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A CASE REPORT - EFFECT OF VATAVYADHIHAR UPANAHA IN THE MANAGEMENT OF LOCAL PAIN IN JANUSANDHIGATAVATA (O.A. OF KNEE JOINT)

Ayurveda

KEYWORDS: Janusandhigata vata (O.A.), Left knee joint pain, Vatavyadhihar dravya upanaha

Dr. Priyanka A. Keram — P.G. Scholar, Department of Panchakarma, R.A. Podar Medical (Ayu) College, Worli Mumbai-18

Dr. Sheetal G. Lodha — Guide and Assistant Professor, Department of Panchakarma, R.A. Podar Medical (Ayu) College, Worli Mumbai-18

ABSTRACT

Pain is one of humanity's most frequent complaint. About nine out of ten peoples experience pain at one stage in their life. Worldwide it is single leading cause of disability in normal routine work of their life. Knee joint pain is a common complaint for many people. Knee joint is weight bearing, strongest and most important joint in the body. A female patient of age 61 years old had come in OPD of Panchakarma department of M.A. Podar Hospital, Mumbai with complaints of left knee joint pain was treated with application of Vatavyadhihar Dravya Upanaha for seven days. It shown remarkable result in pain in knee joint. Details is available in full article.

INTRODUCTION

Pain is one of humanity's most frequent complaint. About nine out of ten peoples experience pain at some point to their life. It is single leading cause of disability worldwide. Knee joint pain is a common complaint for many people. The knee joint is one of the strongest and most important joint in the human body. It is weight bearing joint. It allows the lower leg to move relative to the thigh while supporting the body's weight. Movements at the knee joint are essential to many everyday activities, including walking, running, sitting and standing.

Sandhigatavata is one among the vatavyadhi. [1] It may be correlated to osteoarthritis due to resemblance in sign and symptoms i.e joint pain, stiffness, muscle weakness, swelling of knee joint, deformed joint, reduced range of motion and loss of use of the joints, cracking and creacking sounds. Though, many treatments are available for osteoarthritis, pain management is essentially preferred.

Snehana and swedana are prescribed as common treatments in vatavyadhi. [2] Daha i.e. agnikarma, Swedana and upanaha are the main treatment of Sandhigatavata. The procedure of applying warm herbal paste to the diseased parts of the body followed by bandaging is referred by the name upanaha sweda. [3] Upanaha sweda is one among the modality of swedana used widely in the management of sandhigatavata, which is found to be beneficial clinically too. It is a simple procedure which can be performed even at OPD level; So this case report is planned to evaluate the effect of vatvyadhihar upanaha in the management of local pain in Janusandhigatvata (OA of knee joint).

MATERIALS AND METHOD:

A female patient of age 61years admitted in female panchakarma ward of M. A. Podar Hospital Worli Mumbai 18.

Name- A.B.C. (61yrs / Female)
DOA- 09/08/2016
OPD No.- 48715
IPD No.- 1786
Diagnosis - Sandhigatavata (Janusandhigata) [Lt. knee joint OA]
c/o – Left knee joint pain (since 1 month) (Patient had pain during physical activities)
X Ray Lt. Knee Joint (13/07/2016)- Left knee joint OA stage IV.

This patient was treated with application of vatavyadhihar dravya upanaha for 7 days.

Materials

Contents of the vatavyadhihar upanaha are, [4]
1) Kushta churna (Sassurea lappa)
2) Shatavha churna (Foeniculum vulgare)
3) Vacha churna (Acorus calamus)
4) Yava churna
5) Tila taila (Sesamum indicum)
6) Nimbuka (Citrus acida) as amla dravya
7) Saindhava
8) Erand patra (Ricinus communis)

Equipments and instruments required for the preparation of upanaha

1) Utensil
2) Spoon
3) Knife
4) Glass
5) Roller bandage
6) Gas cylinder

Preparation of upanaha

- Switch on the gas and put utensil on it.
- Take 20-30 ml of tila taila in utensil.
- Add approximately 30-50 gms. of churna and 5 gm of saindhava to it.
- Mix it properly.
- Squeeze 1 lemon to that churna.
- Add 50-70 ml of water and stir it continuously till it becomes thick paste.

Application of upanaha

The patient was placed comfortably either in lying down or sitting upright position. Now spread the paste of upanaha on eranda leaf, thickness of the paste should be approximately 3-5 mm. Then it is placed over the left knee joint to cover it. The application of the herbal paste covered with leaves of Eranda is secured in position by bandaging. [5]

Duration

12 hrs [6] [Upanaha applied in the evening (7.00 pm) is kept undisturbed overnight and removed at morning (7.00 am)] for seven days.

After procedure

Bandage and the herbal paste are removed and the area is properly cleaned with hot water.

