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ROLE OF SNEHAPANA (ORAL ROUTE) AND MATRA BASTI (RECTAL ROUTE) WITH KSHEERA BALA TAILA IN THE MANAGEMENT OF JANU SANDHI VATA (OSTEOARTHRITIS OF KNEE)

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Abstract

Osteoarthritis of knee is the commonest joint disease. As per ayurvedic texts Sandhigata vata can be correlated with osteoarthritis In Ayurveda the disease Sandhigata Vata . As per the report of WHO and Arthritis Foundation , knee osteoarthritis is a most common form of degenerative disorder of knee. In Ayurveda, the disease Osteoarthritis resembles with the closeness of symptoms *SandhiVata*. when these symptoms prevails in Janu Sandhi, it is called Janu *SandhiVata* (osteo-arthritis of knee). Acharya Charaka has explained the importance of Basti therapy and said that Basti is the whole or half management of all disorders . Acharya Sushruta has explained the importance of *Sneha* (lipid) in Chikitsa Sthana said that *Sneha* is the base of is the foundation of individual's life . *Vataghna* measures including both oral medication as well as *Panchakarma* procedures such as *Basti*, *Snehapana*, *swedana Upanaha* , *Agnikarma*. . *Snehapana* can be done at OPD level or without observation of physician at home also. *Snehapana or Snehana karma* mentioned in the *Ayurvedic* literature and is explained by Ayurveda Acharyas about usefulness in various types of *Vatavyadhi*

Keywords: *Snehapana* , *Matra Basti*, *Janu Sandhivata* , Knee Osteo-Arthritis.

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Introduction

Osteoarthritis is commonest joint disease among all joint disorders. In Ayurveda the disease Sandhigata Vata (osteoarthritis) is described under Vatavyadhi[1]. As per the report of WHO and Arthritis Foundation, knee osteoarthritis is a most common form of degenerative disorder of knee [2]. Normally knee joints bone covers with articular cartilage which is a dense jelly like material. It generally covers the knee joint to protect bones from joint frictions. When the cartilages has got degenerated, the symptoms of osteoarthritis are occurred. Further due to cartilage degeneration also changes in the bone underneath and damages soft tissues which are situated closely to knee joints[3].

In Ayurveda, the disease Osteoarthritis resembles with the closeness of symptoms *SandhiVata*. When these symptoms prevails in Janu Sandhi, it is called Janu *SandhiVata* (osteo-arthritis of knee)[4]. *SandhiVata* is a Vata Predominant disorder. Basti Chikitsa is indicated to be the best for management of Vata disorders[5]. Acharya Charaka has explained the importance of Basti therapy and said that Basti is the whole or half management of all disorders [6]. In Ayurveda there are three types of Basti therapy explained and Matra Basti is one type among them [7].

Sandhigata Vata is a Vata disorder. Basti Chikitsa is indicated to be the best for management of Vata disorders[8]. According to Agnivesha, Basti is said to be half of the whole treatment[9]. As per Ayurveda texts, Matra Basti has been included in Anuvasana Basti[10]. It is given any types of person without restrictions and can be given in all the seasons without any complications[11] i.e. it can be given in simplified manner and it is described by Acharya Charaka for the management of the Vata diseases at Marma Sthanas [12].

Acharya Sushruta has explained the importance of *Sneha* (lipid) in Chikitsa

Sthana said that *Sneha* is the base of is the foundation of individual's life[13]. *Snehana therapy* (Oleation treatment) is a very crucial therapy for both Shamana(palliative) and Sodhana(bio-purification). *Snehana karma* is classified into two types, first one is external use of *Sneha* another is oral use of *Sneha*. *Oral use of Sneha* is also known as *Abhyantara Sneha karma* and it is also defined as oral use of *Snehana substances*. On the basis of action, *Snehana therapy* can be divided into three types as *Sodhana* (purifying), *Shamana* (pacifying), and *Brahmana* (nourishing) [14]. Details of *Snehana karma therapy* importance in *Sandhigata Vata* has explained by Acharya Sushruta[15]. Acharya Vagbhata explained the importance of *Sneha* that when Vata Dosa is causing disease in *Sandhi* then treatment using *Sneha* should be administered[16].

Treatment of Knee osteoarthritis has explained in modern medicines are anti-inflammatory, analgesics (pain killers), and muscle relaxing agents. Non-steroidal anti-inflammatory medications(NSAIDs), exercises, skin traction, absolute bed rest and invasive treatments such as surgeries[17]. Limitations of these therapies are:

- Various side effects in pain relieving group of medicines like NSAIDs.
- Reducing the work output and lifestyle of the patients in case of bedrest.
- Patients not willing to undergo surgeries due to fear etc.

Due to this we shall explore the treatment options for the same in *Ayurveda*. Various studies have been performed under different headings for management of *Janusandhigata Vata/ knee osteoarthritis* in which *Vataghna* measures including both oral medication as well as *Panchakarma* procedures such as *Basti, Snehapana, swedana Upanaha, Agnikarma*[18]. have

displayed significant results in all the subjective and objective parameters of. These treatments have various limitations like:

- Requirement of admission or visit OPD on daily basis for existing treatments like *Basti* and *Upanaha Sweda and Patra Pinda Swedana*.
- Patients refusing for treatments like *Basti* due to fear.
- Due to excessive heat produced By *Swedana karma* many times patient have burn on effecting area of knee joint.
- Treatments such as *Snehadhara* and *Patra Pinda Sweda* involving high cost.
- *Patra-Pinda Sweda/ Upanaha Sweda /Snehadhara* etc requires lot of resources daily basis .

Snehapana can be done at OPD level or without observation of physician at home also. *Snehapana or Snehana karma* mentioned in the *Ayurvedic* literature and is explained by *Ayurveda Acharyas* about usefulness in various types of *Vatavyadhi*. *Acharya Sushruta* explained importance of *Snehana* in *Chikitsa sthana* as '*Sneha Saroyam Purusha*' means the essence of human body is *Sneha*[19].

Discussion

Janu Sandhigata Vata is one of the disorders affecting the *Janu sandhi* i.e. Knee joint and characterized by. *Janu Sandhi Shula* and *joint Stabdhatta*, which is often associated with pain in knee joint and difficulty in walking and may lead to disability. *Janu Sandhi* is one of the seats of *Vata* and therefore the diseases become significant as *Vata* is vitiated in its own *Sthana*. Here, the *Vata* is leads to the formation of disease hence, the choice of treatment is *Vataghna* in nature as is observed in various studies which have been done on the same topic previously. One of the important treatment modalities

in such cases is *Panchakarma Chikitsa* and in that too *Snehana Karma* (oral use of unctuous substances) which works directly on *Vata Dosh* . It is a treatment module which is non -invasive and is known to give good results specially in *Vata* disorders. While describing benefits of *Snehapana* , *Acharya Charaka* says that *Sneha* is the best remedy for *Vata* disorders. it helps in eliminating pain and stiffness of joints . it has properties to rectify *Vata* associated symptoms like *Shula*, *Stabdhatta*, *Sotha* etc . It leads to pacify the aggravating factors which are responsible for *Janu Sandhigata Vata* and sustained further progression of this disease.

Conclusion:

Role of *Snehapana* in osteoarthritis of knee can be a good treatment choice for the patients who have fear or refuse *Basti* treatment . it is very easy to use by patients of osteoarthritis . patients does not required to admit in hospital and not required to visit consultants clinic daily

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