

Research Article

Role of Laghupanchmooladi Bala Siddha Ksheera Paka in Management of Sandhi Vata W.S.R. to Osteoarthritis - A Case Study

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A B S T R A C T

Health and disease are two conflicting alterations of life. The human body is so unusual. It declines in every moment. *Sandhivata* is one of most common type of *vatavyadhi* which mainly occurs in *Vridhnavastha* due to *dhatukshaya* and the other *vataprakopaka* etiological factors, which limits daily life activities such as walking, standing, personal care, home activities etc. Thus patient make disabled/handicapped. The lakshana of *Sandhivata* like *Sandhishoola* (joint pain), *Sandhishotha* (swelling over joints) *Akunchana Prasaranajanya Vedana* (difficulty in joint extension/ flexion movements), *Stambha* (stiffness) and *Atopa* (crepitus) can be co-related with Osteoarthritis. Here a case of 51 years old lady has been presented with complaints of pain, swelling and restricted movements of both knee joints. Based on clinical sign and symptoms, she was diagnosed as a case of *Sandhigatavata* (OA). Treatment planned was *Laghupanchmoolabala siddha ksheerapaka* as a drink (pana). Assessment of patient condition before and after treatment was done based on visual analogue scale for pain and physical activity grading to evaluate efficacy of the given treatment. Based on the assessment parameters significant improvement was seen in the subjective symptoms and pain scale after the completion of a schedule of 15 days of treatment and a seven days follow up. The physical activity grading also improved significantly. It can be concluded that severe OA may be managed with ayurvedic treatment.

Keywords: Osteoarthritis, *Sandhivata*, *Laghupanchmoolabala*, *Vedana*, *Sandhivata*

Introduction

Knee osteoarthritis (OA) is the most common type of arthritis and is a major cause of disability which reduced the quality of life.¹ The clinical features of *Sandhivata* is described in various Ayurvedic ancient text which is characterized by *shula* (joint pain), *shotha* (swelling), *prasaarana-akunchan pravruttschavedana* (painful joint movement) and *Vatapurnadritisparsha* (coarse crepitation), resembles with Osteoarthritis.²⁻⁴ Main causative factors responsible

for *Sandhigata Vata* are *Rukshaahara*, *Atimaituna*, *Ativyayama* (excessive exercise/ work), *Sheetabhajana* (cold food/drinks), *Dhatukshaya* and *Roga Atikarshana*.^{5,6} This condition closely resembles with knee osteoarthritis.

Osteoarthritis is the most common form of arthritis. It is strongly associated with ageing, and is a major cause of disability in older people.⁷ According to modern science loss of estrogen during menopause increase the woman risk of getting osteoarthritis.⁸ Osteoarthritis is degenerative

in nature. It is characterized by progressive disintegration of articular cartilage, formation of new bone in the floor of the cartilage lesions (eburnation) and at the joint margins (osteophytes), and leads to chronic disability at older ages.⁹ When vata takes its abode in Sandhi it leads to a condition called Sandhivata with symptoms like pain, swelling and pain on joint movements since whole body resides on asthidhatu the diseased joints will limit everyday activities such as walking, dressing bathing etc. Sandhigatavata is a kastasadyavyadhi due to its manifestation in the madhayam rogamarga (vital structures) and old age (Table 2-5).

The present conventional mode of management of O.A. includes NSAIDS and analgesics, which are already proved to be possessing lots of side effects. so the treatment of such disease should be aimed at providing relief to the suffering of patient and to improve the symptoms so that they can live their life with a minimal external support and disabilities.

Material and Method

Intervention

Patient was advised laghupanchamula dibala sidda ksheera paka^{7, 8} for a period of 15 days twice daily in morning and night 50ml after food (Table 1).

Materials

Laghupanchamula churna and balachurna - 7.5 g.

Ksheerapaka - 60 ml.

Jala - 240 ml.

Method of Preparation of Drug

Add 240 mL of water to the 7.5 g of *laghupanchamula churna* and *balachurna* and add 60 mL of milk boil up to the *ksheeraavasesha* then filter and take 50 ml of *ksheerapaka* after food morning and night.

Table 1. Laghupanchamula Dibala Sidda Ksheera Paka

S. No.	Dravya Nama	Botanical Name	Guna Karma
1.	<i>Gokura</i>	<i>Tribulusterrestris</i>	Rasa-tikta kashaya madhra
2.	<i>Bruhati</i>	<i>Solanum indicum</i>	Laghu-guna
3.	<i>Kantakari</i>	<i>Solanum xanthocarpum</i>	Dosa karma vatapittahara
4.	<i>Prisniparni</i>	<i>Uraria picta</i>	Karma-brahmana balya grahi
5.	<i>Salaparni</i>	<i>Desomodium gangeticum</i>	
6.	<i>Bala</i>	<i>Sida cardifolia</i>	

7.	<i>Milk</i>		
8.	<i>Jala</i>		

Table 2. Interventional Schedule

Days	Treatment	Duration	Drug	Dose
15 days	<i>Laghupanchamula bala siddha Ksheerapaka</i>	15 days	<i>Laghupanchamula + bala + ksheera + jala</i>	50 mL twice day morning and night after food

Table 3. Subjective Assessment Parameters Adopted Pain

0	No pain
1	Mild pain bearable in nature
2	Moderate pain but no
3	Moderate pain, slight difficulty in walking
4	Severe difficulty I walking, disturb sleep under analgesics

Table 4. Swelling

0	No swelling	Absent
1	Less than 10% circumference of affected joint	Mild
2	More than 10% circumference of affected joint	Moderate
3	More than 20% circumference of affected joint	Severe

Table 5. Pain on Joints Movements

0	No pain
1	Pain without wincing of pain
2	Pain with wincing of face
3	Prevent complete flexion
4	Does not allow passive movement

Discussion

Osteoarthritis ksheerapaka, which is the main modality of treatment of vatadosha is adopted here. The entity Sandhigatavata is a disease caused by vata caused by Dhatukshaya and when consider the amsamsa kalpana the rukshaguna of vata is increased. The prominent symptom present here is vedana due to the involvement of vatadosha so best vatahara (pacify vata), shothahara drugs like laghupanchmoola and bala with abhyantara snehana with ushnaveerya and madhura vipaka all laghupanchmoola dravyas act as vatashamaka and the karma like balya and vrishya help in dhatukshayajanya vyadhi like Sandhivata.

Milk is nothing but the form of sneha only and it also pacifies the rookshaguna of vata and brings back the mrdutva (softness). Bala which is prime ingredient in ksheerapaka is vatahara. The dhatus involved in Sandhigatavata are asthi and majja since asthi and sandhi are the majjavaha sroto mula. This formulation processed with tikta rasa dravya are helpful in strengthen the asthi by improving its kharaguna (hard quality). Along with that the snigdha guna of milk helps in asthiposhana. It act as balya and rasayan (rejuvenating). As a whole, all aspect of osteoarthritis are covered by this one frame of treatment (Table 6).

Table 6. Assessment Charts of Subjective Parameters

S. No.	Joints	Pain			Swelling			Pain on joint movements		
		BT	AT	FW	BT	AT	FW	BT	FT	FW
1	Right knee	3	1	1	2	0	1	3	2	2
2	Left knee	3	1	1	2	0	1	3	2	1

Conclusion

From this case study it has become clear that classical reference of this ksheerapaka is very crucial and effective role in the management of osteoarthritis. This case showed significant improvement in symptoms increase noted after the follow up. But a longer duration study with a large sample size must be done to get more osteoarthritis.

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