



## Case Study

### **NAGA MIRCHA (BHUT JOLOKIA) LEPA AS SHOOLAPRASHAMANA (PAIN RELIEVER) IN SANDHIGATAVATA –A CASE STUDY**

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#### **ABSTRACT**

A 45 year old female patient complaining of pain, *Sparsha Asahatwa* (tenderness), *Shotha* (inflammation) crackle sounds of the joints and warmth for 4 years but severe since 5 months and restricted movement of bilateral knee joint, was being diagnosed as a case of *Janu Sandhigata Vata* (Osteoarthritis of knee joint) treatment planned with *Hingwashtaka Choorna*, *Maha Yograj Guggulu*, *Maha Rasnadi Kadha*, *Gandharva Haritaki Choorna ausadhi* and *Bahiparimarjana Chikitsa* i.e., *Naga Mircha Lepa*. There was a significant improvement in the scale of pain, range of movement and standing time along with diminution of inflammation and tenderness after treatment. Patient responded to the Ayurvedic treatment. After the therapy patient felt improvement.

**KEYWORDS:** *Sandhigata Vata*, Osteoarthritis, *Lepa*, *Naga Mircha*, *Bhut Jolokia*, NEIFM.

#### **INTRODUCTION**

Joint pain is very much prevalent among elderly people. Every disorder begins with lack of proper nutrients or insufficient supply of nutrient to particular tissue. Nutrients do not reach to the target site due to blockage of channel (*Srotoavarodha*) so, it will be the cause of disease. *Janu Sandhigata vata*<sup>[1]</sup> is one of the *Vatavyadhi* described in all *Samhita* and *Sangraha Grantha*. *Acharya Vagbhatta* and *Sushruta* have considered *Vatavyadhi* as *Mahagada*. In *Ayurveda* Osteoarthritis is co-related to *Sandhigata Vata*. *Charaka* described the disease under *Vata Vyadhis*. *Charaka* described the disease with the symptoms such as *Shotha*, *Akunchana Prasaranana Vedana*, *Vata Purna Driti Sparsha*.<sup>[2]</sup> *Acharya Susrutha* described as *Shoola* (pain), *Shotha* (swelling), *Hanti Sandhigata* (diminution of the movements of the joints) as the symptoms of *Sandhigata Vata*.<sup>[3]</sup>

Osteoarthritis (OA) is the most common form of arthritis. It is strongly associated with ageing and is a major cause of pain and disability in older people.<sup>[4]</sup> In OA affected persons, 80% are having some movement limitation and 20% are unable to perform major activities of daily living.<sup>[5]</sup> Osteoarthritis accounts for 0.6% of all Disability Adjusted Life Years (DALYs) and 10% of DALYs due to musculoskeletal conditions. This burden accounted for 2.2% of global years of life lost due to disability (YLD) and 10% of all YLD from musculoskeletal disorders.<sup>[6, 7]</sup>

#### **Aims and Objectives**

1. To study the effect of *Naga Mircha Lepa* in *Sandhigata Vata*.
2. To study *Sandhigata Vata* in detail.

#### **Case Report**

The present case study is a successful Ayurvedic management of *Sandhigata Vata* (Osteoarthritis). A 45 yr old female patient came with gradual onset of moderate pain since 4 years but severe pain since 5 months, inflammation of supra patellar region, restricted movement of knee associated with pain, audible crepitus with severe tenderness (Wincing of face on pressure). She consulted a doctor nearby home and started taking some pain killers as per doctor's advice. This gave him only temporary relief. Over the time pain and swelling increased. She was advised to take an X-ray of both knee joint in standing view by his doctor, which showed osteoarthritis of both knees, in which right knee is severe compared to left knee.

#### **Chief Complaints**

- Pain in both knee joint
- Tenderness with Crepitus sound in both knee Joints.
- Difficulty during sitting on ground and walking
- Swelling over both knees joint.
- Difficulty in performing day to day simple activities since 5 months.

**Menstrual History:** Menopause before 5 years

**Obstetric History:** G<sub>3</sub> P<sub>2</sub> A<sub>1</sub>

N.V.D Last Child Birth: 12/6/2006

**On Examination**

*Nadi* (Pulse)- 78/min.

