

An Ayurvedic Perspective on Healing: A Case Study on the Management of *Janu Sandhigata Vata* (Osteoarthritis of the Knee)

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Abstract

Ayurveda, the ancient system of medicine, emphasizes a holistic approach to health by balancing the body, mind, and spirit. Musculoskeletal disorders such as osteoarthritis are increasingly common due to aging, lifestyle changes, and physical stress. In *Ayurveda*, osteoarthritis of the knee is described as *Janu Sandhigata Vata*, a condition caused primarily by the aggravation of *Vata dosha*. This case study presents the successful management of a patient suffering from chronic knee pain using *Ayurvedic* principles and therapies. The outcome demonstrates the effectiveness of individualized treatment, including internal medications, *Panchakarma* procedures, diet, and lifestyle modifications, in improving quality of life and mobility.

Key words : Healing, Osteoarthritis, musculoskeletal disorders, vata dosha

Musculoskeletal disorders are among the leading causes of pain, disability, and reduced quality of life across the world. Osteoarthritis of the knee, in particular, affects a large proportion of middle-aged and elderly individuals, leading to chronic pain, stiffness, and limitations in daily activities. With increasing life expectancy, sedentary lifestyles,

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and dietary irregularities, the prevalence of degenerative joint diseases continues to rise. While modern medicine primarily focuses on symptomatic management through analgesics, anti-inflammatory drugs, and surgical interventions, these approaches often fail to provide long-term relief and may be associated with adverse effects.

Ayurveda, the ancient Indian system of medicine, offers a holistic understanding of health and disease. It emphasizes the balance of *Doshas* (*Vata*, *Pitta*, and *Kapha*), proper nourishment of body tissues (*Dhatus*), and maintenance of healthy metabolic channels (*Srotas*). According to *Ayurvedic* literature, osteoarthritis closely resembles *Sandhigata Vata*, a condition caused by the aggravation and localization of *Vata dosha* in the joints. Aging (*Jara*) itself is considered a *Vata*-dominant stage of life, making elderly individuals more susceptible to such disorders.

Unlike conventional medicine, *Ayurveda* does not treat diseases in isolation but focuses on the individual as a whole. Treatment involves internal medications, external therapies, *Panchakarma* procedures, dietary regulation, and lifestyle modifications tailored to the patient's constitution and disease stage. This case study aims to highlight the effectiveness of *Ayurvedic* management in *Janu Sandhigata Vata* by demonstrating how a structured and personalized approach can reduce symptoms, improve joint function, and enhance overall well-being. For the preparation of the manuscript relevant literature¹⁻¹⁴ has been consulted.

Ayurvedic Concept of *Janu Sandhigata Vata* :

In *Ayurveda*, *Sandhi* refers to joints,

and *Gata* means lodged or localized. When *Vata dosha* becomes aggravated due to factors such as aging, excessive physical activity, improper diet, or lack of nourishment, it gets lodged in the joints.

Etiological Factors (*Nidana*)

- Advancing age (*Vardhakya*)
- Excessive walking or standing
- Dry, cold, and light foods
- Suppression of natural urges
- Lack of proper rest
- Mental stress

Clinical Features (*Lakshana*)

- Joint pain (*Sandhi Shoola*)
- Stiffness (*Stambha*)
- Crepitus (*Atopa*)
- Swelling (*Shotha*)
- Difficulty in walking

These symptoms closely resemble osteoarthritis, making *Janu Sandhigata Vata* a well-correlated condition in *Ayurveda*.

Case Presentation :

Patient Information

- Age: 52 years
- Gender: Female
- Occupation: Housewife
- Socioeconomic status: Middle class

Chief Complaints

- Pain in both knee joints for 2 years
- Stiffness in the morning lasting 20–30 minutes
- Difficulty in climbing stairs

- Occasional swelling in knees

Hg P-80 /MIN

History of Present Illness

SPO2-99%

The patient reported gradual onset of knee pain that worsened over time. Pain increased with movement and relieved partially by rest. She had previously taken painkillers, which provided temporary relief but caused gastric discomfort.

RBS-106 MG/DL

Local Examination

- Mild swelling over both knees
- Tenderness present
- Restricted range of motion
- Audible crepitus present during movements

*Past History**Ayurvedic Assessment*

No history of diabetes or hypertension
No history of trauma

- *Dosha: Vata* predominant
- *Dhatu: Asthi and Majja dhatu* involvement
- *Srotas: Asthivaha srotas dushti*

*Clinical**Examination**General Examination**Diagnosis*

Appetite : Reduced
Sleep : Disturbed due to pain
Bowl : Irregular

Based on clinical findings and Ayurvedic evaluation, the condition was diagnosed as *Janu Sandhigata Vata*.

