



Role of Agnikarma with Panchaloha Shalakra in the pain management of Janusandhigata Vata- A Case Study

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ABSTRACT :

Janusandhigata is one of the *Vata Vyadhi* type distinguished by the symptoms *Shoola* and *Shotha*. *Janusandhigata* is the most prevalent disease seen in society. *Sandhigata Vata* is more likely to impact the knee joint because it is the most commonly used joint in everyday normal work. *Janu Sandhiagata Vata* because of comparable signs and symptoms, it can be correlated with knee osteoarthritis. In Knee Osteoarthritis pain, stiffness and uncomfortable/restricted movement in the affected knee joint are common clinical symptoms.

In the current case study, 59 years old female patient had been experiencing pain in bilateral knee joint and stiffness in the left knee joint, as well as trouble in walking since one year. The diagnosis of knee osteoarthritis was confirmed following a clinical examination and X-ray of the knee joint. *Agnikarma* is one of the conventional treatment procedures indicated for *Vatavyadhi* and it is commonly utilized to handle severe instances of pain. In this case study, patient was being treated with *Agnikarma* by *Panchalohashalakra*, which has shown encouraging positive results in current case.

Key Words: Janu Sandhigata, Agnikarma, Panchalohashalakra Knee Osteoarthritis

INTRODUCTION:

Sandhigata is described as *Vatavyadhi* in all *Samhita* and *Sangraha Grantha*. In *Jaravastha*, all *Dhatu*s undergo *Kshaya*, resulting in *Vataprakopa* and making the individual susceptible to a variety of ailments, including *Sandhigata*. *Sandhigata* pathogenesis is characterized by *Vata Dosha* dominance. Acharya Charaka described the condition as "*Sandhigata Anila*" for the first time; however it was not included in the 80 forms of *Nanatmaja Vyadhi* [1]. Acharya Sushruta mentioned the ailment *Sandhigata* in the *Vatavyadhi* context. He has described the symptoms and the course of treatment. He added a new symptom i.e. '*Hanti Sandhi*' in the symptoms shown by Acharya Charaka previously [2]. Acharya Vagbhatta said *Vatavyadhi* as "*Maharoga*".

Clinical Features are *Vatapurna Druti Sparsha*, *Prasarakunchana Vedana* [3], *Sandhi Shoola and Shotha* [4], *Atopa* [5]. *Sandhigata* is one of the commonest joint disorder broadly comes under *Vata Vyadhi* and affects the skeletal system in the geriatrics. This age group is more vulnerable to *Dhatu Kshaya*. *Vata Dosa* becomes provoked due to *Kshaya* or *Avarana prakriya* and produces various types of *Vata Vyadhi*. To overcome such type of degenerative process and symptomatology various research work are going on to find out new remedy in surgical as well as medical system. *Agnikarma* is a Para surgical procedure, advocated by Acharya Sushruta for *Asthi*, *Sandhi*, *Sira*, *Snayugata Vatavikaras* and it is highly effective without producing any further complication..⁶ Acharya Sushruta has indicated different types of material according to site of *Agnikarma*.⁷ These can be classified as follows,-

1. Twak Dadga – Pippali, Ajasakrud, Godanta, ara, Salaka
2. Mansa Dadga – Jambhavsta Shalakra and other Metals.
3. Sira, Sanayu, Sandhi, and Asthigata – Madhu, Jggery, and Sneha.

CASE REPORT:

Patient information:

A 59 years old female visited the OPD of Shalya Tantra of BVVS Ayurveda College and Hospital with pain in the bilateral knee joint since one year. She also had difficulty in walking and standing for a longer duration.

History of present illness:

The patient was well before one year. She gradually developed pain in the bilateral knee joint, which aggravated and caused difficulty in walking and standing for more than 10 minutes. She consulted a nearby clinic and was prescribed NSAIDs. She discontinued the medicines due to hyperacidity after consuming tablets for some days.

