



## A CRITICAL REVIEW OF MASHYADI UPANAHA IN THE MANAGEMENT OF JANUSANDHIGATA VATA W.S.R. TO KNEE OSTEOARTHRITIS

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### ABSTRACT

The present scenario of life style is prone to cause many life deteriorating conditions. The field of *Panchakarma*, which deals mainly with purification of provoked *Doshas* from the body, has attained much scope to combat with these conditions. Advancement in working pattern & age-factor, both together has become prime cause for aggravation of *Vata*, which accelerates *dhatukshaya* (depletion of tissues) & *Balakshaya* (reduced strength). *Sandhigatavata* is one of such kind and when the vitiated *vata* lodges in *janusandhi* (knee joint) it is considered as *janusandhigatavata* (knee osteoarthritis). It is caused due to localized accumulation of aggravated *vata*, which leads to local pain and functional disability of effected joint. For the management of these symptoms, *Swedana* is most convenient & best procedure as it acts on stiffness, pain, heaviness. These cases are being treated with *Mashyadi Upanaha* (from a medieval literature) in *Atharva Ayurveda* Hospital, Lalganj, Uttar Pradesh, in their day to day practice with a better outcome. So, this article is an initiation to bring out an old tradition into practice and study its effect in the management of *Janusandhigatavata* in order to serve the humanity with a noble cause.

**KEYWORDS:** *Janusandhigatavata*, knee osteoarthritis, *Mashyadi Upanaha*, *Panchakarma*, *Swedan*.

### INTRODUCTION

The field of *Panchakarma* is considered for preventing and curing diseases, as well as for revitalizing entire human organism. The geriatric group due to their age factor usually suffer from degeneration of most of the weight bearing joints amongst which knee joint is the commonest victim to be suffered due to *Avaranajanya* or *Dhatukshayajanya*. These both factors are well considerable by the principles of *Panchakarma* for wellbeing of the patient specially for particular age - domain. *Shree Atharva Ayurveda* Hospital, Raibareli, Uttar Pradesh – they did this trail of folk medicine in *Dhatukshayajanya – Janusandhigatavata*.

*Janusandhigatavata* is one among *Vatavyadhi* as explained by Acharya's. It can be correlated with knee osteoarthritis because of similarity in clinical features as *sandhishoola* (joint pain), *shotha* (swelling), *Prasarana-akunchanayo pravruttschavedana* (painful joint movement) & *Sandhiatopa* (crepitation).<sup>[1]</sup> It is a common degenerative joint disorder observed in elderly. It is second common rheumatologic problem with prevalence of 22% - 39% in India.<sup>[2]</sup>

According to modern science, parathormone is principle hormone for calcium homeostasis and its main function is mobilizing calcium from bone, enhancing reabsorption of calcium from renal tubules & enhancing calcitriol. Parathyroid hormone receptors are present in bones & kidneys, which are linked to adenylatecyclase phospholipase through Ca-channels. PTH interacts with receptors on osteoblast and releases Ca from intracellular stores. Interaction of Ca with intracellular enzyme & proteins, alters the properties & increases membrane permeability. Inward movement of Ca into cells takes place there by rise in intracellular concentration of calcium.<sup>[3]</sup> This condition is being treated with calcium supplements and analgesics by the contemporary science,<sup>[4]</sup> but *Ayurveda* considers *Snehana* (oleation), *Upanaha* (poultice), *Lepa* (local application) which yields effect on all clinical features with a long term viability of relief in patients. So this study was undertaken to promote a safer and convenient mode of treatment especially for geriatric age group often suffering from *janusandhigatavata*.

## AIMS AND OBJECTIVES

- To study the effect of *Mashyadi Upanaha* on *Janusandhigatavata*.
- To revolutionize the field of *panchakarma*, by bringing out *Mashyadi Upanaha* (folk medicine) in the management of *Janusandhigatavata*.

## MATERIALS AND METHODS

*Mashyadi Upanaha* was prepared in the same hospital during the time of procedure to be performed on the patient. All useful parts of particular drugs are taken in equal quantity in coarse powder form.

