



A Case Report – A Conservative Management Of Hip Joint Arthritis In Young Male With Negative Status Of Both Rheumatoid Arthritis Factor And HLAB27.

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Abstract

Hip joint arthritis in young adults presents significant challenges, particularly in cases where conventional treatments may not be suitable or well-tolerated. Hip joint arthritis, especially in young adults, can lead to chronic pain and functional impairment. Traditional Ayurvedic treatments, focused on holistic health and natural therapies, have shown promise as an alternative or complementary treatment approach for musculoskeletal disorders, including arthritis. This article presents a case study of a 25yr male who came to shalyatantra OPD on 06/08/2024 presented with right hip joint pain and stiffness having rheumatoid factor and HLAB27 both negative, he has been diagnosed with case of hip joint arthritis (sandhigatavata) based on clinical presentation, physical examination, MRI and managed conservatively through conservative complementary Ayurvedic medicine. Clinical outcomes demonstrate significant improvement in pain, joint mobility, and overall quality of life.

keywords: Ayurveda, Arthritis, Sandhigatavata, Pain.

Introduction

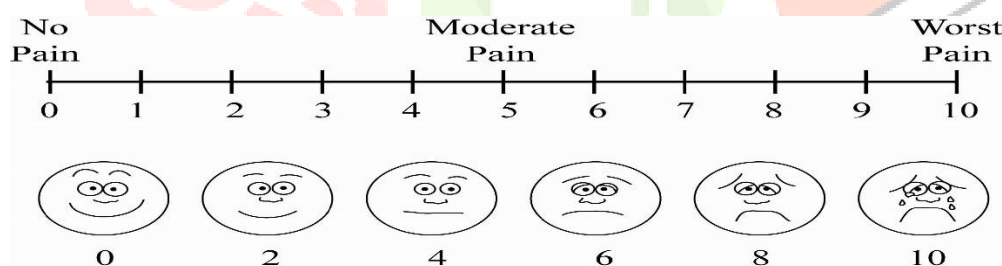
Osteoarthritis is a disease in which all structure of the joint undergone pathologic change, often in concert [1]. The prevalence of OA rises strikingly with age, being uncommon in adults aged <40 and highly prevalent in those aged >60. It is also a disease that, at least in middle-aged and elderly persons, is much more common in women than in men [2]. Inflammation accelerates the development and progression of osteoarthritis and increases the likelihood that an osteoarthritic joint will be painful [3]. In Ayurveda, Sandhivata is considered comparable to Osteoarthritis. Acharya Charaka has mentioned this condition under vataj-nanatmaj vyadhi (diseases arising from Vata dosha) [4]. He described it as a disorder marked by inflammation in the joints, pain and difficulty while walking, along with crepitus or cracking sounds in the affected joints. Ayurveda offers a holistic approach to managing arthritis, focusing on natural medications, dietary, and lifestyle changes to promote joint health and reduce inflammation. This case study presents the use of Flexy Fort, an Ayurvedic medicine specifically formulated to support joint health, as the primary intervention for hip arthritis.

Case Report

Patient Profile:

The present study was conducted on a male patient aged 25yrs who came to *Shalya* Opd with chief complaints of pain and stiffness in the right hip joint, swelling over right hip joint which was gradually increased and had difficulty in walking since '8' months.

Pain score – 8 at visual analog scale



Family History - No history of similar complaints in the family.

K/C/O - No history of DM/HTN/T.B.

Medicinal History -

The patient, previously evaluated at another facility, was advised surgical intervention with intra articular Steroid or THA for hip joint arthritis but patient opted against surgery.

Surgical History - No any surgical history.

General Examination

PR- 80 /min

BP-130/80 mmHg

SPO2-98%

TEMP-98⁰ F

Personal History

- Bowel- Constipation
- Bladder- Regular
- Sleep- Inadequate
- Appetite- Normal
- Addiction- No addiction

Physical Examination-

Average built, no clubbing/cyanosis/icterus, no any lymphadenopathy observed.

