

CASE REPORT

A Case Study on the Efficacy of *Navaprasrutik Basti* in the Management of *Janu Sandhigata Vata* (Knee Osteoarthritis)

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ABSTRACT

The elderly is prone to the condition known as *Sandhigata Vata* (osteo arthritis). Some of the risk/cause factors include lifestyle choices, excessive weight, trauma, and a diet lacking in calcium. *Vata* is vitiated by *Rooksha Aahar* (dry diet) and *Ativyaam* (excessive exercise). It mostly affects the body's weight-bearing joints, particularly the knee, hip, and lumbar spine. The most prevalent type of articular problems, *Sandhigata Vata* (osteo arthritis), severely restricts a sufferer's ability to walk, dress, bathe, and do other daily tasks. The condition frequently manifests as *Shula* (pain), *Shotha* (swelling), *Vata Poornadriti Sparsha* (crackling sound), and trouble flexing and extending the *Sandhi* (joints). Calcium supplements, and ultimately joint replacement, are all alternatives for therapy. Here in this case study, a 41-year-old patient with *Janu Sandhigata Vata* (osteo arthritis) came with complaints of Right Knee joint pain, crackling sound in joints for 1.5 months. Due to long standing and straining, the patient had these symptoms. This indoor patient received 10 days of *Anuvasana* with *Murchhita Tila Taila* (medicated oil) and *Navaprasrutik Basti* (enema) and 10 days of *Abhyanga* (massage) at *Nabhi* (umbilicus), *Parshva* (flanks), *Prushtha* (back), and *Ubhayapada Pradesh*. The patient reacted favorably to these *Ayurvedic* therapies and had significant symptoms of alleviation.

1. INTRODUCTION

Any illness begins with an insufficient supply of the right nutrients or food to certain tissues. Because of channel *Srotoavarodha* (obstruction), nutrients do not reach the target place. It can thus cause sickness.^[1] Due to a lack of *Poshaka Rasa* (nutrients), *Janu Sandhigata Vata* (knee osteo arthritis) is *Asthi-Sandhigata Vyadhi* (osteo arthritis), and *Asthi Dhatu* (bone tissue) has *Kshaya* (emaciation).^[2] Osteoarthritis and *Sandhigata Vata* (osteo arthritis) are related in *Ayurveda*. Separate descriptions of *Janu Sandhigata Vata* (knee osteo arthritis) condition may be found in *Charak Samhita*.^[3] The *Vata Vyadhi* (vata disease) was used by *Acharya Charak* to describe it. *Shotha* (swelling), *Akunchana Prasaranav Vedana* (pain during movement of joints), and *Vata Purna driti Sparsha* (feeling of roughness) were some of the signs that *Charaka* used to diagnose the condition.^[4] *Acharya Sushruta* identified the symptoms of *Sandhigata Vata* (osteo arthritis) as *Shoola* (pain), *Shotha* (swelling), and *Janu Sandhigata*

(decreasing knee joint motions).^[5] *Vata Prakopa* (aggravation), which develops in the joints and causes symptoms like joint swelling.^[6]

2. CASE REPORT

A female patient of 41 years old appeared Shri Santan Pal Singh *Ayurvedic* Medical College and Hospital, Mirzapur, Shahjahanpur, UP on March 09, 2025.

2.1. Chief Complaint

The patient was complaining right knee joint pain in the last 1.5 months duration.

2.2. History of Present Illness

The patient was asymptomatic before 1.5 months. She gradually develops above symptoms.

2.3. Past History

No H/O – Hypertension, diabetes mellitus, systemic lupus erythematosus.

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2.4. Personal History

- Ahara – Mixed
- Vihara-
 - Addiction – Tea
 - Bowel Habit – Regular
 - Nidra – Sound
 - Urine – Frequency – 3–4/Day, 0–1/Night
 - Blood Group – O⁺.

2.5. Occupational History

Natural of Work – Standing, Working Hours – 3–4 h.

2.6. Menstrual and Obstetric History

No. of Delivery – 2.

2.7. General Examination

- Gait – Normal
- Decubitus – Normal
- Faces – Normal
- Pallor – Normal
- Icterus – Normal
- Cyanosis – Normal
- Edema – Normal
- Clubbing – Normal
- Lymph nodes – Not palpable.

2.8. Ashta Vidha Pariksha

1. Nadi: Vata-pitta, Pulse: –78/min
2. Mutra: 3–4 Times/Day
3. Mala: One Time
4. Sparsha: Normal
5. Drik: Normal
6. Jihva: Nirama
7. Sabdha: Normal
8. Akrihi: Normal.

2.9. On Examination

- General condition: Moderate
- Pulse Rate: 78/min
- Blood pressure: 130/80 mm of Hg
- Respiratory rate: 18/min
- Heart rate: 80/min
- Temp – 98.6 F⁰.

