



AYUSH: International Research Journal of Ayurveda Teachers Association

Journal Home Page: www.airjata.org



Open  Access Full Text Article

A Case Report

Title of Article

Role of Ashwagandhadi Churn in the Managment of Sandhigatvat With Special Reference to Osteoarthritis : A Case Repot

Dr. Takshashila Milind shirse

BAMS, MD (kaychikitsa) Assistant Professor at B R Harne Ayurvedic collage vangani, Ambernath, Thane.

Article Info:

Article History:

Received: 10 Aug 2023

Accepted: 16 Dec 2023

Published: 05 May 2024

Address for Correspondence:

Dr. Takshashila Milind shirse, BAMS,
MD (kaychikitsa) Assistant Professor at B
R Harne Ayurvedic collage vangani,
Ambarnath, Thane

Email- drtakshu6@gmail.com

ISSN No.: 2583-5971

ABSTRACT

The disease Sandhigatvata can be defined a disease of Sandhi (Joint) with Symptoms of sandhishoola, Sandhishotha and Akunchan prasarana kashta, Sparsha sahatva, vatapurnadrutisparsh etc. In modern science the similar condition of joint is explained as osteoarthritis is a degenerative joint disorder with the symptoms of joint pain, joint swelling, Crepitus, Tenderness, Restricted and painful movements of the joints. It is a slowly progressive disorder, thus due to these similarities, Progressive from the above explanation we considered the disease sandhigatvata and osteoarthritis. Can be considered as similar disease Condition. The present study checks the efficacy of the Ashwagandhadi churn in Sandhigata vata. Ashwagandhadi churn in the powder form Comprises the following Ingredients : Ashwagandha, Atasi, shunthi, Nirgundi, Pippali, Aparajita. This Ashwagandhadi churn given to patient for 30 days After the treatment the patient experienced significant relief & observed visible reduction in predominant symptoms like janusandhi shoola (Pain), Janusandhi shotha(oedema) and janusandhistabdhata (stiffness). Ashwagandhadi churn is observed to provide relief From Sandhigatvata & Significantly reduce related symptoms like janusandhishoola, Janusandhishoth, janu sandhi vatpurnadrutisparsha, Janusandhi sthabdhata

KEYWORDS : Sandhigatvat, osteoarthritis, Ashwagandhadi churn

INTRODUCTION

The medical system that is truly indian in origin development is Ayurveda. It is Practised throughout india from thousands of years It means" knowledge of life" or the knowledge by which may be prolonged the health of

healthy people and second is to cure Patient from diseases. Sandhivata is the most commonly observed joint disordred labeled "Sandhigatanila" by Acharya charaka He defined as a disease with symptoms of pain & swelling on joint flexion and extension in later stages diminution of joint mobility is also on observable symtom Sandhigatavata is a disese of the elderly life style,

excessive weight, trauma & diet deficient in calcium are some of the risk causative factors Ruksha Aahar and ativyama cause vitiation of vata. It mainly affects weight bearing joints of the body specially knee, hip, lumbar spine - knee osteoarthritis is the most common type of arthritis and is a major cause of disability which reduced the quality of life. The clinical features of janusandhigatvat is described in various Ayurvedic ancient text like Charak Samhita. The clinical features of janusandhigatvat which is characterised by shoola, Shotha, aakunchan, prasarana, vedana resembles with osteoarthritis. Causative factors responsible for Sandhigata vata are Ruksha ahara, Atimaitun, Ativyayam, Sheeta bhojana, Dhatakshaya & atikarshana. It is strongly associated with ageing and is a major cause of disability in older people. According to World Health Organization (WHO) 9.6% of men and 18.0% of women aged over 60 years have symptomatic osteoarthritis world wide. Presently Sandhigatvat is generally managed by anti-inflammatory, Analgesics & non-Steroidal (NSAIDs) drug. However, prolonged use of this drug results in adverse effect on the body.

It highlights the need to identify the development of a safer herbal mineral drug for treating arthritis. Ashwagandha churn is a herbal formulation comprising (Ashwagandha, Atasi, shunthi, Nirgundi, pippali, Aparajita) used to treat joints.

MATERIALS AND METHODS

Case Report

A 60 yr old male patient came with complaints of both knee joint pain, swelling & restricted movements, and mild crepitation of both knee joint. Difficulty to walk since 1 year. Patient had taken allopathic treatment before coming to hospital. Patient was thoroughly examined and detailed history was taken. Patient was formerly by occupation. Patient did not have history of any major illness.

On examination:

General Condition moderate, afebrile
PR- 84/min Regular, no pallor

Local examination of knee joint patient was having

Sr. No.	Sign & Symptoms	Rt. Knee	Lt. Knee
1.	Crepitus	Present	Present
2.	Swelling	Present	Present
3.	Stiffness	Present	Present
4.	Flexion And Extension	Present	Present

Routine investigation such as CBC, RBG, Urine Routine, microscopic were in normal range. RA test, uric acid was in normal limits.

