



Degree of Effect on Joint Pain by the Usage of Different Medicated Oils- An Observational Study

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ABSTRACT

Introduction: The incidence of osteoarthritis in India is as high as 12%. It limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled / handicapped. Its occurrence in old age. Vata Dosha plays main role in the disease. Aim: Thereby retrospective study was conducted to observe effect of different medicated oils advised for joint pain. The different types of taila like Murchitaila tail, Nirgunditaila, Maha Narayana taila, Balataila, Ksheerabalataila used for external application. Observation & Result: Among selected 30 cases, 78% decrease in pain was observed with Murchitailataila. Pain reduced during joints movements was assessed by VAS score. Discussion: Pathologic underpinnings of this disease are attributing to the aberration of Vata and Kapha Dosha, affecting the Asthi (bone), Sandhi (joint), Mamsa (muscle), and Snayu (ligament). Conclusion: There was apparent change was observed in VAS scale before and after treatment pertaining to have noticeable effects of Murchitail Tail as it is proven Vata dosha Shamak and have potency to reach microchannels of body.

Keywords: Abhyang, Asthi Dhatu, Medicated Oils, Vata Dosha

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INTRODUCTION

Joint pain is the commonest form of articular disorder. It limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled / handicapped. Its occurrence in old age. *Vata Dosha* plays main role in the disease. *Shula Pradhana Vedana* is the cardinal feature of the disease associated with *Vata Purna Druti Sparsha*, lack of movements of the joints or painful movement of the joints [1]. The incidence of osteoarthritis in India is as high as 12%. It is estimated that approximately four out of 100 people are affected by it. Osteoarthritis is the most common articular disorder. Allopathic treatment has its own limitation in managing this disease. It can provide either conservative or surgical treatment and is highly symptomatic and with troublesome side effects. Whereas such type of conditions can be better treatable by the management and procedures mentioned in *Ayurvedic* classics. Ayurvedic treatment can do the symptomatic relief along with arresting the progress of the disease also. Retrospective study was conducted to observe effect of different medicated oils advised for joint pain [2]. To observe the effect of different medicated oils advised for joint pain.

MATERIAL AND METHODS

Irrespective of gender, 30 patients of age between 30 to 60 years and suffering from joint pain included from KAH hospital, Gujarat. Other than these inclusion criteria, those who are having history of injury and other major diseases were excluded. Patients were asked to apply medicated with bearable pressure (localized massage) over the joint.

SAMPLING METHOD

Non-Randomized open label

TYPE OF STUDY

Observational

ANALYTICAL TOOLS: VAS Score

RESULT

Fig. 1. Effect of Various Taila's on Osteoarthritis

Taila name	Murchitatila taila	Nirgundi taila	Maha Narayana taila	Bala taila	Ksheerabala taila	Muriveena taila	Sahachardi taila
Decrease in pain	78%	60%	59%	30%	25%	10%	12%

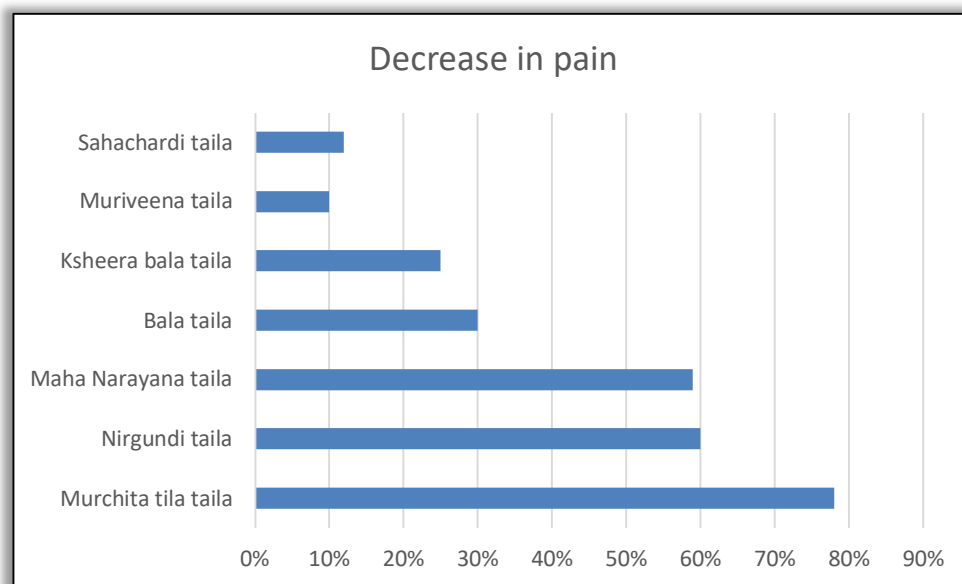


Fig. 1. Effect of Various Taila's on Osteoarthritis

The different types of taila like Murchitatila tail, Nirgunditaila, Maha Narayana taila, Balataila, Ksheerabalataila used for external application. Among selected 30 cases, 78% decrease in pain was observed with Murchita tila taila . Pain reduced during joints movements was assessed by VAS score.

DISCUSSION

The symptoms of OA correlate with *Sandhigata Vata* explained under *Vatavyadhi*. *Sandhivata* is first described by Acharya Charaka as *Sandhigata*. With symptoms of *Shotha* (swelling) which on palpation feels like a bag filled with air and *Shula* (pain) on *Prasarana* and *Akunchana* (pain on flexion and extension of the joints) [1]. Acharya Sushruta also mentioned *Shula* and *Shotha* in this disease leading to the diminution (*Hanti*) of the movement at joint involved [2]. Madhavakara adds *Atopa* (crepitus in joint) [3] as additional feature of it. The pathologic underpinnings of this disease are attributing to the aberration of *Vata* and *Kapha Dosha*, affecting the *Asthi* (bone), *Sandhi* (joint), *Mamsa* (muscle), *Snayu* (ligament). Murchit Til Tail is proven *Vata dosha Shamak* (alleviates Vata Dosha) and have potency to reach microchannels of body.

Comprehensive management of this condition in Ayurveda includes a judicious combination of external therapies (*Bahya Chikitsa*) and internal medication (*Abhyantara Chikitsa*). The *Bahya Chikitsa* include *Janu Basti*, *Abhyanga* (massage), *Jalaukava charana* (application of leech), *Agnikarma* (cautery), *Basti* (medicated enema) etc.

Abhyantara Chikitsa (internal) include the internal medications in the form of *Churna* (powder of a single herb/combination of herbs), *Kashaya* (decoction), *Vati* (pills), etc.

CONCLUSION

Osteoarthritis is multi-factorial, non-inflammatory degenerative joint disorders. There was apparent change was observed in VAS scale before and after treatment. Present study reveals that the selected management have potential effect on *Sandhigatavata* with the added advantage of being free from side effects. Among different usage of oil , Murchitatila taila have noticeable decrease in pain up to 78% was observed.

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