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A Critical Approach on Treatment Modalities of *Janusandhigatavata*

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ABSTRACT

Janusandhigatavata is one of the slowly progressive disorder seen in late forty's. Person will become handicap due to severe damage of knee in advanced stage of the disease. There is description on *Janubheda* in *Vatajananatmja vikaras* of *CharakaSamhita*. It comes under *gatavata* type of disorders. Swelling of the, difficulty in flexion and extension and crepitus of the affected knee are the typical clinical features explained in the classics. There are variety of treatment modalities mentioned in ayurvedic classics include mainly *panchakarma* (pentabiopurification) technique.

KEYWORDS

Janusandhigatavata, Osteoarthritis, Panchakarma, GataVata



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INTRODUCTION

Janusandhigatavata means abnormal *Vata* residing in the knee resulting in the manifestation of symptoms. Ancient system of medicine, Ayurveda has its own impact in controlling the progression of disease. *Panchakarma* (Pentabiopurification) is an asset to an Ayurvedic physician to treat various ailments like arthritis. *Janusandhigatavata* is one of the slowly progressive disorder seen in late forty's. Person will become handicap due to severe damage of knee in advanced stage of the disease. There is description on *Janubheda* in *Vatajananatmja vikaras* of *Charaka Samhita*¹. It is *gatavata* type of disorder coming under *asthi majjgata* (Bone and bone marrow) *vikara* (Disorder)². Swelling of the knee, difficulty in flexion and extension of knee and crepitus of the affected knee are the typical clinical features explained in the classics³. *Janusandhigatavata* can be correlated with Osteoarthritis of knee in contemporary system of medicine. Usually arthritis will affect the weight bearing joints like knee, hip etc.

Incidence and prevalence:

The reported prevalence of Osteoarthritis in rural India is 5.78%⁴. Only 25-30% of OA are symptomatic even though 80% of

prevalence rate at the age of 65⁵. Global prevalence of symptomatic OA among men will be 9.6% and among women⁶ is 18%⁵.

Treatment of *Sandhigatavata*:

All Vatic disorders are difficult to cure but always an effort should be made to treat. Patient may get rid of the ailment due to god's grace. *Janusandhigatavata* comes under the general classification of *Vatavikara* (Vatic ailments), all the treatment modalities like *Snehana* (internal and external oleation), *Swedana* (Sudation) and *vasti karma* are highly useful. *Panchakarma* modalities of treatment being explained in *Asthivaha srotogata vikaras* (Disorders of Channels of bone tissue) by Acharya Charaka. Further he has emphasized the *tikta rasa dravyasadhita vastikarma* (Enema therapy with drug possessing bitter taste) in the same⁷.

Even Acharya Charaka and Vagbhata have mentioned the importance of internal and external oleation therapies in bone and bone marrow tissue related ailments^{8, 9}. Here internal oleation include *snehapana* (drinking of medicated ghee, oil etc), *vastikarma* (fat enema) etc. External oleation therapy include *Abhyanga* (Oil massage), *Januvasti* (Retaining medicated liquid over the knee joint in a specific manner), *Januseka* (Pouring of medicated



liquid on knee) etc. *Snehana* (Oleation), *Upanaha* (A kind of sudation), *Agni Karma* (Cauterization), *Bandhana* (Bandaging) and *Mardana* (A kind of massage technique) are the treatment modalities mentioned by Acharya Sushruta¹⁰.

Discussion on treatment modalities on Janusandhigatavata:

Agni Karma (Cauterization): A special procedure where in metal rod by the name *Jamboushtashalaka* is made red hot and applied over the knee. Part is cleaned with *triphal* decoction before the application of the rod. Later aloe vera gel is applied on the area. This process acts as instant pain reliever. Hot application to the part will result in immediate improvement in circulation.

Upanaha (A kind of Sudation): is a specialized *swedana* technique highly useful in Vatic ailments. Initially medicated oil massage is carried to the affected knee. Later various medicines which mitigate *Vata* (one among the three humoral factors) are made into paste and applied to the knee. It is then tied or covered with castor leaves. It will generate heat in the area as well as mild irritation, resulting in penetration and absorption of medicaments. It will improve the circulation resulting in reduction of pain and swelling of that part.

Snehana (Oleation): It includes both external as well as internal oleation.

Snehapana (internal Oleation): Drinking of medicated fatty materials will curb the morbid *vata* (one among the three humoral factors) due to its opposite qualities.

Sneha or *Anuvasana* or *MatraVasti* (Medicated fat enema): Even *anuvasana* or *snehavasti* (fat enema) karma will be highly efficacious in Janusandhigatavata. Acharya Charaka mentioned the importance of *tikta rasa dravyasadhita ghritavasti* (medicated ghee prepared from bitter drugs) in *sandhigatavata*. Drugs possessing bitter taste is essential in rebuilding of bone tissue where as ghee will nullify the *Vata dosha* (One of the three humoral factor). Even medicated enema not only cleanses the colon but also maintains the growth of normal intestinal flora. Acharya Sushruta mentioned that *asthidharakala* and *pureeshdharakala* are having similarities. Hence *Vasti karma* (medicated enema) is the most ideal therapy to be adopted in *Janusandhigatavata*.

Abhyanga (External oleation/Massage): *Abhyanga* can be done with *taila*'s (oil) like *ketakimooladitaila*, *murivenna* etc are highly efficacious in *Janusandhigatavata*. *Abhyanga* (oil massage) with above



mentioned taila's will reduce the localized morbid humoral factor.

JanuVasti: A specialized procedure where in medicated oil is made to retain over the knees by using a ring made up of black gram. *Taila* (Oil) having luke warmth is poured within the ring and retained for 45 minutes. Procedure is to be continued for a minimum period of seven days or even more. *Taila* (Oil) not only curb the morbid *Vata* (Humoral factor) but also having action on the *Asthidhatu* (bone tissue) such as *Ketakimooladitaila* or *Balataila* etc can be used. Absorption of fatty material through the skin will improve the quantity of synovial fluid inside the knee joint. It results in less friction of joints leading to diminution of crepitus of the affected joint. These medicated fatty materials having exactly opposite features of *Vata dosha* (one among the three humoral factor) there by prevents the progression.

JanuSeka or Janudhara: A specialized external oleation procedure where in medicated liquids are poured on to the affected knee in continuous manner for a stipulated period. *Janu vasti* is superior to *januseka* due to retention capacity of the former one. The fatty material absorbed in *januvasti* and *dhara* will reach up to *majjadhatu* (bone marrow tissue). Hence

these procedures will derange the progression of the disease.

CONCLUSION

Janusandhigatavata is commonly seen after fourth decade of life. One of the degenerative joint disorders commonly affecting the weight bearing joints. Radiological evidence of OA of knee will be after the age of 65. *Panchakarma* (Penta bio purification) treatment modalities have major role in controlling the progression of the disease. Different *panchakarma* (Penta bio purification) modalities can be selected according to the stage of the disease. Among all the *panchakarma* (Penta bio purification) modalities *Vasti karma* (medicated enema therapy) has great impact on *Janusandhigatavata* as well as other vatic ailments. All these kinds of diseases can be prevented with *panchakarma* (Penta bio purification) along with *shamana* (conservative line of treatment) and *rasayana* (rejuvenation) therapies. Disease will never recur, as it is uprooted by means of *Panchakarma/Shodhana* (Penta bio purification).



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