

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 Vagbhata*. 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 Mahayogaj 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*¹ defined as a disease of *sandhi* with the symptoms *shula*, *shotha*, *sashula kriya* and *grahata* in affected *sandhi*². Considering these symptoms one broad spectrum remedy was necessary and assuming that *Mahayograj Guggulu*³ along with *Janubasti* by using *Sahacharadi taila*⁴ 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 Vagbhata⁵. Janubasti is type of bahiparimajan chikitsa⁶ 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 kapharogas⁷. 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.

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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.

Pain in knee joints (Sandhi shula)

Severity of pain	Grading
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)

Severity of Stiffness	Grading
No stiffness	0
Mild stiffness	1
Moderate stiffness	2
Severe stiffness	3

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 crepitus	1
Audible crepitus	2
Always audible crepitus	3

MATERIAL USED: In this study following drugs were utilized

Mahayograj Guggulu: Prepared by Navashakti Ayurvedalaya (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 Pharmecy (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 45⁰

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^o to 45^o) When the taila cool down it squeeze out with cotton gauze and pour lukewarm talia 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. The71.66% 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

koshti. Maxmimum 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 5th to 10th 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.						
Sandhishhula	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
Sandhishotha	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
Sandhigrahata	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
Sandhisputana	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
Kriya alpata	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
Kriyakashtata	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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