



**A CASE STUDY OF JALOOKAVACHARAN IN KROSHTUKASHIRSHA WITH
SPECIAL REFERENCE TO SEPTIC ARTHRITIS**

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ABSTRACT

In Ayurveda, *Kroshtukashirsha* Is A Disease Condition Described Under *Vatavyadhi*, Here The Affected Joint Resembles The Head Of The Fox Hence The Name *Kroshtukashirsha*. The Knee Joint Especially Gets Extremely Inflamed With Unbearable Pain Disabling The Patient To Walk, Swelling, Redness, Warmth And Tenderness In The Joint. In Modern Science The Above Symptoms Are Correlated To Septic Arthritis. In This Case A 65year Old Female Patient Having Symptoms *Maharujam* And *Shopham* (Excessive Pain And Swelling) In The Left Knee Joint, *Daham* (Burning Sensation) In The Left Knee Joint And Fever Was Treated With *Jalookavacharan*, *Dashanga Lepam*, *Valooka Potali Swedam*, *Ruksha Nadi Sweda* And Oral Medications. At The End Of 21 Days Of Treatment Patient Got Significant Improvement In Symptoms.

KEYWORDS: Kroshtukashirsha, Septic Arthritis, Jalookavacharan and Oral Medications.

INTRODUCTION

Septic Arthritis is a medical emergency. It is the most rapid and destructive joint disease and has a significant morbidity and mortality of 10%. Patients with Septic Arthritis inevitably have a bacteraemia. Haematogenous spread from either skin or upper respiratory tract is the most common source. *Acharya Vagbhata* has mentioned about *Kroshtukashirsha* as a disease condition wherein the *Janu Sandhi* (knee joint) is affected by *Vata* and *Shonita* (blood) vitiation from an *Agantuja Hetu* (like bacteria). The *Janu Sandhi* (knee joint) is generally affected and it manifests with *Maharujam* and *Shopham* (excessive pain and swelling) disabling the patient to do her activities. Generally there is acute or subacute presentation of monoarthritis. In Ayurveda, Septic Arthritis can be nearly correlated with *Kroshtukashirsha*.

In the present case study the patient was diagnosed with *Kroshtukashirsha* and was administered *Jalookavacharan* and oral medication with *VATA Shamak* and *Shophahara* property.

MATERIALS AND METHODS

A 65 year old female patient was registered from IPD with registration number 170, Department of Kayachikitsa, Government Ayurveda Hospital, Osmanabad.

The patient had complaints related to Septic Arthritis like *Maharujam* and *Shopham* (excessive pain and swelling) in the *Vama Janu Sandhi* (left knee joint), *Chankramanakashtata* (difficulty to walk), *Daham* (burning sensation) in the *Vama Janu Sandhi* (left knee joint) and *Jvaram* (fever) since 8days. As SEPTIC Arthritis is correlated with *Kroshtukashirsha* drugs with *Vatapitahara* and *Shophahara* properties was prescribed- *Kaisoraguggulu 2BD*, *Chandraprabha Vati 2BD*, *Lashunadi Vati 2BD*, *Haritaki Choornam 3gm BD* after food. *Jalookavacharan* was done once in a week for 3 weeks, *Dashanga Lepam* was given for local application, *Valooka Potali Sweda* and *Ruksha Nadi Sweda* were prescribed for 21 days.

History of Present Illness: Patient states that 8 days back she had a sudden onset of extreme pain and swelling in the left knee joint, was unable to walk properly, burning sensation in the left knee joint and fever. Patient underwent treatment of modern medication but could not get relief completely.

Past History: Patient was suffering with Hypertension 1year back.

On Medication

Tab. Aten 50mg (1-0-0).

Tab. Amlokind H (0-0-1).

General Examination
Vitals
Pulse: 89/min
B.P: 160/100 mmHg
Temperature: 99.6 degree C
RR: 20/min
Weight: 62 kg
Height: 5 feet

Systemic Examination

CVS - S1 S2 normal
CNS- conscious and oriented.
RS- AEBE clear.
P/A - Soft and non-tender.
Blood Investigations

HB- 13.3 g/dl
ESR -35 mm/hr
WBC -15,000 ul
BSL(R)- 104 mg%

Samprapti Ghatakas

Hetu : Agantuja.

Dosha: VATA and PITTA.

Dushya: Rasa, Rakta, Asthi.

Agni: Jataragnimandya.

Srotas: Rasavaha, Raktavaha, Asthivaha.

