

Case Study

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The effect of Brihat Vishnu Taila Snehapana in the management of Janu Sandhigata Vata- A case study

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Abstract

Keywords

Sandhigatvata,
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Brihat Vishnu taila

Sandhigat vata (Osteoarthritis) is a progressive degenerative condition of joints. Osteoarthritis is a disorder characterized by progressive joint failure in which all structures of the joints undergo pathologic changes. Among these Janu sandhigat vata is common. Janu sandhigat vata responds well to Samanya vataupakramas viz., Snehan, Swedan, Mridu samshodhan, Basti. Brihat Vishnu Taila has Vatahar properties and useful in Sandhigatvata mentioned in Bhaishajya Ratnavali. Present case is 60 yrs old male patient diagnosed with Janusandhigatvata treated with Shaman Snehapana with Brihat Vishnu taila for 15 consecutive days.

Introduction

Ayurveda has described all aspects of human health and diseases, and showed the ways to deal with them in detailed preventive and curative aspects. Sandhigata Vata is one of the diseases which has troubled mankind since thousands of years to till date. It is usually considered to be an ailment related to geriatric population but also found asymptotically in 2nd and 3rd decades of one's life. It is extremely common after 60 years of age.

In the classification of diseases our *ACHARYAS* have given Importance to *VATA VYADHI*. (1) *Vata vyadhis* are described under *ASHTA MAHAGADA* by Acharya Charaka. Which shows the importance of Vata dosha and Vata Vyadhis among all diseases. Sandhigata vata (2) has been described as an independent clinical entity in Ayurvedic Samhitas and has been discussed under the chapter of Vata vyadhi adhyaya in Brihattryee.

The etiological factors for Vatavyadhi are also considered as the etiological factors for Sandhigata vata. In classical texts, Janu sandhigata vata is characterized by sandhishula (joint pain), sotha (inflammation), prasarana-akunchanapravruttivedana (pain during flexion & extension of the joint). In the samprapti of Sandhigata vata- Sandhi is afflicted by prakupitavata. Sandhis are one of the types of Marma and form a part of madhyamarogamarga. Thus involvement madhyamarogamarga, marmagatadosha and dhatukshaya make the disease kastasadhya or krucchrasadhya. It can be correlated with Osteoarthritis of the Knee joint.

Osteoarthritis or degenerative joint disease results as a consequence of articular cartilage failure induced by multifactorial etiology. There are numerous pathways that lead to Osteoarthritis, but the initial step is often a joint injury which leads to a failure of protective mechanisms.

Prevalence of knee Osteoarthritis (OA) ranks globally among the 50 most common squeal of diseases and injuries, affecting over 250 million people or 4% of the world's population. Of the global disease burden for OA, knee OA constitutes 83%. A heterogeneous group of conditions that leads to joint symptoms and signs which are associated with defective integrity of articular cartilage, in addition to related changes in the underlying bone and at the joint margins"

Osteoarthritis in India is 28.7% (22-39%)¹. It is the second most common rheumatological problem. This disease is associated with some factors such as obesity, lack of exercise, occupational injury, gender, age. According to WHO, 9.6% men and 18% women aged over 60 years have symptomatic OA.

In modern time of globalization, where there are so many lifestyle changes, due to cut throat competition people are having stressful and hectic lifestyle, not able to take good care of their health, consuming packaged food, fast food. improper sleep, neglecting natural urges (vega), traveling a lot, inappropriate standing and sitting postures,

leading to exertion, all these result in vatakupita which result in nanatmaj vata yadhi like Janu Sandhigata Vata. Causing restricted movements of Lower Limb thereby limiting productivity and hampering lifestyle of the common man. Despite technological advances in modern medicine, there is no permanent solution for OA, in allopathy NSAIDs, Intra-Articular, Oral and Injectable Steroids, physiotherapy didn't give Complete relief to patients causing debility for a longer duration of time, there is a chance of recurrence. An Ayurvedic approach is helpful to improve quality of life in the patient of Sandhigata vata and to a certain extent by administering the Ayurvedic treatment, surgical intervention can be avoided or postponed. So, the the present case shows effect of Brihat Vishnu Taila Snehapana in the Management of Janu Sandhigata vata.'

