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 Kroshutkshirshaa 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, Yavatmal 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:

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


Samprapti:

Hetusevan (Vatprakop ahar + Raktadushtikar ahar) sanchay

Vatprakop + Raktadushti. (Dosh prakop)

Doshancha vaam jadusandhi pradeshi sthansanshraya (Prasar & sthansanshraya)

(Krostukshirsha)

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

Samprapti Ghata:

Dosh: Vaat-Rakta kapha

Dushya: Asthi – Majja

Strotas: Asthi- Majjavaha

Strotodushti: sang – vimargaman

Udhabhavsthana - 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 Yavatmal affiliated to DMM Ayurved college Yavatmal

**Material:** (shaman Chikitsa)

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

Before treatment.
## Before treatment

<table>
<thead>
<tr>
<th>Measure</th>
<th>Before treatment Date: 28/08/23</th>
<th>After treatment Date: 13/09/23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below knee</td>
<td>38 cm</td>
<td>34 cm</td>
</tr>
<tr>
<td>At knee</td>
<td>39 cm</td>
<td>35 cm</td>
</tr>
<tr>
<td>Above knee</td>
<td>41 cm</td>
<td>37.50 cm</td>
</tr>
</tbody>
</table>

## After treatment

The images show the comparison of knee measurements before and after treatment, indicating improvement in knee circumference post-therapy.
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 shilajat). 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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