

Effect of an Ayurveda treatment in management of *Koshtuksheersha* (Non-Infective Knee Arthritis) - A case study.

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ABSTRACT: *Ayurveda* is science of life that deals with the preventive as well as curative aspects of various diseases. *Koshtuksheersha* is described by *Acharya Shushrut* as a *Vatvyadhi*. It can be compared with tubercular knee joint with effusion in modern terminology. In this disease vitiation of *Vata* as well as *Rakta Dosha* afflicting the region of knee joint causing severe pain and swelling which appears like the head of Jackal for which it was given that name *Koshtuksheersha*.

Case: A 55 years old male patient came to L.K. Ayurved hospital Yavatmal with C/O Severe pain, Swelling, *Sandhistabdhta*, tenderness and painful Left knee joint movements since 2 months and admitted in *Kayachikitsa* for further management & treatment. **Result & Conclusion:** The patient has given internally medications and externally *Panchkarma Janubasti*. The improvement provided by therapy was assessed on the basis of gradation of subjective and objective parameters. The *Sandhishoola*,

Sandhistabdhta, reduced & *Ayurvedic* formulation with *Janubasti* was found effective and safe to the patient.

Keywords: *Ayurveda*, *Koshtuksheersha*, Effusion, *Janubasti*, Tubercular knee joint

INTRODUCTION:

Ayurveda the holistic life science aims at physical social and spiritual well being of an individual. *Ayurveda* has described the pathogenesis and treatment of various disorders, the incidence of some of which have increased in the present scenario.

The knee is the third most frequently affected site after spine and hip¹. *Koshtuksheersha* compared with tubercular knee joint & knee effusion. Indulgence in special etiological factors cause simultaneous vitiation of *Vata* as well as *Rakta Dosha* afflicting the region of knee joint causing severe pain and swelling which appears like the head of

Jackal for which it was given that name *Koshtuksheersha*. *Bhavprakash* called it with the name *Jambookmastakam*⁵. In Ayurveda It affects *RAKTA and VATA Dosha* in our body. *Vata* placed at knee joint along with *Rakta Dushti* and develops pain, swelling and restricted movements of joint. *Koshtuksheersha* as described in *Ayurveda* can be correlated with nonspecific knee effusion & tubercular knee joint.

Acharya Shushrut, Acharya Vagbhata, Bhavprakash, Madhvkara, Chakrapani Datta has described that variation of *Vata* and *Rakta Dosha* is considered to be the main pathogenesis in concern to this condition². *Acharya Shushruta* has described *Aghat* (trauma), *Amvatta*, *Sandhivatta* (nonspecific arthropathies, *Updansha* (infective arthropathies) as its etiological factors and *Shoth* (inflammation), *Maharaja*, (pain) as the main clinical features of this condition³

MATERIALS & METHODS :

1) Place of study: IPD department of *Kayachikitsa, L.K. Ayurved hospital, Yavatmal*

2) Chief Complaints: A 55 years old male patient with OPD no.- 503981 came to L.K. Ayurved hospital, *Yavatmal* with C/O Severe pain, Swelling, Sandhistabdhta, tenderness, and painful Left knee joint movements since two months and admitted in *Kayachikitsa IPD* for further management & treatment.

3) History of present illness: Patient has developed the above presenting complaints since 2 months caused by fall from tractor trolley 2.5 months ago.

Patient had taken Allopathic treatment at outside from local practitioner but didn't get satisfactory relief so he came to L.K. Ayurved Hospital for further treatment.

4) Past History:

- H/o fall from tractor trolley 2.5 months ago.
- No h/o HTN, DM, Thyroid, Asthma, Arthritis, T.B.
- No surgical history

5) personal history: - Work – farmer; Addiction – tobacco chewer (since 10 years)

CLINICAL EXAMINATIONS:

VITALS:

- BP- 130/80 mmhg
- PR- 74/min
- Temperature – 97.5°f
- Spo2 – 97% on R.A.
- RR- 18/min
- Weight – 40 kg

SYSTEMIC EXAMINATION:

- CVS – S1S2 – N
- CNS -Conscious & well Oriented
- RS- AEBE
- P/A- Soft & Non tender

LOCAL EXAMINATION: Left knee joint

- 1) Pain - +++
- 2) Swelling - +++
- 3) Measurements: Above knee – 36.5 cm
At Knee – 37.5 cm
Below Knee – 31.5 cm

ASTAVIDH PARIKSHAN :

- *Nadi* – 74/min, vatajpittaj.
- *Mala* – Samyak
- *Mutra* – Samyak
- *Jivha* – Sam
- *Shabda* – spashta.
- *Sparsha* – Samshitoshna
- *Druk* – Clear visioon, Shewabh.
- *Akruti* – Madhyam

INVESTIGATION:

- ESR – 45 mm/hr.
- Uric acid – 3.20 mg/dl
- RA factor – Negative
- CRP – slight positive (1:2)

X RAY Left knee AP & Lat. View -
Degenerative changes with marginal osteophytes formation and joint space reduced.

