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## **Clinical Evaluation of Lashun Tailam on Sandhivata**

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रसोनकल्कस्वरसेन पक्वं तैलं पिबेत् यस्त्वनिलामयार्तः।  
तस्याशु नश्यन्ति च वातरोगा ग्रंथा विशाला इव दुर्गुहीताः॥255॥  
भैषज्यरत्नावली/वातव्याधिचिकित्सा/255

According to Ayurveda Sandhivata disease is comes under vatavyadhi which is vyadhi of asthi and majjavaha strotas and this disease represented by shool, shoth, vatapurnadrutisparsha.

Sandhigatavata (Osteoarthritis) is common amongst the elderly and obese persons. Sandhigatavata is chronic disease and not only it affects the body & health but also affects daily activities of a person. So the patient is hampered physically as well as mentally.

Since knee is the weight bearing joint it is more susceptible to wear and tear. Sandhigatavata occurring at the knee joint as a result of wear and tear is termed as Janusandhigatavata.

The main symptom of Sandhigata Vata according to Ayurveda is Vatapurnadrutisparsha and as per modern concept one of the main symptoms of Osteoarthritis is Cripitus which is similar to Vatapurnadrutisparsha

The term Sandhi means Sandhana' i.e. the union of two or more structures together. When the Vata Dosha is increased it is prone to get lodged in the Asthis and Sandhis. In old age, all Dhatus are deranged leading to Vata Prakopa and making the individual prone to many Vataja diseases. Sandhigatavata is one of such disease commonly affecting a large number of individuals.

Sandhigatavata can be compared with Osteoarthritis of contemporary medical science. Osteoarthritis is the most common form of arthritis affecting the weight bearing joints of the knees, hips, lower spine and peripheral joints of fingers and toes. According to World Health Organization (W.H.O) Osteoarthritis is the second commonest musculoskeletal problem in the world population (30%) after back pain (50%). The reported prevalence of O.A from a study in rural India is 5.78 %.<sup>4</sup> Only 25-30% of OA are symptomatic even though prevalence rate is about 80% at age of 65 years.<sup>5</sup> In contemporary medical science, treatment of Osteoarthritis is aimed at,

- Reducing Pain
- Maintaining Mobility
- Minimizing Disability

In modern medical science potent Analgesics, Anti-inflammatory drugs and also corticosteroids are generally prescribed for this disease. But these drugs are not so effective and pose increased risk of gastric erosion, hepatic and nephrotoxicity etc. adverse effects. And also it is clearly said that, current treatment of Osteoarthritis is purely to pacify symptoms because there is no disease modifying Osteoarthritis drug yet. Intra articular steroids are widely used in Osteoarthritis particularly for the knee, these injections may provide marked symptomatic relief for weeks to month.

Sandhigatavata is a Dhatukshayajanya Vyadhi and occurs usually after midlife stage. Here mainly Asthivaha and Majjavaha Srotodusti were observed. Prakopita Vata Dosha creates Sandhishoola, while due to KaphaKshaya particularly decrease of Shleshmaka Kapha, Sandhi Gharshana take place and symptoms like Sandhishotha, Vedana etc. occurs. So considering all these above factors here in Sandhigatavata, the drugs which have Ushna Virya, Vatahara, Shothahara, Shoolahara and Vedanasthapana properties are useful.

The present study aims to explore the efficacies of Lashun Taila<sup>6,7</sup> in Sandhigatavata. The drugs of formulations share the common properties of Vatahara, Ushna Veerya, Shothahara and Vedanasthapana which must be contributing to the efficacies of the drug. Hence an effort has been made to clinical evaluation of Lashun Taila on Sandhigatavata.

❖ **Objective :**

- To study on Sandhivata according to the available Ayurvedic literature.
- To study the role of Lashun Tailam in the management of Sandhivata.

