



ROLE OF *KANAKA LEPA* AS *SHOOLAPRASHAMANA* (PAIN RELIEVER) IN *SANDHIGATAVATA* – A CASE STUDY

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ABSTRACT

In life sciences, all the aspects of health of human being are clearly mentioned. Due to changes in day-to-day lifestyle, the superiority of human health is falling. Dreadful changes in life style have lead to disorders like obesity, diabetes, arthritis etc. Among these Osteoarthritis is observed commonly in large population. Along with old age, it is also prevalent in young generation. It is a disease of degeneration that means harmful degeneration initiate in early age group, which hamper quality of life.

If we look for remedies, we find that most of the people are consuming analgesics to continue their routine but ultimately they are affecting other body systems of themselves. Hence the required thing is, there should be such a remedy which will give relief to patient as well as it will not hamper his/her body functions silently. And *Ayurveda* plays a vital role in it. It serves as prevention as well as treatment in articular disorder. According to *Ayurveda*, it is considered under the title of *Vatvyadhi* which is mainly because of *Vatvrudhi* due to *Dhatukshaya* or *Margavarodha*. This hampers the daily activities carried out by *Vata* like walking, dressing, bathing etc.

Vata dosha alone is responsible for all types of pains and hence it is inevitable in articular disorders. Patient come with complaints of *Kriyakashtata* (Painful and restricted movements), *Shoola* (pain), *Sandhishoth* (Inflammation of joint) etc.

Here we are presenting a case study of *Sandhigata vata* treated with *Kanaka Lepa* to evaluate its *Shoolaghna* property.

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INTRODUCTION

Osteoarthritis is wear and tear disease involving group of mechanical abnormalities resulting in degradation of joint, articular cartilage and sub-chondral bone. Inflammation takes place in joint with certain characteristics which leads to loss of functions or aggravation of pain during and after the movement. In modern science, effective medicine on osteoarthritis is not available till now. Most of the old age population usually suffers from this disease which hampers quality of life. To give effective relief to patient, one should adopt appropriate lifestyle mentioned in context of *Ayurveda*.

In *Ayurveda* there are several preparations used to treat Osteoarthritis. But there is a need to diagnose patient in right way and prescribe the medicines according to *Prakruti* of patient (i.e., *Vata*, *Pitta*, *Kapha* etc.). It is a modest attempt to make people, patient and doctor friends aware about Osteoarthritis. In *Vridhnavastha*, all *Dhatu*s undergo *Kshaya*, thus leading to *Vataprakopa* and making an individual prone to many diseases. Among them *Sandhigata Vata* stands at top of the table. The incidence of Osteoarthritis in India is as high as 12%.

It is estimated that approximately four out of 100 people are affected by it.

Osteoarthritis is the most common articular disorder begins asymptotically in the 2nd and 3rd decades and is extremely common by age 70. Every single person by the age of 40 develop some pathological changes in weight bearing joints, 25% females and 16% males have symptomatic Osteoarthritis.

Aims and Objectives

1. To study the effect of *Kanaka Lepa* in *Sandhigataavata*.
2. To study *Sandhigataavata* in detail

Case Report

The present case study is a successful *Ayurvedic* management of *Sandhigataavata* (Osteoarthritis)

A 54yr old female patient came with
C/O

- Pain in both knee joint
- Difficulty during sitting on ground and walking
- Swelling over both knee joint
- Difficulty in performing day to day simple activities
.....since 10-12 months

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K/C/O
DM since 2yrs. on regular Rx. (Tab.Gemer 1----BD)
HTN since 2yrs. on regular Rx. (Tab. Cilacar 10mg ---OD)
N/H/O
Any other major illness
S/H
TL done before 24yrs
M/H
Menopause before 5yrs
Obs/H
G₂ P₂ L₂ A₀ D₀
O/E
Nadi (Pulse) - 78/min. Ura - AEBE clear
Mala (Stool) - Avashtambha Udara - Soft, Not tender
Mutra (Urine) - Samyaka Kshudha - Mandya
Jivha (Tongue) - Saam Nidra - Khandita
Bala - Alpa Drika (Eyes) - Prakruta
Shabda (Speech) - Normal Nakha (Nails) - Prakruta
Akruti - Krusha Twak - Rukshata
B.P. - 130/80 mmHg

