

To Evaluate Efficacy Of Jalaukavacharan & Ayurvedic Drugs In The Management Of Kroshtuksheersha -A case Study

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Abstract

The knee joint is one of the strongest and most important joints in the human body. It allows the lower leg to move relative to the thigh while supporting the body's weight. Movements at the knee joint are essential to many everyday activities, including walking, running, sitting and standing. The knee, also known as the tibiofemoral joint, is a synovial hinge joint formed between three bones: the femur, tibia, and patella. Kroshtuksheersha is one of the Vatavyadhi. It is mentioned by Acharya Sushruta symptoms, it is not a shuddha Vatika disorder rather is similar to that of Vatarakta³. This disease affects only knee joints. Diagnosis of the disease is made mainly on the basis of clinical symptoms like Jaanu sandhi shopha (Inflammation of Knee joint) and Janu Madhya Maharuja (Severe pain in knee joint). In this study initially vatashamak and raktashodhak drugs were used. After suppression of all symptoms of inflammation, Abhyantar snehapana was given for complete shaman of Vata dosha. Assessment of improvement was done on basis of measurement of circumference of knee joint, degree of mobility of knee joint and scaling of pain and tenderness. This case report showed that combined Ayurvedic modalities resulted in relief of overall condition of the patient in 2 months.

Keywords : Kroshtuksheersha, Ayurvedic management, Knee joint, Abhyantar Snehapana

Introduction

The knee joint is one of the strongest and most important joints in the human body. It allows the lower leg to move relative to the thigh while supporting the body's weight. Movements at the knee joint are essential to many everyday activities, including walking, running, sitting and standing. The knee, also known as the tibiofemoral joint, is a synovial hinge joint formed between three bones: the femur, tibia, and patella.

Vata is the only Dosh which is responsible for vitiation of other two Doshas as well as the Dhatus and Malas.¹ It is also said that Pitta and Kapha are Pangu (lame) without the involvement of Vata². Sushruta has called it as "Swayambhu bhagwana"³.

Kroshtuksheersha is one of the Vatavyadhi. It is mentioned by Acharya Sushruta. symptoms, it is not a shuddha Vatika disorder rather is similar to that of Vatarakta⁴. This disease affects only knee joints. Diagnosis of the disease is made mainly on the basis of clinical symptoms like Jaanusandhishopha (Inflammation of Knee joint) and Janu Madhya Maharuja (Severe pain in knee joint).

In this case only Left Knee joint was involved. The case was not considered as Vatarakta because it does not affect any other joint of the body nor started from hasta- padamoola. Kroshtuksheersha is mentioned in all Ayurvedic Samhitas:

- 1) Sushrut Samhita,
- 2) Ashtang Hridaya⁵
- 3) Yogratnaka⁶
- 4) Madhavidana⁷.

Kroshtuksheersha has predominance of Vata and Raktadosha. The specific causative factor and treatment of Kroshtuksheersha, has not been mentioned in texts. It must be similar to treatment of Vatarakta due to same dosha involvement.

Aims & Objectives:

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

Materials And Methods

Center of Study: - The present case study was done in the Dept. of Panchakarma, at C.S.M.S.S. Ayurved college, Kanchanwadi Aurangabad.

Case Report

Basic information of the patient

oAge -12 yrs
o Religion –Hindu

PradhanVedana(Chief complaints)-

- a. Pain in Left knee joint since 1 year.
- b. Swelling in left knee joint since 8 months.
- c. Unable to walk without support since 3 months.
- d. Occasional low grade fever.

Vartaman Vyadhivritta (History of present illness)-

The patient was apparently normal before 1 year. Gradually he felt pain in left knee joint with recurrent fever. He took Allopathic treatment. There was no significant relief. Then he came to our Panchakarma department for Ayurvedic treatment.

Purva Vyadhivritta (History of past illness)-

Patient has no significant past history of any similar attacks, trauma or any major disease related to present complaint.

Kulaja Vritta(Family history)-

No significant family history was present.