• **Nidada Panchaka of Sandhigatavata :**

• **Hetu :**

रुक्षशीताल्पलघ्वन्नव्यवायातिप्रजागरैः । विषमादुपचाराश्च दोषासृकस्त्र्वणादपि ॥  
लघनल्पवनात्यध्वव्यायामातिविचेष्टितैः । धातूनां संक्षयाश्चिंताशोकरोगातिकर्षणात् ॥  
दुःखशय्यासनात्क्रोधाददिवास्वप्नाद्भयादपि । वेगसंधारणादमादभिघातादभोजनात् ।  
मर्माघातादगजोष्ट्राश्चशीघ्रयानावतंसनात् ॥ ..... (च.चि. २८/१३-१५)

• **Poorvarupa :**

अव्यक्तं लक्षणं तेषां पूर्वारूपमिति स्मृतम् ।  
आत्मरूपं तु यदव्यक्तं अपायो लघुता पुनः ॥ ..... (च.चि. २८/१९)

• **Roopa :**

वातपूर्णदृतिस्पर्शः शोथः सन्धिगतेऽनिले ।  
प्रसारणाकुंचनयोः प्रवृत्तिश्च सवेदना ॥ .....(च.चि. २८/३७)

• **Samprapti Ghatak**

Dosha	Vata : Vyan Vriddhi Kapha : Shleshaka Kashaya
Dushya	Peshi, Sanyu, Asthi, Majja
Srotas	Mamsavaha, Medovaha, Astivaha, Majjavaha
Agni	Jataragni, Asthi-Dhatwagni
Ama	Jataragni Mandya Janya
Roga Marga	Madhayma
Udbhavasthana	Pakwashaya
Sancharasthana	Sarvashareera
Vyaktasthana	Sandhi
Adhissthana	Sandhi

**Showing Chikitsa Modalities as Mentioned in Different Classics:**

Chikitsa	S.S <sup>98</sup>	A.S <sup>99</sup>	A.H <sup>100</sup>	Y.R <sup>101</sup>	B.P <sup>102</sup>	B.R <sup>103</sup>
Snehan	+	-	+	+	+	+
Abhyanga	-	+	-	-	-	-
Mardana	+	+	-	+	-	+
Swedan	-	+	-	+	+	-
Upanaha	+	+	+	+	+	+
Bandhan	+	+	-	-	-	+
Agnikarma	+	+	+	-	-	+

The main objective of the present comparative clinical study is to assess and to evaluate Lasuna tail on Sandhivata.

- **Rasona Swaras Kalka Taila :**
- **Ingredients :**Rasona & Til Taila

**1. RASONA (LASUNA) –**

- **Botanical Name** : Aliumsativum
- **Family Name** : lilliaceae
- **Common name** : Rasone
- **Hindi Name** : Lahasun
- **Marathi Name** : lasun
- **Synonyms in Sanskrit :**  
Lashun, Mahoushada, Bhuthagana, Rasayanvar, Arishtha, Rasonaka.
- **Classical categories :**
  - **Charaksamita** : Vatahar, Gulmanashak, Krimigna, Kusthaghna, Kilasaghna, Vrushya.
  - **Vagbhat** : Vatahar.
  - **Bhavprakash** : Hrudhrog, Swasaghna, Kaphaghna
- **Part Used :** Kand
- **Types :**  
2 types according to Kashyap -
  1. Girija
  2. Kshetraja
- **Physical Properties :**
  - **Ras (Taste)** :Pancha Rasatmak  
(Except Amla Rasa)
  - **Guna** :Pichel, Guru, Shighdha, Tikshna
  - **Virya** :Ushna
  - **Vipaka** :Katu
  - **Doshagnata** : Kapha Shamak Vata Shamak

## ▪ Chemical Properties :

It contains:

- Alliin - Amino acid
- Volatile compound - Enzymes
- Carbohydrates (Arabinose, galactose) etc.
- Vitamins (folic acid, thiamine, niacin vitamin C, Riboflavin)

## ▪ Formulation :

- RasonTaila - RasonaVati
- RasonaSura - RasonaPinda
- LasunadiVati

## Medicinal Uses of Rasona :

Aliumsativum is widely used in Siddha, Ayurveda and Unani system of medicine particular for disease of respiratory tract, the root is used for bronchitis, skin disease, Vatanashak and Vrushya. It mostly indicates to improves appetite also due to its Dipaniya Pachaniya Guna also useful in anaemia,

### ❖ Material : Sample Size - 30 Patients

30 patients of Sandhivata will be randomly selected. Open clinical study will be done. The patients will be selected irrespective of sex, religion, socio-economic status. All the patients will be examined by Trividh, Ashtavidha, Dashavidha pariksha. A separate case paper will be designed with special consent. Follow up will be taken at the interval of 15 days for 3 month.