Table no.1: Properties of dravya

Dravya	Rasa	Virya	Vipaka	Guna	Doshghnata	Sthanin karma
Kushta [7]	Tikta Katu Madhura	Ushna	Katu	Laghu Tikshna Ruksha	Vataghna Kaphghna	Vednasthapan
Shatavha [8]	Madhura Katu Tikta	Sheeta	Madhura	Laghu Ruksha Tikshna	Vataghna Pittaghna	

Vacha [9]	Tikta Katu	Ushna	Katu	Laghu Tikshna	Vataghna Kaphghna	Vednasthapan Shothahara
Nimbuk [10]	Amla	Anushna	Madhura	Laghu Ruksha Tikshna	Vataghna Pittaghna	
Errand [11]	Madhura (Anurasa - Katu Kashaya)	Ushna	Madhura	Snigdha Tikshna Sukshma	Vataghna Kaphghna	Vednasthapan Shothahara
Saindhav [12]	Lavana Madhura	Ushna		Snigdha	Tridoshaghna	

OBSERVATION AND RESULT

Observation had done with the help of Likert scale and WOMAC scale [13]

Likert Scale:

0 -no pain
1 -mild pain
2 -moderate pain
3 -severe pain
4 -extreme pain

Table no.2: WOMAC Scale: To assess pain during physical function.

Sr. no.	Physical function	Grade				
1	Descending stairs	0	1	2	3	4
2	Ascending stairs	0	1	2	3	4
3	Rising from sitting	0	1	2	3	4
4	Standing	0	1	2	3	4
5	Bending to floor	0	1	2	3	4
6	Walking on flat surface	0	1	2	3	4
7	Getting in /out of car	0	1	2	3	4
8	Going shopping	0	1	2	3	4
9	Putting on socks	0	1	2	3	4
10	Lying in bed	0	1	2	3	4
11	Taking off socks	0	1	2	3	4
12	Rising from bed	0	1	2	3	4
13	Getting in/out of bath	0	1	2	3	4
14	Sitting	0	1	2	3	4
15	Getting on/off toilet	0	1	2	3	4
16	Heavy domestic duties	0	1	2	3	4
17	Light domestic duties	0	1	2	3	4

Interpretation of score:

Higher scores on the WOMAC indicates worse pain during physical function.

Table no. 3: Patient had following score,

Sr.no.	WOMAC Dimension	Before upanaha	After upanaha
1	Descending stairs	3	1
2	Ascending stairs	3	1
3	Rising from sitting	-	-
4	Standing	2	1
5	Bending to floor	-	-
6	Walking on flat surface	2	1
7	Getting in /out of car	2	1
8	Going shopping	2	1
9	Putting on socks	-	-
10	Lying in bed	-	-
11	Taking off socks	-	-
12	Rising from bed	2	1
13	Getting in/out of bath	-	-
14	Sitting	-	-
15	Getting on/off toilet	2	1
16	Heavy domestic duties	2	1
17	Light domestic duties	2	1

DISCUSSION:

- Upanaha swedana is one among the types of swedana. Sweadna is a process which relieves stiffness, heaviness, coldness and produces sweating. In sandhigatavata i.e. OA there is severe pain and stiffness in joints. Upanaha sweda relieves stiffness and pain in joints.

- Kushta is tikta, katu, madhurarasatmaka, ushna viryatmaka and katu vipaki dravya. Due to these properties it mitigates vata and kapha dosha, hence it useful in local pain of Sandhigatavata. [7]

- Shatavha mitigates the vata dosha and indirectly reduces the pain. [8]

- Vacha is katu-tiktarasatmaka, ushnaviryatmaka, katuvipaki dravya, it mitigates vata and kapha dosha. Vacha is vednasthapan (pain killer) and shothahara (anti-inflammatory) when applied locally. [9]

- Eranda is madhura rasatmaka, ushna viryatmaka, madhura vipaki dravya. It mitigates vata and kapha dosha. Its local application is shothahara (anti-inflammatory) and vednasthapan (painkiller) in action. [11]

- Nimbuka is ushna viryatmaka dravya and also mitigates vata dosha, therefore helps in sandhigatavata to reduce the local pain. [10]

- Saindhava mitigates all three doshas and its vataghna property helps in reduction of pain in sandhigatavata. [12]

- The main function achieved by swedana is rise in temperature, which is responsible for increased metabolic activity, increased blood flow and stimulation of neural receptors in the skin or tissues. [13]

- Swedana by its heating effect increases circulation of the area. There are branches of the arteries supplying the skin from rich networks of arterioles and capillaries that branch to all the dermal structures and provide nourishment also to the stratum germinativum of the epidermis which receives no direct blood flow. Large amount of blood may be shunted to these capillary beds in the dermis by dilation of the arterioles. This will increase the temperature of the skin and also responsible for the amount of heat lost by radiation and sweating. Swedana provides dilation of the arterioles. It offers more oxygen, more nutrients, more polymorphs and more endorphins to the affected area which is beneficial for healing of the local pathology as well as nourishing the body. There are end organs of ruffinihe sensory fibres, which are heat receptors. There are also motor fibres, the vasomotor which control the vasodilation and vasoconstriction of the arterioles within the dermis and thus regulate the amount of blood flowing through the skin or various parts of the skin. Heat has a direct effect on the blood vessels, causing vasodilation, particularly in the superficial area where temperature is highest. It can also cause a reflex dilatation of arterioles by the stimulation of superficial nerve endings. [13]

Thus the above properties of dravyas helps in sandhigatavata by reducing the pain and inflammation also.

CONCLUSION

Sandhigatavata (OA of knee joint) is a type of Vatavyadhi in which upanaha sweda is good one among the treatments. The vatavyadhihar upanaha is much beneficial in the patient of sandhigatavata (OA knee joint) by relieving the local pain as it contains all Ushnaviryatmak, Tikshna, Vataghna, Vednasthapan and Shothahara Dravya. But this study needs further evaluation on large number of patient to finally conclude this treatment.

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