GRADING OF SUBJECTIVE & OBJECTIVE PARAMETERS:**a) SUBJECTIVE PARAMETER GRADING –**

Sr.No.	Subjective parameter	G-0 (Normal)	G-1 (Mild)	G-2 (Moderate)	G-3 (Severe)
1	<i>Sandhishoola</i>	Absent	+	++	+++
2	<i>Sandhistabdhta</i>	Absent	+	++	+++
3	Gait	Normal gait	Mild Abnormal	Moderate Abnormal	Limping gait

b) OBJECTIVE PARAMETERS: Swelling measurement of left knee joint – Above knee, At knee & below knee joint.

TREATMENT PLAN:**1) Abhyantar chikitsa (Internal medicines) –**

Sr. No.	Medicine	Dose	Kala	Anupan
1	त्रिफळागुग्गुळ पूतर्णवागुग्गुल	500 mg 500 mg	व्यानोदाने 1-----1	कोष्णजल
2	दशमूल चूर्ण+ पूतर्णवा चूर्ण	Mixture of 1 gm each powder	व्यानोदाने 1-----1	कोष्णजल
3.	पंचसकार चूर्ण	3 gm	निशिकाल 0-----1	कोष्णजल

2) **Bahya Chikitsa/Panchkarma** – *Janubasti* with *Murivenna oil* for 7 days.

TREATMENT FINDINGS:

Subjective parameters -

Sr. No.	Symptoms	Day 1	Day 3	Day 5	Day 7	Day10
1	<i>Sandhishool</i>	G 3	G 3	G 2	G 2	G 1
2	<i>Sandhistabdhata</i>	G 2	G 2	G 2	G 2	G 1
4	Gait	G 2	G 2	G 2	G 2	G 1

Objective parameter –

Measurement (Left knee)cm	Day 1 cm	Day 3 cm	Day 5 cm	Day 7 cm	Day 10 cm
Above knee	36.5	36	35	34	34
At knee	37.5	37.5	36.5	36.5	36
Below knee	32	31.5	31	31	30

HETU:

AHAR – *Shit* , *paryushit ahar* , *Guru*, *viruddha ahar*, *Katu Amla ahar* (*Dadhi* , *Nimbusevan daily*)

VIHAR – *Atishram* , *Aghat at left knee joint*

SAMPRAPTI:-

Hetu sevan (Dosh Sanchay)



(*Vatvardhak ahar* + *Raktdushtikar ahar* + *Aghag*)



Vatprakop & Rakt dushti. (Dosh Prakop)



Vat Dosha prasar through sira and kandara (Dosh Prasar)



Khavaigunya at vam Janu sandhi through aghataj history (Left knee joint) (Sthansamshraya)

Sandhishool (pain), Sandhistabdhata (restricted movements),

Shoth (swelling) of Vam Janu sandhi. (Vyakti)

SAMPRAPTI GHATAK:

- **DOSHA** – *Apan Vayu, Vyan Vayu, Pachak Pitta , Shleshak Kaph*
- **DUSHYA** – *Asthi, Majja, Mans, Rakta*
- **STROTAS** – *Asthivaha , Majjavah, Raktavaha*
- **ADHISTHAN** – *Vam Janu Sandhi*
- **UDHBHAVSTHAN** – *Vam Janu Sadhi*
- **ROGMARGA** – *Abhyantar, Marmasthisandhi*
- **STROTODUSHTI LAKSHAN** – *Sang (Vata & Rakt)*

DISCUSSION:

In the above case depends on *nidan* and *lakshnas* this case was diagnosed as *Koshtuksheersha*. This disease mainly occurs at any knee joint. The causative

factor for this is mainly *Vata* and *Rakta Dosha*. This is called *Koshtuksheersha* because swelling is looks like Jacal head. This disease is of *abhayantar rogmarga*, *marmasthisandhigat* and involves *Asthivah*, *Majjavah* & *Raktavaha Strotas*. In *Samhita Shaman* and *Shodhana Chikitsa* involving *Vatshamak* medicines along with *Strotoshuddhikar* and *Raktashuddhikar* medicines are was advised . In this patient treated with *Shaman Chikitsa* and *Panchkarma Chikitsa* like *Janubasti*.

Mode of Action of drugs^{7 8 9} :

1. **Triphala Guggul:** Contains *Triphala*, *Pimpali* & *Guggul*, acts as *Vataghna* and used in reducing *Shoth* (inflammation).
2. **Punrnva Guggul :** Acts as *Vatashamak* & *Raktshodhak* and reduces *Shoola* (pain). Also acts as Anti-inflammatory and analgesic.
3. **Dashmool Churna:** Acts as *Tridoshghna* mostly *Vataghna* and *Shothahar*.
4. **Punarnava Churna:** Acts as *Vatahar* and *Shothahar*. It reduces swelling and pain.
5. **Panchasakar Churna:** It contains *Shunthi*, *Sounf*, *Swarna patri*, *Saindhav*, & *Haritaki* Acts as *Deepan*, *Pachan* and *Virechak*. It acts as *Vatpkaphnashak*. So due to

Rechana Vatanulomana occurs and usful in reducing *Vata Dosha*.

6. **Janubasti:** It strengthen joint, muscle, tendons of joint. It reduces pain and swelling of joint region.

CONCLUSION:

The given Ayurveda formulation was found effective and safe in controlling signs and symptoms of *Koshtuksheersha*..

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