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**TITLE: EFFECT OF AGNIKARMA WITH TAMRASHALAKA IN MANAGEMENT OF
JANUSANDHIGATA VATA (OSTIOARTHIRITIS OF KNEE) –A PILOT STUDY**

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EFFECT OF AGNIKARMA WITH TAMRASHALAKA IN MANAGEMENT OF JANUSANDHIGATA VATA (OSTIOARTHIRITIS OF KNEE) –A PILOT STUDY

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ABSTRACT:

*Introuduction:JanusandhigataVata is a common Condition which can be correlated with osteo-arthritis of Knee Joint. Shula, Shotha, Sparshashatva, Ankunchana and Prasaranajnya Vedana, Sandhisphutan ,Sakasthachalan are the symptoms which are seen in many patients. Osteoarthritis of knee is more prevalent in Indian population.It is the 2nd most common problem in the world populationi.e.30%. There are Variety of medical,surgical & Parasurgical procedures in the management of Janusandhigat Vata. These treatments modalities are either expensive or not available for common people in developing countries. As in the reference of Acharya Sushruta Janusandhigata Vata can be correlated with Snayu Asthi Sandhi Aashrita, so the patient should be kept under Agnikarma therapy.Material & Methods: 10 Patient were selected from the Panchakarama OPD of BVDU'S Ayurved Hospital, Pune. Tamrashalaka was purchased from Pune Market. Agnikarma was done on maximum area of tenderness on Knee Joint for 7 days daily. Assessment was done on 0, 7th, 15th, 30th day . Gradation of signs and symptoms were recorded before and after treatment. **Conclusion:** Overall effect of Agnikarma shows 60% complete remission and 40% moderate remission in JanuSandhigata vata. Agnikarma therapy is helpful in the management of local pathological diseases. Agnikarma procedure proves to be one of the easiest ways to reduce the Janu Sandhigata Vata Symptoms.*

Key words: Agnikarama, Tamtrashalaka, Janusandhi (knee joint) Janusandhigata vata (Osteoarthritis)

INTRODUCTION

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JanusandhigataVata is a common Condition which can be correlated with osteo-arthritis of Knee Joint. *Shula, Shotha, Sparshashatva, Ankunchan aand Prasaranajnya Vedana, Sandhisphutan ,Sakasthachalan* are the symptoms which are seen in many patients. Osteoarthritis of knee is more prevalent in Indian population.It is the 2nd most common problem in the world populationi.e.30%. There

are Variety of medical, surgical & Para surgical procedures in the management of *Janusandhigat Vata*. These treatments modalities are either expensive or not available for common people in developing countries. As in the reference of *Acharya Sushruta Janusandhigata Vata* can be correlated with *Snayu Asthi Sandhi Aashrita*, so the patient should be kept under *Agnikarma* therapy.

MATERIAL & METHODS :

10 Patient were selected from the *Panchakarama* OPD of BVDU'S *Ayurved* Hospital, Pune. *Tamrashalaka* was purchased from *Pune* Market. *Agnikarma* was done on maximum area of tenderness on Knee Joint for 7 days daily. Assessment was done on 0, 7th, 15th, 30th day Gradation of signs and symptoms were recorded before and after treatment.

Procedure Administration Schedule:

Sr. No	Number Of Patients	10
1	Treatment Given	Agnikarama
2	<i>Purvakarma</i>	Cleaning of <i>janusandhi</i> with luke warm water
3	<i>PradhanaKarma</i>	<i>Binduvat</i> one seating per on the maximum area of tenderness
4	Time	After breakfast
5	Duration	Till <i>Samyaka Dagdha Lakshana</i> were observed
6	<i>PaschataKarma</i>	0 th & 7 th day
7	Assessment Day	15 th & 30 th day from the1st day of <i>Agnikarama</i>
8	<i>Pathya-Apathya</i>	Was advised as per work and food habits

INCLUSION CRITERIA:

1. Patients between age group of 30-70 years.
2. Patients fit for Agni karma.
3. The patients with classical signs & symptoms of *Janusandhigata Vata* like *vedana* and *sandhi shotha*.

4. Patients of radiographic evidence of Osteoarthritis namely reduced space & Osteophytes.

EXCLUSION CRITERIA:

1. Patients who are not fit for *Agnikarma*.
2. Patients suffering from Osteoarthritis of knee joint with Bony deformity.
3. Patients suffering from any systemic diseases like rheumatic heart disease, rheumatoid arthritis and diabetes mellitus.

