

## ROLE OF JANUBASTI AND MAHAYOGRAJ GUGGULU IN THE MANAGEMENT OF JANUSANDHIGATA VATA (KNEE JOINT OSTEOARTHRITIS)

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### ABSTRACT :

Osteoarthritis of the knee joint is the most common joint disorder seen in old age people. It limits everyday's activities and make the person individual handicap. In Ayurveda osteoarthritis can be considered as *Sandhigata vata*. *Sandhigata vata* is described under *vatavyadhi* in *Ayurvedic Samhitas*. As the local *samprapti sthan-sansraya* is having quite major importance in *janusandhigata vata* (knee osteoarthritis) and *sthanic snehana swedana* has been recommended in *vata vyadhi chikitsa* by Acharya Vaghbata. So the aim of this study was to evaluate the role of *sthanic snehana swedana* as *Janubasti* with *Shacharadi taila* along with popular *vatashamak* and *rasayana kalpa Mahayograj guggulu* which has been used in VPAMC Sangli. In the present study 60 patients suffering with *Janusandhigata vata* were selected and divided in to three groups.

Statistical analysis showed better result in reliving the sign and symptoms of *Janusandhigata vata* in all three groups. By comparison Group C (*Mahayograj Guggulu + Janubasti*) showed better result than Group A (*Mahayograj Guggulu*) and B (*Janubasti*) and Group B showed better result than group A

**Key words:** *Janusandhigata vata*, Knee Osteoarthritis. *Janubasti*, *Mahayograj guggulu*

**INTRODUCTION:** Knee joints carry our body weight with maximum movements is under constant stress as they participate in all the activities which we do through the day. In India 15 million adults affecting by arthritis every year. Osteoarthritis is second most common rheumatologic problem and it is the most frequent joint disease with prevalence of 22% to 39% in India. Osteoarthritis is more common in women than men. And percentage of knee joint osteoarthritis is very high. People above age 40 years have seen pathological changes in weight bearing joints and with the symptoms of joint pain, stiffness, and swelling restricts movements of joints. It limits every day's activities such as walking standing sitting bathing etc. In Allopathic medicine anti inflammatory, analgesic drugs are the options for the

treatment of osteoarthritis. It does not give satisfactory results and also causes great adverse effect. The disease *Sandhigata vata*<sup>1</sup> defined as a disease of *sandhi* with the symptoms *shula*, *shotha*, *sashula kriya* and *grahata* in affected *sandhi*<sup>2</sup>. Considering these symptoms one broad spectrum remedy was necessary and assuming that *Mahayograj Guggulu*<sup>3</sup> along with *Janubasti* by using *Sahacharadi taila*<sup>4</sup> may be beneficial trials was conducted. *Vata dosha* is exclusively responsible for any pain of the body. Hence the drug should be act on *vata dosha* as well as it should be broad spectrum. As the local *samprapti sthan-sansraya* is having quite major importance in *Janusandhigata vata* (knee osteoarthritis) and *sthanic snehana swedana* has been recommended in *vata*

*vyadhi chikitsa* by Acharya Vaghbhata<sup>5</sup>. *Janubasti* is type of *bahiparimajan chikitsa*<sup>6</sup> mentioned by Charaka. It is stated in Ayurvedic texts that *Mahayograj Guggulu* not only beneficial for pain but many other *vata roga pitta roga* and *kapharogas*<sup>7</sup>. For this study patients were selected and divided in to three groups for the comparison purpose.

#### **AIMS AND OBJECTIVES:**

- 1 To evaluate efficacy of *Janubasti* in the management of Knee joint Osteoarthritis.
- 2 To evaluate efficacy of *Mahayograj guggulu* in the management of Knee joint Osteoarthritis.
- 3 To evaluate efficacy of combined treatment of *Janubasti* and *Mahayograj guggulu* in the management of Knee joint Osteoarthritis.

#### **MATERIALS AND METHODOLOGY:**

**Source:** Patients who were fulfilling the sign and symptoms and diagnostic criteria of *Janusandhigata vata* (Knee joint of Osteoarthritis) were selected from the OPD and IPD in *kaychikitsa* dept.

