



## AYURVEDIC MANAGEMENT OF POST VIRAL ARTHRITIS- A CASE STUDY

**Author1:** Dr Sachinkumar Patil, M.D. Ph.D. Kayachikitsa, M.B.A. (HR), P.G.D.E.M.S., D.Y.A. Professor & H.O.D. Kayachikitsa,

M.A.M. Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune, Maharashtra, India

- Abstract: Introduction-** Post Viral arthritis causes inflammation and swelling in one or more joints. Viral arthritis is inflammation of the joints from a viral infection. Approximately 1% of all cases of acute arthritis are thought to have a viral etiology. Viral attacks are usually accompanied by joint pain and swelling (Arthralgia). As per allopathic science viral arthritis can be managed symptomatically with NSAID's, analgesic, and antibiotics, but sometimes even after eliminating the virus out of body some people will get joint pain and also swollen joint. Here we present a case study which was successfully managed with *Ayurvedic* medications and *Panchakarma* therapy.

**Material and Methods-** A 37 years old Male patient suffering from polyarthralgia with H/O Dengue NS1 and IgM positive was cured with *Panchakarma* therapy and oral *Ayurvedic* medications. *Sarwanga Snehan* (sahachar oil), *Patra Potali Swedan* (nirgundi/eranda patra/eranda oil), *Anuvasan Basti* (sahachar oil-100ml), *Niruha Basti* (Eranda Dashamuladi Kwath-750ml vyatyasat for 10 days. Oral *Ayurvedic* Medications like *Yograaj guggulu*- 2 TDS after meal. *Aampachak vati*-2 TDS after meal, *Vatavidhwansa rasa*-2 tds after meal, *Dashmoola kwath*- 20 ml vyanodane, *Punarnava Lepa* (local application). These oral medicines continued for 2 months. **Discussion-** *Basti dravya* enters into the *Pakwashaya*, it is the place where the water and minerals are absorbed in proximal colon.as pakwashay is the *sthana* of *vata*. the *prabhava* of *basti dravya* like its spread from *pada tala upto murdha*.
- Anuvasan basti* with *sahachar* oil and *niruha basti* with *eranda dashamooladi kwath* having *vataghna shulaghna shothghna* properties.
- Result-** By using Visual Analogue Score case was assessed and it showed good improvement. **Conclusion-** Study result indicates that *Panchakarma* and *Ayurvedic* drugs can be cured Post Viral Arthralgia.

**Keywords:** Viral Fever, Polyarthralgia, Post Viral Arthritis, *Basti*.

### INTRODUCTION

Post Viral arthritis causes inflammation and swelling in one or more joints. Viral arthritis is inflammation of the joints from a viral infection. Approximately 1% of all cases of acute arthritis are thought to have a viral aetiology. Viral attacks are usually accompanied by joint pain and swelling (Arthralgia). As per allopathic science viral arthritis can be managed symptomatically with NSAID's, analgesic, and antibiotics, but sometimes even after eliminating the virus out of body some people will get joint pain and also swollen joint. <sup>[1]</sup>

A viral aetiology is thought to be responsible for approximately 1% of all cases of acute arthritis with a wide range of causal agents recognised. The epidemiology of acute viral arthritis continues to evolve, with some aetiologies, such as rubella, becoming less common due to vaccination, while some vector-borne viruses have become more widespread.

Post Viral Arthritis means all the pain, swelling, and stiffness of joints that occurs immediately after or during viral infection, which usually diverts indications of symptoms of arthritis. The most prone areas of infection are - ankles, toes, hands, wrists, and knees. Several viruses are triggers of this disease some of which are dengue, parvovirus B16, Hepatitis, Rubella, and retrovirus. It can easily heal if taken into consideration or early treatment but the symptoms are prolonged and can lead to serious health conditions. The symptoms of the disease vary from the severity of the disease. This viral arthritis is usually self-limiting but can even last for several weeks to years. This is associated with the impairment of the day-to-day activity of the person causing severe pain.

We can correlate it with “*Asthidhatugata Jwara.*” Signs and symptoms manifested when the vitiated *Doshas* causing *Jwara* are located in the *Asthi Dhatu* (bone tissue):<sup>[2]</sup>

*Vireka* and *Vamana*: Both diarrhea and vomiting

*Asthi bheda*: Pain in the bones

*Prakujanam*: Production of Kujana (cooing) sound

*Gatra Vikshepa*: Involuntary movement of the body and its limbs

*Shwasa*: difficulty in breathing.

