

# Role of Agnikarma with Madhuchista in the Pain Management of Janusandhigata Vata -A Case Study

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**Abstract:** *Janu Sandhigata Vata* is a disorder of Knee joint in Ayurvedic medicine characterized by *Sandhishoola* (joint pain) and *Sandhishopha* (swelling of joint). The condition is almost identical to Osteoarthritis of Knee joint in modern medicine. In the present case study, a 52 years old female patient with *Janu Sandhigata Vata* was prescribed for *Agnikarma with Madhuchista*. This resulted in complete relief from the pain and stiffness at the affected knee joint.

**Keywords:** *Sandhiagata Vata, Osteoarthritis, Agnikarma, Madhuchistha.*

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## I. INTRODUCTION

*Sandhigata Vata* (Osteoarthritis) is a type of *Vatavyadhi* refers to a joint disorder in Ayurvedic medicine. It is caused by the vitiation of the *Vata dosha* which localizes in the joints and leading to cartilage degradation and joint destruction. It manifests the clinical features like *Sandhishoola* (joint pain) and *Sandhishopha* (swelling of joint)<sup>1</sup>, *Prasarana Akunchana Savedana* (pain during flexion & extension)<sup>2</sup>, *Sandhi-Stabdhata* (stiffness of joint) and *Sandhi Atopa* (crepitus)<sup>3</sup> in knee joint. If the condition manifests in the *Janusandhi* (knee joint), then it is called *Janu Sandhigata vata* which can be clinically correlated with osteoarthritis of the knee joint described in contemporary science. It is characterized by joint pain, inflammation, stiffness, functional limitation and crepitus in the knee joint.<sup>4</sup> *Agnikarma* is indicated when severe pain occurs in *Twacha*, *Mamsa*, *Sira*, *Snayu*, *Sandhi* and *Asthi* due to vitiation of *Vatadosha*.<sup>5</sup> *Agnikarma* is a para-surgical procedure described in *Ayurveda* by using different *Dahanopakaranas* such as – *Pippali*, *Ajashakruth*, *Godanta*, *Shara*, *Shalaka*, *Jambaustha*, *Madhu*, *Guda*, *Sneha* for the particular *Dhatu* involved in the disease.<sup>6</sup>

In the present case study, a 52 years old female patient with *Janu Sandhigata Vata* was prescribed for *Agnikarma with Madhuchista*. The study has been undertaken to evaluate the role of *Agnikarma with Madhuchista* in the pain management of *Janusandhigata Vata*.

## ➤ Case Report:

A 59 years old female came to Shalya Tantra OPD of BVVS Ayurveda College and Hospital, Bagalkot with the complaints of *Sandhi shoola* i.e., pain in the bilateral knee joint since 2 years and difficulty in walking and standing for a longer duration. She consulted a nearby clinic and was being prescribed NSAIDs. She discontinued the medicines due to hyperacidity after consuming tablets for some days. The patient visited to Ayurvedic hospital for further management.

Local Examination of the knee joint of the patient revealed *Sandhi shoola* (joint pain) at medial aspect of the both knee joints, Tenderness 2+, *Vatapurnadritisparsha* (audible crepitus) in both knee joints. There was no swelling, no any scar and no any structural deformity in both knee joints. Locomotor examination of the joints revealed that the movements at both the knee joints were partially restricted. Right and Left Knee joint movements were limited to 110° and 115° for flexion respectively. The vitals of the patients were Temperature was 97.8F, Pulse rate was 74/mins and regular, Blood pressure was 122/70 mm of Hg, Height was 163 cms, Weight was 65kgs, BMI was 24.5Kg/m<sup>2</sup>. Investigations Hb was 13gm%, GRBS was 102mg/dl. X-ray of the Right knee (AP and lateral view) showed space reduction in the knee joint and gross osteoporotic changes with osteophytes. On the basis of the clinical features and radiological findings, the diagnosis of Osteoarthritis of knee joint was established.

In consideration with the findings of clinical examination & investigations following treatment was given.

- Treatment Plan: Agnikarma with Madhuchista for 7 days.

## II. MATERIALS AND METHODS

### ➤ Materials:

Gas stove, Gauze piece, Surgical Gloves, Wax Heater/Melter, *Madhuchista*, *Murchhitha Tila Taila* and *Grita Kumari Pulp*.

