

Ayurvedic Management in Post Viral Arthritis - A Case Study

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Abstract:

Post Viral arthritis causes inflammation and swelling in one or more joints. Viral arthritis is inflammation of the joints from a viral infection. 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. According to Ayurveda, the condition can be managed successfully by oral medication and panchakarma therapy. Oral medication of Amruthottara Kashaya 10ml 2times a day and Yogaraja guggulu 2BD for 15days followed by Dashamula Kashaya dhara whole body for 1 week is given. By using Visual Analogue Score, case was assessed and it showed good improvement successfully managed with Ayurvedic medications and Panchakarma therapy.

Keywords: Viral Fever, Polyarthralgia, Post Viral Arthritis, Dasamula Kashaya dhara .

INTRODUCTION:

Viral arthritis is inflammation of the joints from a viral infection ^[1]. 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^[2]. Parvovirus B19, hepatitis B and C, HIV and the alpha viruses are among the most important causes of virally mediated arthritis. Post viral arthralgia may affect patient from 6 months up to 2 years. Pain, swelling, tenderness and restricted range of motion in bones and joints affect quality of life. The diagnosis of virally induced arthritis can be difficult to confirm but should be considered in all patients presenting with acute-onset poly articular symptoms. 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.

The virus which are freely circulating in the bloodstream are attacked by the immune system of the body which also attack body's own cells. This cause stress and inflammation of tissues in the body causing joint pain and swelling. It is believed that these symptoms are caused by early escape of virus located inside the monocytes, with a consequent replacement within synovial macrophages. This fact is documented by the obstruction of the persistence of viruses in muscle and joint [3].

According to Ayurvedic Science, 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)^[4]: *Vireka* and *Vamana*: Both diarrhoea 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.

Post Viral fever leads to Ama formation in bones and joints causing swelling and pain causing the impairment of the day-to-day activity of the person causing severe pain.

By Oral medication, Amapacana, Soolaprasamana and Srotoavarodhana is cleared and by Dasamula Kashaya dhara inflammation is reduced.

CASE REPORT-

A 41 years old Male patient suffering from multiple joint pains. His chief complaints are pain and swelling at multiple joints since 20days.

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

with H/O Dengue NS1 and IgM positive 1month back. CRP:20.2mg/dl.

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

Family history: None.

Local examination: Swelling over wrist joints, shoulder and lower extremities. painful to touch and movements

Difficulty in flexion and extension movements.

MATERIALS AND METHODS:

This case study was conducted at Bhaava Ayurveda Hospital, Guntur. Based on the symptomatology, the treatment plan included *Ama Pachana* (detoxification), *Agni Deepana* (digestive stimulation), *Sothahara* (anti-inflammatory). The treatment was continued for 15days oral medication & 7days panchakarma therapy. The patient was advised to follow *Pathya-Apathyahara* and *Vihara* (wholesome and unwholesome diet and regimen) as per Ayurvedic fundamental principles.

Table 1 Selected Medicine for Study

SI.NO	FORMULATION	DOSE	ANUPANA
1.	Amruthottara Kashaya	10 ml kashayam 2 times daily 1 hour before meals	Luke warm water
2.	Yogaraja guggulu	500mg/2 tab 2 times daily after meals	Water

Table 2 Ingredients of Dasamoola Kashaya For DHARA^[5] :

S.NO	Drug	Botanical name	Rasa , Guna	Veerya, Vipaka	Doshagna & Karmaghna
1.	<i>Bilva</i>	<i>Aegle marmelos</i> corr.	<i>Kashaya, Madhura, Tikta rasa, Laghu, Ruksha guna</i>	<i>Ushna veeya, Katu vipaka</i>	<i>Kaphavata shamaka, Grahi, Agnivardhaka, Vatavyadhi</i>
2.	<i>Agnimantha</i>	<i>Clerodendrum phlomidis</i> Linn Midis	<i>Kashaya, Katu, Tikta rasa, Laghu, Ruksha guna</i>	<i>Ushna veeya, Katu vipaka</i>	<i>Kaphavata shamaka, Anuloman, Vedanasthapan</i>
3.	<i>Shyonaka</i>	<i>Oroxylum indicum</i> vent	<i>Kashaya, Tikta rasa, Laghu, Ruksha guna</i>	<i>Sheeta veerya, Katu vipaka</i>	<i>Kaphapittashamaka, Vedanasthapanana</i>
4.	<i>Patala</i>	<i>Sterospermum chelonoides</i> Linn	<i>Kashaya, Madhura, Katu, Tikta rasa, Laghu, Ruksha guna</i>	<i>Ushna veerya, Katu vipaka</i>	<i>Tridoshahara, Vedanasthapanana</i>