2.10. Rogi Pariksha [Table 1]

The rogi pariksha details are in Table 1.

2.11. Systemic Examination

1. Locomotory System [Table 2]
2. Respiratory System – AEBE – Clear
3. Cardiovascular System – S₁S₂ – Normal
4. Gastrointestinal System – NAD
5. Central Nervous System – At the time of admission patient was conscious and well oriented, and all the sensory and motor systems are well functioned.
6. Other System – Micturation – Freq – 3–5 in Day and 0–1 in Night Time
7. Pathology Report

Hb%: –12.4 g%

Random blood sugar: –123 mg/dL

Platelet Count: 1.75 lakhs cells/cu mm

Urine Routine: Whitish yellow

PH- 6.2, Specific Gravity – 1.031.

8. Radiology Finding

X-ray – Changes of OA Grade – II

9. Nidana

Provisional Diagnosis – *Janu sandhigata Vata, Ama Vata, Janu Shoola*

Differential Diagnosis – *Janu sandhigata Vata, Ama Vata, Janu Shoola*

Diagnosis – *Janu sandhigata Vata*

Prognosis – *Sadhya*

10. Samprapti Gataka [Table 3]

2.12. Treatment

1. *Abhyanga* (massage) in *Nabhi* (umbilicus), *Parshva* (flanks), *Prastha* (back), *Ubhayapada* with *Murchhita Tila Taila* (15 min)
2. *Nadi Sweda* (3 min)
3. *Anuvashana Basti* (enema) with *Murchhita Tila Taila* (Medicated oil)– (80 mL)
4. *Navaprasrutika Basti* (enema) – As per Schedule.

2.13. Materials and Methods

Navaprasrutik Basti Dravyas[4] [Table 4].

2.14. Method of Administration

1. Form: *Anuvashana Basti* (enema) and *Navaprasrutika Basti* (enema)
2. Dose: 80 mL
3. Kala: once a day
4. Duration of therapy: For 10 days
5. Follow-up: After 20th day [Table 5].

2.15. Diet and Regimen

Laghu Supachya (light food for digestion).

2.16. Chikitsa Protocol

The chikitsa protocol is mentioned in Table 6.

3. OBSERVATIONS

Patients underwent the above-mentioned medication from February 08, 2025 to February 18, 2025. Patients were assessed before and after treatment [Table 7].

Janu Sandhigata Vata (knee osteo arthritis) is mentioned in all the classics. Symptoms are usually found in bus drivers, computer operators and school instructors, and obese individuals etc.

3.1. Symptoms of Osteoarthritis can be correlated to *Sandhigata Vata* (Osteo Arthritis) [Table 8]

According to *Ayurveda*, *Sandhis* (joints) serve as *Slesamaka Kapha*'s (synovial fluid) seats. A large portion of osteoarthritis is caused by *Ruksha Guna* (roughness).^[7] *Vata dosha Prakopa* (aggravation) is present in *kapha Sthana* (location/place) in *Sandhigata Vata* (Osteoarthritis). Therefore, it is *Kapha Kshaya* (diminish) and *Ruksha Vriddhi* (increasement of roughness). In *Guna, Vata*, and *Kapha*

are *Sheeta*. Therefore, *Ushna* (hot) *Brimhana* (nourishment), and *Anulomana* (invert direction of *Vata*) must be the drug. One of the *Vata Vyadhis* (diseases) listed in every *Samhita* and *Sangraha Grantha* is *Sandhigata Vata* (Osteoarthritis).

- *Yogaraj Guggulu* has the properties of *Vatahara* (vata decrease), *Pachana* (digestion), *Ushna virya* (hot potency), *Tikta katu rasa*^[8] (bitter taste)
- *Murchhita Tila Taila* (medicated oil) has the characteristics of a *Vatahara*^[9] (vata decrease)

4. DISCUSSION

Basti (enema) was given as per the timetable, consisting of the nine-day *Anuvashana Basti* (enema) and the six-day *Niruha Basti* (enema), and was followed by symptoms including physical lightness and increased hunger, among others. Scheduled administration of *Anuvashana* and *Niruha Basti* (enema).^[10] The symptom assessment was carried out before, during, and after treatment. Right knee joint discomfort was measured using the Visual Analogue Scale after 9 days of therapy and was shown to have dropped from 8 to 0, coupled with a marked improvement in other symptoms, such as limited joint mobility, standing duration, and soreness [Figure 1].^[11]