BP130/70 MM

*Treatment Plan**1. Internal Medications*

S. No.	Medicine Name	Dosage	Frequency	Anupāna (Vehicle)	Action / Indication
1	Yogaraja Guggulu	1–2 tablets (250 mg each)	Twice daily	Warm water	Vata-shāmaka, reduces pain & stiffness
2	Mahayogaraja Guggulu	1 tablet	Twice daily	Warm water	Degenerative joint disorders
3	Rasna Saptaka Kwatha	40 ml	Twice daily	—	Relieves pain, swelling, improves mobility
4	Dashamoola Kwatha	40 ml	Twice daily	—	Anti-inflammatory, Vata-Kapha hara

5	Ashwagandha Churna	3–5 g	Twice daily	Warm milk	Strengthens muscles & joints
6	Guduchi Churna	3 g	Twice daily	Warm water	Reduces inflammation
7	Shallaki (Boswellia) Capsule	400–500 mg	Twice daily	Warm water	Pain relief, cartilage support
8	Maharasnadi Kwatha	40 ml	Twice daily	—	Chronic Vata disorders
9	Nirgundi Taila (external)	Adequate	Once or twice daily	—	Local massage for pain relief
10	Mahanarayana Taila (external)	Adequate	Daily	—	Nourishes joint tissues

2. Panchakarma Therapy :

Therapy	Duration	Benefit
Abhyanga (oil massage) with mahanarayan tail	14 days	Vata pacification
Janu Basti with mahanarayan tail	14 days	Lubricates knee joint
Swedana (steam) with mahanarayana tail	14 days after Abhyanga	Reduces stiffness

3. Diet and Lifestyle Advice :

- Warm, nourishing foods
- Avoid dry, cold, and processed foods
- Adequate rest
- Gentle yoga and stretching
- Avoid prolonged standing

- Improved range of motion
- Reduced stiffness and swelling
- Improved sleep quality
- Patient was able to perform daily activities comfortably

At 3-month follow-up, the patient reported sustained relief without dependence on painkillers.

Duration of Treatment :

- Total duration: 8 weeks
- Panchakarma sessions: 14 days
- Oral medications: Continued for 2 months

Results and Follow-Up :

After completion of treatment

- Significant reduction in pain

The present case study illustrates the successful management of *Janu Sandhigata Vata* through Ayurvedic principles. The clinical features observed in the patient—chronic knee pain, stiffness, crepitus, swelling, and difficulty in movement—are classical manifestations of Vata aggravation described in Ayurvedic texts. The involvement of *Asthi* and *Majja Dhatu* further supports the degenerative nature of the

condition.

The treatment strategy focused primarily on pacifying aggravated *Vata dosha*, nourishing depleted tissues, and restoring joint function. Internal medications such as *asYograj Guggul*, *Mahayograj Guggul*, *Rasnsaptan Kwath*, played a crucial role in reducing inflammation, strengthening tissues, and improving mobility. These formulations are well known in Ayurveda for their *Vata-shamaka* and *Rasayana* properties.

Panchakarma therapies like *Abhyanga*, *Swedana*, and *Janu Basti* contributed significantly to symptom relief. Oil therapies counteract the dryness and roughness qualities of *Vata*, enhance circulation, and improve joint lubrication. *Janu Basti*, in particular, delivers sustained warmth and nourishment directly to the affected joint, resulting in reduced pain and stiffness.

Dietary and lifestyle modifications were equally important in maintaining treatment outcomes. Advising warm, easily digestible foods and avoiding *Vata*-aggravating factors helped prevent disease progression. Gentle exercises and yoga improved flexibility and strength without stressing the joints.

The improvement observed in this patient emphasizes the holistic strength of Ayurveda in managing chronic degenerative conditions. Rather than merely suppressing symptoms,

Ayurvedic treatment addresses the underlying imbalance, making it a sustainable and patient-friendly approach. This case supports the growing need to integrate traditional systems of medicine into chronic disease management.

Conclusion

This case study demonstrates that Ayurvedic management can be highly effective in the treatment of *Janu Sandhigata Vata*, a condition comparable to osteoarthritis of the knee. Through a comprehensive approach involving internal medications, *Panchakarma* therapies, dietary regulation, and lifestyle modifications, significant improvement was observed in pain, stiffness, mobility, and overall quality of life.

Ayurveda's strength lies in its individualized treatment philosophy and focus on restoring balance rather than merely alleviating symptoms. The absence of adverse effects and sustained improvement during follow-up further highlights its suitability for long-term management of degenerative joint disorders.

In conclusion, Ayurvedic treatment offers a safe, holistic, and effective alternative for managing osteoarthritis and similar musculoskeletal conditions. Further clinical studies and large-scale research can help establish stronger evidence and encourage wider acceptance of Ayurveda in integrative healthcare systems.

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