MATERIALS AND METHODS

Pachan

1. *Aampachaka Kwatha* 20ml BD ...anupana warm water (Haruhalad,Devdaru,Gulvel,Gokharu,Halad,Kadechirayata,Manjishtha,Punarnava,Nagarmotha,Suntha,Raktachandan,Patol)
2. *Hingwashtaka choorna* 1gm BD twice a day... anupana cow ghee before meal
3. *Shankhavati* 500mg BD Before meal ...with warm water
4. *Amruta Guggulu* 500mg BD after meal ...with warm water
5. *Dashmularishta* 20ml BD with ... warm water
6. *Gandharva Haritaki Choorna* 3gm at night time... with warm water

Local Application

Along with the oral medication, “KANAKA LEPA” is given to the patient for local application, the *Lepa* is somewhat hot when it applied locally.

After that roller bandaging is done and the *Lepa* is leaved for 12hrs, after 12 hrs it should be washed with *Koshna Jala*.

Duration - Once a day for 10 days

Time - 6 pm.

Type of Lepa – Pradeha

Materials used for the preparation are

- *Nirgundi Swarasa* 500/lit
- *Vasanthika / Madhavi Latha Swarasa* 500/lit
- *Haritha Manjari Swarasa* 1kg/lit
- *Ela* 250gm
- *Bimbi Swarasa* 500gm/lit
- *Dhaturo Patra Swrasa* 500gm/lit

- *Dhaturo Beeja Choorna* 250gm
- *Krishna Jeerak* 250gm
- *Gudam* 500gm
- *Guggulu* 125gm

Mix *Nirgundi Swarasa, Vasanthika Swarasa, Haritha Manjari Swarasa, Bimbi Swarasa, Dhaturo Patra Swarasa* and *Gudam*. Dissolve all these contents and filter it.

Add the *kashay* of *Dhaturo Beeja* and *Krishna Jeerak* after that add *Eliyaka* and *Guggulu*. Make into thick *pakam* like *madhu* and use it for local application only.

OBSERVATIONS AND DISCUSSIONS

Observation

- After *pachan* therapy the patient experienced relief in chief complaints considerably.
- Local application of *Lepa* provided additional benefits to the therapy and helped patient to make joint movements freely.
- It is observed that, in initial stages of the disease the treatment proved preventonary.

Discussions

Among the diseases of locomotory system, Osteoarthritis is the most commonly encounter painful condition in this degenerative wear and tear process occurring in joint. In the present study, results shows that *Kanaka Lepa* has significant role in osteoarthritis. It considerably reduce the cardinal symptoms and more important it gives relief from pain, because it contains *Guggula, Nirgundi, Dhatura, Krishna jeerak* etc. which are having properties like *Snigdha* (Lubricant), *Ushna virya* (hot in potency), *Shothaghna* (anti inflammatory), *Vedanasthapak* (analgesic) and *Vataghata*. All these properties result in reducing the symptoms effectively.

Restricted movements and tenderness are due to capsular fibrosis, impaction of loose bodies in joint capsule because of osteophytes which alter the counter of joint and remodeling of the bone. According to the findings, the drug repair the irregularity of articular cartilage. This may be because of enhanced blood flow to the joint resulting in nourishing the joint. According to *Ayurveda*, the effect of *Snigdha guna* (Lubricant property) attributed to the drug must have worked in remodeling and nourishment of joint and hence the drug can be considered very effective.

Dosha : Vata (pre-dominant) alongwith Pitta-Kapha

Dushya : Rasa,Rakta, Mamsa, Asthi,Majja

Agni : Jatharagni, Dhatvagni

Srotas : Rasavaha, Raktavaha,Mamsavaha, Asthi-Majjavaha
Samprapti bhanga :

Pachana chikitsa along with local application of **Kanaka Lepa**. *Pachana* therapy i.e., drugs with its *ushna veerya* increases the gut fire further aiding in digestion of toxic substances.

CONCLUSION

Thus, **Kanaka Lepa** is effective as a pain reliever (*Shoolaprashamana*) in the management of *Sandhigatavata*.

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