अस्थिमज्जगते देया निरूहाः सानुवासनाः ।<sup>[3]</sup>

in the *Asthi dhatu* and *Majja Dhatu* *Nirūha* and *Anuvāsana Bastis* should be given.

## 2. INCIDENCE:

Viral arthritis is reported worldwide, but the exact incidence and prevalence are unknown. This could be related to the multitude of viruses causing the arthritis syndrome, geographic variability, and, more often than not, the self-limited nature of the illness. Rates of viral arthritis are much higher in adults compared to children. Children tend to be susceptible to parvovirus B19, but they rarely develop arthritis.

## 3. EPIDEMIOLOGY:

Epidemiology suggested a viral aetiology in about 1% of cases<sup>1–3</sup> and in the largest study. Worldwide, epidemics of arbovirus-related arthritis are increasingly recognised.

Arboviruses

Arthropod-borne-viruses (arboviruses) are a broad group of viruses transmitted predominantly by mosquitoes. Two main genera of arboviruses are associated with acute arthritis; alphaviruses and flaviruses.<sup>[4]</sup>

### Alpha viruses:

Alphaviruses are a genus of RNA virus, usually transmitted by mosquitoes. ‘New World’ alphaviruses are commonly associated with encephalitis while ‘Old World’ alphaviruses, of which CHIKV and Dengue are the most well-known, are commonly associated with a syndrome of fever and arthralgia.

### Flavi viruses:

Dengue is an acute viral infection caused by one of five serotypes of the genus *Flavivirus*. The infection is transmitted by *Aedes* mosquitoes and causes an acute illness characterised by fever, rash, myalgia and headache. The disease is widely distributed and clinically it can be difficult to distinguish dengue from other arbovirus infections such as CHIKV. However unlike CHIKV, while arthralgia is a common feature of dengue. The dengue and zika viruses are the prominent members of this family which causes illness, swelling, and severe joint pain.

#### 4. CASE REPORT:

• A 37 yrs old male patient visited at our OPD No.2 in Sane Guruji Aarogya Kendra Hadapsar, Pune. His chief complaints were polyarthralgia with restricted lower extremities movements, pain and swelling over left wrist joint and lower extremities, back pain, generalised weakness and could not able to do daily work since last 1 1/2 months.

• **History of present illness:** He was Dengue NS1 and IgM positive 1 ½ months back. He took allopathy treatment and cured from fever but pain and swelling in multiple joints sustained.

• **Past illness:** No any H/O Hypertension, Diabetes Mellitus, Osteoarthritis, Rheumatoid Arthritis.

• **Family history:** None.

• **On general examination:**

- Pulse-90/min regular
- BP-120/70mmhg
- Temperature-Afebrile
- RS-Normal lungs sounds.
- CVS- Normal Heart sounds
- CNS-conscious and oriented to time place person.
- Per Abdomen-Soft and non-tender.

• Pallor- Absent

• Tongue- Coated

• Icterus - Not present

• Lymph nodes - Not palpable

• Cyanosis - Not present

• Oedema- Not present

• JVP – Not raised

• **Local examination:**

- Swelling, redness over wrist joints and lower extremities. painful to touch.
- No movement of left elbow joint.

• **Personal History:**

- G.C – Moderate
- Appetite – Decreased
- Diet -Mixed
- Urine - Normal
- Bowel – Constipated
- Thirst – Excessive
- Sleep - disturbed due to joint pain.

• **Treatment History:**

- Patient has a history of Allopathic medicines but had no relief.

**5. OBSERVATIONS AND RESULTS:****Table 1. Visual Analogue Score:**

Score	Type of pain
0	None
2	Mild
4	Moderate on rest but dreadful on pressure application.
6	Dreadful
8	Severe
10	Pain as bad as it could be

**Table 2. Before and After treatment:**

Right hand		joints	Left hand	
Before treatment	After treatment		Before treatment	After treatment
4	2	Elbow	6	0
2	0	Wrist	8	2
4	2	MCP	4	2
2	0	PIP	2	2
6	2	Shoulder	6	2

**Table.3. Before and After treatment:**

Right leg		joints	Left leg	
Before treatment	After treatment		Before treatment	After treatment
6	2	Knee	6	2
8	2	Ankle	6	2
6	0	MTP	4	0