There are 03 types of Snehapana described by acharya Charaka and Vriddha Vagbhata (Ashtang Hridayam):-

- 1). Shodhanartha
- 2). Shaman Snehapana
- 3). Brihan Snehapana

Acharya Vagbhata has described a detailed description of shaman snehapana, where Shaman Sneha is used to pacify the dosha's and not to expel them out. Hence, it's a very useful practice for treating patients as compared to Abhyantarshodhanartha Snehapana.

शमन स्नेहपान

शमन क्षुदवतो ऽनन्नो मध्यम मात्रश्च शस्यते । (अ . ह . .
/)

Hence Acharya quote to give Shamana Snehapana when there is feeling of Hunger, without food and in Madhyam matra of snehapana

Here Acharya tells us that, Tailapana in the chikitsa sutra of Nirupstambhita Sandhigata Vata.

Review of Literature

A) Disease review:-

1. *Sandhigatvata* is conditioned described by *Charakacharya* in *Vatvyadhichikitsa* as a painful condition characterized by swelling of joint along with pain during along with flexion and extension of joints, crepitus.

2. *Acharya Sushrut* in *nidansthan* has also mentioned *shoola* and *shothain sandhigatvata*

3. In *Ashtanghridayalakshan* of *sandhigat vata* described in *nidansthan*. & *chikitsa* summerised in *chikitsasthan*

4. *Madhav nidan sandhigat vata* are given in wordings of *sushrut* with *aatopaas* an extra symptom.

5. *Bhavprakash Acharya* explain the *lakshan* & *chikitsa* of *sandhigatvata* in *Vatvyadhikara* of *purvardh*.

Karma Review:-

Sneha Laabha in Vata Vyadhi -

Brihat Vishnu Taila

Snehana gives poshana (strengthening) of weak (sansushkan) dhatu. In Vata Vyadhi, frequent Snehana and Swedana is advised. Sneha causes Snigdhta of Koshtha .Thereby preventing Vata Sanchay in Koshtha.

Vata Vyadhiand Taila:-

Taila is best Vatshamaka medicine, because it has exactly opposite properties to that of Vata.

Bahu Murdhagata Vata VyadhiChikitsa :-

When vitiated Vata dosha causes diseases in above neck region and in upper limbs of body, then in such diseases vatanashakaushadhi siddha ghrita/ Taila should be used for Nasya, Snehapana (After lunch/Meal)

Vata Vyadhi Nadi Sweda, Upanaha, Abhyanga and Snehapana;-

In Vata Vyadhi, Vatanashaka Sneha and other ingredients, should be used for Nadi Sweda (vapour therapy), Upanaha(Poultice), Abhyanga (External Oleation) and Pana (Internal Oleation/ Snehapana).

Sr.No	Drug	Latin Name	Rasa	Vipaka	Virya	Guna	Doshghnata
1	Shatavari	<i>Asparagus racemosus</i>	Madhur, Tikta	Madhur	Sheeta	Guru, Snigdha	Vata-Pitta Shamak
2	Tila Taila		Madhur, Kashay	Madhur	Ushna	Snigdha, Balya	Vata-Kaphaghna
3	Godugdha		Madhur	Madhur	Sheeta	Snigdha, Guru	Vata-Pittaghna
4	Ashwagandha	<i>Whitania Somnifera</i>	Tikta, Katu, Madhur	Madhur	Ushna	Laghu, Snigdha	Kapha-Vata Shamak

5	Nagarmotha	Cyprus Rotundus	Tikta, Katu, Kashay	Katu	Sheeta	Laghu, Ruksha	Kapha-Pitta shamak
6	Jivaka/ Vidarikanda	BuerariaTu berosa	Madhur	Madhur	Sheeta	Guru, Snigdha	Vata-Pitta shamak
7	Kachur	Curcuma Zedoaria	Katu, Tikta	Katu	Ushna	Laghu, Tikshna	Vata-Kaphashamak
8	Jivanti	Ledtadenia Reticulata	Madhur	Madhur	Sheeta	Laghu, Snigdha	Tridoshaghna, Vata-Pitta shamak
9	Mulethi	Glycyrrhiza Glabra	Madhur	Madhur	Sheeta	Guru, Snigdha	Vata-Pitta shamak
10	Shatapushpa	Anethum Sowa	Katu, Tikta	Katu	Ushna	Laghu, Ruksha, Tikshna	Kapha-Vataghna
11	Devdaru	Cedrus Deodara	Tikta	Katu	Ushna	Laghu, Snigdha	Kapha-Vata Shamak
12	Padmakashtha	Prunus Cerasodius	Kshay, Tikta,	Katu	Sheeta	Laghu	Kapha-Pitta Shamak
13	Shailajam	ParmeliaPe ralata	Tikta, Kashay	Katu	Sheeta	Laghu, Snigdha	Kapha-Pitta Shamak
14	Jatamansi	Nordostach yasJataman si	Tikta, Kashay, Madhuar	Katu	Sheeta	Laghu, Snigdha	Tridoshahar
15	Eila	Elettaria Cardamom um	Katu, Madhur	Madhur	Sheeta	Laghu, Ruksha	Tridoshahar
16	Dalchini	Cinnamona m Zeylanicum	Katu, Tikta, Madhur	Katu	Ushna	Laghu, Ruksha, Tikshna	Kapha-Vata Shamak
17	Kushtha	Saussarea Lappa	Tikta, Katu, Madhur	Katu	Ushna	Laghu, Ruksha, Tikshna	Vata-Kapha Shamak
18	Vacha	Acorus Calamus	Katu, Tikta	Katu	Ushna	Laghu, Tikshna	Kapha-Vata Shamak

