



EFFICACY OF ASHWAGANDHA TAIL AND MAHAVISHGARBHA TAIL IN THE MANAGEMENT OF SANDHIVATA (OSTEOARTHRITIS) - A CASE REPORT

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ABSTRACT:

According to *Ayurveda*, free from disease is not only good health but to be healthy, a person should be happy mentally, physically – strong, socially and spiritually wellbeing. Disturbance in *Dosha* is called as *Roga*. *Sandhivata* is a disease of the elderly. *Sandhi* (joint) basically means a union, but in the present context, the union of two or more bone is *Sandhi* especially the movable joints which help for movements. It mainly affects weight-bearing joints of the body specially knee, hip, lumbar spine. Being commonest form of articular disorders, *sandhigatavata* poses a huge hindrance in day to day activities of the sufferer like walking, dressing and bathing etc. In *Ayurveda* osteoarthritis can be correlated with *Sandhivata*. Osteoarthritis (degenerative joint disease) is the most common joint disorder. It mostly affects cartilage. The top layer of cartilage breaks down and wears away. *Sandhivata* (osteo arthritis) is most common and stands second most prevalent disease after diabetes. Especially in India, high incidence of *Sandhivata* is due to genetic predisposition, obesity, sedentary lifestyle and poor diet. A holistic approach with changing of diet and life style, certain internal medication and *Panchakarma* procedures may give promising results. Here is a case of bilateral knee Osteoarthritis who was advised arthroplasty. After completion of the therapy, significant improvement was seen in pain, swelling, range of movement and walking distance. The patient was successfully managed with internal medication, *Janu basti* and *Matra basti* therapy. It can be concluded that severe osteoarthritis may be managed with *Ayurvedic* intervention and use of *Panchakarma chikitsa* requires to be exploited to a greater extent owing to its higher safety and efficacy profile.

Keywords: *Sandhivata*, Osteoarthritis, *Janu basti*, *Matrabasti*

INTRODUCTION

Osteoarthritis (OA) is the second most common rheumatological problem and is the most frequent joint disease with a prevalence of 28.7% in India.^[1] Knee osteoarthritis (OA) is the most common type of arthritis and is a major cause of disability which reduced the quality of life.^[2] Among *Tridosha*, *Vata* is responsible for almost all diseases. *Sandhivata* is explained under *Vatavyadhi* in all the *Samhita* and *Sangraha Granthas*. In *jaraavastha*, all *Dhatus* undergo *Kshaya*, thus leading to *Vataprakopa* and leading individual prone to many diseases.^[3,4] The deformity of *Sandhis* due to *Prakupita Vata* act as the main phenomena in *Samprapti* of *Sandhivata*. *Sandhi*-joints consider under the *Madhyam Roga Marga* and, involvement of *Madhyam Roga Marga*, *Vata Dosha* and *Dhatu kshaya* leads to diseases as *Kashta Sadhya* (difficult to treat). The clinical features of *Sandhivata* is described in various *Ayurvedic* ancient text which is characterized by *shula* (joint pain), *shotha* (swelling): *rasaarana-aakunchanayopravruttischa vedana* (painful joint movement) and *Vatapurna dritisparsa* (coarse crepitation), resembles with Osteoarthritis.^[5,6,7] Excessive, improper or violent physical exercises like too much of labor work of lifting heavy articles, or making excessive use of joint as in certain occupations

like brass workers, extensive walking or running, or falling or trauma or any physical injury to the joint, act as one of the important cause for *Sandhivata*. It has been postulated that age, gender, body weight, repetitive trauma and genetic factors are the risk factors which play an important role in the manifestation of OA.^[8] The line of treatment for *Sandhivata* is mainly focused on the alleviation of *Vata dosha*. Vitiating *Vata dosha* can be best treated with the use of oil.^[9] Use of *Snehana* with *Swedana* over the affected part is also advised in the treatment of *Vatavyadhi* which alleviates pain, stiffness and improves flexibility.^[10]

CASE REPORT:

A 50-year-old male came to OPD of Pt. KLS Govt. *Ayurveda* hospital Bhopal with complaints of bilateral knee joints pain, swelling, difficulty in walking & pain aggravates on prolonged standing. The patient was quite well before 2 year gradually he felt difficulty in climbing stairs & standing from squatting position & with time passes his pain increased & swelling occur in bilateral knees with crepitation for, the patients received modern medication which provide temporary alleviations. Because the patient was unable to sustain long term follow up, the treatment was on & off. As a result he choose *Ayurvedic* treatment & he came to OPD of PT. KLS

Hospital & admitted in the hospital with IPD no. 2022801 for proper medications.

