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**“A CASE STUDY OF AYURVEDIC MANAGEMENT OF KROSHUTKSHEERSHA WITH SPECIAL REFERENCE TO PSEUDOGOUT”****Dr. Lekha Wayal<sup>1</sup>, Dr. S. K. Jaiswal<sup>2</sup>, Dr. S. B. Jamdhade<sup>3</sup>, Dr. Pradnya Jamdhade<sup>4</sup>**

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**ABSTRACT:**

Pseudogout (PG) is an acute arthritis attack that happens when you don't follow a natural diet and lifestyle. It makes it hard to do normal things. Extreme pain and stiffness happen in the joints, mostly in the knees. PG is made when calcium pyrophosphate crystals, a solid calcium salt, break down from bone that has built up in ligaments and joint spaces, mostly in the knee joints. Traditional medicine has a hard time treating PG, so people all over the world are looking for a method that is safe, cheap, and easy to use. The study's goal is to look at how well traditional ayurvedic treatments for PG, such as Yograj Guggulu and Punarnavadi Guggulu, work. Pseudogout (PG) is an acute arthritis attack that makes joints, especially the knees, hurt a lot and swell up. In Ayurveda, a sudden attack with a lot of pain and stiffness in the knee joints that looks like a jackal's head is called Kroshtukasheersha<sup>(1)</sup>. Acharya Sushruta called Kroshtukasheersha a vatavyadhi, which is like current terms for synovitis of the knee joint with effusion.<sup>(2)</sup> There are several causes for the swelling, such as arthritis or damage to the ligaments or meniscus.

**KEY WORDS:-** Kroshtukasheersha; Pseudogout; Yograj guggulu, Punarnavadi Guggulu**Corresponding Details:****Dr. Lekha Wayal**

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**INTRODUCTION**

वातशोणितजः शोथो जानुमध्ये महारुजः ।  
 ज्ञेयः क्रोष्टुकशीर्षस्तु स्थूलः क्रोष्टुकशीर्षवत् ॥  
 माधवनिदान / वातव्याधि / ५८<sup>(3)</sup>

The knee joint gets Kroshtuksheersh when the Rakta dosha's dushti gets too strong. Kroshtuksheersh includes signs like knee joint swelling, pain, trouble moving the knee joint, redness, hyperaesthesia (Tivraasahatwa), warmth to the touch (Ushna sparsh), and fluid buildup in the knee joint. The buildup of fluid in the knee joint makes it look like the head of a fox (kroshtuk means "fox" and sheersh means "head"). This condition is known as Kroshtukasheersha(4). When too much synovial fluid builds up in or around the knee joint capsule, this is called knee joint effusion. Knee joint fluid is often caused by rheumatic diseases or osteoarthritis in older people. This is because degenerative joint wear makes the knee joint less functional, which leads to pain that keeps coming back. A serious swollen knee is the first sign of joint effusion because it makes it hard to move around. The symptoms and signs of Kroshtuksheersha are a lot like those of PG. Kroshtuksheersha is caused by eating foods that make Vata Dosha worse and make the blood vessels carry more weight. These causes include eating junk food and living a bad lifestyle. In standard medicine, joint aspiration and intra-articular injection are used to treat acute forms of PG. PG has not been looked at in any study of Ayurvedic medicine yet. That's why we looked for the best Ayurvedic treatment. According to the Ayurvedic idea of vitiated dosha, the best way to treat Kroshtuksheersha was with VataShamaka (which calms down Vatadosha) and RaktaPrasadhana (which lightens the load on the vessels).

**AIM & OBJECTIVE:** National Journal of Ayurveda & Yoga

To evaluate efficacy of Jalaukavacharan & Ayurvedic Drugs in the management of a case of Kroshtuksheersha.

**CASE STUDY :**

A 60 years male patient approached in Kayachikitsa O.P.D. presenting with the following complaints,

1. Wam janu sandhi shoth
2. Dyay janu sandhi shool
3. Katishool

All symptoms occurred since 1 year.

**HISTORY OF PRESENT ILLNESS**

Patient was all right before 1 year. Then gradually developed symptoms like pain and swelling in left knee joint, difficulty in walking. Left knee aspiration done 3 months ago. He had taken allopathic and homoeopathic treatment for the same complaints. There was a recurrence in his complaints. Still he had no relief, so he admitted to Kayachikitsa O.P.D. for treatment on 29/06/24.

