



ORIGINAL RESEARCH PAPER

Clinical Research

EFFECT OF AGNIKARMA WITH GODANTA IN THE PAIN MANAGEMENT OF JANUSANDHIGATA VATA W.S.R TO KNEE OSTEOARTHRITIS- A CASE STUDY

KEY WORDS: Sandhigata Vata, Agnikarma, Godanta, Osteoarthritis

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ABSTRACT

The vitiated Vata in Sandhi (joint) is main cause for the disease, which is characterized by Vatapurnadhrutisparsha (Crepitus), Shoola (Pain), Shopha (swelling), Prasaranaakunchaneyo Pravruttsichya Savedana (difficulty in movement). It can be co-related to osteoarthritis which is a degenerative joint disease, represents with difficulty in joint movement, pain and swelling. Effect of Agnikarma with Godanta (cows teeth) in the pain management of Janusandhigatavata (Knee joint) is assessed in this study. Agnikarma with Godanta is done in four sittings with gap of 7 days. The study reports that there is significant relief in subjective and objective parameters like pain, tenderness, range of movement respectively.

INTRODUCTION:

Acharya Sushruta who is considered as the father of "Indian surgery", explained about both Shashtra and Anushashtra procedures to treat the diseases accordingly. Among parasurgical procedures like Kshara, Agni, Raktamokshana, Agnikarma is considered as superior one, as the diseases which are incurable by Bhesaja, Shastra and Kshara can be cured by this procedure, when it is performed in a Sadhyavyadhi till there appear Samyadagdha Lakshana, then it is said as "Apunarbhava"¹

Vata Vyadhi is a disease caused by vitiated Vata. Sandhigatavata is one of the Vatavyadhi.² The word Vata mainly denotes that which has movement.³ The vitiated Vata in Sandhi is main cause for the disease, which is characterized by Vatapurnadhrutisparsha (Crepitus), Shoola (Pain), Shopha (Swelling), Prasaranaakunchaneyo Pravruttsichya Savedana (painful joint movement)⁴. It can be co-related to osteoarthritis which is a degenerative joint disease, represents with difficulty in joint movement, pain and swelling.⁵ when the vitiated Vata affects the Janusandhi results in Janusandhigatavata.⁶

Osteoarthritis is strongly associated with ageing and causes pain and disability in older people. Knee osteoarthritis is the global problem.⁷ Its prevalence increases with age and

generally affects women more frequent than men. In the year 2016 study was conducted in group of population 1.252 billion, the prevalence of knee osteoarthritis was found to be 28.7%. The age prevalence of radiographic knee osteoarthritis in adults more than 45 years is 19.2%.⁸

In Ayurvedic classics, Acharya Sushruta have mentioned various therapeutic procedures like Snehana, Upanaha, Agnikarma, Bandhana, Unmardana and other procedures in Sandhigatavata.⁹ Acharya have mentioned different Dahanopakarana and Godanta is one among them.¹⁰

CASE STUDY :

A 68 year old male patient presented with chief complaints as of Sandhishoola (pain), Sandhi Atopa (Crepitus) in both the Janusandhi (knee joint) since 6months visited the OPD on 17/12/2018. Patient was apparently normal 6month back gradually started with continuous, pricking type of pain, crepitus in both knee joint, which worsen with movement while ascending steps, getting up. No history of trauma. Previously he consulted an orthopedician for above said complaints; he was advised to take analgesics and anti-inflammatory medicine regularly for some initial time period and advised for surgery later.

ON EXAMINATION:-

Gait- Antalgic, vitals were within normal limit.

LOCAL EXAMINATION OF BOTH KNEE JOINT

Sl.No	Cleanical features	Right	Left
1	Pain	6	4
2	Tenderness	2	2
3	Swelling	Absent	Absent
4	Temperature	Absent	Absent
5	Crepitus	1	1
6	Inflammation	Absent	Absent
7	Limitation of joint movement	115°-105°	105°-95°
8	Skin over joint	Normal	Normal

AIM:-

After assessment the patient is advised to undergo Agnikarma with Godanta to assess the pain.