19	Raktachandan	Pterocarpus Santalinus	Tikta, Madhur	Katu	Sheeta	Guru, Ruksha	Kapha-Pitta Shamak
20	Keshar	Cronus Sativus	Katu, Tikta	Katu	Ushna	Snigdha	Tridoshaghna
21	Manjishtha	Rubia Cardifolia	Tikta, Madhur, Kashay	Katu	Ushna	Guru, Ruksha	Kapha-Pitta Shamak
22	Kasturi/ Kankol	Piper Cubeba	Katu, Tikta	Katu	Ushna	Laghu, Ruksha, Snigdha	Kapha-Vata Shamak
23	Shweta Chandan	Santalum Album	Tikta, Madhur	Katu	Sheeta	Laghu, Ruksha	Kapha-Pitta Shamak
24	Mudgaparni	Phaseolus Trilovas	Madhur	Madhur	Sheeta	Laghu, Ruksha	Tridosha Shamak, Vata-Pitta Shamak
25	Maashparni	Peramnus Labialis	Madhur, Tikta	Madhur	Sheeta	Laghu, Snigdha	Vata-Pitta Shamak

Duration of Snehapana – 15 consecutive days

Method of preparation of Sneha

Material :-

- For preparation of Brihat Vishnu Taila -
- 1) Shatavari kwatha - 5 pal(approx 3000ml)
 - 2) Godugdha :- 4 prastha (approx 3000ml)
 - 3) Til Taila:- 1 prastha (approx 3000ml)

Instruments :-

1. Measuring flask
2. Glass
3. Hot water

Preparation of Brihat Vishnu Taila :-

Preparation of tail for snehapana :-

Dravya mentioned in Brihat Vishnu taila are used for preparation of tail for snehapana. First of all

Tila Taila Murchana (heating) will be done. Shatavari Kuta will be mixed in 4 litres of water to get 1/4th Kwatha. Kwatha will be filtered and mixed with Tila Taila, Then Kalka dravya will mixed with water and made paste like, which will be added to shatavarikwatha and Tila Taila, this mixture will be heated on Slow fire till water part evaporates. After which Milk will be added and heated again till it evaporates. Then again for Samyak Paak 03 litres of water will be added, and heated till it evaporates completely. After samyakpaka is achieved, Kesar and kankol will be added in Oil and stored securely. Taila siddhi lakshana" will be observed and madhayampaka of taila should be done according to sharangdhar" and charak³ for pana Siddha tail kept ready for procedure.

Snehapana Procedure :-

1) Purva karma of snehapana vidhi

- Patient has advised to take light, anabhisya, ushna meal One day Prior to Snehapana.
- Examination of patient was done, a day before Snehapana to rule out any other complaints.

2) Pradhan Karma of Snehapana Vidhi

- After prior night meal is properly digested, When Patient feels hungry, and there is an Urge to take food (Kshudvat or Bubhukshit feeling) and Patient is Empty stomach then only Patient is advised to Consume Samana Sneha.
- Mudgayushawas taken as anupana .
- 20 ml sukshoshnataila was given to the patient.