*Mala* (Stool)- *Avashtambha*

*Udara*- Soft, Not tender

*Mutra* (Urine)- *Samyaka*

*Kshudha*- *Mandya*

*Jivha* (Tongue)- *Saam*

*Nidra*- *Khandita*

*Bala*- *Alpa*

*Drika* (Eyes)- *Prakruta*

*Shabda* (Speech)- Normal

*Akruti*- *Krusha*

*Twak*- *Rukshta*

B.P.- 130/80 mmHg

**Materials and Methods**

S.No.	Drug	Scientific Name	Quantity
1	<i>Naga Mircha</i>	<i>Capsicum chinense</i> Jacq	50gm
2	<i>Lasuna</i>	<i>Allium sativum</i>	50gm
3	<i>Nagara</i>	<i>Zingerber Officinale</i>	50gm
4	<i>Tambool</i>	<i>Piper betle</i> Linn	25gm
5	<i>Saindhav Lavan</i>	Rock Salt	50gm
6	<i>Tila Taila</i>		25gm

Dissolve all the *Kalka* contents i.e., *Naga Mircha*, *Lasuna*, *Nagara*, *Tamboola Patra* and *Saindhav Lavan* then heat the mixture in *Tila Taila* for 2 minutes. Use the *Lepa* for local application only.

The *Naga Mircha* is a naturally occurring inter-specific hybrid primarily from Nagaland and also from the neighbouring Assam region of North-Eastern India. It grows in the Indian states of Assam, Nagaland, Arunachal Pradesh and Manipur, and the Sylhet district of Bangladesh.

**Procedure**

**Pre-procedure:** Collection of materials required for procedure is done.

**Patient preparation:** The patient is thoroughly examined. The disease is also examined. The treatment line-up, materials and medicines which need to be used are enlisted. Patient is advised to pass natural urges of urine, stool if present. Patient is also advised to remove the clothes and expose the

**Oral Medications**

1. *Hingwashtaka Choorna* 1gm BD twice a day *Anupana* cow *Ghee* before meal
2. *Maha Yograj Guggulu* 500mg BD after meal with warm water
3. *Maha Rasnadi Kadha* 20ml BD with warm water
4. *Gandharva Haritaki Choorna* 3gm at night time with warm water

**Local Application:** Along with the oral medication, "*Naga Mircha Lepa*" is given to the patient for local application; the *Lepa* should be somewhat warm when it applied locally. After that roller bandaging is done and the *Lepa* is left for 1 hr, after 1 hr it should be washed with *Koshna Jala* (luke warm water).

**Duration:** Once a day for 10 days

**Time:** 6 A.M. daily.

**Type of Lepa:** *Lepa* Materials used for the preparation are

*Janu* area. Patient may sit and expose the knee with legs extended in table or is advised to lie down in supine position. Generally it is done early in the morning if convenient.

**Procedure:** The prepared *Lepa* is fixed on the *Janu* area in a proper shape, taking care to prevent any spoiling of clothes. Required quantity of *Lepa* is heated and applied to the affected area and bandaged very carefully. The *Lepa* is kept for 60 minutes.

**Post operative procedure:** *Lepa* is removed afterwards and the area is wiped off followed by cleaning with lukewarm water. Patient is given light oil massage over *Janu Sandhi* for 5-10 minutes. Thereafter the patient is advised to take rest for 10-15 minutes in comfortable position. *Lepa* used once is not to be reused again and fresh *Lepa* is to be prepared for every session. Patient is advised to take light diet and clean with hot water after procedure.