## 6. TREATMENT:

- Initial treatment given was as follows:
  - **ORAL AYURVEDIC MEDICATIONS:**
  - 1. Tab. *Yogaraaj guggulu*- 500mg *Vyanodane*.
  - 2. Tab. *Aampachak vati*-500mg *Vyanodane*.
  - 3. Tab. *Vatavidhwansa rasa*-500mg *Vyanodane*.
  - 4. *Dashmoola kwath*- 20 ml BD after meal.
  - 5. *Punarnava Lepa* (local application).
  - **PANCHKARMA THERAPIES:**
  - 1. *Sarwanga Snehan* (*sahachar* oil)
  - 2. *Patra potali swedan* (*nirgundi/eranda patra/eranda* oil)
  - 3. *Anuvasan Basti* (*Sahachar* oil-100ml)
  - 4. *Niruha Basti* (*Eranda Dashamuladi Kwath*-750ml)
- vyatyasat for 10 days.

## 7. DISCUSSION:

- **YOGARAAJ GUGGULU:** [5]
- Reference: Bhaishajya ratnavali- *Aamavatadhikar*
- Which consists of total 28 herbal ingredients. In this formulation all the constituents except *Guggul* are taken in 1 part of which the principal ingredient *Guggul*.
- *Yogaraaj guggulu* a herbo- mineral preparation having *kaphavatahara* property. The main target area of the drug is *asthi majjagata vata*. As the drug which having *Ushna* and *Ruksha guna* which clears the *srotas* (channel).
- *Yogaraaj guggulu* has main therapeutic action as *Vedana sthapaka* and *shothahara* which is attributed by the presence of *guggulu* as the major ingredient.
- *Yogaraaj guggulu* has anti-inflammatory property by inhibiting the *cox-1* and *cox-2* enzymes to varied degrees. It inhibits two major enzymes involved in inflammatory cascade that is *cyclooxygenase* and *lipoygenase*.

- **VATAVIDHWANSA RASA:** [6]

- It is useful to promote the strength of the bones and joints. it has as an excellent anti-inflammatory and analgesics properties.

"नहि वाताद्विना शूलम्। “

- *Ayurveda* has a theory says that there is no pain without *vata*. [7] *Vatavidhwansa Rasa* itself is a *Vatashamak* .it mainly pacifies *vata* and decreases pain. Main function of *Vatavidhwansa rasa* is to establish *vata-samya* by curing *vatadushti*. it relieves the pain very soon.

- **AAMPACHAK VATI:** [8]

- *Jwara roga* is a *Rasa Pradoshaja vyadhi* caused due to hypo-functioning of *Jatharagni*, the digestive and absorptive fire in the body. All the metabolic transformations in the body are controlled by the *Pitta Dosha*. The deranged *Agni* causes the production of *Ama* (undigested materials) that blocks the *Srotas*.

- *Aampachak vati* digests the *aam* by its *ushna*, *tikshna* properties.

- **DASHAMOOLA KWATH:** [9]

- *Dashmoola* means ten roots. In the ten roots five roots are of trees and five roots are of shrubs. The roots of five trees are known as *Brihat Panchmoola* and the roots of shrubs are known as *Laghu panchmoola*. *Dashmoola* is prepared by mixing the equal parts of these roots. *Dashamoola* is a group of ten herbs *Bilva*, *Patala*, *Agnimantha*, *Shyonaka*, *Gambhari*, *Brahati*, *Gokharu*, *Kantakari*, *Prishniparni*, *Shalaparni*. The *Dasmoola* is a balancer of *Vata*, *Pitta*, and *Kapha* known as *Tridosha Nashak* as well as *shopghna* and *shoolaghna* properties.

- **Panchakarma therapy:**
- Panchkarma Procedure includes
- 1. Sarwanga Snehan (Sahachar oil)
- 2. Patra potali Swedan (Nirgundi/ Eranda patra/ Eranda oil)
- 3. Anuvasan Basti (Sahachar oil-100ml)
- 4. Niruha basti (Eranda Dashamooladi Kwath-750ml Vyatyasat for 10 days.

