

**Effect of Jaloukavacharan & Ayurvedic management in the  
Kroshtuksheersh (क्रोष्टुकशीर्ष): A single case study**

Manisha S. Gangji<sup>\*1</sup>, Yogesh P. Duddalwar<sup>2</sup>, Subhash B. Jamdhade<sup>3</sup>, Pradnya S. Jamdhade<sup>4</sup>

1. PG Scholar,
2. Guide,
3. HOD and Professor,
4. Assistant Professor, Dravyaguna Dept.

Department of Kayachikista, DMM Ayurved college Yavatmal, Maharashtra, India

\*Correspondence Author: [manishagangji3701@gmail.com](mailto:manishagangji3701@gmail.com)

**ABSTRACT :**

*Kroshtuksheersh* is the Disease of knee joint due to dushti of vatt Rakta dosha. *Kroshtuksheersh* involve the symptoms like as swelling in Knee joint, pain, difficulty in movements of knee joint, redness, hyperesthesia (तीव्रस्पर्शासहत्व), Ushna sparsh (warm to touch), collection of fluid in knee joint. Due to collection of fluid in knee joint it look like Head of fox (क्रोष्टुक: fox, शीर्ष: Head) So called as क्रोष्टुकशीर्ष. Knee effusion occurs when excess synovial fluid accumulates in or around knee joint. It has many Common Causes, including arthritis, injury to ligament or meniscus. It involves Symptoms like pain, swelling, stiffness, bruising in the knee joint. Diagnostic test includes joint aspiration, x-ray, MRI, Blood test (CRP, Uric acid). Treatment of fluid in knee depends on underlying cause of the swelling. Analgesic & aspiration of fluid is done.

**Keywords :** *Kroshtuksheersh, Rakt- vaat dosh, janu sandhi*

**INTRODUCTION :**

वातशोणितजः शोथो जानुमध्ये महारुजः।

ज्ञेयः क्रोष्टुकशीर्षस्तु स्थूलः क्रोष्टुकशीर्षवत् ॥

मा.नि/वातव्याधि-58<sup>(1)</sup>

*Kroshtuksheersh* is the Disease of knee joint due to *dushti* of *vatt Rakta dosha*. *Kroshtuksheersh* involve the symptoms like as swelling in Knee joint, pain, difficulty in movements of knee joint, redness, hyperesthesia (तीव्रस्पर्शासहत्व), *Ushna sparsh* (warm to touch), collection of fluid in knee joint. Due to collection of fluid in knee joint it look like Head of fox (क्रोष्टुक: fox, शीर्ष: Head) So called as क्रोष्टुकशीर्ष.<sup>(2)</sup>

knee joint effusion occurs when excess synovial fluid accumulates in or around knee joint capsule. In older patients, rheumatic diseases or osteoarthritis are often responsible for knee joint effusion. This is because degenerative joint wear impairs the knee joint function, resulting in recurring inflammation. The first sign of

joint effusion is severe swelling of the knee mobility is significantly restricted.

The fluid in the knee causes significant pressure pain that is often felt behind the kneecap knee also turns red and feels hot, inflammation of the knee is likely. It has many Common Causes, including arthritis, injury to ligament or meniscus. It involves Symptoms like pain, swelling, stiffness, bruising in the knee joint. Diagnostic test includes joint aspiration, x-ray, MRI, Blood test (CRP, Uric acid). Treatment of fluid in knee depends on underlying cause of the swelling. Analgesic & aspiration of fluid is done. <sup>(3)</sup>

#### **Aim & objective:**

To evaluate efficacy of Jalaukavacharan & Ayurvedic Drugs in the management of a case of *Kroshtuksheersha*.

#### **MATERIAL & METHOD :**

**Method :** single case study.

**Type :** prospective study, single case study

**Place :** PG department of *kayachikista* laxmanrao kalasapurkar Ayurvedic hospital, affiliated with D.M.M Ayurved college yavatmal.

**Duration :** one month

#### **A Case Report :**

A 60 yr's female patient came to opd of *kayachikista* department with complaints of : swelling in right knee joint pain, redness, warm to touch, Difficulty in movements of knee joint, Collection of fluid in knee joint (*जलपुर्णद्विस्पर्श*) since 3 month.

other symptoms: pain & swelling in wrist & shoulder joint, *jwaranubhuti*, *kshudhamandya*, *gourarta*, *Angamarda*.