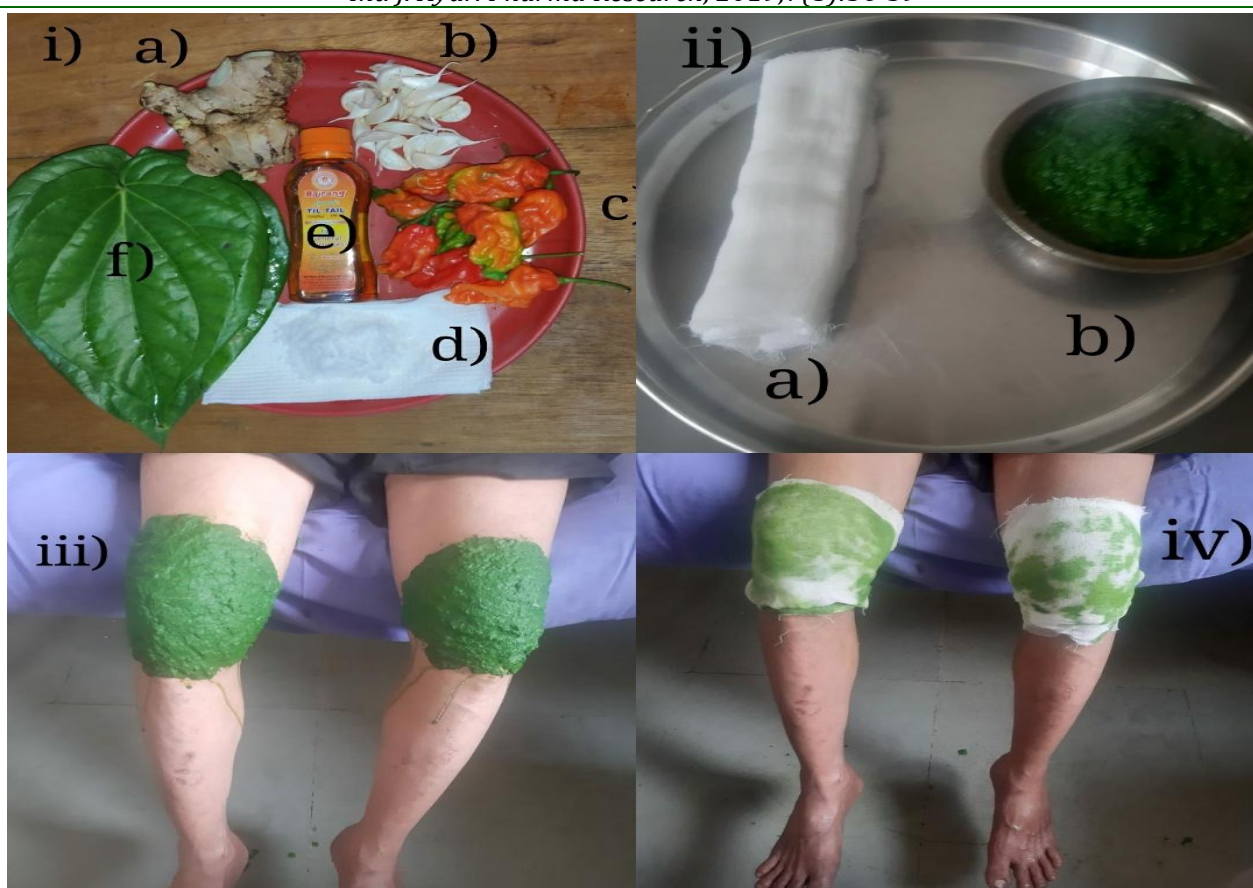


Fig: i) Materials Required for *Naga Mircha Lepa*: a) *Nagara* (*Zingerber officinale*) b) *Lasuna* (*Allium sativum*) c) *Naga Mircha* (*Capsicum chinense* Jacq) d) *Saindhav Lavan* e) *Tila Taila* f) *Tambool* (*Piper betle* Linn) ii) *Poorva Karma* (Pre-Operative Procedure) a) Bandage b) Prepared *Naga Mircha Lepa* iii) *Pradhan Karma* (Operative Procedure) iv) *Paschat Karma* (Post-Operative Procedure)

### OBSERVATIONS AND DISCUSSIONS

*Sandhigata Vata* is mentioned in all classics. Now a days this disease is very commonly seen in our Ayurvedic practice. *Sandhigata Vata* develops after the age of 35 now a days. The symptoms are commonly seen in bus drivers, computer operators and school teachers, obese peoples etc.

**Symptoms of Osteoarthritis can be correlated to *Sandhigata Vata***

<i>Sandhigata Vata</i>	Osteoarthritis
<i>Sandhi Shoola</i>	Pain in the joints
<i>Aatopa</i>	Crepitations in the joints
<i>Vedanayukta Sandhipravriti</i>	Painful movements in the joints
<i>Sandhi Sthambha</i>	Stiffness in the joints
<i>Shotha</i>	Swelling of joints

After oral medications the patient experienced relief in chief complaints considerably. Local application of *Lepa* provided additional benefits to the therapy and helped patient to make joint movements freely. It is observed that, in initial stages of the disease the treatment proved preventive.

Knee examination	Before treatment	After treatment
Crepitus	++	+
Warmth	++	+
Swelling	+++	+
Tenderness	+++	+

### CONCLUSION

Patient was being treated with *Aushadhi* and *Naga Mircha Lepa* for a period of 10 days and significant positive improvement was observed in the signs and symptoms. *Bandhanam* treatment after applying *Lepa* reduces the swelling in the knee joint. In *Lepa* we are using *Ushna* and *Teeshna Virya Dravyas*. As in this case study very encouraging results were obtained and efficacy was proved practically, it may be a subject for further clinical trials and may provide a room for discussion in future.

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