ANALYSIS:

1. The subjective improvement were assessed on the basis of gradation (0,1,2,&3) according to the severity of symptoms and the objective

effects were assessed by scoring with the help of pain intensity Scale and goniometry

2. The data were assessed before treatment & after treatment (after second f/u) by Wilcoxon test i.e. non parametric test.

3. All parameters were used for suitable numerical scoring and assessment of results.

4. Total effect of therapy was assessed as:

Complete remission – 0 Grade

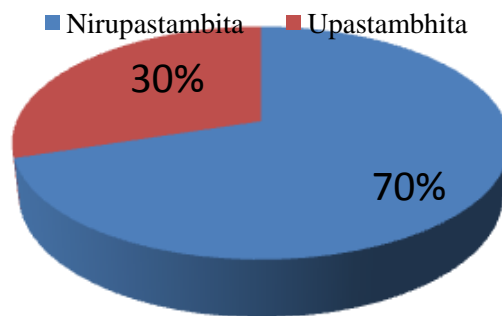
Moderate improvement- 1-7 Grade

Mild improvement – 8-15 Grades

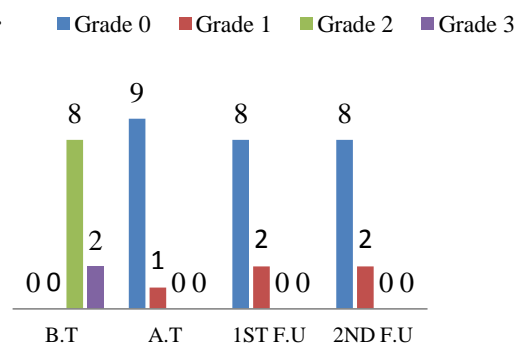
Unchanged – 16-21 Grade

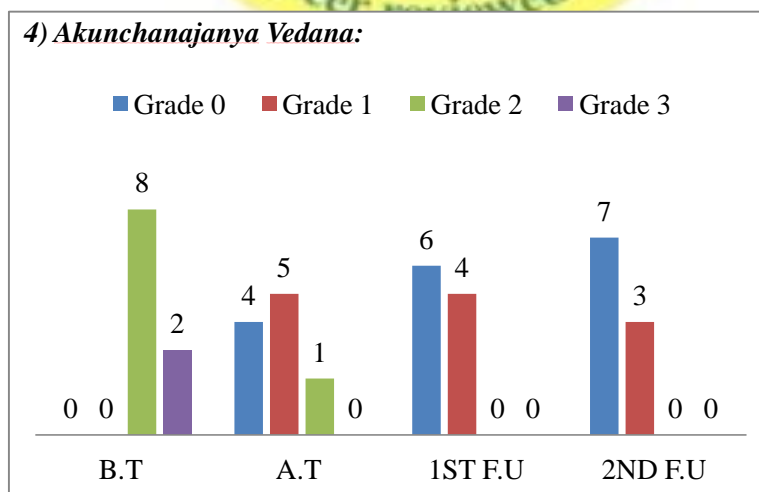
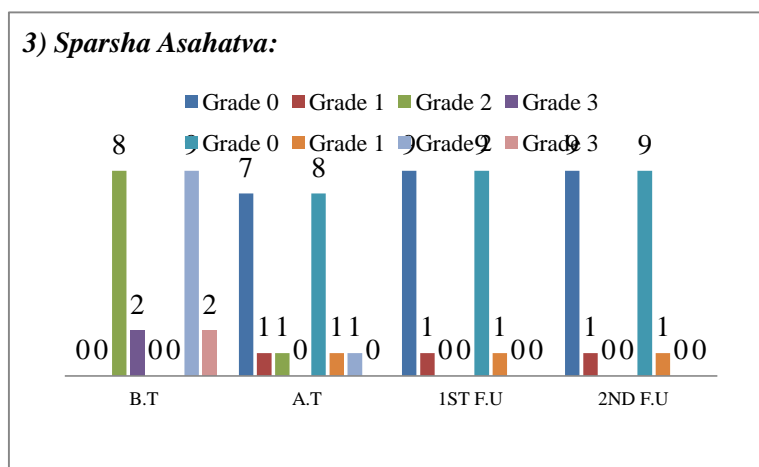
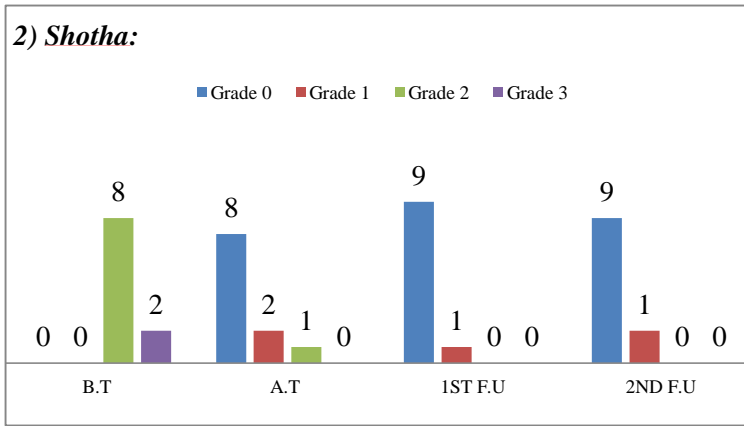
RESULT AND OBSERVATIONS:

a) *Vyadhi Avastha* :