On Examination-

- General condition was afebrile.
- Vitals were normal.

Locomotor system Examination-

- Left knee joint swelling along with fluctuation and raised local temperature.
- Incomplete extension of left knee joints with degree of mobility diminished in both knee joints.
- Tenderness was present in left knee joint.
- No muscular wasting observed.

Diagnosis - On the basis of clinical history and examination the condition was diagnosed as Kroshtuksheersha.

Treatment protocol-Total duration- 2 months, Follow up done in every 15 days.

1st month

1. Jalaukavchhana– 3 Jalauka were used.
2. Dhanyamladhara
3. Lepa (for local Application)- Guduchipatradichoorna
4. Samshamanivati – 2 Tab TDS
5. Tab.Raktayog – 2 Tab TDS
6. Crape bandage to use on left knee joint.

2nd Month

1. Jalaukavchhana– 3 Jalauka were used.

2. Abhyantarsnehapna – Karaskarghrita (25ml/day)
3. ManjisthadiGhanVati -2 Tab TDS
4. Tab.Raktayog – 2 Tab TDS
5. Crape bandage to use on left knee joint.

Assessment criteria –

The improvement of condition of the patient was assessed on the basis of

1. Degree of Mobility

A) Flexion

1	Grade 0	Normal range of flexion - 130 degrees
2	Grade 1	Mild -120 Degree-130 Degree
3	Grade 2	Moderate- 60 Degree to 119 Degree
4	Grade 3	Severe- 0 Degree to 59 Degree

B) Extension

1	Grade 0	Normal range of flexion - 135 .degrees
2	Grade 1	Mild 125 Degree to 135Degree
3	Grade 2	Moderate 65 Degree to 115 Degree
4	Grade 3	Severe 0 to 64 Degree to Degree

2) Tenderness

1	Grade 0	No tenderness
2	Grade 1	Tenderness to palpation without wince
3	Grade 2	Tenderness with wince or grimace
4	Grade 3	Tenderness with withdrawal
5	Grade 4	Patient doesn't allow palpation

3) Pain

1	Grade 0	Absent or no pain
2	Grade 1	Mild Perception of pain, but not interfering his normal activity
3	Grade 2	Moderate Perception of pain, interfering normal activities and looking painful.
4	Grade 3	Severe Excessive pain, associated with painful cries, agonising look and interfered normal activities

4) Swelling of Knee joint

		Before Treatment	After Treatment
1	Above Knee Joint	12 inch	11 inch
2	Mid knee Joint	13.5 inch	13 inch
3	Below Knee Joint	11 inch	10 inch

	Symptoms	Before Treatment	After Treatment
1	Degree of Mobility a)Flexion b)Extension	a)Grade-3 a)Grade-3	b)Grade-1 b)Grade-1
2	Tenderness	Grade-2	Grade-0
3	Pain	Grade-3	Grade-1

Result And Discussion

Kroshtuksheersha is a Vatavyadhi which specifically affects knee joints. Its chief characteristics are severe pain along with redness and inflammation of knee joints, and prime Doshas involved are Vata and Rakta. According to Ayurvedic concepts, wherever shophya is present there must be involvement of sama pittadosha and as there is inflammation it must have involvement of Pitta (responsible for redness and warmth). Considering the above facts, composite treatment plan was adopted, by first doing Jalaukavachara along with shothahara and vatashamaka drugs. After initial treatment, when inflammation (Amavastha) is being reduced, Raktashodhak and vatsamak drugs were given along with Abhyantar snehapan was done to improve sandhisanchalan. For the basis of improvement in disease objective parameters were assessed as swelling of knee joints, mobility of knee joints, pain and tenderness in knee joints. After treatment for 2 months it was observed that patient became asymptomatic.

Conclusion

This case report showed that combined *Jalaukavachara* and *Abhyantar Snehapan* Along with few Ayurvedic medicines is effective in treatment of *Kroshtuksheersha*. No adverse effect was found in the patient during and after the treatment.

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