#### **Pain in knee joints (*Sandhi shula*)**

<b>Severity of pain</b>	<b>Grading</b>
No pain	0
Mild pain,	1
Moderate pain, no difficulty in walking.	2
Slight difficulty in walking due to pain.	3
Severe difficulty in walking due to pain	4

#### **Stiffness of knee joints (*Sandhi graha*)**

<b>Severity of Stiffness</b>	<b>Grading</b>
No stiffness	0
Mild stiffness	1
Moderate stiffness	2
Severe stiffness	3

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#### **DIAGNOSTIC CRITERIA:**

The patient having the clinical features of *Janusandhigata vata* according to Ayurvedic classic like *sandhishula*, *sandhishotha*, *sandhigraha*, *kriya kashtata*, *kriya alpata* etc.

#### **Inclusion criteria:**

1. Both male and female patients.
2. Age of patient between 40 to 60 years
3. Patients having signs and symptoms of only *Janusandhigata vata*/Knee Osteoarthritis.

#### **Exclusion criteria:**

1. Age less than 40 years and more than 60 years.
2. Patients having other Systemic disorder.
3. Severe deformities.
4. Rheumatic Arthritis, Septic Arthritis, Rheumatoid arthritis, Gouty Arthritis.

**CRITERIA FOR ASSESSMENT:** The following parameters were assessed before and after the treatment in all three groups.

### Swelling of knee joints (*Sandhi shotha*)

Severity	Grading
No swelling	0
Mild swelling	1
Moderate swelling	2
Severe swelling	3

### Crepitus in knees (*Sandhi sputana*)

Severity	Grading
No crepitus	0
Palpable crepius	1
Audible crepitus	2
Always audible crepitus	3

**MATERIAL USED:** In this study following drugs were utilized

**Mahayograj Guggulu:** Prepared by Navashakti Ayurveddalaya (P) Ltd

**Main ingredients:** *Guggulu, vanga bhasma, rajat bhasma, naga bhasma, loha bhasma, abhrak bhasma, mandura bhasma, rasasindura triphala, shadushana*  
Dose 2 Tab(500mg) Two times a day after meal with luke warm water

**Sahachradi Taila :** Prepared by The Aryavaidya Pharmacy (Coimbatore) Ltd

**Main ingredients:** *Taila, Sahachara, Dashamula, Abhiru, Savya, Nakha, Kushtha, Hima, Elasprikka, Priyangu, Nalika, Ambu, Lohita, Nalada, Surahva, Kopana, Misi, Turushka, Nata, Ksiram Silaja*

For *Janubasti* Temp: 40 to 45°

**METHODOLOGY:** 60 patients were selected and all patients were randomly divided in to three groups. Group A, group B and Group C

**Group A:** 20 Patients were registered in this group, administrated only *Mahayograj Guggulu* for 6 weeks (42 days). But only 17 patients completed the treatment

**Group B:** 20 patients were registered in this group, administrated only *Janubasti* in three courses of a week after a one week gap alternately i.e. in first, third and fifth

week *Janubasti* was given and results were observed after 6 weeks (42 days) But only 16 patients completed the treatment

**Group C:** 20 patients were registered in this group, administrated both *Mahayograj Guggulu* and *Janubasti* (i.e. in first, third and fifth week *Janubasti* was given) for 6 weeks (42 days) But only 15 patients completed the treatment

All groups' patients asked to take light diet and Luke warm water.

### **JANUBASTI PROCEDURE:**

**Purvakarma:** Prepare the black gram flours dough by using adequate water quantity. Ask the patient to lie on his/her back on the table and erect and extend his/her legs.

**Pradhan karma:** Built the black gram flours dough ring around the knee joints. Pour the lukewarm *Sahachradi taila* in to the ring (Temp of oil should be 40° to 45°) When the *taila* cool down it squeeze out with cotton gauze and pour lukewarm *taila* again. Repeat the procedure again and again up to half hour for maintain the temperature.

**Paschat karma:** Remove the dough ring. Massage the knee gently for five min.

**Time duration:** 30 minutes.

## OBSERVATION AND RESULT:

Maximum number of patient i.e.50.00% belongs to 55-60 years of group. The 71.66% Patients were female. 83.33% were Hindu, all were married, 82% patients developing disease between 45-55 years. 53.33% patients were *vata-kapha prakriti*, 66.66% were *krura*

*koshki*. Maximum 90% patients were having *mandagni* .73.33% were having *vishamashana* 65% patients had habitual constipation. In this 60 patients 53.33% patients were middle class family. And 51.66% patients were educated from 5<sup>th</sup> to 10<sup>th</sup> level.