**Past History:** Right knee effusion Aspiration done 1 month before. No

history of trauma . She is known case of osteoarthritis for which she was taking symptomatic treatment intermittently.

**History of present illness :** patient is normal before 1yr then gradually developed symptoms like *kshudhamandya*, *gourvata*, Swelling & pain in all joints & 3 month before develop

Osteoarthritis since 1 yr

**History of present illness :** patient is normal before 1yr then gradually developed symptoms like *kshudhamandya*, *gourvata*, Swelling & pain in all joints & 3 month before developed symptoms of knee joint. 1month before Right knee effusion aspiration was done. still She had no relief so admitted in L. K. Ayurved hospital yavatmal on 08/02/2023 for further management.

#### **Rugna Pariksha :**

Nadi-84/min, *Mutra-Samyak*, *Jivha - saam*, *shabda -sparsh-drika-prakrut*, *Akruti-madhyam*, *Nidra-prakrut*, BP – 120/80 mm of mg, Wt-48 kg, pulse-84min

#### **Locomotory system examination :**

1. Right knee joint swelling along with fluctuation and raised local temperature.
2. Incomplete extension of right knee joints.
3. Tenderness was present in right knee joint
4. No muscular wasting observed.

#### **Investigation:**

01/02/23 : CBC-12, WBC – 8730, PLT– 343000, ESR– 52mm/hr, Sr. uric acid – 5.28, RA test– titre 256 positive, CRP – titre 9.2 positive

X-ray Rt knee (Ap & lat) : severe osteoporosis with osteoarthritis changes.

#### **Samprapti Ghatak:**

- *Dosh: Vaat-Rakta*
- *Dushya : Asthi –Majja*
- *Strotas :Asthi- Majjavaha*
- *Strotodushti : sang – vimargaman*
- *Udhabhavsthan - pakvashaya*
- *Aam : malasanchay*
- *Adhishtan : Janu*
- *Vyadhimarga : Marmasthisandhi*
- *Prabhav : kashtasadhy*

**Diagnosis:**

- *Abhyanatar chikista :*

with above clinical presentation patient is diagnosed as द. क्रोष्ठकशीर्ष.

**Material :**

- *Sthanik chikista :*

1. *jaloukavacharan* on date 10/02/23 & 18/02/23 followed by *janubasti* with *dardanasha* and *dashmool tail*.

2. *Lepa : Dashang Lepa*

Sr. No	Dravya	Dose	Duration	Anupan
1.	A combination of <i>simhanadaguggulu+punarnavaguggulu +Arogyavardhini vati +Amavatari rasa</i>	1gm Vyanodane	15 days	Koshanajal
2.	A combination of <i>Dashmool +punarnava +Rasna +shunti (1 gm each)</i>	1 gm each Vyanodane	15 days	Koshnajal
3.	<i>Rasnasaptak kadha</i>	15ml-15ml	1month	Shuntisidha erand tail
4.	<i>Swadishtavirechan</i>	3gm Nishakali	1 month	Koshanajala
5.	<i>Ajmodadi churna</i>	1 gm Vyanodane	1 month	Koshnajala



**Result:**

Before treatment	After treatment
Below knee : 11 inch	Below knee :10 inch
At knee :13.5 inch	At knee :13 inch
Above knee :12 inch	Above knee :11 inch

## DISCUSSION :

- In *kroshutkshirsh Amapachak, raktashudhikar, strotodushtihar* treatment is done. *Lep, swedan, jaloukavacharan* and other treatment of *Rakta* and *vatt dosh* is done.
- **Local treatment :** विना वातं विना रक्तं शूलं नास्ति |

**Jaloukavacharan** was done twice to remove *dushit rakta dosha*. It helped to relieve pain and swelling at knee joint.

**Snehan** with *mahavishgharbha tail* and *saindhvadi tail*.

Followed by *ruksha swed ( valuka pottali sweda)* is done which helps for *Ammapachan, strotoshodhan* at knee joint.

**Lep :** *dashang lep* is given which helps to relieve pain and swelling.

**Janubasti** – *Dardanasha* and *Dashmool tail* is given which is best treatment on *vaat dosh*. After *raktamokshan vaat dosh* increases so to balance it *janubasti* is given for 6 days.

### Abhyantar chikista :

- 1) *Simhanada guggulu* and *Ammavatari rasa* both are considered as *vyadhipratyanik dravya* in *Ammavata*. It helps for *Ammapachan* and *strotoshodhan*.<sup>(4)</sup>

*Punarnava guggulu* acts as *shothagna* and *mutral*. It helps to relieve swelling.<sup>(5)</sup> *Arogyavardhini vati* contains *kutki*, which helps for *malshodhan* and *strotorodhnashan* and also acts on *Yakrut* and *Annava* *strotas*.

