

**“THE ROLE OF AYURVEDIC MANAGEMENT IN KROSHUTKSHIRSHA W.S.R.
TO INFECTIVE ARTHRITIS – A CASE STUDY”**

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ABSTRACT:

Septic arthritis is a painful joint infection that can be caused by an infection. Septic arthritis is also known as infectious arthritis. In Ayurveda it can be associated with Kroshutkshirsha. Kroshutkshirsha is one of the natmaj vatavyadhi characterized by swelling and pain in the knee joint. A 50-year-old patient applied to the Kaychikit department of the clinic complaining of severe pain, swelling and redness above the knee joint. Diagnosis: Kroshutkshirsha. He was shifted to a closed ward and received Ayurvedic treatment for seven days. The overall swelling and redness of the patient's left knee joint improved significantly. Using Ayurveda to treat emergencies such as infections and arthritis has amazing potential.

KEY WORDS:- Kroshutkshirsha , infectious arthritis, knee joint, vatavyadhi .

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INTRODUCTION

- Septic arthritis is the fastest and most destructive joint disease. The incidence is 2 to 10 per 100,000 in the general population and 30 to 70 per 100,000 in people with preexisting joint disease or joint replacement surgery. The most important risk factor for death is age. It usually presents as acute or subacute monoarthritis and fever. The joint typically becomes swollen, hot, red, and painful both at rest and immediately.
- In Ayurveda, this disease can be associated with Kroshutkshirsha. Ayurveda considers 80 types of vatavyadhi. Kroshutkshirsha is one such as Nanatmaj Vatavyadhi, which is characterized by excessive swelling and fixation above the knee joints. Clinical features of Kroshutkshirsha include Tivra pida (severe pain), Shotha (edema), kriyalpata (difficulty moving), kriyahani (limited movement), tivrasparshasahatva (hyperesthesia), araktavarnata (redness), ushnasparsha (warmth to touch)
- The Ayurvedic etiology of Kroshutkshirsha is the accumulation of dushta rakta in the knee joint due to aggravation of Vayu.

MATERIALS AND METHODS

Case report :-

A 50 years old male patient visited to our Kaychikitsa OPD of L.K. Ayurveda Rugnalaya, Yavatamal on 13/09/2023. The patient with complaints of swelling, redness, severe pain over left knee joint patient was unable to walk, restricted moments present at midnight of 04/09/2023. Patient took opinion of Orthopedic surgeon. He was advise operation Incision and Drainage by surgeon. He had taken allopathic medicine for 7 days but there was no satisfactory relief. Before 4 september patient was in good state. From midnight he started the above complaint. Patient had no history of DM and HTN. There was no significant family history.

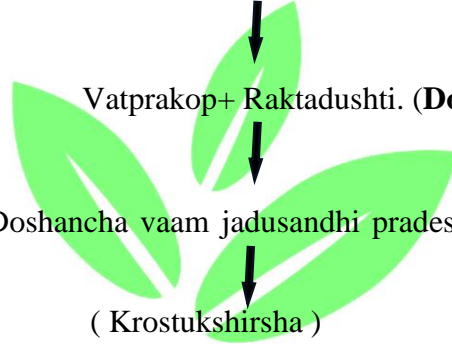
Rugna Parikshan :-

- Nadi – 84 /min
- Mal. – samyak
- Mutra – Asamyak
- Jivha – Niram
- Shabda – Prakrut
- Sparsha – samshitoshn
- Prakruti. – vat-kaphaj
- Nidra. -Anidra
- RR. – 18/ min
- Temp –99.3°F
- BP. – 120/70 mm of Hg
- Weight – 62 kg

Investigation :-

Sr. No.	Investigation	Before treatment Date -28/08/2023	After treatment Date- 13/09/2023
1	Hb%	12.50 gm%	12.4gm%
2	Tlc	18790 /cumm	9370/cumm
3	Plt count	3.16lacs /cumm	3.50 lacs/cumm
4	ESR	10mm/hr	31mm/hr
5	CRP	79.5 mg/dl	4 mg/dl
6	Sr. Uric acid	4.6 mg per DL	5.20 mg per DL
7	Sr creatinine	1.38 mg per DL	0.42 mg per DL

X-ray - Bony density normal & Mild to Mod Changes of Lt. Knee Jt. Osteo-arthritis evident. A prominent Spur noted on the Tibial Tubercle at the Insertion of Quadriceps muscle.

