

Ayurvedic Management of Sandhigata Vata (Osteoarthritis) With Special Emphasis on Janu Basti: A Case Study

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Abstract—This case study discusses the effective Ayurvedic management of Osteoarthritis (OA) in a 61-year-old male farmer named ABC. OA is a degenerative joint disorder commonly marked by joint pain, stiffness, and decreased mobility due to cartilage deterioration. Conventional medicine typically targets symptom control, often overlooking the root cause. In contrast, Ayurveda offers a comprehensive approach, addressing both pathology and symptomatology through personalized treatments. ABC presented with severe pain, restricted movement, and stiffness in multiple joints including the knees, spine, hips, shoulders, and fingers. He was diagnosed with *Sandhigata Vata*—an osteoarticular disorder of *Vata dosha* affecting *Asthi* (bone) and *Sandhi* (joints). The treatment involved *Panchakarma*, with a focus on *Janu Basti*, alongside internal and external Ayurvedic medications to pacify aggravated *Vata* and strengthen bone tissue. Significant improvements were observed post-treatment, including reduced pain and stiffness, improved joint function, and radiological signs of reduced degeneration. This case highlights the efficacy of Ayurvedic protocols, especially *Janu Basti*, in improving the quality of life for patients suffering from OA.

Keywords—Ayurved, *Janu Basti*, *OA*, *Panchakarma*, *Sandhigata Vata*.

I. INTRODUCTION

Almost all persons by age 40 have some pathologic change in weight bearing joint.¹ Osteoarthritis (OA) is a progressive degenerative joint disease that affects millions globally, causing chronic pain and reduced mobility. Conventional treatments offer temporary symptom relief but often fail to reverse the degenerative process. Ayurveda describes this condition as *Sandhigata Vata*, a disorder where aggravated *Vata dosha* lodges in the joints, leading to symptoms resembling OA. Acharya Shusruta had further added specific symptoms, that is,

degenerative changes in joints as the symptoms of *Sandhigata Vata*.^[2]

This case report illustrates the holistic management of OA through Ayurvedic therapies, particularly *Janu Basti*, which targets knee-related degeneration.

Patient Profile

Name: ABC

Age: 61

Gender: Male

Occupation: Farmer

Chief Complaint: Pain and stiffness in multiple joints, specially knee joint

Clinical Presentation

ABC presented with the following symptoms:

- Aching and stiffness in the knees, worsened after prolonged sitting or exertion
- Difficulty walking, especially downhill or on uneven surfaces
- Pain in the lumbar and cervical spine, shoulders, hips, and finger joints
- Heberden's nodes on distal interphalangeal joints
- Radiological findings revealed osteophytes, joint space narrowing, subchondral sclerosis, and early degenerative changes

Ayurvedic Assessment

In Ayurvedic terms, the condition was diagnosed as *Sandhigata Vata*, a manifestation of aggravated *Vata* in the joints and bone tissues (*Asthi* and *Sandhi*). The associated *Doshic* involvement was *Vata prakopa* with *Asthi kshaya* (degeneration of bone tissue).

Pathogenesis (Samprapti)

From an Ayurvedic perspective, *Dhatukshaya* (tissue depletion) and *Margavarana* (channel obstruction) lead to *Vata* vitiation, which accumulates in *Asthi* and *Sandhi*, resulting in symptoms such as pain, dryness, and loss of joint function.³ In modern terms, OA corresponds to cartilage degeneration, osteophyte formation, and altered biomechanics of the joints.

Ayurvedic Treatment Protocol

1. Panchakarma Therapy:

Janu Basti:⁴

Localized oil retention therapy focused on the knee joints.

Medicated oils like *Ksheerabala Thaila* and *Dhanwantharam Thaila* were used to nourish the joints, reduce pain, and enhance lubrication.

Applied for 30 minutes daily over 21 days.

2. External Therapies:

1. *Abhyanga* (Oil Massage): Daily full-body massage with *Mahanarayana Thaila* to balance *Vata* and increase circulation.

2. *Swedana* (Fomentation): After *Abhyanga*, fomentation was done using

Pinda Sweda (bolus of herbal leaves and oil) to relieve stiffness and improve mobility.

Before and After Treatment Assessment

Parameter	Before Treatment	After Treatment
Pain	Severe	Mild
Joint Stiffness	High	Minimal
Mobility	Restricted	Improved able to walk freely
Radiological Findings	Osteophytes	joint space loss Reduced
Quality of Life	Poor	Significantly improved

II. CONCLUSION

This case study demonstrates that Ayurvedic management, particularly *Janu Basti*, when combined with internal and external therapies, offers a potent solution for Osteoarthritis. The comprehensive approach addressed both symptoms and root causes, bringing about significant improvements in joint health, functionality, and overall well-being. Ayurveda, with its focus on personalized, holistic care, emerges as a powerful alternative or complementary strategy for managing chronic degenerative conditions like OA. Incorporating therapies like *Janu Basti* can substantially reduce pain, enhance mobility, and prevent further degeneration.

3. *Lepana*: Application of medicated herbal pastes like *Nirgundi Choorna* with *Dashamoola Kwatha* over inflamed joints.

3. Internal Medicines (Administered for 3 months):

Yogaraja Guggulu: Two vati two times after meal.

Trayodashanga Guggulu: Two vati two times after meal.

Dashamoola Kwatha: 20 ml *Kadha* with 20 ml hot water, two times before meal

Asthi Poshak Churna: 3 gram with lukewarm water two times after meal

Laksha Guggulu: Two vati two times after meal.

Treatment Principles

The key treatment strategies included:

The two most promising therapies for the management are *Janu Basti*⁵

Vatahara: It has *vatshamak* property which minimize the O.A.

Brimhana: It has *Brimhan guna dravya* which has property which minimize the O.A.

Asthi Dhatu Poshan: *asthi dhatu poshak dravya* indirectly minimize the *vata dosha* which is beneficial for O.A.

Localized therapy (*Janu Basti*): Focusing on the most affected joints to bring about targeted relief.

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