

Compilation of Role of Panchkarma in Osteoarthritis – A Critical Review

Dr. Aquib¹, Dr. Hemant Toshikhane², Dr. Harish Daga³, Dr. Kapil Sharma⁴

¹PG scholar department of Shalyatantra, Parul Institute of Ayurved, Parul University, Vadodara Gujarat, India

²Dean & Principal Parul Institute of Ayurved, Parul University, Vadodara Gujarat, India

³Associate professor, department of shalya tantra, parul institute of ayurved, Parul University, vadodara, Gujarat, India

⁴Research Officer (Ayurveda) Ministry of Ayush, Government of India

1. Introduction

Osteoarthritis or degenerative Joint Disease (DJD) is the disease of geriatrics. Till the age of 55, it occurs equally in both sexes; after 55 the incidence is higher in women. The disease Osteoarthritis may be regarded as a reward for longevity. It seems the man has paid the price for standing on hind limbs in the form of Osteoarthritis of weight-bearing joints of the body. The incidence of osteoarthritis in India is as high as 12%. Osteoarthritis is the most common articular disorder begins asymptotically in the 2nd and 3rd decades and is extremely common by age 70. It is estimated that approximately four out of 100 people are affected. Almost all persons by age 40 have some pathologic changes in weight-bearing joints. 80% of persons above 60 years will have some radiological evidence of degenerative pathology of joints.

The disease Arthritis causes work disability. It limits everyday activities such as walking, dressing, bathing, etc., thus making individuals handicapped. No satisfactory treatment is available which can prevent or reverse the disease process. In modern Medical science, mainly analgesics, anti-inflammatory drugs or surgery are the options for the treatment of Osteoarthritis, without providing remarkable recovery, but causes great adverse effects. Researchers are trying their level best for making drugs which can prevent or slows down or reverse the joint damage.

In Ayurveda, general line of treatment for *Vata Vyadhi* has been described by *Acharya Vagbhata* i.e. repeated use of *Snehana* and *Swedana*, *Basti* and *Mrudu Virechana*. *Acharya Sushruta* has mentioned the treatment for *Sandhigata Vata* clearly i.e. *Snehana*, *Upanaha*, *Agnikarma*, *Bandhana* and *Unmardana*. The approach of Panchkarma therapy whether it is preventive or curative is the main specialty as it is the complete form of treatment and providing the ultimate goal of health.

Aims & Objective- A compilation of management of osteoarthritis with different Panchkarma modality.

2. Material & Methods

Panchakarma eliminate vitiated *Dosha*, enhancement in digestion and metabolism, diseases are cured, normal health is restored, sense organs, mind, intelligence and complexion becomes clear, person is not affected by old age and lives long disease free life. *Vata* is responsible for the formation, communication and spread of *Sweda*, *Mala*, *Mutra*, *Kapha* and other biological substances in the body. This is why *Basti* is said to be the *Ardha Chikitsa* (half of the whole treatment) and sometimes a complete treatment. *Basti Karma* is regarded as the prime treatment modality among the Panchakarma. *Basti Karma* is the principal treatment for *Vataja* disorders. It deserves a special place among the Panchakarma as being the most indicated procedure in *Vridha* (old age) and having wide range of benefits. It is multifaceted and highly appropriate therapeutic measure in the conditions occurring in *Vridha*.

Types of Basti that may be used in Vridha are:

1. *Niruha Basti* – Due to its properties of *Vayasthapana* and *Ayursthapana*.
2. *Yapana Basti* – due to its property of *Ayu Yapana*.

3. *Siddhabasti* – Due to properties of *Arogyakarana* and *Varnakarana*.
4. *Sneha/ Anuvasana Basti* – Due to properties of *Vatahara* and *Brimhana*.
5. *Matra Basti* – due to properties of *Balya*, *AlpaAgni Sandhukshana* and special reference to *Vridhdha*.
6. *Brimhana Basti* – due to property of *Rasadi Dhatu Vridhhi*.
7. *Shamana Basti* – due to property of *Dosha Shamana*.
8. *Deepana Basti* – due to property of *Agni Sandhukshana*.
9. *Yapana Basti* – It is a special type of *Basti*, which is having the property to support life and promote longevity. *Taila* is best drug for alleviation of *Vata* due to *Ushna*, *Guru* and *Snigdha* properties. A combination of both *Madhu* and *Taila* improves the excellence of *Shukra* and alleviate *Vata*. *Niruha* is *Lekhana* and *Anuvasana* is *Brimhana*. *Yapana Basti* is having both the actions and hence *Anuvasan Basti* is not required. So *Yapana Basti* can be given continuously because it has no complications.
10. *Guduchi Siddha Ksheerbasti* – It is specially indicated in *Sandhigatvata* and can be applied in degenerative disorders like osteoarthritis, osteoporosis, etc.

