

Vishagarbha Taila Snehana and *Nadi Swedana* was applied to the left kneejoint for three minutes each. The prepared *Masha-Paali* was fixed over the kneejoint. The lukewarm *Vishagarbha Taila* was poured in the cavity formed by the *Janu-Paali/Masha-Paali*. The temperature of the oil should be *Sukhoshna/ 2⁰* above the body temperature of the patient. This oil was kept for 30 minutes (Fig. 1 & 2). To keep the warmth of the *Taila*, we had exchanged

the *Taila* with the warm *taila* frequently. After 30 minutes, the oil was removed followed by removal of the *Janu-Paali*. Then soft massage and *Nadi Sweda* was done. This protocol was continued for 7 days and was repeated for seven days, with a gap of seven days (Table 1).



Figure 1 & 2 Janubasti



DRUG REVIEW

Table 2 Contents and properties of *Vishagarbha Taila*⁴

DRAVYA	LATIN / Eng. NAME	VIRYA	GUNA	KARMA
<i>Maricha</i> ⁵	Piper Nigrum	<i>Ushna</i>	<i>Laghu, Tikshna</i>	<i>Sweda Janana, Sotho/ Vedana/Vata Hara</i>
<i>Vacha</i> ⁶	Acorus Calamus	<i>Ushna</i>	<i>Laghu, Tikshna</i>	<i>Sweda Janana, Sandhi- Vata Hara, Vatahara, Vedana Sthapaka</i>
<i>Swarnaksheeri</i> ⁷	Argemone Mexicana	<i>Katu</i>	<i>Laghu, Rooksha</i>	<i>Vedana Sthapana, Sandhivata Hara</i>
<i>Kushta</i> ⁸	Saussurea Lappa	<i>Ushna</i>	<i>Laghu, Tikshna, Rooksha,</i>	<i>Vedana Sthapana, Vatahara, Shoola Prasaman</i>
<i>Vatsanabha</i> ⁹	Aconite Forex	<i>Ushna</i>	<i>Laghu, Tikshna, Rooksha, Vyavayi, Vikashi.</i>	<i>Sweda Janana, Vedana Sthapaka, Vatahara</i>
<i>Dhatura</i> ¹⁰	Datura Metel	<i>Ushna</i>	<i>Laghu, Rooksha, Vyavayi, Vikashi.</i>	<i>Vedana Sthapana</i>
<i>Tila</i> ¹¹	Sesamum Indicum	<i>Ushna</i>	<i>Guru, Snigdha</i>	<i>Vedana Sthapaka, Vatahara, Shoola Prasaman, Yogavahi</i>
<i>Saindhava</i> ^{12, 13}	Sodiumchloridium	<i>Sheeta</i>	<i>Laghu, Tikshna, Anushna, Snigdha</i>	<i>Tridosha Hara, Vrishya, Agni Deepaka</i>
<i>Kanji</i> ^{14, 15, 16, 17, 18, 19}	Fermented Gruel	<i>Ushna</i>	<i>Laghu, Snigdha, Tikshna, Sheeta</i>	<i>Srotasodhaka, Vatanulamoka, Asthirogahara, Vata Hara, Vata Kapha Hara, Agni Dipika</i>