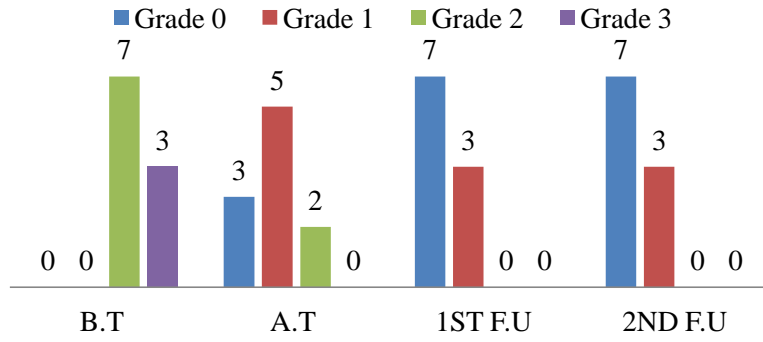


1) *Shula* :

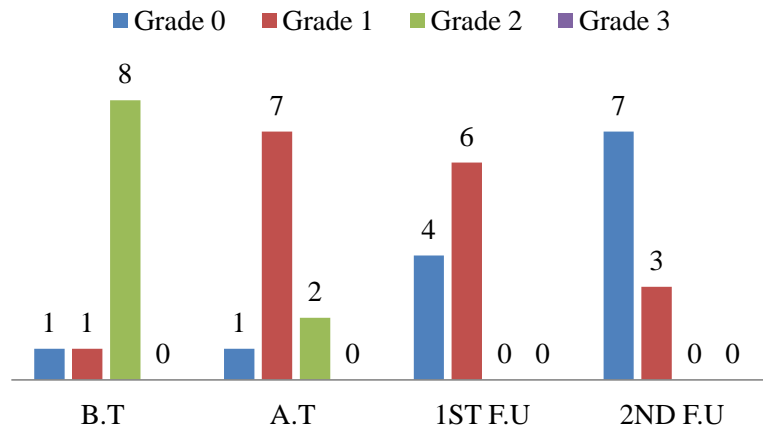




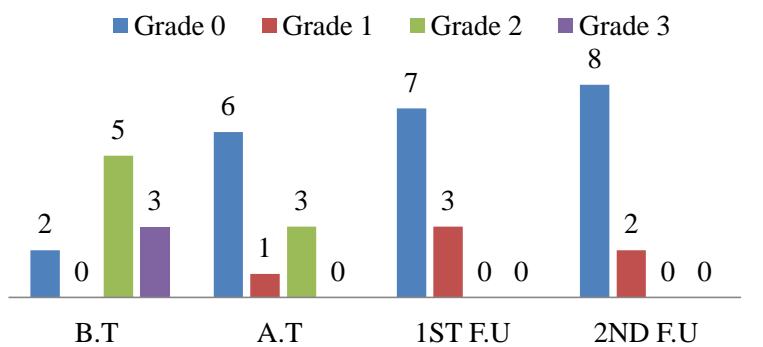
5) *Prasaranjanya Vedana :*



6) *Sandhisputana:*



7) *Sakastha Chalan :*



b) Final Assessment:

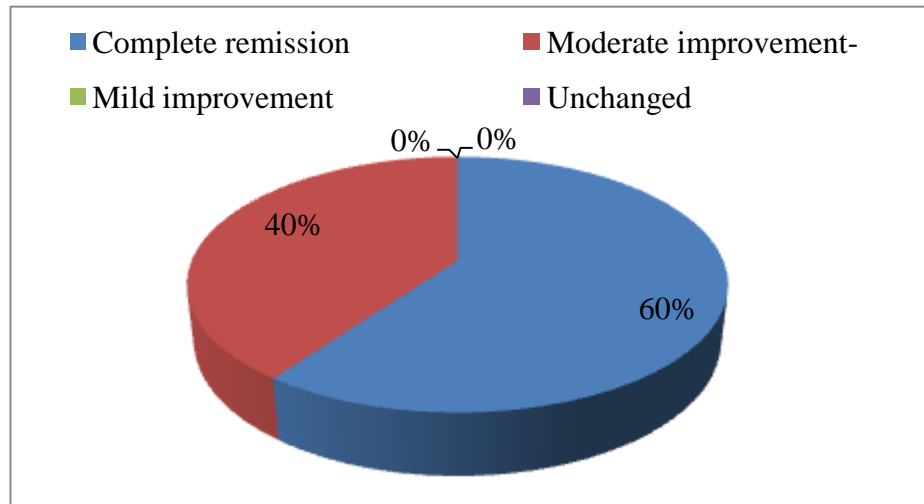


Table No.2 Statistical Analysis Of Agnikarama:

Sr.No	Symptoms	Median	Wilcoxon sign rank W	p value	Result
1	<i>Shula</i>	-2	-55	0.0002	Significant
2	<i>Shotha</i>	-2	-55	0.0002	Significant
3	<i>sprashasahatava</i>	-2	-55	0.0003	Significant
4	<i>Ankunchanjnya shula</i>	-2	-55	0.0003	Significant
5	<i>Prasaranjanya vedana</i>	-2	55	0.0047	Significant
6	<i>Sandhisputa</i>	-2	-36	0.5476	Non significant
7	<i>Sakasht chalan</i>	-2	55	0.0003	Significant

1. There is highly significant result in *Shula*, *Sprashasahatva*, *Sakasthachalan* and *shotha* ($P < 0.0001$).

2. In case of *Akunchana- Prasaranajanya Vedana* and *Sandhi sphutana* there is significant result .

3. We observed 10 patients for *Agnikarma* in which 70% patients were *Nirupastambhita Janu Sandhigatavata*.

4. Overall effect of *Agnikarma* shows 60% complete remission and 40% moderate remission in *Janu Sandhigatavata*.

5. *Agnikarma* therapy is helpful in management of local pathological diseases. *Agnikarma* procedure proves to be one of the easiest ways to reduce the *Janusandhigata Vata* Symptoms.

6. *Agnikarma* had a significant effect in relieving from acute and chronic pain.

DISCUSSION: [3,4,5]

Probable Samprapti Bhang By Agnikarma



Agnikarma with Tamra Shalaka



Ushna, Tikshna, Laghu, Sukshma, Vyavayi and Vikashi gunas



Breakdown of Kaphanubandha and removes the Srotorodha



Pacify the vitiated Vata & Kapha Dosha ,increase the Rasa Rakta Savahan



Heat ↑ Dhatavagni so metabolism of Dhatu so gets Amapachana

Upashaya Prapti in Vyadhi Pratyanka Lakshanas (janusandhigatavata

Agnikarma may work on following principles: 6,7,8

- ✓ Ayurvedic principles state that being Ushna treatment acts against the qualities of Vata and Kapha Doshas and hence cures all the Vataja and Kaphaj disorders. even it helps to remove Srothasangha and avarana by Ushnaguna.
- ✓ According to scientist Dr. Ven Hanff, in the heat burns places the local tissue metabolism improves, thus various metabolic and rejuvenating changes takes places at the site of heat burns, thus it leads to increased demand of oxygen and nutrient of the tissues at the site of heat burn. It also excretes the unwanted metabolites and toxins.
- ✓ Due to increased local metabolism, the waste products (metabolites) which

are produced gets excreted, which normalize the blood circulation thus resulting in reduction in intensity of pain.

- ✓ Provided that the heating is not excessive, it appears to reduce the excitability (quick response to stimuli) of nerves.
- ✓ Rise in temperature induces relaxation of muscles & hence muscles spasm with inflammation and pain gets reduced.
- ✓ Skin is one of the places of Vayu; Agnikarma is performed to release the Sangha (obstruction) of Vayu.
- ✓ The relief of pain makes it possible to walk or activity of extremities efficiently.

- ✓ *Dahan Karma* is having the property of *Serasankochana* by that quality even it helps for *Rakthasthambhana* (haemostasis).
- ✓ Pain is caused anywhere in the body is due to *Vata*, *Agni Karma* being *Ushna*

Chikitsa pacifies *Vata*, and thus the pain is relieved immediately after *Agnikarma*.

CONCLUSION

1. *Agnikarma* therapy is helpful in management of local pathological diseases. *Agnikarma* procedure proves to be one of the easiest ways to reduce the Symptoms Of *Janusandhigata Vata*s

2. *Agnikarma* had a significant effect in relieving from acute as well as chronic pain.

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