X-Ray of Bilateral knee joint Anteroposterior & Lateral view

Impression - Intra articular space reduction and presence of osteophytes. Early degenerative changes in both knee joint.

Diagnosis - Sandhigatvat (Janusandhi) (Osteoarthritis)

Ashwagandhadi churn:

Ingredient of Ashwagandhadi churn :-

S n	Dravya	Matra	Guna	Vipak	Virya
1.	Ashwagandha	1 Part	Laghu, Snigdha	Ushna	Madhur
2.	Atasi	1 Part	Guru, Snigdha, Pichill	Ushna	Katu
3.	Shunthi	1 Part	Snigdha, Guru, Laghu, Tikshna	Ushna	Madhur
4.	Nirgundi	1 Part	Laghu, Ruksha	Ushna	Katu
5.	Pippali	1 Part	Snigdha, Tikshna, Laghu	Anushana	Madhur
6.	Aparajita	1 Part	Tikshna, Laghu	Shita	Katu

Ashwagandha, Aalasi, Sounthi, Nirgundi, Pippali, Aparajita. All these six drugs are taken in same quantity and its churn is made. This churn is very helpful in Sandhigatvat.

Drug preparation :

For preparation of ashwagandhadi churn the all churn of drug purchased from GMP approved Pharmacy in equal amount and mixture of these all churns done in equal amount in our Hospital Ras department.

Route of Administration : oral

Dose : 2 gm twice a day

Time : Vyanodankal (Morning & evening after meal)

Duration : 30 Days

Follow up : After every 7 days

The results were assesment on the basis of sing and symptoms of osteoarthritis

Assessment criteria :

Bilateral knee joint Pain (shool)

Absent	0
Mild	1
Moderate	2
Severe	3

Swelling of bilateral knee joint (shotha)

Shoth	0
Slight shoth	1
Moderate shoth	2
sever shoth	3

Movement of bilateral knee joint (Akkunchan prasaran kashtata)

Free	0
Mildy restricted	1
Moderately restricted	2
Severely restricted	3

Crepitus of Bilateral knee joint (vat purna drutisparsha)

No crepitus	0
complained by patient but no felt in examination	1
Felt on examination	2
Felt and heard on examination	3

RESULT

Sign & Symptoms	Before Treatm ent	After Treatment	Relief %
Bilateral knee joint pain (shool)	3	0	100%
Bilateral knee joint swelling (shoth).	2	0	100%
Bilateral knee joint crepitus	3	1	75%
Bilateral movement of knee joint	2	0	100%

DISCUSSION

Due to the shothahara, vedonasathapak, shulahar Kaphavata Shamak, vatashamak, Balya & Tridoshajya karmas of Ashwagandhadi churn it give relief from shool. specially due to shontha and Ashwagandhadi which chemical composition like withania Somnifera, acts as Anti-inflammatory reduces pain of joint. Due to the shothara, vedonasthapak, shulahara kaphavata shamak,vata shamak, Balya & Tridos ja karmas of, Ashwagandhadi it give relif from shotha Ashwagandhadi churn it give relief from vatapurnadrutisparsh specially guru , snigdha, Pichill guna of Atasi, Ashwagandha, Shontha Pipali & chemical composition of Ashwagandha like withanolides which acts as Nerodegenerative reduces crepitus of joint Ashwagandhadi churn it give relief from Akkunchanaprasarana kashtata specially Nirgundi which Karma is kaphvata Shamak, vednastapak, shothanay Balya

CONCLUSION

The treatment given for Sandhigatavat (Janusandhi) with Ashwagandhadi churn which helped in vatadosha Shaman and Balya get relief the Symtoms of disease and also on attempt to Provide Safe and effective treatment to patient.

REFERENCES

1. Dr Bramanand Tripathi, charak Samhita VOL II, Chaukhamba Surbharti prakashon Edition 2018

2. Shree Nagindas chaganlal shah rasvaidy, Bharat Bhaishajya Ratnakar Pratham Bhag, B. Jain publication, edition 2012
3. Sushrut Samhita, Acharya Trikamji, Chaukhambha orientalia, edition-2005.
4. Acharya priyvat sharma, Dravyaguna vidnyan, Choukhamba Bharti Akadmi Edition - 2019
5. Prof. D. Shanth kumar lucas , Dravyagun vidhnyan, vol 2nd, chaukhambha vishabharti, Edition 2017
6. Dr.Mansi Deshpande and Dr. Arvind Deshpande, Dravyaguna vidnyan, chaukhambha Sanskruti pratithan Edition 2019
7. Clinical orthopaedic diagnosis : sureshwar pandy and anil kumar pandey 3rd edition
8. Essential orthopaedics J. maheshwary 3rd edition 2004