### • Inclusion Criteria:

- 1) Patients having textual signs & symptoms of Sandhivata
- 2) Age: 30 to 60yrs
- 3) Patient will be selected irrespective of religion, sex & socioeconomic status.

### • Exclusion Criteria:

1. Vatarakt (Gout), Amvata (Rhumatoid Arthritis),
2. Any other major illness like Tuberculosis, HIV, Leprosy
3. Garbhini.
4. Fractures
5. Patient below age of 30yrs & above age of 60 yrs

### ❖ Administration:

#### FOR lashuntailam

Route of administration - Oral

Dose - 10 ml

Time - (Annankala) before lunch and before Dinner

Duration - 3 month

Anupan - Sukoshna Jal

Follow up - Every 15<sup>th</sup> day up to 3 month

❖ **Method :**

**Criteria For Assessment:-**

**Subjective Parameters -**

**1) Vatpurnadrutisparsh (Cripitus):**

Score 3-multipal joint involvement. Score 2-2 joint involvement, Score 1-1 joint involvement, Score 0-no joint involvement

**2) Severity of Shool (Pain): (by VAS)**

Score 3- Severe, Score 2- Moderate, Score 1, Mild, Score 0- Nil

**3) Shoth (Swelling):**

Score 3 :Severely present, Score 2-Markedly present, Score 1-Slightly present, Score 0-Absent (Swelling of joints by measuring their circumference)

**Objective Parameter -**

**4) Sparshasahatva (Tenderness):**

Score 3-Severe, Score 2-Moderate, Score 1-Mild, Score 0-Nil

**5) Functional Score:**

Score 3-Unable to move, Score 2-With the help of other person or device,Score 1- Able to do with difficulty, Score 0-Able to do without any difficulty

**Overall Score** : 1-5-Mild Grade I, 6-10-Moderate Grade II, 11-15-Severe Grade III

**Relief of Symptom:**

Patient will be assessed during treatment and result will be assesed.

Good Results -No any complaints, Moderate Results-2 steps down. Mild Results-1 steps down, No Results-No change in complaints.

**Laboratory Investigations:**

1.CBC      2. E.S.R.      3. SR.CALCIUM

**Observation and Results:**

Clinical Faature	Day of Treatme nt	Mean	S. D.	S. E.	P. Value	T Value	Result
Vatapurnadrutis parsha (crepitus)	B. T.	2	0.7428	0.1356	<0.00	7.39	H.SIG
	A. T.	1.067	0.5833	0.1065	1	3	
Severity of shool (pain)	B. T.	2.6	0.5632	0.1028	<0.00	11.9	H.SIG
	A. T.	1.4	0.6215	0.1135	1	3	
Shotha (swelling)	B. T.	2.667	0.4795	0.4795	<0.00	17.4	H.SIG
	A.T.	0.9667	0.5561	0.5561	1	0	
Sparshasahatva (tenderness)	A.T.	2.6	0.4983	0.09097	<0.00	14.7	H.SIG
	A. T.	1.067	0.4498	0.08212	1	0	
Functional score	B. T.	2.6	0.4983	0.09097	<0.00	13.7	H.SIG
	A. T.	0.8667	0.6283	0.1148	1	3	
Total score	B. T.	12.4	1.734	0.3166	<0.00	23.6	H.SIG
	A. T.	5.333	1.493	0.2726	1	2	

**Result:**

In this chapter the statistical assessment of various criteria is mentioned as per lakshana like Vatapurnadrutispersha is highly significant at  $p < 0.0001$ , Shola (Pain) is highly significant at  $p < 0.0001$ , Shotha (Swelling) is highly significant at  $p < 0.0001$ , Spershasahatwa (Tenderness) is highly significant at  $p < 0.0001$ , Movemental score which is highly significant at  $p < 0.001$ . Group of 30 patients were tested from all the lakshanas relived by the oral intake of Lashun tail and which is highly significant at  $p < 0.0001$  for Sandhigatvata after the comparative study with respect to days.

**Discussion** :Lashun tail is significantly effective on Sandhigatvata due to it'sVatashamakGuna and UshnaVirya

**Conclusion** :Lashun tail is effective on Sandhigatvata but stillthere is scope to study further on large no of patients.

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