### ➤ Method:

- Procedure of Agnikarma: It has performed in following three stages.

### ✓ *Purva Karma*:

- Patient was advised to take *Snigdha* and *Pichhila Anna* on the day of *Agni karma*.
- Informed consent was taken.
- Patient was taken in comfortable position.
- *Sthanika Abhyanga* was done with *Murchhitha Tila Taila*.
- *Madhuchista* was heated to until it melts.

### ✓ *Prdhana Karma*:

- A brush of 6 inches was used for application of molten *Madhuchista* over the joint.
- 4-5 coats were applied over the knee joint and *Madhuchista* was allowed to solidify.
- Wrapped over by a towel.



Fig 1 Prdhana Karma

### ✓ *Paschat Karma*:

- *Ghrita kumari pulp* was applied on the site of *Agnikarma*.
- Patient was advised to follow *Pathyapathya*.

### ➤ Criteria and Grading for Assessment:

Table 1 Showing Criteria and Grading for Assessment of *Janusandhigata Vata*

Sl.	Scoring Assessment	G0	G1	G2	G3
1	<i>Sandhi Shula</i> (Joint pain)	No Pain	Mild pain (1-3)	Moderate pain (4-6)	Severe pain (7-10)
2	<i>Sandhi Atopa</i> (Crepitus)	No Crepitus	Palpable Crepitus	Audible Crepitus	Always audible Crepitus
3	<i>Sandhi Vedana on Prasarana Akunchana</i> (Goniometry)	135°-115°	115°-105°	105°-95°	95°-85°
4	<i>Sandhi Shotha</i> (Joint swelling)	No Swelling	Mild Swelling (0-1cm)	Moderate Swelling (1-2cms)	Severe Swelling (2-3cms)

### III. OBSERVATION & RESULT

Table 2 Showing Observation &amp; Results

Complaints	BT (0 <sup>th</sup> day)		DT (4 <sup>th</sup> day)		AT (7 <sup>th</sup> day)		On F/U (14 <sup>th</sup> day)	
	Rt. KJ	Lt. KJ	Rt. KJ	Lt. KJ	Rt. KJ	Lt. KJ	Rt. KJ	Lt. KJ
Janu Sandhi Shula (pain)	G2	G2	G2	G2	G1	G1	G1	G1
Janu Sandhi Atopa (crepitus)	G1	G1	G1	G1	G1	G1	G1	G1
Prasarana Akunchana Savedana (Range of Movements) (Goniometer)	G1	G1	G1	G1	G0	G0	G0	G0

BT: Before treatment, DT: During treatment, AT: After treatment, F/U: Follow Up

*Agnikarma* was performed in a modified way by the use of *Madhuchista* by brushing method at the affected knee joint daily for 7 days. After treatment, the patient got complete relief from pain and stiffness at the affected knee joint. It was observed that the patient was free from pain while walking, and flexion of the left knee joint was improved after the 7 days of *Agnikarma*.

### IV. DISCUSSION

*Madhuchista* possesses the properties of *Mrudhu*, *Snigdha*, *Asthisandhanaka* and *Vranaropaka* and *Vatashamaka* qualities.<sup>7</sup> It can correlate with beewax. Latent heat capacity is 242.8 kJ/kg<sup>-1</sup>high<sup>9</sup>, so it penetrates into deeper *Dhatus* and helps in relieving pain. It is *Snigdha* *Agnikarma* and has more penetrating capacity. *Madhuchista* retains heat for a longer period, thus eliciting proper heat at the affected site which helps to reduce joint pain in the case of *Janu Sandhigata Vata*. *Agnikarma* is nonpharmacological treatments which can be used for pain management. It pacifies the *Srotavarodha* giving relief from symptoms. As per modern medicine, therapeutic heat increases blood circulation at the knee joint and leads stimulation of descending pain inhibitory fibers so release endogenous opioid peptide more in blood circulation flushes away the pain producing substances so patient gets relief from symptoms.

### V. CONCLUSION

The study revealed that *Agnikarma with Madhuchista* was effective in the pain management of *Janusandhigata vata*. It is cost effective, less time consuming and easy to administer at the out-patient department level.

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