Personal history:

Appetite – Normal
Bowels – Normal,
Micturition – Normal,
Sleep – Disturbed ,
Addiction: NO

General examination

Height – 162 cm
Weight – 65 Kg
BMI- 24.2 kg/m²
BP – 130/90 mmHg
PR – 76 bpm

Menstrual history: Age of menarche: 13 years Age of menopause: 49 years

SAMPRAPTI GHATAKAM

Dosha: Vata Pradhana, Kapha Anubandha may be seen.

Dushyas: Asthi, Sandhi

Srotos involved: Asthivaha Srotas

Srotodusti Prakara: Sanga and Vimargagamana.

Agni: Jatharagmimandyajanya

Udbhava Sthana: Pakvashaya

Vyakta Sthana: Sandhi

Vyadhyavastha: Chirakari

Sadyasadhyata: Krichrasadhya to Asadhya

Rogamarga: Madhyama Rogamarga

CLINICAL FINDINGS- O/E of knee joint**Darshana (inspection):**

Gait- Normal
Deformity- -Absent
Joints movement-Partially restricted

Sparshana (palpation)

Site of pain- medial aspect
Tenderness- present
Swelling – absent
Crepitus – present
Range of movement

movement	Right	Left
Flexion	120 ⁰	104 ⁰

CLINICAL INVESTIGATION

X-ray of the left knee joint revealed narrowing of joint space and osteophytes formation.

METHODOLOGY**Agnikarma procedure:****Materials required:**

•Panchalohashalaka • Gauze piece •Candle • Aloe vera •Eranda Patra.

Poorva Karma:

Procedure explained to patient and informed consent was taken from the patient. Materials required for *Agnikarma* were kept ready. The patient's vitals were noted, and the patient was made to lie in supine position. The knee joint were exposed. *MurchitaTila Taila* was heated and *Abhyanga* was done. *Panchalohashalaka* was heated.

Pradhana Karma:

A tender area was noted. Another end of heated *Panchaloha Shalaka* will be applied to the tender area after covering the area with *Eranda Patra*.

Paschat Karma:

Aloe vera was applied over the site of *Agnikarma*. *Pathyaapathya* was advised to patient

GRADINGS :

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</i> on <i>Prasarana Akunchana</i> (Goniometry)	135 ⁰ -115 ⁰	115 ⁰ -105 ⁰	105 ⁰ -95 ⁰	95 ⁰ -85 ⁰
4	<i>Sandhi Shotha</i> (Joint swelling)	No Swelling	Mild Swelling (0-1cm)	Moderate Swelling (1-2cms)	Severe Swelling (2-3cms)

RESULTS:

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*.

Tabular representation of the results w.s.r to assessment parameters.

