



# 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 is generally covers the knee joint to protects 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. is 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(biopurification) . *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 antiinflammatory , 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 Saroayam 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 Stabdhatata* , 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*a . 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*, *Stabdhatata*, *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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