Systemic Examination-

- Respiratory System Bilateral air entry- Normal
- Cardiovascular System S1, S2 – Normal
- Central Nervous system -Conscious and well oriented

Local Examination

Inspection

Swelling over right hip joint

No any limb deformities seen.

No muscles atrophy seen around the right hip joint.

Palpation:

Tenderness over the right hip joint, greater trochanter, and iliac crest on Gentle palpation

Swelling over right hip joint.

Range of Motion (ROM) Assessment:

Assess both active and passive range of motion:

Flexion: 70°

Extension: 10°

Abduction: 20°

Adduction: 10°

Internal Rotation: 10°

External Rotation: 20°

Nidan Panchak

Hetu (etiology or causative factors):

Ahara: Katu Rasa (spicy food items), Ruksha (dry or shrunken food items).

- Ashtavidha Pariksha**

Nadi	80/min
Mala	Sam mala
Mootra	Samyak
Jivha	Niram
Shabda	Prakrut
Sparsha	Anushna
Druk	Parkrut
Akruti	Madhyam

Vihara:

Atijagarana (excessive awakening at night), Ativyayama (excessive body exertion), Chinta (worry), Shoka (grief), Vegdharana (suppression of natural urges).

Purvarupa (prodromal symptoms):

Stiffness in right hip, mild discomfort during walking.

Roopa (manifestation):

Pain, stiffness in the right hip joint, swelling over right hip joint which was gradually increased and difficulty in walking.

Samprapti (pathophysiology of the disease):

As above contributing elements cause Rasadushti and Vataprokopa (Vitiation of Vata), which spreads Vatadosha throughout the entire body and obstructs many channels and wedged over joints. Joints experience degenerative changes as a result of blockage which results in Sandhivata.

Investigations- 06/08/2024**1) CBC**

Hb – 14.4 gm/dl

WBC- 6600/cumm

PLT – 319000/cumm

2) ESR- 30 mm1st hr**3) RA Factor – 2.2IU/mL (Negative)****4) C- Reactive Protein – 11.6 mg/dl****5) HLAB27- Negative 07/08/2024****MRI – 05/08/2024**

Impression - Moderate to severe right hip joint effusion. Diffuse edema noted in muscle around the right hip joint predominantly in ileo PSOS and vastus intermediate muscle. Minimal subchondral marrow edema along the antero-inferior aspect of right femoral head. Features may suggestive inflammatory arthritis of right hip joint.

Treatment Plan**1- Primary Intervention 06/08/2024**

- Tab – Enzorux Forte (Aarux Pharmaceuticals Pvt Ltd.) - 1 TDS post meal for 7 days
- Cap – odpep 40 mg (Panacea Biotec Ltd) - 1 BD before meal for 7days
- Varunadi Kshayam - 1tsp TDS for 7 days
- Tab Signoflam (Lupin Limited) - 1 OD for 7 days

Probable mode of action of these drugs and procedures as follow.

1)Varunadi Kshayam Varanadi Kashayam, also known as Varanadi Kwatha, is a well-known Ayurvedic herbal decoction used traditionally for the treatment of atherosclerosis, fatty liver disease, tumors and arthritis [5][6].

2)Tab – Enzorux Forte-

Ginger extract- ama-pachaka, vata-kapha-hara, and shula-prashamana [7].

Curcumin – Haridra:

Possesses shothahara, Rakta-shodaka, and Vraṇa-ropaka properties [8].

3) Tab Signoflam -(Aceclofenac100mg + Paracetamol 325mg+ Serratiopeptidase15mg) - work as anti-inflammatory, painkiller [9].

4)Cap – odpep 40 mg- Pantoprazole is a proton pump inhibitor (PPI), which reduces stomach acid production [10]

2- Supporting Dietry and Lifestyle

Dietry guidelines -

Food rich in healthy fats – ghee
Avoide cold (sheeta guna) foods.

