

CLINICAL STUDY OF MEDASAKADI UPNAH IN ARTHRITIS: A PILOT STUDY

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ABSTRACT :

Arthritis is a form of joint disorder that involves inflammation in one or more joints. However still now there is no cure except surgery for arthritis in modern medicine, mankind hopes to search for remedy from ayurveda. Ayurveda mentioned various treatment modalities for *sandhigatavat*, *upناه* is one of them. In this present study patients of arthritis were selected from O. P. D. and I. P. D. of our hospital. Patients were treated by *Madasakadi upناه* an ayurvedic treatment. *Upناه* is local application enable the healing constituents of drug to absorb into the tissue. The assessment of overall effect was done based on change in the criteria before and after treatment and significant results were found.

Key words: Arthritis, *Upناه*, *Sandhigata vata*, *Vedanashamak*.

INTRODUCTION: Arthritis is a form of joint disorder that involves inflammation in one or more joints. There are many more different forms of arthritis like osteoarthritis, rheumatoid arthritis, gout, arthritis due to trauma and so on. It is leading cause of disability all over world. *Sandhigatvat* can be correlated with arthritis which is described under *vata vyadhi* with the clinical features *sandhishool* (pain in joints), *sandhishoth* (swelling in joints), *sandhistabdhata* (stiffness in joints) and *akunchanprasaran kashtata*(difficulty in movement of joints). Treatment for this disease is mentioned in ayurvedic classics are *snehan*, *swedan*, *basti* etc.¹ *Upناه* is type of *swedan* used as local application enable the healing constituents of drug to absorb into the tissue. In present clinical study emphasis has been made to evaluate efficacy of *medasakadi upناه* in arthritis patients. Modern medicines mainly targets pain relief in this disorder. Commonly used drugs NSAIDS and other analgesics, muscle relaxants which have many side effects like gastric irritation, hepatic and

renal toxicity, drugs dependence etc. Also majority of population rejected surgery which is costly and doesn't give permanent cure. Therefore this study was undertaken to find out better result oriented therapy and attempt is made to help the patients suffering from arthritis in our society.

AIM AND OBJECTIVE

To assess the efficacy of *medasakadi upناه* in arthritis.

To study the *sandhigata vata* and *upناه* in detail.

MATERIAL AND METHODS:

A total no. of 20 patients with cardinal features of arthritis were selected from OPD and IPD of Dhanvantari Hospital Ashta,, Dist Sangli.

INCLUSION CRITERIA:

- Patients having features of arthritis joint pain, joint swelling, joint stiffness and restricted movements of joints.
- Patients of osteoarthritis, Rheumatoid arthritis, spondylitis and arthritis due to trauma.
- Patients having age group between 16yrs to 70yrs.

- Patients irrespective of gender, religion, socioeconomic status.

EXCLUSION CRITERIA:

- Patients prediagnosed as ankylosing joint disorders, CA spine, Fractures, arthritis due to systemic disorders.
- Patients contraindicated for *swedan karma*.

Procedure Of Upnah:

Material used: A) 1. *Madasak (Litsea chinensis)* 2. *Revandachini (Rhuem nagi)* 3. *Krishnbol (Aloe vera)* 4. *Uda (Xylopi aethiopica)* 5. *Amraharidra (Curcuma amda)* 6. *Sarjikshar* 7. *Sphatika* B) Cotton C) Roller bandage D) Steel container E) Induction plate.

Procedure:

- All ingredients of *upnah* were taken into *churna* form in equal quantity and mixed uniformly.
- According to area of pathology, quantity of *churna* taken into steel container mixed with desirable water.
- Mixture was heated on induction plate until it becomes paste.
- Paste spread over affected area when its temperature becomes subnormal.
- Thin layer of cotton placed over it and roller bandage tied over it.
- *Taap sweda* given with the help of heated cloth for ten minute.
- This *upnah* was leaved as it is for 48 hrs. after that removed bandage and washed with warm water.
- After ten days same procedure was repeated.



METHODOLOGY:

It is open randomized clinical study.

ASSESSMENT CRITERIA:

- Joint Pain
- Joint Swelling

- Joint stiffness
- Restricted movements

OBSERVATION AND RESULTS

Effect of treatment on cardinal features of arthritis.

Sr. No.	Cardinal features	Before treatment		After treatment		t	% relief
		Am	SE	Am	SE		
1	Joint pain	2.7.	0.158	1.2	0.133	9.69	56.66
2	Joint swelling	2.1	0.179	0.6	0.163	9.75	53.33
3	Joint stiffness	2.4	0.221	0.6	0.221	8.21	40
4	Restricted movements	2	0.210	0.6	0.221	9.78	53.33

Data collected in the study was analysed using t test before and after treatment.²

Overall Assessment: The patients subjected to clinical trial and were

observed for improvement in signs and symptoms before and after treatment.

Marked Improvement		Moderate Improvement		Mild Improvement		No Improvement	
No. of pt	%	No. of pt	%	No. of pt	%	No. of pt	%
10	50	7	35	2	10	1	5

Study group contains 20 patients. All patients completed the treatment. In this study out of 20 patients, 13 were male and 7 were female. Patients of *sandhigatvata vat* 11, acute trauma 4, cervical spondylosis 3 and Rheumatoid arthritis 2.

DISCUSSION: *Upanah* is type of *swedan karma* acts as *vedanashamak* by *doshvilayan* and *dosh pachan*. It reduces stiffness of joint tissue.³ In present study percentage of relief in joint pain 56.66 % it means pain relief in arthritis were significantly reduced than other features. Joint swelling and restricted movement of joints reduced significantly. But effect of therapy on joint stiffness was moderate. Patients of arthritis due to trauma show more significant results than other types of arthritis.

Probable mode of action of drug: Majority of ingredients of *medasakadi upnah* having *vatkaphshamak*, *shoolhar*, *shothghna*, *sukshmasrotogami* properties by *tikshna*, *ushna*, *katu*, *vatashamak gunas*.⁴ *Madasak* is specialy *snighdh*, *piccchil*, *shothghn*, *balya* for *vatavyadhi* and *majjadhatugatav* with hygroscopic in nature.⁵ It works as medicine and also adhesive that keeps the other medicinal ingredients attached to affected part of the body.⁶ *Uda* having analgesic effect.⁷ *Amraharidra* used for *twachya* and softening purpose. *Revandchini* work by *lekhan* and *rechak guna*. *Katfal* shows *sukshmasrotogami* by which it helps absorption and transport of properties of other ingredients of *upnah*.^{8,9} *Kumari niriyas* works by *bhedan*, *raktagami*,

Improvement was assessed on the basis of % of relief.

tikshna properties showing effect antiinflammatory and analgesic.¹⁰ Alum acts as asrtringent or styptic and antiseptic, easily absorbed into sweat glands.

CONCLUSION: Based on the present study it can be concluded that *medasakadi upnah* has better improvement in cardinal features of arthritis. Trial drug in this study has seems to be a very good combination of *shothghna*, *vedanashamak dravyas*. So we can give improvement in quality of life of arthritis patient by ayurveda.

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Declared