

CASE STUDY

# Ayurveda Management of *Snayugata Vata* (Medial Epicondylitis) w.s.r to Sports Medicine - A Case Study

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## ABSTRACT

**Introduction:** Sports medicine addresses injuries related to physical activity. *Kreeda Chikitsa* is a specialized division under Ayurveda which treats injured sports person on emphasizing personalized, *dosha*-based therapies. Medial epicondylitis (golfer's elbow) a common overuse injury is clinically seen in Ayurveda as *Snayugata Vata*, characterized by *Ruk* (pain), *Stamba* (stiffness), and *Akunchana Prakunchana Vedana* (pain on movement). This study presents the Ayurvedic management of medial epicondylitis using internal and external interventions over a period. **Methods:** A 24-year-old male athlete presented with pain and stiffness in the right elbow, diagnosed clinically with medial epicondylitis (Golfer's elbow). Based on Ayurvedic examination it was diagnosed as *Snayugata Vata*. Both Ayurvedic internal medications and external treatment are incorporated for stipulated period. Progress was evaluated using the Mayo Elbow Performance Score (MEPS). **Results:** The MEPS score improved from moderate disability to good function over 21 days. The patient reported significant reduction in pain, stiffness, and improved range of motion and grip strength. **Discussion:** In *Snayugata Vata* the *calatwa guna* of *Vata* is vitiated due to repeated activity of joints which leads to *Lakshana* of *Snayugata Vata*. The *Vata*-pacifying and anti-inflammatory properties of selected drugs and therapies played a crucial role in tendon healing. The traditional *Kreeda Chikitsa* principles with modern assessment tools like MEPS demonstrated measurable improvement and validated Ayurvedic interventions in sports injuries. **Conclusion:** Ayurvedic management through *Kreeda Chikitsa* breaks the pathophysiological concept of medial epicondylitis and offers an effective, safe, and holistic approach to *Snayugata Vata* (medial epicondylitis) especially in young and active individuals.

**Key Words** *Kreeda Chikitsa, Medial epicondylitis, Sport medicine, Snayugata Vata*

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## INTRODUCTION

Sport medicine deals with knowledge of scientific validation in aspects of exercise and injury prevention. The first meeting of Sport medicine was held at Germany in the year 1912<sup>1</sup>. Sport medicine in ayurveda is explained under the concept of *Kreeda* Ayurveda This word is not found in the

*brihat trayees* and *Laghu trayees*. It is newly coined word. The branch of ayurveda which deals with the *Svasthya Samrakshana Charya* and performance improvement of a person who engages himself in sports<sup>2</sup>. Sports injuries are divided into two broad categories, acute and chronic injuries. Acute injuries happen suddenly,

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such as when a person falls, receives a blow, or twists a joint, while chronic injuries usually result from overuse of one area of the body (repetitive overload) and develop gradually over time. Examples of acute injuries are sprains and dislocations, while some common chronic injuries are tennis elbow, Golfer's elbow and stress fractures. Medial epicondylitis or "golfer's elbow" is a pathology commonly encountered by orthopedic surgeons. Despite an overall prevalence of, 1%, medial epicondylitis may affect as many as 3.8% to 8.2% of patients in occupational settings. Medial sided pathology can be found in as many as 10% to 20% of patients with epicondylitis. The primary mechanism of injury is repetitive eccentric loading of the muscles conducting wrist flexion and forearm pronation combined with valgus overload at the elbow<sup>3</sup>. *Acharya Charaka* has mentioned that *Nidana Sevana* aggravates *Vata* and the *Prakupita Vata* gets accumulated in *Rakta Srotas* and gives rise to various generalized and localized diseases<sup>4</sup>. In this case study the presentation of Medial epicondylitis the presentation are correlated with *Snayugata Vata* where *Vata Prakopa* in *Kurpara sandhi* region which causing stiffness and associated complaints. The treatment protocol has been scheduled both internal medication and external therapies for stipulated time period to restore the condition.

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Name – XYZ

Age – 24 years

Gender – Male

Sports involved – Javelin

### CHIEF COMPLAINT

Patient came to Panchakarma OPD with presenting Complaint of pain in medial aspect of elbow joint and noticed difficulty in movement of elbow for past 4 months.

There are no associated complaints like radiating pain and numbness noted.

### HISTORY OF ILLNESS

Patient was apparently normal before 4 months, as he his involved in sports training regularly, due to excessive repetitive activity which results in sprain at medial aspect of elbow region which eventually developed severe pain, stiffness and restriction of movements. The personal history, General examination, *Ashta sthana pareeksha* and *Dasavidha sthana pareeksha* are detailed in Table 1, Table 2, Table 3, Table 4.

