



## REVIEW ON THE PROCEDURAL EFFICACY OF JANU PICHU

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## KEYWORDS :

## INTRODUCTION

Janu Pichu comprises of two words "Janu" meaning the Janu Sandhi and "Pichu" that literally means cloth whose function is to withhold the oil in the affected area. None of our classics have explanations about Janu Pichu as such. It has too evolved from the concept of Moordhini Taila. The various process by which oil is applied over the head is termed Murdhni taila. Shiro pichu among the Moordhini tailas serves as the base for Janu Pichu.

Shiro Pichu is the procedure, in which the Sneha is retained over the scalp with help of cloth for a specified period of time. Observing the results of Shiro Pichu the later physicians developed a similar procedure over Janu and named it as Janu Pichu. In this way Janu Pichu procedure is evolved from Shiro Pichu procedure. Now a day's same is performed over various regions of body and named accordingly.

## Derivation

The term "Janu-Pichu" consists of following two words:

- 1) Janu
- 2) Pichu

## Vyutpatti - Jan - Junn

Nirukti - Uru Jangayormadya Bhaga (Shabda Stoma Mahanidhi) Janu-Sandhi i.e., the knee joint In general 'Janu' means - the junction between Uru and Jangha.

## Pichu

Pichu plotha sa cha taile tulapatalam nishichya shirasi deya ithi pichusamjna (Sa.S.Dipika)

Pichu plotha tulavastradi tailakthadharanam. (Sa.S Gudharthadipika)

## Indications

- Shirashoola Pichu
- Dantapatana (using Vatasani taila)
- Manyastambha (using Vatasani taila or Dhanvantara taila)
- Pinasa
- sannipatajwara

## Procedure of Janu-Pichu

The procedure of Janu-Pichu can be performed in the following three stages:

1. Poorva karma
2. Pradhana karma
3. Paschat karma

## Poorva Karma

This includes preparatory measures like preparation of patient, preparation of medicine and collection of materials required for the smooth conduction of the procedure. It can be conducted under following considerations.

## a) Atura Pariksha

The patient is examined in relation to Dashavidha Pariksha and by applying Pratyaksha, Anumana and Aptopadesha siddhantas to assess Vyadhi Bala and Deha Bala. Then, the affected knee joint is examined properly and the maximum tender region is noted. It is also examined for scars & wounds.

## b) Sambhara Sangraha

It includes the collection of necessary items required for the stable conduction of the procedure. 2 cotton pads (4\*1 inch), Aushadha Dravya, bowl, vessel, water, gas stove and table.

## c) Atura Siddhata

Patient is asked to lie in supine position or to sit erect by extending lower limbs on the table, whichever comfortable. The affected knee is exposed properly. Limbs are supported properly so that they are placed horizontally and comfortably.

**Pradhana Karma:** This includes

## a) Janu Pichu Dharana

The bowl containing oil is heated indirectly by keeping over a column of hot water. Then in the gently heated Luke warm oil, pichu is dipped slowly and carefully. This is placed along the Janu-Sandhi analyzing the tolerability of the patient. The heat of the medicine should be sufficient enough to be tolerated by the patient. At the area of maximum tenderness Pichu is placed and retained until the temperature of the oil reduces.

## b) Maintenance of constant temperature of medicine

The medicine in the initial Pichu is replaced with the heated oil by another Pichu of same size every 5 minutes. In the mean time the oil from the initial Pichu is drained & kept for heating and this process is alternatively continued so that a constant temperature is maintained throughout the procedure.

## c) Removal of Dravya and Pichu

After the specified time i.e. 30 minutes the Dravya is removed along with the pichu.

## d) Samyak Lakshana

Samyak Lakshanas of Janu-Pichu are not described in our classics even though Janu-Pichu is modification of it. Therefore, the Ayoga, Atiyoga and Samyakyoga bahya Lakshanas of Swedana & snehana mentioned in the classics can be taken for Samyak Lakshana of Janu-Pichu. Among Samyak Sveda Lakshana Sheetoparama, Stambhanigraha, Gauravanigraha and Vyadhihani can be considered for assessment. In case of Samyak Snigdha Lakshanas Snigdha Gatratva and Mrudu Gatratva can be taken for assessment.

## e) Duration

In case of Vataja disorders the Dravya should be retained for ten thousand Matra Kala. Hence the procedure is performed for 45 min for 7 days.

**Pashchat Karma**

After removing the Pichu along with oil Mridu Abhyanga is done over the Janu- Sandhi for about 5 min.

Duration - This treatment is done for 7 days.

**Precautions**

Care should be taken to prevent excess heating of the oil since it may cause burn and discomfort.

**Complications**

Burn and discomfort due to prolonged sitting in same position.

**Duration**

7 to 21 days dependending on the nature and intensity of disease.

**Indication**

Osteoarthritis of knee joint, Osteoporosis, chronic pain of the knee joint, Arthrosis of knee joint.

**Contraindication**

Dislocation, loss of sensation, Fractures.

Janu Pichu are procedures evolved from Shiro Basti & Shiro Pichu. It is a kind of Bahya Snehana and Svedana procedure. Snehana mainly acts against the Rooksha Guna caused by Vata and Swedana mainly acts against the Sheeta Guna. It also reduces the Stambha and Gauravata. Janu pichu help to relieves pain and Stiffness in the knee joint, relieves swelling and inflammation in the knee joint .

**DISCUSSION**

In Janu pichu medicated oils having analgesic and anti-inflammatory properties are the important ingredient of the procedure. Janu pichu relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of Vata, Pitta and Kapha in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and a feeling of health in the affected joints, muscles and soft tissues. Janu pichu is highly effective in the management of pain. Previous studies also suggest the efficacy of Janu pichu knee joint pain. Although Janu Basti is a routine treatment/ procedure of choice in osteoarthritis of knee joint in Panchkarma clinics and hospitals. The procedural standard varies. First, light Abhyanga is to be done, then after Nadi sweda is advisable on the pain affected sight which increases the efficacy of Janu pichu. While practicing Janu pichu one should prevent burns. After the procedure perspiration and increased range of motion can be observed indicating the efficacy of Janu pichu in pain and stiffness.

**CONCLUSION**

Janu pichu is most often recommended in condition like osteoarthritis, stiffness of knee joints and pain. Janu picgu may help to increase blood circulation to the affected area, gets rid of Dosha imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. Larger studies with Uniformity in the procedure of Janu Pichu may help to assess the efficacy at larger scale.

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