

## Management of Sandhigata vata with Matrabasti and Janubasti

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### I. INTRODUCTION

Osteoarthritis due to some pathophysiological changes are very common in now a days. It is one of the articular disorder, called as osteoarthritis. The incidence of osteoarthritis in India is very high. Allopathic treatment has its own limitations in managing this disease. Different modalities of treatment have been explained in the Ayurvedic classics. Ayurveda includes both bahya and abhyantar chikitsa. The bahya chikitsa include abhyang, swedan, matra basti<sup>[1]</sup>, jaloukavacharan, agnikarma<sup>[2]</sup>, janubasti and lepa etc. Abhyantar chikitsa include the internal medications in the form of churn, vati, kashaya etc. Pathyapathya and vyayamopachar acts as important role in sandhigata vata. Aim of Ayurveda is to increase immunity and restore tridosh samyata. In modern medicine the disease is managed by non-steroidal anti-inflammatory drugs, analgesic drugs, physiotherapy and cortico-steroids. But these drugs have so many side effects. So, ayurvedic approach is natural way to cure sandhigata vata<sup>[3]</sup> by matrabasti and janubasti without any side effect can give promising result.

### II. CASE REPORT

A 42 years male patient came to Panchakarma OPD with complaints of ubhay janusandhishool, sparshasahatva, alpa sandhishoth, prachankashtata and prasaran-akunchan kashtata . Patient was suffering from same complaint since 1 year. He took allopaty treatment like Analgesic, Anti-inflammatory etc. and got temporary relief

but currently again he is suffering from same complaints.

Past history - There is no any significant past history.

Family history – There is no any significant family history.

Personal history – There is no any significant personal history

### ON EXAMINATION

#### Samanya Parikshana -

- 1.General condition of patient is moderate
- 2.Pulse rate-78/min
- 3.Raktachap- 110/80 mmof hg
4. Weight-68 kg
5. RS-AE=BE clear
6. CVS- S1 S2 normal
- 7.CNS- well conscious, oriented
8. P/A- soft, non-tender

#### Ashtavidha Pariksha -

Nadi-Vatapradhan pitta  
Mala- Asamadhankarak  
Mutra- samyakpravrutti  
Jivha-Sama  
Shabdha-Spashta  
Sparsh-Ushna  
Druk-Panduta  
Aakruti- Madhyam

#### Local Examination -

On examination of both knee joints, joint crepitations are palpable as well as audible on joint movement associated with pain. Skin over the knee joint is normal. Both joints were tender over its medial side with less inflammation.

### III. METHODOLOGY

**Study design** – Simple Randomised Single Case Study

**Treatment Schedule** –

Panchakarma procedures	Duration	Follow up
Sthanik Snehana- Tila tail	7 days	14 <sup>th</sup> day
Nadi sweda- Dashmool kwath		
Janubasti- Dhanwantar tail <sup>[4]</sup>		
Matrabasti-Guggultiktak ghrit <sup>[5]</sup> 60ml		

## ASSESSMENT CRITERIA

### Subjective Parameters-

Grade	0	1	2	3
<b>Criteria</b>				
Sandhi shool	No	Mild	Moderate	Severe
Sandhi shoth	No	Mild	Moderate	Severe
Aakunchanjanya shool	Freely movable no pain	Movable with mild pain	Movable with moderate pain	Movable with severe pain
Prasarananjanya shool	Freely movable no pain	Movable with mild pain	Movable with moderate pain	Movable with severe pain

## OBSERVATIONAL STUDY

Sr.no.	Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.	Sandhi shool	3	3	2	2	1	1	0
2.	Sandhi shotha	2	2	2	1	1	0	0
3.	Aakunchanjanya shool	3	3	2	2	1	1	0
4.	Prasarananjanya shool	3	3	2	2	1	1	0

## IV. RESULT

Sr. no.	Symptoms	Before Treatment	After Treatment	After Follow up
1.	Sandhi shool	3	0	0
2.	Sandhi shoth	2	0	0
3.	Aakunchanjanya shool	3	0	0
4.	Prasarananjanya shool	3	0	0

There was significant relief in symptoms after 7 days of treatment with Matra basti and Janubasti.

## V. DISCUSSION

Sandhigata vata is madhyam roga margagata vataj disorders in which vitiated vata get lodged in sandhi. Hence, to treat sandhigata vata the drug acting on both vata and asthi should be selected.

Snehan which pacifies vata, softens the body and eliminates the accumulated malas

Swedan relieves the stiffness heaviness and coldness of the body and produces sweating. By the process of snehan and swedan, local circulation of blood were increased and medicine is absorbed by the skin and exerts its effect locally.

Janubasti gives nutrition to asthi, majja dhatu and pacifies the vata dosh. It gives excellent effect locally at janu sandhipradeshi. The main site of Sandhigata vata is the site of shleshmak kapha.

Matrabasti<sup>[6]</sup> with guggulutiktak ghrit also plays an important role in pacification of vata dosha and improvement of degenerative condition. In Guggulutiktak ghrit, guggulu is having the property of ushna, vatashamak, shothaghna and rasayan which may prevent in any degenerative change in the body. Also tikta rasatmak dravyas gives strength to the Asthi dhatu especially it protects the kharatva guna of asthi. Ghrit is having the property of yogavahi which is useful in increasing bio-availability of other drugs without losing its own property. It is vatapittashamak, balya and do asthi dhatu poshan.

Purishadhara kala is nothing but Asthidhara kala. So, Basti is best treatment in sandhigata vata which helps in pacification of vata dosha.

## VI. CONCLUSION –

On the basis of this single case study it can be concluded that panchakarma treatment like Janubasti, Matrabasti were very effective in the management of Sandhigata vata.

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