

Effect of *Vedanasthapana gana Arka* and *Lepa* in Inflammatory Joint Pain- A Case Study

Shyama K V^{1*}, Miharjan K², Lekshmi R³

¹Final Year PG Scholar, ²Former Professor and Head of the Department, ³Assistant Professor, Department of Kayachikitsa, Pankajakasthuri Ayurveda Medical College & PG Centre, Kattakkada, Thiruvananthapuram, Kerala, India.

Abstract:

Inflammatory arthritis includes a group of arthritis presenting with joint pain, swelling, warmth, tenderness and morning stiffness. In Ayurveda, the joint disorders can be termed as *Sandhivikaras*. *Ruk* (Pain) is always a quintessential symptom in such condition, which shows the involvement of *Vatadosha Dushti* (vitiation). Pain may be associated with swelling, tenderness, local rise in temperature, morning stiffness, redness and difficulty in movements of affected joint. It shows the involvement of other two *Doshas* and *Doosha* in the pathology. In some of the conditions, there will be *Raga* (Redness), *Sparsha Asahishnuta* (severe tenderness), which shows the involvement of vitiation of *Rakta Dhatu*. *Vata* gets aggravated either by *Dhatukshaya* (depletion of body tissues) or by *Margavarana* (obstruction). Pathology of Inflammatory joint pain is having similar features of *Margavarana* *Samprapti*. In this case report-management of a 56 years old female presented with clinical features of Inflammatory Joint Pain, with elevated inflammatory markers, ESR and CRP in blood was treated with Ayurveda. She was administered *Vedanasthapana gana Arka* 12 ml twice daily internally and *Vedanasthapana gana Lepa* externally once in a day for 14 days. Subjective and objective parameters were assessed and found to be improved. *Vedanasthapana gana Arka* and *Lepa* was found effective in Inflammatory Joint Pain.

Keywords: Inflammatory Joint Pain, *Sandhi Vikara*, *Vedanasthapana gana Arka*, *Vedanasthapana gana Lepa*

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*Corresponding Author:

Dr. Shyama K V

Final Year PG Scholar,
Department of Kayachikitsa, Pankajakasthuri
Ayurveda Medical College & PG Centre, Kattakkada,
Thiruvananthapuram, Kerala, India.

E-mail : kvshyamaraj@gmail.com

Introduction:

Joint pain refers to discomfort, aches and soreness in any of the joint. Arthritis is the common cause of joint pain. Arthritis mainly develops by two pathological processes.

They are Degeneration and Inflammation. Inflammatory arthritis includes a group of arthritis which are accompanied by joint pain, swelling, warmth, tenderness in joints and morning stiffness. Depending upon the

causative factors of Arthritis, we can classify Arthritis in to four- Infectious, Crystal induced, immune related and Reactive arthritis.^[1] The prevalence of Inflammatory Joint Pain is 0-0.5% in India. ^[2] References regarding different conditions similar to joint disorder is seen in many systemic diseases like *Jwara*, *Atisara*, *Grahani*, *Pandu*, to mention a few and *Sandhi* related diseases like *Amavata*, *Vatavyadhi*, *Vatarakta* and *Kroshtukaseersha*, in Ayurveda.

A 56 year old female presented with clinical features of inflammatory joint pain with elevated inflammatory markers, ESR and CRP in blood was administered with *Arka* preparation internally and *Lepa* preparation externally, prepared with *Vedanasthapanagana*^[3] The term *Vedanasthapanana* means the one which subsides the pain and help to restore the normal state. ^[4]

Case history:

A 56 years old female patient, home maker, complaining of pain in major joints (shoulder, elbow, wrist, knee, ankle and hip bilaterally and lumbosacral joint) and swelling along with morning stiffness since 8 years came with elevated ESR and CRP

level in blood. Pain was more in morning hours. She was having the history of hypothyroidism and under medication. She was vegetarian with good appetite. Her bowel habits, urine output and sleep was normal. She had menopause at the age of 46 years and her gynecological and obstetric history is G₂P₂A₀L₂.

