

A CASE STUDY ON EFFECT OF JANU DHARA IN SANDHIGATA VATA W.S.R TO OA

Dr. Himanshu Sharma*¹, Dr. Diksha Vashisht² and Dr. Charu Supriya³^{1,2}PG Scholar Dept. of Panchkarma, Rajiv Gandhi Post Graduate Ayurvedic College Paprola Kangra H.P
Pin Code-176115.³Lecturer, Dept. of Panchkarma, Rajiv Gandhi Post Graduate Ayurvedic College Paprola Kangra H.P
Pin Code-176115.

*Corresponding Author: Dr. Himanshu Sharma

PG Scholar Dept. of Panchkarma Rajiv Gandhi Post Graduate Ayurvedic College Paprola Kangra H.P Pin Code-176115.

Article Received on 20/03/2020

Article Revised on 10/04/2020

Article Accepted on 30/04/2020

ABSTRACT

Sandhigata Vata is the commonest disorder which mainly occurs due to *Dhatukashya* and other *Vata Prakopaka Nidan*, which limits daily life activities such as walking, standing, personal care etc. *Janu Sandhigata vata* can be correlated with osteoarthritis (OA) of the joint is degenerative disease which affects mostly knee joint. In OA pain, swelling, restricted movements of the joint are common clinical features.

KEYWORDS: *Sandhigatavata, Dhatukashya, OA.*

INTRODUCTION

Sandhigata Vata is the one of the most common *Vatavyadhi* which mainly occurs in *Varidhavastha* due to *Dhatukashya* and other *Vataprakopaka Nidan*.

Main symptoms are *Vatapurandritisparsh*,^[1] (swelling), *Prasarakunchana Vedana*,^[2] (pain on movement), *Sandhi shoola*,^[3] (pain in joint), *Atopa*,^[4] (cracking sound). Which limits daily life activities such as walking, standing, personal care.

In modern it can be correlated with osteoarthritis. Osteoarthritis is degenerative disease which affects the joints in the body. In OA pain, swelling, restricted movements of joints are common clinical features. Knee joint is the most commonly affected weight bearing joint.

Osteoarthritis of knee is twice as common in women as in men. It mainly occurs in women who are over the age of 50 and are in the stages of menopause. Also in women, osteoarthritis tends to have a stronger association with obesity and is frequently bilateral. In men, it tends to be related to aging prior trauma or injury and is often unilateral. Pain is the main problem for some people, while other find their main problem is difficulty in walking.^[5] The insidious onset with gradual progression of pain is usually the initial symptom of OA, but patients may remain asymptomatic.

The present day management includes administration of anti-inflammatory, analgesics, surgical intervention and physiotherapy each of them is having own limitations. In

this case study Janu dhara with Kottamchukadi Tail was done for 15 days and showed satisfactory results.

CASE REPORT

A male patient aged 61 yrs presented with complaints of pain in B/L knee joints since 6 months, patient felt difficulty in walking, sitting in squatting position and inability to climb the stairs. On examination crepitus was found in both joints with restricted movements. Based on above complaints and radiological report, patient was diagnosed with sandhigata vata(OA).

Observations: subjective criteria – pain, stiffness, tenderness.

Objective criteria – walking distance, standing time, ROM, X-ray

Assesment of criteria.

	Subjective criteria		Objective criteria
1	Pain	1	Walking distance
2	Stiffness	2	Standing time
3	Tenderness	3	ROM
		4	X-ray

Treatment given

Janu dhara

Patient was sit in comfortable position in *droni* with legs extended. Mild *Abhyang* with oil was done for 5 minute. Clean Cotton were dipped in *Sukhoshana Kottamchukadi tail* and squeezed by right fist and made to flow on the knee joint in a regular stream along with the direction of

inverted thumb, the stream was made to fall on the knee joint in circular manner throughout the procedure. The height of stream was maintained about 12 angula. The procedure was performed for 30 min in the late morning. The temperature of the oil was maintained throughout the procedure. Mild *Abhyang* was done over the *Janu Sandhi* after *Janu Dhara*. The oil was wiped off with the help of cotton and area was cleaned with soft towel.

Janu Dhara have both *Snehana* and *Swedana* effect. The oil used for this procedure does the *Snehana* and due to *Agani Samyog* in this procedure it does *Swedana* effect.

Shamana Aushdhi: Palliative treatment with *Taryodashang Guggulu* 2tds, *Dashmool Kwath* 20ml BD, *Avipattikar Churna* 3gm bd.