PROCEDURE

PURVA KARMA (PRE-OPERATIVE PROCEDURE)

- Anointing done with Tila taila at the site of Agnikarma.
- The site covered with a holetowel.
- Godanta heated over burner.
- Grhitakumari (Aloevera) kept ready.

PRADHANA KARMA (OPERATIVE PROCEDURE)

- Bindu Akriti Agnikarma done at most tender points of both the affected knee joint.
- Procedure carried till there appears Samyak Twak Dagdha Lakshana.

PASCHAT KARMA (POST-OPERATIVE PROCEDURE)

- Ghritakumari (Aloevera) pulp applied over the site of Agnikarma (Burnt site).
- Patient observed for 30 min after the procedure.
- Patient was advised strictly to avoid water contact over Dagdhavrana (Burnt site) for 24hour.

DURATION: Four sittings with gap of seven days

RESULTS:

Sl No	Subjective/objective parameters	BT		During treatment								F/U		
		0 day		1 st day		7 th day		14 th day		21 st Day			30 th day	
		R	L	R	L	R	L	R	L	R	L		R	L
1	Pain	6	4	4	2	2	0	2	0	0	0	0	0	0
2	Tenderness	2	2	1	1	2	1	1	0	0	0	0	0	0
3	Crepitus	1	1	1	1	1	1	1	0	1	0	1	0	0

4	Limitation of Joint movement (Degree)	115	105	105	95	95	85	95	85	95	85	95	85
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EFFECT OF AGNIKARMA WITH GODANTA ON GAIT:-

Before treatment there was antalgic gait due to pain, now after treatment gait is improved as the patient got relief from pain.

ASSESSMENT PARAMETERS

SUBJECTIVE PARAMETERS:

- a) Pain¹¹
- b) Tenderness^{12A}
- c) Crepitus^{12B}

VISUAL ANALOGUE SCALE

Pain	No pain	Mild pain	Discomfort pain	Distressing pain	Intense pain	Worst excruciating pain
Rating	0	2	4	6	8	10

Tenderness	Score
No tenderness	0
Mild tenderness (patient complains of pain and allows to touch the knee joint)	1
Moderate tenderness (patient complains of pain and on touch withdraws the knee)	2
Severe tenderness (patient does not allow to touch the knee joint)	3

Crepitus	Scores
No crepitus	0
Palpable crepitus	1
Audible crepitus	2

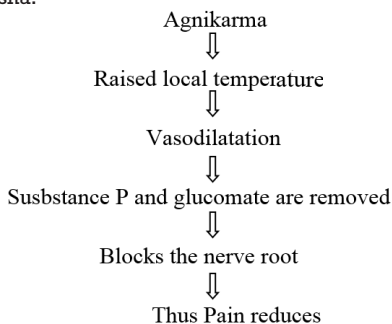
OBJECTIVE PARAMETER:

RANGE OF MOVEMENT:-

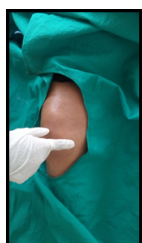
The goniometric reading of knee joint on flexion and extension is measured with the goniometer.

DISCUSSION

Excessive Ruksha, Ushna ahara, Ati Vyayama, Vyavaya (excessive physical activities) etc. As Vata gets vitiated, its Guna like Ruksha(dry), Laghu(light), Sheeta(cold) also increase. Godanta heating point is 70-80°C with less tissue destruction. Agnikarma as having opposite qualities to that of Vata helps to pacify it. As there is no pain without involvement of Vata Dosh.



Godanta held in Babcocks forcep



Tender site



Anointing with Tila taila



Agnikarma with Godanta

CONCLUSION:

Janusandhigatavata(Knee OA) is a very prevalent musculo skeletal disease in elderly people. Vitiated Vata dosha is the main cause, so in this study effort is made to pacify Vata guna by Agnikarma and to relieve pain by removing pain causing neurotransmitters from the blood, thus help in reducing the pain. Godanta is collected from dead cow from Slaughters house, it is a waste product, here an attempt is made to make best out of waste, as Godanta is mentioned one among Dahanopakarana and it is found that the Agnikarma with Godanta gives good result in pain management of janusandhigata Vata.

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