#### SARWANG SWEDAN:

• Sarwang Swedan relieved shoola (pain) and shotha (swelling). Patra potali swedan had leaves of Nirgundi (Vitex nirgundo), Ark (Calotropisprocera), Erand (Ricinus communis), paste of garlic, Methi (fenugreek) powder and Eranda oil. All have properties of Vata-shamana. Shoola (pain) is predominantly due to Rooksha property of vitiated Vatadosha. Oils are Ushana and Snigdha in nature opposite to Vata properties. <sup>[10]</sup>

- **Table 4: Ingredients of Anuvasan Basti:**

INGREDIENTS	QUANTITY
Sahachar taila	100ml

**TABLE 5: INGREDIENTS OF ERANDA-DASHAMOOOLADI NIRUH BASTI:**

Sr.n o.	Ingredients	Quantity
1	Kwath dravya- 500 ml Erandmool (Ricinus communis) Dashmool kwath Punarnava moola (Boerhaavia diffusa) Rasna (Pluchea lanceolata) Ashwgandha (Withania somnifera) Guduchi (Tinospora cordifolia) Madanphal (Randia dumetorum)	30gm 15gm 15gm 15gm 15gm 15gm 4 in number
2	Kalka dravya- 10 gm Shatpushpa (Pimpinella anisum) Pippali (Piper longum) Nagarmotha (Cyperus rotundus) Yashthi (Glycyrrhiza glabra)	4gm 2gm 2gm 2gm
3	Eranda taila	20ml
4	Saindhav	2.5gm
5	Madhu	10ml

**KARMUKATWA OF ERANDA DASHMOOLADI BASTI:**

• *Eranda dashamooladi basti* is told as *Deepan* in nature which helps in pacifying *Vata* and reducing symptoms like heaviness and stiffness. Anti-inflammatory, anti-oxidant, central analgesic, anti-nociceptive activity, bone regeneration activity is found in *Ricinus communis (Eranda)*.and *Dashamoola* is itself *Shophghna* and *Shoolghna dravya*.<sup>[11]</sup>

• *Basti dravya* enters into the *Pakwashaya*, it is the place where the water and minerals are absorbed in proximal colon.as *Pakwashay* is the *Sthana* of *Vata*. the *Prabhava* of *Basti dravya* like its spread from *Pada Tala* upto *Murdha*.<sup>[12]</sup>

• *Anuvasan basti* with *Sahachar* oil and *Niruha basti* with *Eranda Dashamooladi Kwath* having *Vataghna Shulaghna Shothghna* properties.

**IMAGES:**

FIG.1. BEFORE TREATMENT



FIG.2.AFTER TREATMENT

**8. CONCLUSION:**

From above discussion we can conclude that *Panchakarma* and Oral *Ayurvedic* medications can cure Post Viral Arthritis.

**9. CONFLICTS OF INTEREST:**

This work is not published anywhere. The authors declare no conflict of interest.

**10. REFERENCES:**

1. Ralston SH, Penman ID, Strachan MW, Hobson R, editors. Davidson's Principles and Practice of Medicine E-Book. Elsevier Health Sciences.2018:1095.
2. Agnivesha CS. revised by Charaka and Dridhbala with Ayurveda Deepika commentary, by Chakrapanidatta, edited by Vd. Jadavaji Trikamaji Acharya. Chaukhambha Surabharati Publications, Varanasi-221. 2002; 1:17-23.
3. Sthana; 3rd chapter/20th verse, Published by Chaukhambha Orientalia, Varanasi. 2015:97.
4. Sahasrayoga, 1st edition; 1990, published by Kendriya Ayurvediya Vignana Anusandhana Parishad ,Pp.153.
5. Sahasrayoga, 1st edition; 1990, published by Kendriya Ayurvediya Vignana Anusandhana Parishad ,Pp.90.
6. Dr.J.L.N.Sastry, Prof.K.C.Chunekar, Dravyaguna Vijnana-vol 2,published by Chaukambha Orientalia,Varanasi , Pp.411.
7. Dr.J.L.N.Sastry, Prof.K.C.Chunekar, Dravyaguna Vijnana-vol 2,published by Chaukambha Orientalia,Varanasi , Pp.483.
8. Dr.J.L.N.Sastry, Prof.K.C.Chunekar, Dravyaguna Vijnana-vol 2,published by Chaukambha Orientalia,Varanasi , Pp.382.
9. IBIDEM, Dravyaguna Vijnana-vol 2, published by Chaukambha Orientalia,Varanasi , Pp.139.
10. IBIDEM, Dravyaguna Vijnana-vol 2, published by Chaukambha Orientalia,Varanasi , Pp.343.
11. IBIDEM, Dravyaguna Vijnana-vol 2, published by Chaukambha Orientalia,Varanasi , Pp.258
12. IBIDEM, Dravyaguna Vijnana-vol 2, published by Chaukambha Orientalia,Varanasi , Pp.307.