### Result obtained in symptoms of Janusandhigata Vata

#### Effect of therapy on clinical features and objective parameter in Group A, B & C

Symptom	Group	N	Mean score		X	%	S.D.	S.E.	T	P
			B.T.	A.T.						
<i>Sandhishula</i>	A	17	2.00	1.06	0.94	47.0	0.24	0.06	16.00	<0.001
	B	16	2.87	1.00	1.87	65.21	0.80	0.20	9.30	<0.001
	C	15	1.60	0.13	1.47	91.8	0.63	0.17	8.88	<0.001
<i>Sandhishotha</i>	A	12	2.75	1.08	1.67	60.60	0.65	0.19	8.86	<0.001
	B	13	3.31	1.08	2.23	67.44	1.17	0.32	6.89	<0.001
	C	10	1.40	0.10	1.30	92.85	0.67	0.21	6.09	<0.001
<i>Sandhigrahata</i>	A	9	2.66	0.88	1.78	66.91	0.83	0.27	6.55	<0.001
	B	7	2.85	0.85	2.00	70.00	0.57	0.21	9.16	<0.001
	C	9	1.77	0.11	1.66	93.78	0.71	0.24	7.07	<0.001
<i>Sandhisputana</i>	A	6	1.16	0.50	0.66	56.89	0.52	0.21	3.16	<0.05
	B	8	2.37	1.00	1.37	57.80	0.91	0.32	4.28	<0.01
	C	9	3.50	1.00	1.87	71.87	0.52	0.17	14.54	<0.001
<i>Kriya alpata</i>	A	3	1.00	0.33	0.67	67.00	0.57	0.33	2.00	>0.05
	B	4	1.00	0.25	0.75	75.00	0.50	0.25	3.00	>0.05
	C	5	1.60	0.4	1.2	75.00	0.44	0.19	6.31	<0.001
<i>Kriyakashtata</i>	A	12	1.17	0.50	0.67	53.14	0.78	0.23	2.76	<0.05
	B	9	1.33	0.44	0.89	66.67	0.60	0.20	4.44	<0.01
	C	9	1.33	0.22	1.11	83.33	0.78	0.26	4.26	<0.01

**OBSERVATIONS:** *Janusandhigata vata* (Knee osteoarthritis) is observed in maximum patients of *Sandhigata vata* (osteoarthritis) in old age people due to *dhatu kshaya* and limits everyday's activities. *Mahayograj Guggulu* is one of the popular *vatashamak* remedy used in *vatavyadhi*. *Guggulu* is main contain and we knows its *vatahar* property. It contains various types of *bhasmas* such as *vanga*, *roupa*, *loha*, *abhraka*, *mandura* and *rasasindura*. It acts on *astigata vata* and

lowers knee joint pain. It also contains various *agnideepak* and *pachak dravyas* which acts on *ama* and cures *agnimandya*, *malavastambha* etc. *Mahyograj Guggulu* acts on vitiated *vata*, *pitta* and *kapha dosha* and normalise them. Due to its *rasayana* property it increases effectiveness.

*Janubasti* is kind of *bahiparimarjama* type of *chikitas*, In *Janubasti* concept *snehana* and *swedana karmas* acts at a same time. *Snehana* acts against *ruksha guna* of *vata*

and *swedana* acts *sheeta guna* of *vata*. And for *janubasti*, *sahachradi taila* has been used. It contains *sahachara*, *devdaru* *shunthi* and *tila taila* which possesses *vatakapha nashaka* as well as anti-inflammatory, analgesic and muscle relaxant properties. Which give relief from *Janusandhigata vata*.

**CONCLUSION:** All the three groups showed significant relief, but Group C showed best improvement than other two groups. The group B showed better improvement than group A. The *Mahayograj Guggulu* is effective in reducing *janusandhigata vata symptoms*, but when it gives with *Janubasti* as *sthanic chikitsa* the therapy gets extremely effective. It proved statistically.

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