3) Paschat karma of Snehapana Vidhi

- As advised Acharya vagbhata patient is instructed to follow the peyadi krama for shaman snehapana i.e. to take diet like mudgayusha, krushara, peya.
- Patient has been given Aahara (diet) only when s/he feels hungry after digestion of Taila.
- Following pathyapalan is very important to avoid Sneha vyapada
- Apathyas:-divaswap, ratrijagaran, pravasa, sheet Sevan, krodh, shoka, adhikaasana, ucchabhashana.
- Pathyas:-Bramhacharyapalan, Kshapakshaya (Avoid awakening till late night), use ushnodaka for pana and in daily routine.

Time, duration and dose of Shaman Snehapana

1. Brihat Vishnu Taila was given when a patient feels hungry, there is an urge to take breakfast and the patient is empty stomach (at 9am-10am).
2. Snehapana was given for 15 consecutive days in shaman matra.
3. Assessment was done on 1st day and 16th day after completion of snehapana.

Modification of Dose, Duration and Follow up of

Shaman Snehapana :-

1) Matra Of shaman sneha:-

According to AshtangHriday, for shaman Sneha madhyammatra of Sneha should be given which was calculated by giving hrasiyasimatrat to each patient. But this was differ from patient to patient. But According to sharangdhara³, chakradatta³ and bhavprakashmadhyam Matra of Sneha is 3 karshawhich is approx 30/20 ml. Hence 30/20ml matrais decided for Shaman Snehapana.

2) Duration of Shamana Snehapana :-

There has been no fixed duration mentioned in Samhita But Ashtang Hriday Tikakara Arundatta states that, Shamana Sneha is given till Vyadhi Shamana.

3) Follow up :- Follow up was taken on 16th day.

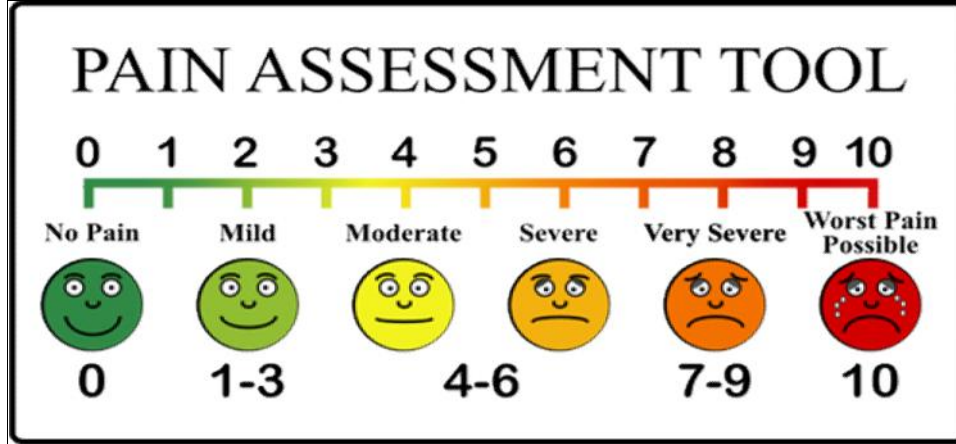
4) Observation:- After Snehapana, Sneha Jirna Lakshana were observed and recorded daily.

5) Knee OA confirmed by X-ray (according to Kellegren Lawrence scale for osteoarthritis up to grade3)

Parameters for assessment

A) Subjective Assessment :-

1.Pain by 10 cms Visual Analogue scale (VAS)



2.Crepitus

Grade 0 – No crepitus
 Grade 1 – fine on palpation
 Grade 2 – Low audible coarse (without palpation)
 Grade 3 – highly audible.

3. Akunchanprasaranpravrittivedana-

Sandhishool	Grade
None	0
Mild	1
Moderate	2
Severe	3

Assessment score-

Criteria	Before treatment	After treatment
Pain (VAS scale)	7	2
Crepitus	2	1
Akunchanprasaranpravritti Vedana	2	0

Conclusion

Osteoarthritis is 2nd most common rheumatological problem which restricts joint mobility, causes pain. Because of osteoarthritis patient’s quality of life gets hampered. In *sandhigata vata* frequently given treatment is *Shodhanai.e. basti, virechana*. Also

bahyaupakrams are used like *lepa, upanaha* to reduce the pain. *Abhyantaratailapanac* an also be effective in reducing sign and symptoms of *sandhigataavataas snehapana* is indicated in *chikitsa sutra* of *nirupastam bhitsandhigataavata*. *Abhyantasnehapana* in *shaman matra* is easy, feasible and cheaper way of treatment as compared to *Shodhanachikitsa*.

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