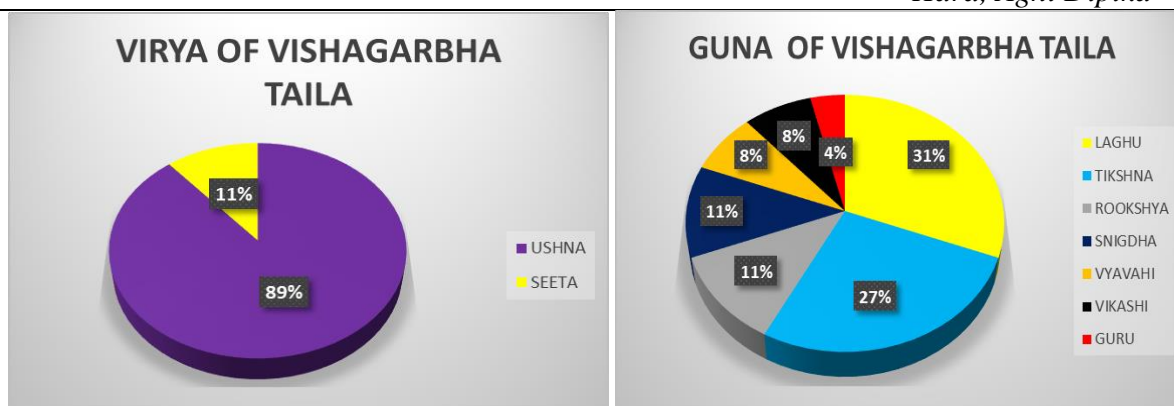


Figure 3 & 4 Virya and Guna of Vishagarbha Taila

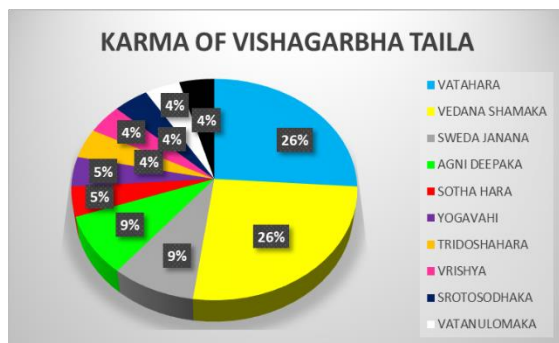


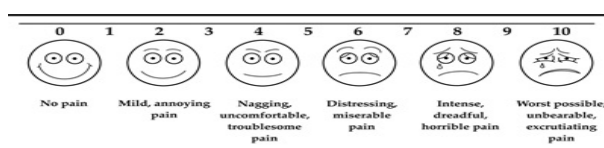
Figure 5 Karma of Vishagarbha Taila

The Vishagarbha taila has 89% Ushna guna, 31% Laghu, 27% Tikshna, 11% Rooksha and Snigdha Property each. It has 26% Vatahara and Vedana shamaka or Soolahara property (Fig 3, 4, 5). Those Overall properties of Vishagarbha Taila shows Vedana-shamaka and Vatahara.

ASSESSMENT PARAMETERS-

1. Sandhi Shoola
2. ROM-Range of Movement
3. Joint crepitation
4. Walking time.

1. Sandhi Shoola (Joint Pain)



- a. Grade 0-(0)- No Pain
- b. Grade 1-(1-3)-Mild Pain
- c. Grade 2-(4-7)-Moderate Pain
- d. Grade 3-(8-10)-Severe Pain

2. ROM

- a. Grade 0- Flexion 145° -
Extension 180° - Normal

- b. Grade 1- Flexion 110° - 130° -
Mild Restriction
- c. Grade 2- Flexion 90° - 110° -
Moderate Restriction
- d. Grade 3- Flexion below 90° -
Severe Restriction

3. JOINT CREPITATION

- a. Grade 0 - None
- b. Grade 1 - Mild on examination
- c. Grade 2 - Felt strongly
- d. Grade 3 - Heard

4. WALKING TIME

Time taken to cover 21meters distance-

- a. Grade 0- up to 20 Sec.- Normal
- b. Grade 1- 21-30 Sec. - Mild
- c. Grade 2- 31-40 Sec. - Moderate
- d. Grade 3- 41-50 Sec. - Severe

After first sitting - Patient was happy and relaxed. There was occasionally kneejoint pain during morning walk and bike riding.

After second sitting – Patient was fully satisfied with the treatment and there were no complain (Table 3) after second sitting and follow-up.

1. No Kneejoint Pain
2. No pain on Standing, walking and can even plays Badminton without kneejoint pain
3. No Pain on pressure
4. Movement $>145^{\circ}$ +



5. No Crepitation

Table 3 Parameters before and After Treatment

S.N	Parameters	Before Treatment	After 1 st Sitting of Janubasti	After 2 nd Sitting of Janubasti	After 15 Days Of Follow Up
1	<i>Sandhi Shoola</i>	3	1	0	0
2	Range of movement	3	1	0	0
3	Crepitation	2	0	0	0
4	Walking time	1	0	0	0

DISCUSSION

*Mrudhni Taila*²⁰ includes the *Shirobasti*, *Shiroabhyanga*, *Shirodhara* and *Shiropichu*. *Shirobasti* is the process of filling lukewarm medicated fluid to the artificially formed *Shirakosha* on scalp or to the artificially formed Pit^{20, 21}. *Netra Tarpana* is the procedure in which a *Netrapaali* is prepared all around the *Netrakosha* and into this *Netrapaali*, the luke warm medicated Ghee is poured²². From this concept, *Janubasti* the tropical treatment of *Janusandhigatavata* is developed.