- The *Ayurvedic* classical advice suggests *Anuvashana* and *Niruha Basti* (enema) in the case of *Janu Sandhigata Vyadhi* (knee osteoarthritis) because the *Dravyas* (liquids) with *Snigdha* (unctiousness) *Khara* (roughness), and *Shoshana* (emaciation) characteristics are necessary to nourish the *Asthi dhatu* (bone tissue).^[12] *Tikta Rasa* (bitter taste) supplies power to the *Asthi* (bone), to the *Kharatwa Guna* of the *Asthi* (bone), and to the *Asthi dhatu* (bone tissue). *Basti* (enema) does *Asthi dhatu* (bone tissue).^[13] *Poshana* (nutrients) (*Guna Samanya Siddhanta*). *Tikta Rasa* (bitter taste) who is *Akasha Mahabhuta Pradhanya Dravya*, also acts as a conduit for *Basti Dravya* (medicated enema) to access their destination with a similar composition by making it possible for them to penetrate quickly.^[14]
- *Asthidhara Kala* (bone tissue membrane) and *Purishadhara Kala* are completely dissimilar. Since *Basti Dravya* (medicated enema) will work directly on *Purishadhara Kala* and is necessary to nourish *Asthidhara Kala* (bone tissue membrane) and *Asthi dhatu* (bone tissue) in particular, it is mentioned as a possible therapy for *Asthivaha Srotodushti*. (bone tissue membrane).^[15]
- The *Basti* (enema) therapy was used in this case because of its ability to balance *Vata*.
- The *Anuvashana Basti* (enema) was issued after the *Niruha Basti* (enema). Purification of the distribution routes was the goal of the administration of *Anuvashana* or *Niruha Basti* (enema). It makes the provided medicine easier to absorb quickly and helps it reach its intended target. Since this illness is a component of *Madhyama Roga Marga* with *Gambheera Dhatu* (deeper tissue) involvement, the *Anuvashana* and *Niruha Basti* (enema) regimens have been chosen for therapy.^[16]
- The intestines control calcium metabolism, which is crucial for maintaining bone rigidity. They do this by altering calcium absorption. The *Tikta Ksheera Basti* (enema) technique uses cow milk, which contains the maximum calcium content. The large intestine actively and unknowingly absorbs calcium, which is meant to promote the safe growth and renewal of bone structure.
- It was *Doshaharana Basti* (enema) (withdraw the morbid *Dosha* from the body) and *Srotosodhaka* in its property before the administration of *Anuvashana* or *Niruha Basti* (enema). Following the cleaning of the waterways, *Asthi* (bone), *Sandhi* (joints), and its surrounding structures underwent *Basti* (enema).^[17] The knee

joints need *Navaprasrutik Basti* (enema) to provide strength, compactness, and flexibility, as well as to support the *Snayu* (ligament) and *Kandara* (tendon). In this manner, the medicine will reach the intended tissue, and we will be able to produce both a short-term and long-term impact.

5. CONCLUSION

We may draw the conclusion that *Panchakarma*, in addition to oral medications, is efficient in managing *Janu Sandhigata Vata* (knee osteoarthritis), which was not relieved by any contemporary medical intervention and was prescribed surgical therapy, but additional clinical studies. Long considered a significant social problem, *Janu Sandhigata Vata* (knee osteoarthritis) is now more likely to occur in the future due to the way we live now. *Strong Pachaka* (digestion) includes *Navaprasrutik Basti* (enema) and *Murchhita Tila Taila Anuvashana Basti* (enema). Neither before nor after the treatment, there were any ill effects noted. Based on the data, we can say that *Vatahara Ahara* (diet) *Vihara*, *Ushna* (hot), and (nourishment) *Dravyas* reduced the patient's symptoms and provided comfort.

The patient was treated with *Anuvashana* and *Niruha Basti* (enema). Schedule for the period February 08, 2025, to February 18, 2025 days and substantial positive change in signs and symptoms was observed. This will be the subject of further clinical studies and provide a chance for discussion in the future because extremely encouraging outcomes were achieved in this case study, and practicality was demonstrated.

6. ACKNOWLEDGMENTS

Nil.

7. AUTHORS' CONTRIBUTIONS

All authors give equal contribution.

8. FUNDING

Nil.

9. ETHICAL APPROVALS

This study not requires ethical approval.

10. CONFLICTS OF INTEREST

None.

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S.No	Parameter	Findings
1.	<i>Prakruti</i>	<i>Vata Pitta</i>
2.	<i>Sarata</i>	<i>Madhyam</i>
3.	<i>Sanhananataha</i>	<i>Madhyam</i>
4.	<i>Pramanata</i>	Ht-164 cm., Wt-64 kg, Body mass index- 25.62
5.	<i>Satwataha</i>	<i>Madhyam</i>
6.	<i>Satmyataha</i>	<i>Madhyam</i>
7.	<i>Ahara Shakti</i>	<i>Madhyam</i>
8	<i>Vyayamataha</i>	<i>Madhyam</i>
9.	<i>Vaya</i>	<i>Madhyam</i>
10.	<i>Jihwa</i>	<i>Nirama</i>
11.	<i>Deshataha</i>	<i>Sadharana</i>

