

**A CASE STUDY, "MANAGEMENT OF OSTEOARTHRITIS"
(HAVING ADVICE OF KNEE REPLACEMENT) BY
"PANCHKARM" PARTICULARLY VATASYA UPKRAM**

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ABSTRACT

Joint pain is common disorder that hampers routine activities of people. The most common cause of joint pain is osteoarthritis, which is also known as degenerative joint disease. It's symptoms are joint pain, inflammation, tenderness, stiffness, locking and some time effusion too. According to Ayurveda the signs and symptoms of osteoarthritis are much similar to "Jaanu Sandhigat Vaat" and which can be treated remarkably with the procedures of panchkarm and internal medicine.

INTRODUCTION

Janu sandhigat vaat is disorder in which mainly vaat dosh is affected i.e. vaat prakop, which is of two types, namely:

- 1) Dhatu-Kshay (degenerative)
- 2) Strotorodh (obstruction)

In osteoarthritis of knee joint, the bones involved are Tibia, Fibula and Patella. There is degeneration of these bones which results in cripitus, in obese patient due to heavy weight it causes extra pressure over the knee joint and results in knee joint pain.

CASE REPORT

A female patient XYZ with age of 63 yrs. having complaint of right knee joint pain and inflammation since last 15 years (which is severe from last 2 months) and obesity came to OPD no. 14 of M.A. Podar Hospital, Mumbai with above complaints. By examining her, it was seen that she was unable walk without support,

and was using wheel chair. She has been already treated by different practitioners and was advised for "Knee joint replacement."

Symptoms

Right knee joint pain and inflammation

Signs

Right knee joint Tenderness, Cripitus and Ushna-sparsh.

Patient had h/o tapping of right knee joint before 15 years.

Patient was k/c/o BA since last 30 years and was using rota cap inhalation sos.

Patient had h/o RTA before 10 years and fracture of right Femur treated with insertion of rod which was removed after 5 years.

Investigation: RA Test: +ve

CT chest: 22/01/2010 B/L bronchiectosis

CT brain: 22/04/2008 soft tissue swelling along left parietal region.

X-ray of B/L lower limbs: B/L supra condylar genu valgum with severe OA.

X-ray of B/L knee joint: 10/01/2017 B/L moderate OA noted with decrease in lateral cartilage space width > medial cartilage space width with subcondral sclerositis and early valgum deformity.

Treatment given

1. Sarvang snehan swedan (nadi) for 3 months
2. Karm basti- 30 days Niruh basti with Dashmul and Guduchi kwath and Anuvasan basti with Til Tail
3. Panchtikt ksheer basti- 30days
4. Matra basti with Til tail and Panchtikt Ghrut
5. Janubasti with mahanarayan tail - 3 months
6. Dashang lep for L.A. patra bandhan with Aerand patra and Aeranr tail.

Internal medicine

1. Aarogya vardhini vati 500mg bd
2. Chandraprabha vati 500mg bd
3. Sanjivani vati 500mg bd

4. Gokshuradi guggul 500mgbd
5. Panchtik ghrut guggul vati 500mg bd
6. Gandharv haritaki churn 5gm HS
6. Rasayan yog bd
7. Vishanbhasm yog bd

Diet: Kultha yush at night

Results observed

Step by step results observed were as follows:

At the time of admission to ipd - Both knee joint pain, inflammation, ushn-sparsh, patient was unable to walk without any support, was using wheel chair, and there was severe knee joint pain when trying to fold knee joint.

After Yogbasti - No improvement

After Kaalbasti - No ushn-sparsh but rest all complaints were the same

After Karmbasti

1. Knee joint pain reduced by near about 20% and patient could walk 100m distance with support
2. After 45 days - pain and inflammation reduced by 30% near about and patient could walk 100m distance without any support
3. After 60 days - Knee joint pain reduced upto 50% and there was only pain when trying to fold knee joint
4. At the time of discharge - Pain was there when trying to fold knee joint and patient was able to walk without any support and having no complaints of pain.

DISCUSSION

Basti is the best treatment for vaat dosh vyadhi. By using Dashmul and Guduchi in niruh basti, the avaran of vaat can be reduced which inturn reduce the joint pain and inhance its mobility.

Dhatu.

Panchksheer basti is usefull for Vyadhi related to Asthi dhatu. Tikrt ras is best for Asthi.

Janubasti is combination of snehan swedan, it is the first line treatment for vaat dosh vyadhi, mahanarayan tail is used for such purpose.

Internal treatment

Aampachak and Shothghn medicines are used, which reduces the Shoth and reduces the vaat prakop and degenerative changes.

Aarogya vardhini vati is helpfull for pachan.

Chandraprabha vati contains Shilajitu which cures urinary problems. Gokshuradi guggul contains gokshur which is vedanahar.

Gandharv haritaki churn is for vaatanuloman.

CONCLUSION

This case study directs us to conclude that, Vyadhi related to vaat prakop can be effectively treated by using panchakarm treatment, particularly vatasya upkram, which includes-

1. Mrudu snehan shodhan
2. Karm basti
3. Panchtiktsksheer basti
4. Matra basti
5. Jaanu basti
6. Local application of Lepa
7. Patrabandhan