Srotodushti: Sanga.

Adhishthana: Sandhi.

Rogamarga: Madhyama.

Table No. 1: Showing Grading for Clinical Features.

Clinical Features	Verbal Discriptor Scale		Before Treatment	After Treatment			% Releif
				1 st week	2 nd week	3 rd week	
Pain in The Left Knee Joint	No pain	0	4	3	2	0	100%
	Mild pain	1					
	Moderate pain	2					
	Severe pain	3					
	Extreme pain	4					

Clinical Features	Patellar tap test		Before Treatment	After Treatment			% Releif
				1 st week	2 nd week	3 rd week	
Swelling in the Left Joint	No Swelling	0	3	3	2	1	90%
	Mild Swelling	1					
	Moderate Swelling	2					
	Severe Swelling	3					

Clinical Features	Tenderness Grading, Soft Tissue		Before Treatment	After Treatment			% Releif
				1 st week	2 nd week	3 rd week	
Tenderness	Tenderness with no Physical Response	1	3	3	2	0	100%
	Tenderness with Grimace, Wince and Flinch	2					
	Tenderness with Withdrawal (positive jump sign)	3					
	Non- noxious stimuli(eg: superficial palpation, gentle percussion) results in patient refusal to be palpated due to pain.	4					

Clinical Features		Before Treatment	After Treatment			% Releif
			1 st week	2 nd week	3 rd week	
No Warmth	0	3	3	2	0	100%
Mild	1					
Moderate	2					
Severe	3					

Table No. 2: Showing Oral Medication.

Formulation	Dose	Duration	Anupanam
1) Kaisoraguggulu	BD	21 Days	Water
2) Chandraprabha Vati	BD	21 Days	Water
3) Lashunadi Vati	BD	21 Days	Water
4) Haritaki Choornam	BD	21 Days	Water

Table No. 3: Showing Panchakarma Treatment.

Serial Number	Panchakarma Procedure	Duration
1	<i>Jalookavacharan</i>	Once in a Week for 3 Weeks
2	<i>Dashanga lepam</i>	21 Days
3	<i>Valooka potali swedam</i>	21 Days
4	<i>Ruksha nadi sweda</i>	21 Days

OBSERVATION AND RESULTS

The follow up was made on the 7th day, 14th day and 21st day. During this period patient did not develop any other complaints. After 21st day the blood investigation was carried out and it shows following results that is E.S.R – 23mm/hr, HB -13.3 g/dl and W.B.C- 11, 000 ul. Patient reported gradual improvement in pain, swelling, tenderness in the left knee joint and difficulty in walking also reduced. After treatment patient got significant relief.

Follow up After Treatment: After discharging from the hospital patient is advised to continue *Mahamanjishthadi Kashayam* 20 ml BD before meal and *Kaisoraguggulu* 2BD with luke warm milk.

DISCUSSION

In this study *Jalookavacharan* was given for the treatment of *Kroshtukashirsha* in which the drainage of vitiated blood was done without any surgical intervention. Since there is no wound created for drainage the process of *JALOOKAVACHARN* is not painful and also does not require any healing as compared to the drainage procedure done in Septic Arthritis. The infected blood can be removed out of the body in a much simpler way without causing any trouble to the patient by *Jalookavacharan*. During the process of *Shonita Nirharan* alongwith the vitiated blood the *SAMA Pitta* and *Kapha*, vitiated *Vyana Vayu* is also expelled from the body. *Jalookavacharan* helps to arrest the local infection, prevents secondary infections, does not need any regular dressing. *Kaisoraguggulu* with its anti-inflammatory and anti-bacterial property helps in reducing the inflammation caused locally in the joint, thus preventing further joint damage. *Lashunadi Vati* with its *deepana pachana* property works as a *Ama Pachak*. *Chandraprabha Vati* with its *shothahara* property helps in reducing the swelling and is also a *rasayana*. *Haritaki Choorna* with its *Vatanulomana* and *Virechana* property helps in expelling the toxic materials out of the body.

CONCLUSION

In the present case study *jalookavacharan*, *dashanga lepam*, *valookapotali swedam*, *ruksha nadi swedam* and internal administration of *kaisoraguggulu*, *chandraprabha vati*, *lashunadi vati* and *haritaki choornam* shows significant effect. The overall effect of therapies showed 90% improvement in symptoms. There is no adverse reactions found with these drugs. These oral medication and *jalookavacharan* are effective in managing the symptoms of *kroshtukashirsha* (septic arthritis).

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