Symptoms	Right	Left
Swelling	-	-
Pain	+	-
Crepitus	+	-
Temp	-	-

S.No	Ghatak	Observation
1.	Dosha	Vata Pradhana
2.	Dushya	Rasa, Lashika, Asthi. Majja
3.	Srotas	Asthivaha
4.	Ama	Sama
5.	Vyaktisthana	Janu Pradesh
6.	Tratment	Shodhana, Shamana

<i>Dravya</i>	Quantity
<i>Brihat Panchamula kwatha</i>	500 mL
<i>Moorchita Tila Taila</i>	210 mL
<i>Madhu</i>	100 mL
<i>Goghrita</i>	100 mL
<i>Total quantity</i>	910 mL

[illegible]

Table 6: Chikitsa protocol

Date	Shamana	Shodhana
February 08, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by Nadi Sweda (5 min) 2. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Kala – 2:00 PM Pratyagamana Kala – 8:00 PM 3. Navaprasrutika Basti (enema) – as per Schedule
February 09, 2025	Tab. <i>Yogaraj Guggulu</i> 2-0-2 with lukewarm water for 7 days	1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by Nadi Sweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 2:00 PM Pratyagamana Kala – 7:00 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 10:00 AM Pratyagamana Kala – 9:30 AM
February 10, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by Nadi Sweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti (enema) with Murchhita Tila Taila - 80 mL Anuvashana Basti (enema) Dana Kala – 3:00 PM Pratyagamana Kala – 8:35 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 9:15 AM Pratyagamana Kala – 9:25 AM
February 11, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti with Murchhita Tila Taila – 80 mL Anuvashana Basti Dana Kala – 2:30 PM Pratyagamana Kala – 8:40 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 9:30 AM Pratyagamana Kala – 9:45 AM
February 12, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 2:30 PM Pratyagamana Kala – 8:42 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 9:15 AM Pratyagamana Kala – 9:35 AM
February 13, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti (enema) with Murchhita Tila Taila - 80 mL Anuvashana Basti (enema) Dana Kala – 2:18 PM Pratyagamana Kala – 8:00 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 9:30 AM Pratyagamana Kala – 9:45 AM
February 14, 2025		1. Abhyanga (massage) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Niruha Basti (enema) 3. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 2:25 PM Pratyagamana Kala – 9:30 PM 4. Navaprasrutika Basti (enema) – as per Schedule Navaprasrutika Basti (enema) Dana Kala – 10:00 AM Pratyagamana Kala- 10:15 AM

(Contd...)

Table 6: Chikitsa protocol (Continued)

Date	Shamana	Shodhana
February 15, 2025		1. Abhyanga (message) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 2:30 PM Pratyagamana Kala – 9:15 PM
February 16, 2025		1. Abhyanga (message) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 3:00 PM Pratyagamana Kala – 8:5 PM
February 17, 2025		1. Abhyanga (message) in Nabhi (umbilicus), Parshva (flanks), Prastha (back), Ubhayapada with Murchhita Tila Taila (15 min) followed by NadiSweda (5 min) 2. Anuvashana Basti (enema) with Murchhita Tila Taila – 80 mL Anuvashana Basti (enema) Dana Kala – 2:30 PM Pratyagamana Kala – 9:10 PM
February 18, 2025		1. Supachya Ahara (diet)

Table 7: Observation

Knee examination	Before treatment	After treatment
Pain	+++	-
Crepitus	++	+
Swelling	+	-
Tenderness	-	-
Temperature	+	-

Table 8: Correlation of symptoms of oestoeoarthritis with sandhighata vata

Sandhigata Vata	Osteoarthritis
Sandhi shola	Pain in the joints
Atopa	Crepitation's in the joints
Vedanayukta sandhipravritihi	Painful movements in the joints
Sandhi sthambha	Stiffness in the joints
Shotha	Swelling of joints

Table 9: Before and after treatment

Assessment criteria	Before treatment	After treatment	During follow-up
Pain	Moderate	Occasional pain	No pain
Inflammation	-	-	-
Tenderness	No Tenderness	No tenderness	No tenderness

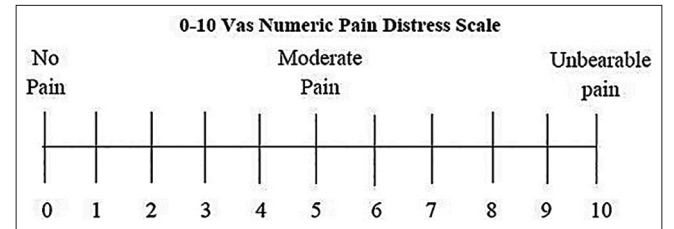


Figure 1: Pain scale