RESULTS

	Subjective criteria	Before treatment	After treatment
1	Pain	Markly present	Reduced
2	Stiffness	Present	Absent
3	Tenderness	Present in lateral side(knee)	Absent

	Objective criteria	Before treatment	After treatment
1	Walking distance	50m	200m
2	Standing time	Able to stand <5 min with support	Able to stand >15 min without support
3	Rom	Restricted upto 10 degree	45 degree
4	X-ray	Grade 4	Grade 4

DISCUSSION

It has mentioned that any joint can affected with osteoarthritis. The weight bearing joints of the knees, hips, lower spine and peripheral joints of the fingers and toes and the conditions of lumbar spondylosis also as an osteoarthritis of the intervertebral joints. Eventhough *sandhigata vata* is not a fatal disease it cripples the movement of patient and make him /her dependent on others.

The general line of treatment for the *Sandhigata Vata* is “*Sneha upnaha agnikarma bandhana unmardanani cha*”.^[6] Hence *snehana* and *Swedana* in the form of *Janu Dhara* would be promising to relieve the symptoms.

Dhara karma is one of the treatment mentioned under *Murdh Tail Chikitsa* as *Shirodhara*.^[7] The same *Dhara* can be applied on localised part than it is called as *Ekanga Dhara*. According to *Acharya Sushruta*, the *Veerya* of the *Dravyas* applied over the skin is absorbed by *Tryagaami Dhamanis*,^[8] which are present all over the body and are attached to *Romakoopas*. *Swedana* open these *Roomkoopas*. *Kottamchukadi Tail* mainly contains *Kottam*(*saussurea lappa*), *Chukku*(*zinziber officinalis*), *Vacha* (*acorus calamus*), *Shigru*(*moringa oliefera*), *Lashun*(*alium sativum*), *Karotti* (*capparis sepia ra*), *Devdaru* (*cedrus deodara*), *Sarshap* (*brassica juncea*), *Rasna* (*pluchea lanceolata*), *Til Tail* (*sesasmum indicum*), *Chincha Rasa*. These *Dravyas* are mostly *Ushna*, *Teekshna*, *Laghu*, in properties and thereby ascertain *Kaphvatahara* and *Shophahra* effects. Due to these properties oil reaches the target part. Hence these will be helpful in pacification of the vitiated *Vata Dosha*.

CONCLUSION

On the basis of the this single case study it can be concluded that *Panchkarma* treatment like *Janudhara*

was effective in the management of *Sandhigata Vata* (OA).

REFERNCES

1. Kashinath shastri and Dr. Gorkhnath Chaturvedi vidyotani Hindi commentary Charak samhita Chikitsa sathana chapter 28, shlok no. 37 chukhamba surbharati prakashan k.37/109, gopal mandir lane, Varanasi.
2. Kashinath shastri and Dr. Gorkhnath Chaturvedi vidyotani Hindi commentary Charak samhita Chikitsa sathana chapter 28, shlok no. 37 chukhamba surbharati prakashan k.37/109, gopal mandir lane, Varanasi.
3. Ambika datt shastri, sushruta samhita of sushruta with ayurveda tatva sandipika hindi commentary, nidan sathana, chapter 1, shlok no. 28, chukhamba surbharati prakashan k.37/116, gopal mandir lane, post box no.1139, varanasi (up).
4. Prof Yadundana Upadhaya edited Madhav Nidana, part 1 chapter 22, shalok no.21 edition 30th, pub: chukhamba sanskrit bhavan post box no.1160, varanasi, 2000; 418.
5. Dr. subhash shalya page no 21, edition 1st pub: Bone Joint Care Foundation of India. D- 155, sarita vihar, New Delhi -110044, 2002.
6. Ambika datt shastri, sushruta samhita of sushruta with ayurveda tatva sandipika hindi commentary, chikitsa sathana, chapter 4, shlok no.8, chukhamba surbharati prakashan k.37/116, gopal mandir lane, post box no.1139, varanasi (up).
7. Kaviraja atridev gupta edited by vaidya yadunandana upadhaya Astang haridya, sutra sathan, chapter 22, shlok no 23. Edition pub chukhamba surbharati prakashan, gopal mandir lane K37/116, post box no.1150, varanasi (up).
8. Ambika datt shastri, sushruta samhita of sushruta with ayurveda tatva sandipika hindi commentary,

Sharir sathana, chapter 9, shlok no. 9, chukhamba
surbharati prakashan k.37/116, gopal mandir lane ,
post box no.1139, varanasi (up).