- 2) *Dashmool, Rasna, shunti* are *ushna, tikshna, pachak, vatghna dravya* with

*punarnava* which acts as *mutral* and *shothghna* is given.<sup>(6)</sup>

- 3) *Rasnasaptak kadha* which contains *Rasna, Devdaru, Arghvadha, Punarnava, Gokshur, Erandmool, Amruta* is given which acts as *Ammapachak, strotorodhnashak* helps to relieve swelling, pain, *gouravata* ect.<sup>(7)</sup> It is given with *shunti sidha Erand tail. Erand tail* is best to remove *saam vayu* from *body*.<sup>(8)</sup>

- 4) *Swadishta virechan churn* contains *Ajmoda, Haritaki, Trikatu, vrudhadaru etc dravya* which acts as *Amapachak, shothghna, shulaghna*.<sup>(9)</sup>

### Probable mode of action :

जलौकास्त्वात्म प्रभावेण प्राग्दुष्टमेव रक्तं पिबन्ति । यथा दुग्धमिश्रित उदकां हंसो दुग्धमेव पिबतीत्यर्थः ॥ अ.हु.सू. २६/४२

*Jaloukavacharan* is the procedure indicated in *rakt dosh dushti. jalouka* helps for Normalization and improvement of capillary circulation. Blood purification effect by expelling out the vitiated blood. Improvement of an endo-cellular exchange. Along with *joloukavachran Rakta shudhikar and vaat nashak, Aaampachak, strotoshudhikar, Malshodhak* treatment was given . It acts on both *vaat* and *rakt dosh* and helps to reduce swelling, pain and all the symptoms of *kroushtuksheersh*.

### CONCLUSION :

From the present case study, it can be concluded that the results obtained after the treatment was encouraging. Ayurvedic management in combination of Panchakarma (*Jaloukavacharan & janubasti*) and Herbo-mineral drugs as described in classical texts is helpful in giving significant relief in signs and

symptoms of the disease *Kroshtuksheersh*), thereby improving quality of life. So, this kind of approach can be taken for treating further cases of *Kroshtuksheersh*.

#### REFERENCE:

1. *Madhavnidanm* by *Madhavkar* with commentary of Vijayrakshit and shrikanthdatta, chaukhamba prakashan varanasi, 2005 , vatvyadhi, shlok no. 58
2. *Kayachikista* by Y.G Joshi, published by pune sahitya vitaran, 2001 , vatvyadhi, P.g no : 333
3. [www.wikipedia.org](http://www.wikipedia.org)
4. *Bhaisajyaratnavali* of shri. Govind das by Kaviraj Ambikadatta shastri
5. Ayurvedacharya, chaukhamba prakashan varanasi,2018 Aamvatchikista, Pg no.619.
6. *Bhaisajyaratnavali* of shri. Govind das by Kaviraj Ambikadatta shastri Ayurvedacharya,

Chaukhamba prakashan varanasi, 2018, pg no. 803

7. *Dravyaguna vigyana* by Dr.Deshpande and Javalgikar published by profishunt publication House (2016) , Pune,Pg no. 714
8. *Sharangdhara samhita* of pandit sharangdharacharya Annoted with dipika Hindi commentary by Dr. Bhrahmanand tripathi, published by chaukhamba prakashan varanasi , 2019, Madhyamkhand, pg no. 97
9. *Kayachikista* by Y.G.joshi , published by Pune sahitya vitaran, 200@1, Aamvata, pg. no 283 .
10. *Sharangdhar samhita* of pandit sharangdharacharya Annoted with Dipika Hindi commentary by Dr. Bhrahmanand tripathi, published by chaukhamba prakashan varanasi, 2019 , Madhyamkhand, pg no. 125.

*Conflict of Interest: Non*

*Source of funding: Nil*

*Cite this article:*

*Effect of Jaloukavacharan & Ayurvedic management in the Kroshtuksheersh (करोष्टुकशीर्ष):*

*A single case study*

*Manisha S. Gangji, Yogesh P. Duddalwar, Subhash B. Jamdhade, Pradnya Subhash Jamdhade*

*Ayurline: International Journal of Research In Indian Medicine 2024; 8(1):01- 05*