Methodology:

The assessment was done with the help of subjective parameters like Pain using Visual Analogue Scale (VAS). The objective parameters like Swelling- using Measuring tape and Range of motion (ROM) - assessed using Goniometer. The changes in blood parameters like ESR and CRP were also considered in this case for assessment.

Therapeutic intervention:

Patient was given *Vedanasthapanagana Arka* 12 ml twice daily after food. *Vedanasthapanagana Lepa* was applied externally on the affected joint once in a day for 14 days. *Lepa* was kept for one hour and after that it was washed off with luke warm water. Assessment was done on 0th day and 15th day.

Table-1: Ingredients and Properties of the trial Drugs *Vedanasthapanagana Arka*

Drug	Botanical name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Sala</i>	Shore robusta Gaertn F	<i>Madhura Kashaya</i>	<i>snigdha</i>	<i>seetha</i>	<i>madhura</i>	<i>Tridosahara Sthambhana Bhagnasandhanakara</i>
<i>Kashmari</i>	Gmelina arborea Linn	<i>Tikta, kashaya Madhura</i>	<i>Guru</i>	<i>ushna</i>	<i>Katu</i>	<i>Sothahara Raktapittah ara</i>
<i>Tumba</i>	Lagenaria siceraria Mol.standl	<i>Tikta</i>	<i>Laghu Rooksha</i>	<i>seetha</i>	<i>Katu</i>	<i>kaphapittahara</i>

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<i>Mocharasa</i>	Bombax ceiba Linn	<i>Kashaya</i>	<i>Laghu snigdha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Amahara raktahara</i>
<i>Kadamba</i>	Anthocephal us indicus A. Rich	<i>Tikta Kashaya</i>	<i>Ruksha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Tridosahara Arti nasana Vrana samrohana</i>
<i>Sireesha</i>	Albizia lebbbeck Linn	<i>Madhura</i>	<i>Laghu rooksha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Sothahara vranaghna</i>
<i>Asoka</i>	<i>Saraca asoka</i> Roxb	<i>Kashaya tikta</i>	<i>Laghu rooksha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Sophahara Asthisandhanak rut Raktaruja nasana</i>
<i>Pdmaka</i>	Prunus cerasoides Roxb	<i>Kashaya Tikta</i>	<i>Laghu</i>	<i>Seetha</i>	<i>Katu</i>	<i>Dahahara Jwarahara</i>
<i>Elavaloooka m</i>	Prunus cerasus	<i>Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataraktahara jwaraghna</i>
<i>Vanjula</i>	Homoni a riparia	<i>Katu Madhura</i>	<i>Laghu rooksha</i>	<i>Seetha</i>	<i>Katu</i>	<i>Kapha pittahara Raktasthambha na jwaraghna</i>

Table-2: Assessment of Pain:

Joints	VAS Score			
	Right		Left	
	BT	AT	BT	AT
Wrist	2	0	2	0
Elbow	2	0	2	0
Shoulder	2	1	3	1
Hip	6	6	6	6
Knee	6	3	5	3
Ankle	2	0	2	0
Lumbosacral	BT		AT	
	5		4	

Table-3: Assessment of Swelling

Joints	Measurements			
	Right		Left	
	BT	AT	BT	AT
Wrist	17.5cm	17cm	18cm	17.5cm
Elbow	31cm	30cm	29cm	29cm
Knee	37cm	36.5cm	36cm	36cm
Ankle	23cm	22cm	22cm	22cm

Table-4: Assessment of Range of motion of Knee joint:

Movements	Range of motion			
	Right		Left	
	BT	AT	BT	AT
Flexion	65 ⁰	75 ⁰	75 ⁰	75 ⁰
Extension	180 ⁰	180 ⁰	180 ⁰	180 ⁰

Table-5: Assessment of Range of motion of Shoulder joint:

Movements	Range of motion			
	Right		Left	
	BT	AT	BT	AT
Flexion	150 ⁰	160 ⁰	140 ⁰	150 ⁰
Extension	40 ⁰	40 ⁰	35 ⁰	45 ⁰
Abduction	150 ⁰	160 ⁰	140 ⁰	160 ⁰
Adduction	-	-	-	-
Internal rotation	90 ⁰	90 ⁰	90 ⁰	90 ⁰
External rotation	70 ⁰	80 ⁰	60 ⁰	80 ⁰
Circumduction	-	-	-	-