SAMPRAPTI⁹-Hetusevan (Vatprakop ahar + Raktadushtikar ahar) **sanchay**

sthansanshraya)

Doshancha vaam jadusandhi pradeshi sthansanshraya (Prasar &

(Krostukshirsha)

Sandhishool (pain), sandhistabdhatata (restricted movements), shoth (Swelling) at vaam jadusandhi (**Vyakti**)

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Samprapti Ghatak:**Dosh:** Vaat-Rakta kapha**Dushya :** Asthi –Majja**Strotas :** Asthi- Majjavaha**Strotodushti :** sang – vimargaman**Udhabhavsthan** - pakvashaya**Adhishtan :** Janu**Vyadhimarga :** Marmasthisandhi**Prabhav :** kashtasadhy**Material & Methods:-**

Method :- 1) A single Case study

2) Centre – PG Dept of Kaychikitsa L .K. Ayurved Hospital Yavatamal affiliated to DMM Ayurved college Yavatmal

Material;- (shaman Chikitsa)

Sr.no.	Dravya	Matra	Kal	Anupan
1	Triphala guggul Punarnava guggul	Each 500mg	Vyanodane	Koshna jal
	Sukshma triphala Vatvidhwansa ras Gandhak rasayan	Each 250 mg		
2	Dashmool Rasna Punarnava Trikatu	1gm each	Vyanodane	Koshna jal
3	Panchsakar churna	3gm	Nishi	Koshna jal
4	Dashang lep (LA)			
5	Dashmool+Guduchi bharad kwatha	30 ml	Vyanodane	
6	Cap.R.neuron plus	1	TDS	Water
7	Tab. RumaG	1	TDS	Water
8	Syp . Arthofast	10ml	BD	
9.	Ruhmark oil. (LA)			
10.	Cap .conlax	1	Hs	Water

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Before treatment.



After treatment



Before treatment.



After treatment

Before treatment Date -28/08/23	After treatment Date- 13/09/2023
Below knee : 38 cm	Below knee : 34cm
At knee : 39cm	At knee. : 35cm
Above knee : 41cm	Above knee.: 37.50 cm

DISCUSSION

Kroshutkshirsha, is an Accumulation of Dusta Rakta in the knee Joint being provoked by aggravated Vayu. In this case main aim is that sampraptibhang. For this pacification of vayu and purification of rakta dhatu is necessary. The combination of drugs Described in the treatment found to be Very effective in reducing the symptoms of Kroshutkshirsha.

Mode of Action -

Triphala guggul 6 is used to treat inflammatory diseases. Punarnava guggul is used as a diuretic and to treat edema. It improves blood circulation, relieves inflammation, and has protective effects on the heart, kidneys, and liver. This helps balance fluid accumulation in cells, tissues, or serous cavities. A combination of Dashmula, Rasna and Punarnava⁷ with vatagna properties is used to soothe the vata dosha.

Tab. Ruma G is an Ayurvedic preparation rich in Mahayogaraj guggul, shunti, ajmoda (eranda, bala, nirgundi⁸, shalaki, ashwagandha, punarnava mandur, swarna bhasma, shuddha shilajati). It is used to reduce swelling, redness and stiffness of joints. Syp. Arthofast contains vathna and dravya, which soothes vata. Rumarca oil is used for topical application to reduce pain, redness and joint stiffness. Panchsakar churna has the characteristics of anulomak.

CONCLUSION

After observation of this case, it can be concluded that Ayurvedic treatment within 7 days, the significant improvement occurs on overall swelling and redness over left knee joint of the Kroshutkshirsha patient. The ayurvedic Formulation of churna, tablets & Kashaya can be safely & effectively Carried out in pts of Kroshutkshirsha with Good results.

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