Lifestyle Modification –
Rest

Gentle physical activity –

Advice-

Followup – After 7 days

1st followup -06/09/2024

After 1month of treatment, the following improvements were noted:

Pain Reduction:

The patient's pain decreased from a Visual Analog Scale (VAS) score of 8 to 6.

Swelling got reduced.

Range of Motion (ROM) Assessment:

: Increased range of motion and greater ease in daily movements.

Flexion: 80°

Extension: 10°

Abduction: 30°

Adduction: 10°

Internal Rotation: 10°

External Rotation: 30°

ADVICE –

TAB – SHALLAKI MR (Gufic Biosciences Ltd) [11] – 1 BD After Meal For 15 Days

TAB – FLEXY FORTE (Green Remedies) – 2 BD After Meal For 15 Days

TAB – PREDMET (Sun Pharmaceuticals Industries Ltd) - 8 mg (Tapering dose)

TDS For 3days, BD For 3days, OD For 3 Days

Advice –

MRI on 14th day

Followup after 15 days

Probable mode of action

TAB – SHALLAKI MR [11]

TAB – FLEXY FORTE - muscular pains, stiffness, osteoarthritis, rheumatoid arthritis, tendonitis [12].

TAB – PREDMET - methylprednisolone [13]

2nd Followup -10/10/2024

After 1 month of treatment, the following improvements were noted:

Pain Reduction:

The patient's pain decreased from a Visual Analog Scale (VAS) score of 6 to 5, with pain primarily occurring only during strenuous activities.

Range of Motion (ROM) Assessment:

: Increased range of motion and greater ease in daily movements.

Flexion: 90°

Extension: 20°

Abduction: 30°

Adduction: 10°

Internal Rotation: 20°

External Rotation: 30°

MRI – 09/10/2024

Impression- Mild right hip joint effusion.

Advice –

TAB – SALLAKI MR – 1 BD For 3 Weeks.

Follow up after 3 weeks

3rd Follow up

The patient reported marked relief in pain, stiffness, and difficulty in movement previously associated with right hip joint arthritis. Visual Analog Scale (VAS) score of 5 to 1

Range of Motion (ROM) Assessment:

: Increased range of motion and greater ease in daily movements.

Flexion: 120°

Extension: 30°

Abduction: 45°

Adduction: 30°

Internal Rotation: 20°

External Rotation: 45°

Adv- Nidan Parivarjan
Yogasana (stretching exercise)

Discussion

In this case, the patient reported marked relief following the use of Ayurvedic formulations aimed at Agni Deepan (enhancing digestive fire), Pachan (aiding metabolism), and Vatanulomna (regulating Vata dosha). From an Ayurvedic perspective, osteoarthritis is primarily linked to Vata imbalance, leading to joint degeneration and stiffness. Correcting digestive and metabolic functions helps restore systemic equilibrium, which may indirectly improve joint health and reduce inflammation.

The observed improvement in symptoms highlights the potential benefits of integrating Ayurvedic pharmacotherapy with conservative management strategies. The patient was successfully managed without the need for intra-articular steroid injections or surgical intervention. This holistic approach not only addresses pain but also enhances functional capacity and patient satisfaction. The results suggesting that Ayurvedic interventions targeting Agni and Vata can be effective in managing musculoskeletal disorders.

Conclusion

Integrated conservative management, combining conventional care with targeted Ayurvedic interventions, can provide significant symptomatic relief in patients with hip joint arthritis. Conservative management alone can provide significant symptom relief and functional improvement in hip arthritis, underscoring its value as a first-line treatment before considering invasive options. Ayurvedic therapies focusing on Agni Deepan, Pachan, and Vata regulation demonstrated effectiveness in reducing pain and improving functional outcomes in this case. Such integrative strategies may serve as a viable, non-invasive option for long-term management of osteoarthritis, emphasizing the importance of individualized, holistic patient care.

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