**PAST HISTORY OF ILLNESS:-**

No/H/O – DM/HTN/ T.B./ Thyroid.

History: No history of any previous surgical or medical illness.

Family History: Not specific.

H/O – Aspiration done once 3 months ago.

**Examination**

Pulse – 62/min

BP – 130/90mm of Hg

R.R. – 18/min

Wt. – 44kg

S/E

RS – B/L Clear

CVS – S1 S2 Normal

CNS – Conscious Oriented

P/A – Soft N/T

**Ashtavidha Pariksha**

Nadi- 62/min

Mala – Samyak

Mutra-Samyak,

Jivha – Niram

Shabda – Spashta

Sparsha – Samshitoshna

Druka – Prakrut



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Akruti – Madhyam

### INVESTIGATION-

Hb-13.1, RBC- $4.73 \times 10^6/\mu\text{L}$ , WBC-7,390/cmm, Platelet-2,73,000/cmm, ESR-45mm/hr

CRP-Positive, RA test-Negative

X-Ray-Fracture noted at medial and lat. tibial condyle and lat. femoral condyle with surrounding soft tissue swelling.

USG of Lf knee-Diffuse echogenic fluid collection with surrounding inflamed tissue notice.

### Samprapti Ghatakas

Dosha- Vaat-Rakta

Roga marga: Marmasthisandhi

Dushya- Asthi-Majja

Udhbhavsthan: Pakvyashay

Vyaktasthan: Janusandhi

Strotas -Asthi vah-Majjavah

Srotodushti prakara: Sanga-Vimarggaman

Sadhya Sadhyata: Kashtyasadhya

### MATERIAL AND METHODS :-

**Method** :- 1) A case study

2) Centre :- P.G. Department of Kaychikitsa L.K. Ayurvedic Hospital, Yavatmal affiliated to D.M.M. Ayurved College, Yavatmal.

**Material** :- Sthanik Chikitsa-Jalaukavacharan done on 03/07/24 and Walukapottali swed given also.



Lepa : Dashang Lepa for (LA)

(Shaman Chikitsa)-

Dravya	Dose	Duration	Anupan
Yograj guggul	500mg	Twice a day	Luke warm water
Arogyavardhini vati	250mg	Twice a day	Luke warm water
Punarnava guggulu	500mg	Twice a day	Luke warm water
Vatvidhwansa Ras	250mg	Twice a day	Luke warm water
Gandhak Rasayana	250mg	Twice a day	Luke warm water
Dashmool Rasna Punarnava Shatavari Trikatu	1gm each churna	Twice a day	Luke warm water
Swadishta virechana churna	3gram	HS	Luke warm water
Dashmool bharad kwath	30 ml	Twice a day	
Dashang lepa	For local application	Twice a day	

Assessment criteria –

Criteria	Before treatment	After treatment
Above knee	36 cm	32cm
At the level of knee	38cm	35cm
Below knee	32cm	30cm

Before treatment	After treatment
	
<b>Jalaukavacharana</b>	
	

## DISCUSSION

**Yograj guggulu-** These are mostly drugs that have effects like tikta, kashaya, katu rasa, ushna, ruksha guna, and ushna virya, and they also work as kaphavatahara. These medicines also work as vedana stapaka, nadi balya, shulashamaka, and shothahara, which is very important for helping people in vatavyadhi feel better. Because it has lekhana properties, Guggulu gets rid of too much jalansha (8).

**Punarnava Guggulu-** Punarnava Guggulu works anti-inflammatory and also which has pacifying Tridosha and indicated in especially acute swelling, also indicated in gout, rheumatoid arthritis, skin disorder. (9)

**Arogyavardhini Vati -**

Arogyavardhini works on the working of Pakwashaya and Grahani as a whole and makes it smooth and fine.(10)

**Dashmula Kwath**– It is Tridosahara, Vedana sthapak and Sroto Shodhaka.

**Guduchi** – Guduchi (*Tinospora cordifolia* (willd.) Hook.F. & thoms.) churna (powder) is indicated for Vatarakta and Vataja disorders It also helps in sarva dhatu vardhan and acts as Rasayana

## CONCLUSION

Kroshtukasheersha and Pseudogout are associated with one another. The kroshtukasheersha can be successfully treated with the shaman chikitsa, sthanik chikitsa (valukapottali sweda), and paramedical procedure of jalukavcharan. According to this study, with the help of both Jalaukavacharan and Shamana Chikitsa, patients got relief, and clinically, patient 70% improved.

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