Table no. 1 : Ashtavidha Pariksha

<i>Nadi</i>	<i>Vata-Pittaj</i>
<i>Mala</i>	<i>Asantustha</i>
<i>Mutra</i>	<i>Samyak</i>
<i>Jivha</i>	<i>Saam</i>
<i>Sabdha</i>	<i>Spasth</i>
<i>Drik</i>	<i>Prakrut</i>
<i>Sparsh</i>	<i>Ruksha</i>
<i>Aakriti</i>	<i>Madhyam</i>

Local examination-

Tenderness & swelling present in B/L knee joints.

Crepitation present in B/L knee joints.

Bow leged

Significant loss in the range of motion.

Gait- Antalgic present.

Table no. 2 :Samprapti Ghatak:

<i>Dosha</i>	<i>VataKaphaj</i>
<i>Dushya</i>	<i>Asthi,Majja,Sandhi,</i>
<i>Srotas</i>	<i>Asthivaha,Majjavaha</i>
<i>Srotodushti</i>	<i>Asthivahasrotodushti</i>
<i>Rogmarg</i>	<i>Madhyam</i>
<i>Adhistan</i>	<i>Sandhi</i>
<i>Udhabhavsthan</i>	<i>Pakwashaya</i>
<i>Vyakta-Sthan</i>	<i>Asthi, Sandhi</i>

Treatment: The patient has been given both *Bahya* and *Abhyantar Chikitsa*. For *Shamana*

and *Shodhan Chikitsa* the patient had administered-

Table no. 3: Shaman Aushad

Drug	Dose	Duration
Tab Rheumayog gold	2 bid	15 days
Tab Nucart OA	2 bid	30 days
<i>Shingnaadguggulu</i>	2 bid	30 days

Table no. 4 : Panchakarma-

<i>Sarvanga abhyanga swedana</i>	<i>Vaatshamak oil</i>	16 days
<i>Janu basti</i>	<i>Mahavishgarbhaoil</i>	16 days
<i>Matrabasti</i>	<i>Ashwangndhaoil</i>	16 days

Assessment criteria-

The assessment was done by considering changes in the subjective parameters before and after the treatment. The primary and secondary efficacy variables were recorded, some at every visit and others, before and after treatment.

1. A validated modified version of the WOMAC questionnaire suitable for Indian patients and available in several Indian languages was used. Patients provided categorical answers for scoring (none = 0, mild = 1, moderate = 2, severe = 3, extreme = 4) and the maximum score (of 24 questions) was 96.

2. Clinical sign and symptom score of Sandhivata were as recorded before and at the end of the treatment. These included clinical signs and symptoms of *Sandhivata* which were *Sandhishula*(pain), *Shotha*(inflammation), *Stambha*(stiffness), *Sparshaasahyata*(tenderness), *Vatapuranadriti Sparsha*(crepitation), *Akuncana Prasarana*

Vedana(restricted range of movement due to pain).

Observations-

Significant relief was seen in the WOMAC score (Table 1) before and after the treatment. Clinical sign and symptom scores consisting of classical signs and symptoms of *Sandhivata* mentioned in *Ayurvedic* texts also showed a remarkable improvement (Table 3).

Table no. 5 :WOMAC Score- Pain, Stiffness And Physical Function

S.NO.	Symptoms	Before treatment	After16 days of treatment	Improvement %
1	Pain	4	1	75%
2.	Stiffness	3	0	100%
3.	Physical function	4	2	50%

Table no. 6 : Clinical sign and symptom score of Sandhivata

S.NO	Signs and Symptoms	Before treatment	After 16 days of treatment	Improvement %
1	<i>Sandhishula</i> - pain	4	1	75%
2	<i>Shotha</i> - inflammation	3	0	100%
3	<i>Stambha</i> - stiffness	3	0	100%
4	<i>Sparshaasahyata</i> - tenderness	2	0	100%
5	<i>VatapuranadritiSparsha</i> - crepitation	4	0	100%
6	<i>AkuncanaPrasaranaVedana</i> - restricted range of movement due to pain	4	2	50%