### MEDICAL HISTORY

Patient was previously under allopathy medication for past 15 days.

### FAMILY HISTORY

No relevant family history noticed

**Table 1** Personal history

|                    |              |
|--------------------|--------------|
| <b>DIET</b>        | <b>Mixed</b> |
| <b>APPETITE</b>    | Regular      |
| <b>SLEEP</b>       | Sound        |
| <b>BOWEL</b>       | Regular      |
| <b>MICTURITION</b> | Normal       |
| <b>HABITS</b>      | NIL          |
| <b>ADDICTIONS</b>  | NIL          |

**Table 2** General examination

|                 |                   |                   |               |
|-----------------|-------------------|-------------------|---------------|
| <b>BP</b>       | <b>120/80mmHg</b> | <b>NAILS</b>      | <b>Normal</b> |
| <b>RR</b>       | 16                | <b>LYMPHNODES</b> | Normal        |
| <b>EDEMA</b>    | Absent            | <b>WEIGHT</b>     | 76 Kg         |
| <b>ICHTERUS</b> | Absent            | <b>PALLOR</b>     | Absent        |
| <b>PR</b>       | 69                | <b>CYANOSIS</b>   | Absent        |

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**Table 3** Ashta sthana pareeksha

| NADI  | Vata Pitta | SHABDA  | Madhyama      |
|-------|------------|---------|---------------|
| MALA  | Nirama     | SPARSHA | Anushnasheeta |
| MUTRA | Stream     | DRIK    | Pravara       |
| JIHWA | Nirlipta   | AKRUTHI | Pravara       |

**Table 4** Dasavidha pareeksha

| PRAKRUTI  | Vata pitta | SATMYAM        | Sarvarasa |
|-----------|------------|----------------|-----------|
| VIKRUTI   | Vata       | SATVAH         | Madhyama  |
| SARA      | Mamsa      | VAYAH          | Bala      |
| SAMHANANA | Madhyama   | AHARA SHAKTI   | Madhyama  |
| PRAMANAM  | Madhyama   | VYAYAMA SHAKTI | Pravara   |

### LINE OF TREATMENT

*Snayugata Vata*, the vitiated *Vata* moves in the body and settles down in *Snayu* and produces *Shoola*,

**Table 5** Shamana Aushadha

| S.No | MEDICINE                      | DOSAGE | ANUPANAM                   | TIME              |
|------|-------------------------------|--------|----------------------------|-------------------|
| 1.   | <i>Dhanwantharam Kashayam</i> | 15ml   | 45ml of luke warm of water | BID – BEFORE FOOD |
| 2.   | <i>Trayodasanga Guggulu</i>   | 500MG  | 45ml of luke warm of water | BID – BEFORE FOOD |
| 3.   | <i>Myostal</i>                | 500MG  | 45ml of luke warm of water | BID – AFTER FOOD  |

**Table 6** Panchakarma procedures

| S.No | PROCEDURE                | MEDICINE                        | DURATION |
|------|--------------------------|---------------------------------|----------|
| 1.   | <i>Sthanika Abhyanga</i> | <i>Murivennai</i>               | 21 days  |
| 2.   | <i>Lepana karma</i>      | <i>Kottamchukkadi chooranam</i> | 21 days  |

### ASSESSMENT CRITERIA

Mayo Elbow Performance Score (MEPS)