ASSESSMENT OF PARAMETERS:**Subjective parameters:**

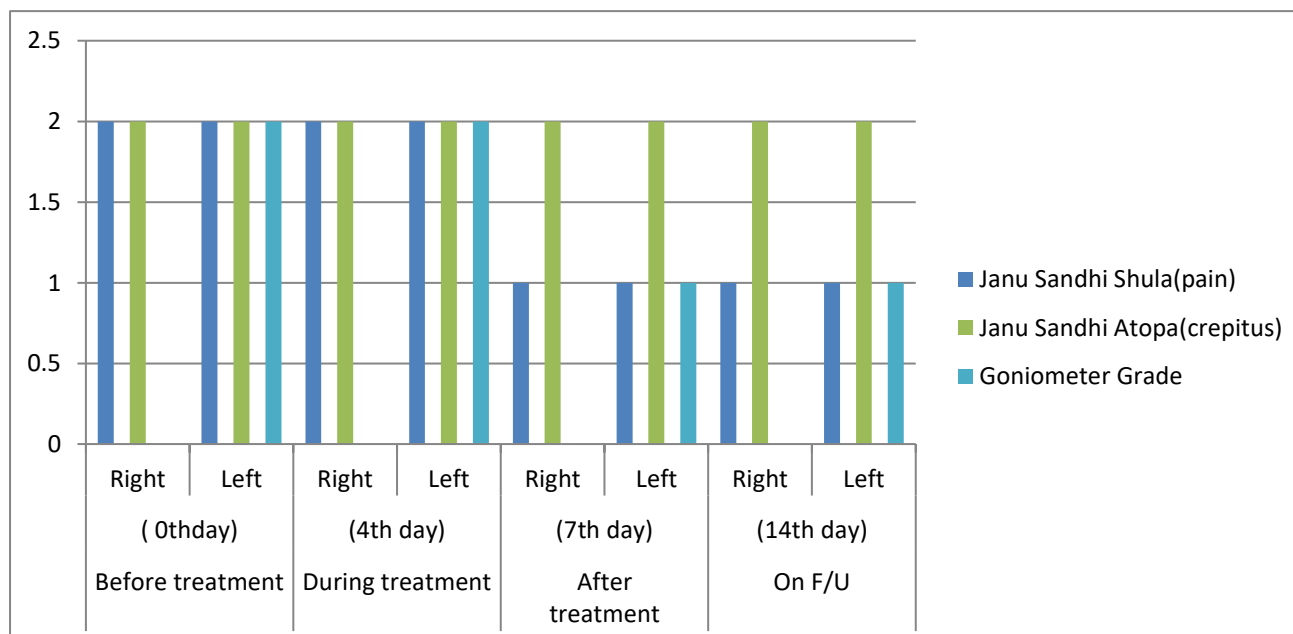
Complaints	Before treatment (0 th day)		During treatment (4th day)		After treatment (7 th day)		On F/U (14 th day)	
	Right	Left	Right	Left	Right	Left	Right	Left
Janu Sandhi Shula(pain)	2	2	2	2	1	1	1	1
Janu Sandhi Atopa(crepitus)	2	2	2	2	2	2	2	2

Objective parameters:

Prasarana Akunchana Savedana(Range of Movement)

Grading (Goniometer)	Before treatment (1 st day)		On 4 th day		After treatment (7 th day)		On F/U 14 th day	
	Right	Left	Right	left	Right	Left	Right	Left
Grade	0	2	0	2	0	2	0	1

**Graph showing distribution of grades Janu Sandhi Shula(pain), Sandhi Atopa(crepitus)
and Goniometer Grade**



Sandhi Shotha (Measurement of swelling at knee joint)

Knee joint	Before treatment	After treatment	On F/U
Midpoint of patella	39cms	39cms	39cms
2inches above patella	40cms	40cms	40 cms
2inches below patella	34cms	34cms	34cms

DISCUSSION

As per Ayurvedic texts due to *Vata Dosha* with *Kapha Dosha Anubandha* there is pain and stiffness in *Sandhi*, resulting in painful movements of joints. Both *Vata* and *Kapha Dosha* are *Shita Guna Pradhana* and *Agnikarma* is *Ushna, Tikshna, Sukshma, Vyavai* and *Vikasi* in *Guna* which helps to breakdown *Vata Kapha Anubandha* and neutralizes them, because of that pain and stiffness instantly releases and patient get relief. As per the modern medicine, therapeutic heat increases blood circulation at knee joint leads to the proper nutrition of the tissue

CONCLUSION

Sushruta highlights the importance of *Agnikarma* practice in case of highly painful conditions precipitated by *Vata* affected *Sira, Snayu, Asthi* components. The order of *Dahanopakaranas* given in Sushruta Samhita represents the application of each *Upakarana* to the *Dhatu*. As previously stated, *Panchalohashalaka* has been utilized to treat symptoms of *Sandhigata Vata*. *Agnikarma* is a simple, can be performed at the OPD level, cost-effective therapy that provides quick relief without any complications.

PHOTO PLATE:**Abhyanga****Agnikarma by Panchalohashalaka****REFERENCES**

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