Special dosage of *Niruha Basti Dravya* – 10 *Prasrita* according to *Charaka* and 20 *Prakuncha* according to *Vagbhata*, after 70 years of age, up to which the adult dose of 12 *Prasrita* / 24 *Prakuncha* is maintained. Dosage of *Matra Basti* - 60 ml. It can be given in *Bala* and *Vridha* every day. *Abhyanga* with *Mahamasha* or *Narayan Taila* followed by *Swedana* should be daily regimen. c. Shaman drugs d. Suitable *Pathya* and *Apathya* measures of *Vatavyadhi*.

Conventional medical therapy does not have health promoting agents for prevention of geriatric disorders. Ayurveda on the other hand especially Panchakarma plays a vital role that improves physiological processes that influence metabolic and immunological status.

Previous Research Work Done On Panchkarma -

Mayuri R Shah et al. A Clinical study of *Matra Basti* and an *Ayurvedic* indigenous compound drug in the management of *Sandhigata Vata* (osteoarthritis) total 33 patients were randomly divided into two groups. Group –A 16 patients (*Sarvanga Abhyanga-Swedana* + *Matra Basti*) and 17 patients in group B (*Sarvanga Abhyanga* – *Swedana*+ *Matra Basti*+ indigenous compound drug). Complete remission found in 43.75% patients in Group A and 23.52% patients in group B. Marked improvement was found in 37.50% patients in Group A while 47.05% patients in group B. moderate improvement was found in 18.75% in patients in group A and 29.41% patients in group B.

Gyan Prakash Sharma et al. Efficacy of *patra pottali swed* & *janubasti* in osteoarthritis w.s.r. To knee joint (*janu-sandhivata*). In this trial all the 90 patients were divided in three groups of 30 patients in each group. In group B (*Janu Basti*) better improvement as compared group A (*Patra Pottali Sweda*).

Prasanth D et al. Clinical study to evaluation the efficacy of *Janu Basti* and *Janu Pichu* with *Murivenaa Taila* in *Janu Sandhigata Vata*. *Janubasti* of *Murivenna* provided a better relief in *Janu Sandhigata vata* mainly in pain, stiffness, gait, tenderness, swelling, crepitus and range of movements clinically and on pain and gait statistically as compared to *Janu Pichu*. *Murivenna taila* has acted both as *Snehana* and *Svedana* along with the combination of pharmacokinetics of the drugs it brought better relief in of *Janu sandhigata vata*. Due to *Murivenna Taila* has *Vatahara* property.

Kaushik Raman et al. “*JANUBASTI AND NADI-SWEDANA IN JANU SANDHIGATA VATA: A CASE STUDY*” International journal of ayurvedic & herbal medicine 5(6) Nov.-Dec.2015(2067-2071) *Janu Basti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata* in the affected joints, muscles and soft tissues.

Wadhwa Ritu et al. “*Role of Nirgundi Taila Janubasti in Janu Sandhigata Vata*”. *Nirgundi Taila Janu Basti* was very beneficial to reduce the intensity of *Vataporna Drutisparsha*, *Shoth* (Swelling), *Shula* (pain), *Prasarana-Akunchan Vedana* (painful movement). The effect was long lasting after follow-up also. The WOMAC scale showed marked improvement after the treatment. Amongst the 6 patient with the *Nirgundi Taila Janubasti* 4 patient got excellent relief & 2 got moderate relief statistically. Oil absorbed through skin & produces an action according to the properties of *Nirgudi*, it has analgesic, anti inflammatory and rejuvenative.⁷

3. Conclusion

In the old age, there is dominance of *Vata Dosha*, so *Basti* treatment is regarded as the prime treatment modality among the Panchakarma. *Basti* is having not only curative action but also preventive and promotive actions. It constitutes half and sometimes whole of the treatment, especially in geriatric disorders. It *Basti* is multifaceted and highly appropriate therapeutic measure in the conditions occurring in *Vridha*.

Janu Basti is form of *Snigdha Swedana* in which both effects i.e. by means of action of oleation as well as hot fomentation. It is effective therapeutic management of joint pain like knee, lumber, neck etc in *Vridha*. It has no side effect and an effective therapy. The explained pharmacodynamic action through oleation, heat mechanism and gait control theory of pain, all this factors are reduced joint pain. It improves the local metabolic activity in joint cause analgesic, anti-inflammatory and anti spasmodic activity.

Further researches are required on these Panchkarma procedure. On the basis of our texts and previous research work done we can conclude both *Basti Karma* and *Janu Basti* can improve quality of life in osteoarthritis.

4. References

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