Ingredients	Scientific name	Part used	Guna	Ratio
<i>Masha</i>	Vignamungo	<i>Beeja</i>	<i>Vatashamaka</i>	1 part
<i>Asthishrunkhala</i>	Cissusquadrangularis	<i>Panchanga</i>	<i>Kaphavatashamaka, pittavardhak</i>	1 part
<i>Sabjikkaar (swarjikakshara)</i>	Salsolastocksii	<i>kshara</i>		1 part
<i>Musabbar (kumarisara)</i>	Aloe vera	<i>Sara</i>	<i>Shothahara, vedanasthapak</i>	1 part
<i>Dalchini (tvak)</i>	Cinnamomumzeylanicum	<i>Tvak</i>	<i>Kaphavatashamaka, pittavardhak</i>	1 part
<i>Korahaldi</i>	Curcuma longa	Rhizome	<i>Shothahara, vedanasthapak</i>	1 part
<i>Daruharidra</i>	Berberisaristata	<i>Kastha</i>	<i>Kaphavatashamaka</i>	1 part
<i>Maeda lakdi</i>	Litsea glutinosa	<i>Kastha</i>		1 part
<i>Tila</i>	Sesamumindicum	<i>Beeja</i>	<i>Vedasthapank, sadhaniya</i>	1 part
<i>Saindhava</i>	Rock salt	Salt	<i>Chedana</i>	1 part
<i>Yava</i>	Hordeumvulgare	<i>kshara</i>	<i>Kaphapittashamak</i>	1 part

### Procedure<sup>[5]</sup>

**Poorva Karma:-** 10 gms of *Mashyadi Upanaha* was taken and made into semisolid paste (by mixing with water). Then 8 – 10 drops of *Sharshapa Taila* was added to the paste and mixture was shallow fried.

**Pradhan Karma:-** Now the paste was applied on *Gandharva Hasta Patra* and placed on effected part, i.e., *Janusandhi* of the patient. Then the part was wrapped with light bandage and leaved for 12 hrs.

**Pashchat Karma:-** Then after 12 hrs, the part was cleaned with warm water and the patient was asked to have rest.

## DISCUSSION

- Janusandhigatavata* is common in old age group due to *Dhatukshaya* which leads to *Vataprakopa*. Because of *Ashrayaashrayi Sambandha*, *Vata* which resides in *Asthi* starts aggravating due to *Dhatushosha* via-a-vis diminution of *Sneha* takes place. This contributes to totally opposite properties to nurture *Asthidhatu*, which in turn causes its degeneration.
- Mashyadi Upanaha* is a two way bridge which does the *Snehana (Brumhana, Balya)* & *Swedana* procedures together. These acts on *Ruksha* & *Sheetaguna* simultaneously and reduces *Stambha, Gauravta, Shoola*.
- Masha* & *Asthishrunkhala* are the prime herbs which promotes *Balya, Sandhaniya, Brumhana* to the joint so increasing the mobility and strength. *Haridra, Tvaka, Kumara Sara, Daruharidra* these act upon the *Ushna* property so relieving the joint stiffness and improves the gait of the patient. Use of *Tila* & *Sarshapa Taila* increases the *Snigdha, Tikshna guna* so reduces the crepitation and helps in easy penetration of medicaments to the effected joint.

- Due to these *Guna*, it can increase the membrane permeability and may help for re-uptake of Calcium for building up of bone matrix or does the *Dhatuposhana*.
- The properties of *Mashyadi Upanaha* also suggest that this can be used in cases of old fracture (with pain), rheumatic arthritis.
- This is a further point of research that how this *Mashyadi Upanaha* will trigger PTH receptors when applied locally over the effected joint and should be conducted over a large data.

### Mode of action of *Mashyadi Upanaha* in *Janusandhigatavata*

- Upanaha Sweda* is *Vatashamaka* because of its *Ushma* and *Snighdhaguna*.
- The drugs selected in *Mashyadi Upanaha* are having most of the properties of *Swedana dravya's* contributing mainly to *Vedasthapana, Sothahara, Vatashamaka*.
- Janusandhigatavata* (degeneration of knee joint) when subjected to *Swedana (Upanaha)*, leads to localized rise of temperature over the joint. This opens up the pores of the tissues causing diffusion over the joint. With the help of diffusion medicaments, nutrients moves towards the effected site and metabolic waste is removed through blood circulation and sweat.<sup>[6]</sup> Heat triggers autonomic nervous system hence leading to decrease in intensity of pain, swelling and crepitation.

## CONCLUSION

- This review of *Mashyadi Upanaha* gives a conclusion that *Snehana* along with *swedana* would be an ideal treatment for *Janusandhigatavata*. Use of *Brumhana* and *Balya* drugs will improve the quality of life of the patient along with symptomatic relief.

- This folk medicine which has been in practice in *Shree Atharva Ayurveda* Hospital, Raibareli, Uttar Pradesh has till now suggested that it is much beneficial in patients with acute conditions of the disease by relieving signs & symptoms.

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