DISCUSSION

Discussion On *Shamana* Drugs-

RHUMAYOGA GOLD- is an *ayurvedic* formulation containing *suvarnabhasma*, *yograj*

guggul, maharasnadiquath, bang bhasma, nag bhasma, lohbbhasma, and other herbs. The tablet contain gold in micro-pulverised form, accumulates the synovial cells of inflamed joints and facilitates immunomodulatory activity. It helps alleviate progressing arthritis by inhibiting Prostaglandins synthesis in the body.

Nucart-OA- is a nutritional supplement which is used to provide nutrition to the cartilages in conditions such as osteoarthritis. It contains boswellia serrata extract and *chingati satva* as active ingredients which improves joint mobility and prevents cartilage deteriorate

Panchatikta Ghrita Guggul - is a complex compound containing many herbs and *guggul*. Classical references and clinical suggest it is highly beneficial in the management of Sandhivata²⁴. Most of ingredients of Panchatikta Ghrita Guggulu have Tikta Rasa, Ushna Virya and Madhura and Katu Vipaka. The Tikta Rasa increase the Dhatvagni (metabolic stage). As Dhatvagni increase, nutrition of all the Dhatus will be increased. As a result Asthi Dhatu, Majja Dhatu may get stable and Asthi Dhatu and Majja Dhatu Kshaya will be decreased. So degeneration in the Asthi Dhatu may not occur rapidly. It can be said, it slows down the degeneration processes.

Discussion on Panchakarma procedures-

Mode of action of Sarvangha Abhyanga Swedan-

Acharya Dalhana has indicated that Abhyanga should be done for specified times, also a description of the penetration of Sneha at various levels.^[2] Thus, Abhyanga should be performed for at least 5 minutes in each position if the desired outcome is to effect deeper tissues like Majja.^[3] According to Ayurveda, oil etc. used for massage does not have their actions confined to skin alone. The drugs with which these are boiled permeate through the skin and reach different tissue elements of the body. The medicated oil used for massage remain in the skin for 300 seconds (matras) and gradually and consecutively permeates through different tissues elements like Rakta, Mamsa, Meda, Asthi, Majja, the medicated oil takes about 100 Matras each, to persuade and permeate through these different categories of tissue elements.

Mode of action of Janubasti

Janu basti with **MAHAVISHGARBHA TAILA** which is indicated in Bhaishajaratnavali which contains ingredients like **Ushnavirya dravya** Sunthi, Marich, Kuchala, Deodaru, Nirgundi etc. MahaVishgarbha oil is medicated herbal oil which is used for local application on painful joints, inflammations, muscular pain, etc. It is a sedative and gives relief in pain. The

base oil is Sesame oil. *Mahavishgarbha* oil is useful in all type of joint and muscular pain.

Mode of action of *Matravasti* with *Ashwagandha taila*

Snehana is the first line of treatment explained in the classics for *Sandhigatvat*. *Snehana* alleviates *vata*, nourishes *Asthi* and *Majja dhatu* acts as *Bhrumhan* and *Rasayan*. Moreover, *bruhmana basti* has been shown effective in knee osteoarthritis.^[11]

The drug *Ashwagandha* (*Withania Somnifera*) a well known *Rasayana* drug , because of it *Ushna*, *Snigdha*, *Laghu* property and *Ushnaviryasubsides Vata* and *Kapha* and causes *Agnideepan*.^[12] As a result of this nutrients/essence reach the *dhatu*s transversing through the minute *Srotas*. Thus, it helps in subsiding *Vata* dominant in old age causing *Vayasthapan* enabling the essence reach all *Dhatu*s.

CONCLUSION

Janu basti with *Mahavishgarbha taila* & *Sarvang Snehana Swedan* showed remarkable symptomatic relief in the features of OA. After that *Matra Basti* with *Ashwagandha Tail* also had tremendous results. From this study, we can conclude that treatment based on *Ayurveda* guidelines OA can be effectively managed, and the patient's quality of life can be improved. For better assessment it is

needed to conduct the study on a large number of patients.

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