Basic treatment of *Vata-Vyadhi* is *Basti Karma*^{23, 24}. In *Vata-Vyadhi*, *Snehana* and *Swedana* are among the treatment modalities²⁵ explained in the *Ayurved* classical. *Snehana* and *Swedana* are the *Poorva Karma* of *Vamana*²⁶, *Virechana*²⁶ and *Basti*²⁷. In this case, the patient had pain and restricted movement in left kneejoint. This indicates *Vata* predominance. Hence the modified form of *Shirobasti* and *Netra-Tarpana* i.e. *Janu-Basti* is administered to the patient. As the *Vishagarbha Taila* is

very efficient in *Vatadyadhi*, so this is chosen for *Janu Basti Karma*.

Probable Mode of Action of the Janubasti

Asthi dhatu Kshaya includes *Asthi Shoola* and *Rookshata*²⁸ thus indicating *Vata Vriddhi*. *Ushna* and *Sneha* pacify the vitiated *Vata*^{29, 30} in the form of *Snehana*, *Swedana* as the *Poorva* and *Paschat Karma* of *Janu Basti* and *Sukhoshna Vishagarbha Taila Poorana* as *Pradhana Karma* of *Janu Basti*. The *Snigdha*, *Ushna* and *Guru Guna* of *Sneha* mitigates the *Rooksha*, *Sheeta* and *Laghu Guna* of *Vata*. The warmth in *Vishagarbha Taila* as *Janubasti* provides a better environment for the kneejoint to absorb the medicated Oil. Skin of the kneejoint has numerous hair follicles and duct of sweat gland, which are embedded by blood capillaries. The *Poorva Karma* (*Abhyanga* and *Swedana*), *Pradhana Karma* i.e. *Janu Basti* and *Paschat Karma* (*Abhyanga* and *Swedana*) induces the vasodilation and modulate the absorption of the *Vatahara*, *Shoola Hara*, *Srotasodhaka*



and *Snehana* property of the *Vishagarbha Taila*.

The human cell membrane is biphospholipid layer³¹, which favors the entry of medicated oils to the cytoplasm and nourishes the cell organelles. The skin contains numerous cutaneous nerve endings, which are surrounded by many receptors. Those receptors get stimulated by the *Vatahara* property of the drug and relieve the kneejoint pain.

The *Vishagarbha Taila* has *Snigdha*, *Ushna*, *Vatahara*, *Vedana Sthapana* property (Table 2). This soothen the knee joint, pacifies *Vata* and nourishes the *Asthi Dhatu*. Thus restores the normal movement and function of the kneejoint. The result shows significant loss of kneejoint pain, stiffness of the kneejoint and improvement in kneejoint movement.

General protocol of Janu Basti includes *Janu Basti*, *Abhyanga* and *Swedana* respectively. In this case, we have included the same *Paschat Karma* as *Poorva Karma*, that is the *Snehana* and *Swedana* is done as *Poorva Karma*. This favors the rapid absorption of the medicated oil, which improves kneejoint movement and reduces the pain and Stiffness of the kneejoint.

CONCLUSION

Kneejoint pain causes moderate to severe discomfort that can affect the life style of a

patient. Most of the time, cause of kneejoint pain is related to the *Asthi Dhatu Kshaya*. *Asthi Dhatu Kshaya* leads to vitiation of *Vata Dosha*. To pacify the induced *Vata Dosha* we have used *Bahya Snehana* and *Swedana* in the form of *Janubasti*. The *Vatahara*, *Shoola Hara*, *Srotasodhaka*, *Snehana* and warmth achieved by the application of *Vishagarbha Taila* demolishes the kneejoint pain, restricted movement of the kneejoint. Thus relieving the, pain, restricted movement, stiffness and Crepitation of the kneejoint.



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