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The role of tiktakshir basti in the management of janu sandhighatvat with special reference to sever osteo-arthritis of knee”

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Abstract -

Diseases and suffering are continuously posing challenges before making and medical personalities taking untiring pains and efforts to find out solution for the same. Arthritis one of the critical and fast growing problem in society which have no complete and fruitful cure in different medical faculties.

I come across several and severe patients of Arthritis which have no satisfactory results even they took therapies from different specialist. Super specialist and Rheumatologist from different Pathies from 2 to 10 years. With the quotation from classical Ayurvedic texts. I treat *Janusandhighatvata* (Osteo-arthritis) by Panchakarma therapy.

Randomly selected Pts. Above 40 years of *Janusandhighatvata* (OA) divided into two groups. Group A and 2. Group B i.e. TiktakshirBasti with Oral Medication and only oral medication. Pts. Suffering from D.M., T.B. Ca. severe

anemia, are excluded from this study. In group –A 96% pts showed relief after receiving Panchakarma with oral medication and in group B 88% Pt. got relief after receiving only Panchakarma Therapy.

Keywords– *Janusandhighatvata, Tiktakshir Basti, Panchakarma*

Introduction -

Diseases and suffering are continuously posing challenges before making and medical personalities taking untiring pains and efforts to find out solution for the same. Arthritis one of the critical and fast growing problem in society which have no complete and fruitful cure in different medical faculties.

I come across several and severe patients of Arthritis which have no satisfactory results even they took therapies from different specialist. Super specialist and Rheumatologist from different Pathies from 2 to 10 years.

With the quotation from classical *Ayurvedic* texts. I treat *Janusandhighatvata* (*Osteoarthritis*) by Panchakarma therapy.

Aims & Objective -

- To discover appropriate treatment i.e. substitute of Total knee replacement (TKR) for complete cure of *Janusandhighatvata* (OA)
- To validate old principle with fresh proof.
- To find out less expensive treatment for OA.
- Clinical trials on various patients, their statistical variation and conclusion to standardize and establish new concepts in the management of *Janusandhighatvata* (OA)

Material & Methods -

(1) Selection of Patient

Randomly selected Pts. Above 40 years of *Janusandhighatvata* (OA) divided into two groups.

- Group A and 2. Group B i.e. *TiktakshirBasti* with Oral Medication and only oral medication.
- Pts. Suffering from D.M., T.B. Ca. severe anemia, are excluded from this study.

(2) *Janusandhighatvata* (O.A.) symptoms-*sandhishul* (pain). *Sandhishoth* (degenerative swelling/ Bony hardswelling) *sandhisthabdhata* (locking of joints) *Sthanik Gharshan Dhvani* (Local crepitus)

- Radiological changes-X-Ray-*Osteophytosis*, severe osteoarthritis-

(3) Results were observed and noted according to clinical improvement in symptoms and signs on every follow-

up visit. Patients from both groups or followed up after one month, two months and three months

Vatpurnadrutisparsh: *shodh:*
sandhigateanil:/
Prasanakunchanayopravrutichasanveda
na// cha. Chi.28/37
Hantisandhigat:
sanghinshulatopaukaroti cha / ma. Ni.
Bastivate cha pitte cha
Kapheraktechshaswate/
Sansrgesanipate cha batirev hit sad // su.
Chi.35/3

Treatment of *Janusandhighatvata* (OA severe)

Astthyashryanivvyadhinampachkarmanibh
eshajam //
Batiyakshirsarpishiniktakophitani cha //
cha.Su 28/27.
Vatsyopakram: *sneha swede*
sanshodhamrudu / A.hru. su.

Panchakarma Treatment-

Snehpan- Given with *Ashwagandha* grit (*Ashwagandha* + *Vidari Madhuyeshti*) for 7 days along with *Bahyashehan* (*Mahanarayamtailam*) & *Saunabath* (*Nigridi* + *erand* + *dashmul*) *mruduvirechan* given by (*Argwath* + *Trivrut*)

After 7 days *Karmabasti* given, *Matrabasti* by (*Mahanarayan* + *Ashwagandha Tailam*) & (*Guduchi*, *Patol*, *Nimb*, *Dudha*, *Girt*) alongwith regular *janubasti*& exercise (*Physiotherapy*)

Oral medication

- *Ashwangandha guggul- 550 mg BD*
- *Abha guggul- 500 mg BD*

- *Praval panchamrut*- 250 mg BD
- *Maharasnadi Kwath*- 20 ml BD

Discussion on statistical ground :

The available data clinically analyzed with symptom-wise relief before and after treatment with respect to sandhishulasandhishotha etc.

- In group A 100% patient showed relief and in group B 90% patient showed relief in symptom *Sandhishula*(Pain).
- In group A 100% patient showed relief and in group B 92% patient showed relief in symptom *Sandhishotha* (Swelling).
In group –A 95% patient showed relief in *Sandhisthabdhata* and in group- B 85% patient showed relief in Symptom *SandhiSthadhata*(locking of joint)
- In group A 92% patient showed relief in *Sandhigharshandhwani* (Local crepitus) and 86% pt. showed relief in *Sandhigharshandhwani* (Local crepitus).

After analyzing of data following facts are revealed

In group –A 96.%pts showed relief after receiving *Panchakarma* with oral medication and in group B 88% Pt. got relief after receiving only *Panchakarma* Therapy.

Result & Discussion:

The symptomatic relief from *Panchakarma* with oral medication is excellent when compared with only *Panchakarma*.

- Patient having severe osteoarthrosis and advised for Total

Knee replacement (TKR) got excellent results with *Panchkarma* with oral medication.

- Patient with moderate to severe arthritis relived only from *Panchkarma* therapy.
- Patient having cervical and Lumber spondylosis along with *Janusandhigatvat* (O.A.) got excellent result with this treatment.
- Patient who unable to walk without support before treatment they able to walk without support easily.
- It can be recommended that it is highly effective treatment for severe osteoarthrosis as a substitute of Total Knee Replacement (TKR)
- Females are more affected than males.
- Overweight pt. found more affected.

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