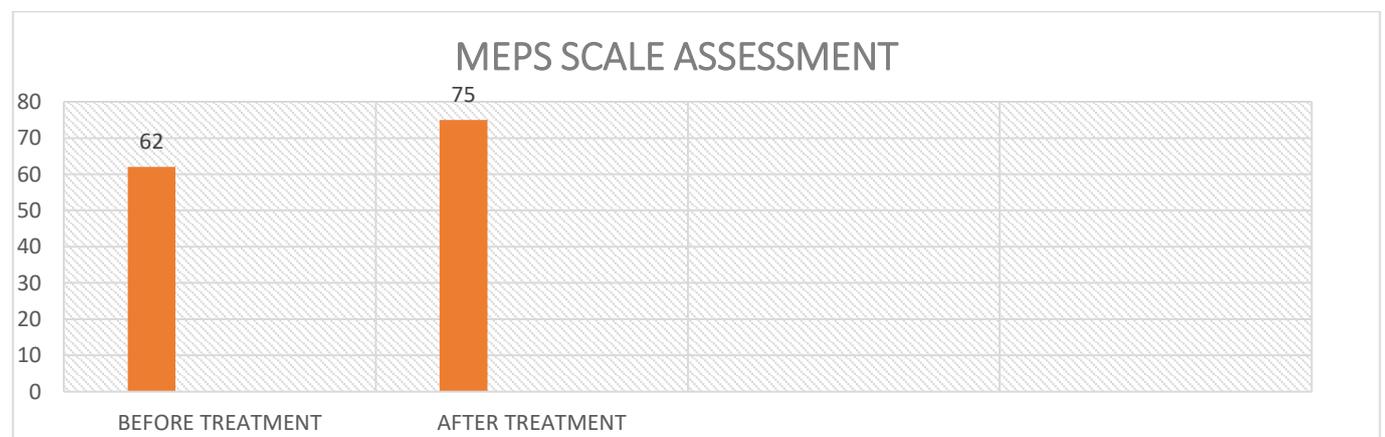
### RESULTS

After completion of treatment, the patient condition was reassessed. The patient's stiffness is reduced and

*Stambhana*, *Kampa* etc<sup>5</sup>. In classics the line of treatment mentioned for *Snayugata Vata* are *Snehana*, *Lepa* is incorporated in the case study. The *Shamana aushadha* listed in Table 5 and *Panchakarma* procedure are explained in Table 6. The assessment was done before and after treatment by Mayo Elbow Performance Score (MEPS)<sup>6</sup> where the high value indicates good function of elbow joint and low value indicates impaired function of elbow joint.

### INTERVENTION PLAN

movement improved. MEPS Score increased from 62 to 75 in 21 days mentioned in Figure 1. The condition was stable in the follow-up period of 1 month.



**Figure 1** MEPS Score

### DISCUSSION-PROBABLE MODE OF ACTION OF INTERNAL MEDICINE

*Dhanwantaram kashayam* is an Ayurvedic formulation which is used to treat various health ailments. *Dhanwantaram kashayam* is usually used to

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treat the diseases of the nervous system like paralysis, quadriplegia, hemiplegia and tissue wasting. It naturally provides strength to the muscles and nervous system<sup>7</sup>. Due to the presence of *Vata* pacifying herbs it helps to relieve *Vata* disorders like numbness, pain, swelling, rheumatic disorders, diseases of uterus, spondylosis and hernia. The ingredients like *Ksheerakakoli*, *Meda*, *Mahameda*, *Sariva*, *Bala*, *Kulthi*, *Bilva*, *Shyonaka*, *Patala*, *Gambhari*, *Kantakari*, *Gokshura*, *Manjishtha*, *Kakoli*, *Lal chandan*, *Jeevak*, *Rishabhaka*, *Shaileyam*, *Agaru*, *Punarnava*, *Shatavari*, *Ksheerashukla*, *Haritaki*, *Mulethi*, *Bibhitaki*, *Amla*, *Mashaparni*, *Dalchini*, *Elaichi*, *Tejpatta*, *Mudgaparni* are effective in pacifying the *Prakupita Vata dosha*, Effect on *Dhatu* like *Rakta*, *Asthi*, and *Rasa*, Effect on organs like Muscles, nerves, joints, and bones.

**Trayodashang guggulu** is an important Ayurvedic polyherbal formulation containing *Babula* (stem bark of *Acacia nilotica*), *Ashwagandha* (roots of *Withania somnifera*), *Hapusa* (fruits of *Juniperus communis*), *Guduchi* (stem of *Tinospora cordifolia*), *Shatavari* (roots of *Asparagus recemosus*), *Gokshura* (fruits of *Tribulus terrestris*), *Devadaru* (roots of *Argyria nervosa*), *Rasana* (roots and leaves of *Pluchea lanceolata*), *Satavha* (fruits of *Anethum sowa*), *Sati* (rhizome of *Hidichium spicatum*), *Yavani* (*Trachyspermum ammi* fruits), *Sunthi* (rhizome of *Zingiber officinale*), *Shuddha Guggulu* (exudates of *Commiphora mukul*) and *Goghrit* (ghee). **Trayodashang Guggulu** is *Guggulu* based herbal formulation<sup>8</sup>. It aids in strengthening of ligaments, muscles, bones and joints. It is efficient in problems related to the musculoskeletal and nervous system.