Table-6: Assessment of Range of motion of Hip joint:

Movements	Range of motion			
	Right		Left	
	BT	AT	BT	AT
Flexion	40 ⁰	50 ⁰	40 ⁰	50 ⁰
Extension	20 ⁰	20 ⁰	20 ⁰	20 ⁰
Abduction	20 ⁰	20 ⁰	20 ⁰	20 ⁰
Adduction	20 ⁰	20 ⁰	20 ⁰	20 ⁰
Medial rotation	30 ⁰	30 ⁰	30 ⁰	30 ⁰
Lateral rotation	30 ⁰	30 ⁰	30 ⁰	30 ⁰

Table-7: Assessment of blood parameter:

Parameter	BT	AT
ESR	64mm/hr	35mm/hr
CRP	20.2mg/dl	15mg/dl

Result and Discussion:

A number of diseases come under the title of Inflammatory Joint Pain. Whatever may be the causative factor, the ultimate pathology which is occurring in Inflammatory Joint disease is inflammation of synovium, which

may further lead to the destruction of joint tissues. Pain is always a quintessential symptom in Inflammatory Joint Diseases, which shows involvement of Vatadosha Dushti in Sandhivikaras. Vata Prakopa occurs either by Dhatukshaya or by Marga

Avarana⁵. Margavaranajanya Samprapti is mainly seen in Inflammatory Arthritis. Gati of Vata can be obstructed by Doshas, Dhatus, Mala or Ama. Along with Pain there will be swelling, tenderness, local rise in temperature, decreased range of motion and morning stiffness in the condition of Inflammatory Arthritis.

According to Acharya Susruta “There is no pain without the involvement of Vata, Paka without Pitta and Pooya without Kapha.”^[6] The similar conditions can be seen in pathogenesis of inflammation also. Along with Tridosha Dushti, Ama and Rakta is having an important role in these conditions. The clinical manifestations may change according to the involvement of Ama or Rakta. Ama is considered to be the byproduct of improper digestion and metabolism which can cause Srotorodha, Vata vigunata resulting in Sandhi Shoola and Sopha. Due to Rakta Dushtikara Nidana there will be vitiation of Rakta. Based on the causative factor, there will be increased Rukshata, Laghutwa, Khara guna or increased Visra Guna of Rakta. Vyanavayu circulates the vitiated Rakta throughout the body and the vitiated Rakta gets lodged in Sandhi due to its Vakrata or Kha vaigunyata leading to symptoms. The patient underwent treatment for 14 days showed marked relief in Pain and Inflammation. Significant change was observed in elevated ESR and CRP level.

Mode of action of Vedanasthapanagana Arka & Lepa:

Vedanasthapanagana drugs are having Tikta Kashaya Rasa and Laghu Rooksha Guna which acts as PittaKaphahara and Amapachana. The administration of this Gana as Arka, by its Sookshma, Teekshna, Ushna, Sara and Vyavayi Gunas checks on Ama and anything which obstructs the Gati of Vata. Vedanasthapanagana used as Lepa in the Sandhis act as a Sthanika Chikitsa to correct the pathology happening at the joints

by the penetrating power of the drugs in the Gana. Lepa is having Raktapitta Prasadana property [7]. More over Tikta Kashaya Rasa, Lagu Rooksha and Vyavai Guna of Vedanasthapanagana Dravya provides Sothara action in Sandhi.

Conclusion:

Vedanasthapanagana Arka orally and local application of Vedanasthapanagana Lepa has a significant role in managing Inflammatory Joint Pain and reduction the inflammatory markers like ESR and CRP level.

Limitation of study:

More specific investigation should be done to assess the result. The medicine should have been administered for longer duration to get better result.

Patients consent:

Patient consent was taken to get included in the trial and publication of data without discloses the identity of the patients.

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