**Myostal** is a comprehensive Ayurvedic patent formulation from the rich scientific repository of

Ayurveda for the management of joint disorders. The main ingredients in *Myostal*, *Musta* (*Cyperus rotundus*) and *Guggulu* (*Commiphora wightii*) are time tested and documented for their anti-inflammatory and anti-arthritic effect. Additionally, *Myostal* contains potent anti-arthritic classical formulations like *Mahayograj Guggulu* and *Simhanad Guggul* which helps in relieving the stiffness and improves the mobility of joint.

## PROBABLE MODE OF ACTION OF EXTERNAL THERAPIES

**Abhyanga** does not have their actions confined to skin alone. The drugs with which these are boiled permeate through the skin and reach different tissue elements of the body. *Murivennai* is said to be the best in treating *Snayugata Vata* and all the details pertaining to its ingredients are explained. The medicated oil used for massage remain in the skin for 300 seconds and gradually and consecutively permeates through different tissues elements like *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*<sup>9</sup>. **Abhyanga** acts on the site for *Vatadosha*, **Abhyanga** directly acts on the lymphatic drainage. Lymph exhibits large amount of amino acid tryptophan. The internal fluid of the skin is subjected to movement in the massage because of osmotic pressure. Thus, massage results into mechanical hydrostatic pressure in the extra-cellular compartment. Massage helps fluid enter into viscera, tissues and dilute the accumulated toxins. After the completion of procedure, when it refills the peripheral vessels, the diluted toxins are brought into general circulation and during the course; they are expelled out via elimination procedures<sup>10</sup>.

**Kottamchukkadi Lepa Choorna** is a herbal formulation, ingredients used in the drug are *Kushta*, *Shunti*, *Vacha*, *Shigru*, *Lashuna*, *Kartoti*, *Devadaru*, *Sarshapa* and *Rasna*. *Kushta Is Vatakaphahara*,

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*Ushna Veerya*, *Laghu Guna* and has antiarthritic property. *Shunti* subsides *Vatakaphadosha* and dries away *Kapha* and *Ama*. *Vacha* has the properties like *Deepana* (appetizer) and *Pachana* (digestives), *Vatakapha Shamana*. *Shigru* has the properties like *Kaphavatahara*, *Deepana* and *Shothaghna*(anti-inflammatory). *Lashuna* digests *Ama* circulating in the body and lodging in the joints. It pacifies *Vyanavayu* and removes joint edema and pain. *Kartoti* has an anti-inflammatory action. *Devadaru* has *vata shamaka* properties. *Sarshapa* having *Katu Rasa* and *Teekshna* guna and it alleviates *Vatakapha Doshas* and improves *Agni*. *Rasna* has the qualities like *Vedanasthapana* (analgesic) and *Vata shamaka*. Attempt has been made to study physicochemical analysis of the drug. The ingredients of the drug has *Tridosahara*, *Dipana*, *Pachana*, *Shothahara*, *Vedanasthapana*, *Stambhanasana Guna* along with antiarthritic, anti-inflammatory properties<sup>11</sup>. The pharmacological action of topical drug relies on penetration through the stratum corneum and permeation into the lower layers of the skin. The topically applied drugs may have depot effect such that they accumulate for a prolonged time in the stratum corneum, epidermis, dermis and subcutaneous tissue to form a reservoir, from which there is a sustained release of drug into the surrounding tissues. The drug may travel from the surface of skin via hair follicles or sweat glands to reach the lower layers. At the dermal layer level, the drug may enter into the local blood vessels for distribution to deeper tissues. Thereafter, the uptake of the drug from the dermal microcirculation into the systemic circulation occurs. Ultimately, the drug diffuses deeper into inflamed tissues and gets absorbed via lymphatic drainage<sup>12</sup>.

## CONCLUSION

For the sports persons, *Brimhana* and *Rasayana Dravyas* are responsible in enhancing the performance. The kapha dosha plays vital role in concept of *Brimhana*, here the vitiated *Vata* diminishes the function of *Kapha* and accumulated in *Snayu*. *Snayugata Vata* is the disorder of *Snayu* and *Vata*. *Ativyayama*, *Aticheṣṭa* and *Abhighata* are the major contributory *Nidanas* which leads to the vitiation of *Sthanika Vata* which further leads to *Dhatuvaishamyas*. The main component for the occurrence of *Snayugata Vata* are *Vata Prakopa Nidana*, *Prakupita Vyanavayu*, *Dhatuvaishamyas*. Medial epicondylitis is due to the mechanical overload occurring due to repetitive activity which leads to strain in tendon. The specific Ayurvedic treatment modalities by incorporating the idea of *Kreedā Chikitsa* may help to contribute in the healing and regeneration of tissues which is cost effective and thereby beneficial for the welfare of the person involved in sports.

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