5.	<i>Gambhari</i>	<i>Gmelina arborea</i> Roxb.	<i>Kashaya,</i> <i>Madhura,</i> <i>Amla rasa,</i> <i>Guru, Sara,</i> <i>Snigdha guna</i>	<i>Sheeta</i> <i>veerya,</i> <i>Madhura</i> <i>vipaka</i>	<i>Vatapittahara,</i> <i>Vedanasthapana,</i> <i>Balya, Snehana</i>
6.	<i>Brihati</i>	<i>Solanum indicum</i> Linn	<i>Laghu guna,</i> <i>Tikta, Katu</i> <i>rasa</i>	<i>Ushna</i> <i>veerya,</i> <i>Katu</i> <i>vipaka</i>	<i>Kaphavatahara, Grahi</i>
7.	<i>Shalaparni</i>	<i>Desmodium</i> <i>Gangeticum</i> DC	<i>Madhura,</i> <i>Tikta Rasa,</i> <i>Guru Guna</i>	<i>Ushna</i> <i>veerya,</i> <i>Madhura</i> <i>vipaka</i>	<i>Tridosahara, Snehana</i>
8.	<i>Prishniparni</i>	<i>Uraria picta</i> Desv.	<i>Laghu,</i> <i>Snigdha</i> <i>Guna,</i> <i>Madhura,</i> <i>Tikta Rasa</i>	<i>Ushna</i> <i>veerya,</i> <i>Madhura</i> <i>vipaka</i>	<i>Tridosahara,</i> <i>Deepana,</i> <i>Snehana</i>
9.	<i>Kantakari</i>	<i>Solanum</i> <i>surattense</i> Burm.	<i>Laghu,</i> <i>Ruksha</i> <i>Guna, Katu,</i> <i>Tikta Rasa</i>	<i>Ushna</i> <i>veerya,</i> <i>Katu</i> <i>vipaka</i>	<i>Shothahara,</i> <i>Vedanasthapana</i>
10.	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn	<i>Guru,</i> <i>Snigdha</i> <i>guna,</i> <i>Madhura</i> <i>rasa</i>	<i>Sheeta</i> <i>veerya,</i> <i>Madhura</i> <i>vipaka</i>	<i>Vatahara, Anulomana,</i> <i>Balya, Vatashamaka</i>

Procedure of Kashayadhara:

During Kashaya Dhara, the decoction is continuously poured over the body while maintaining a specific rhythm, height, and temperature. The decoction is simultaneously massaged into the body throughout the treatment. When applied over the body, it may be over a specific area or the entire body. The procedure involves:

POORVAKARMA

- ✚ A thorough examination of the patient's prakruthi and vikruthi should be done to select the quantity of kashayam required.

PRADHANA KARMA

- ✚ The patient is made to lie in supine position and from a certain height; lukewarm kashayam is poured in a particular rhythm simultaneously by two trained therapists.
- ✚ During the procedure gentle massage is performed along with pouring of kashayam.

PASHCHAT KARMA: Advised to take rest followed by a hot water bath.

OBSERVATIONS AND RESULTS:

Table 3 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

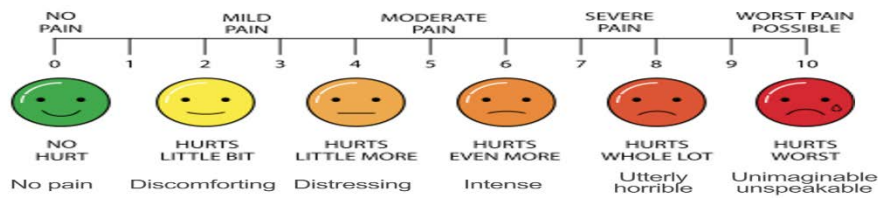


Table 4 Showing pain scale before and after treatment

Right Upperlimb		JOINTS	Left Upperlimb	
BT	AT		BT	AT
4	2	ELBOW	4	0
8	2	WRIST	6	2
4	0	MCP	4	2
6	2	SHOULDER	4	0

Table 5 VAS scale of lower limb before and after treatment

Right lower limb		JOINTS	Left lower limb	
BT	AT		BT	AT
4	0	KNEE	4	0
8	2	ANKLE	6	2
4	2	MTP	4	2

TREATMENT:

Initial treatment given was as follows:

ORAL AYURVEDIC MEDICATIONS:

1. Tab. Yogaraaja guggulu- 500mg 2BD after meal
2. Amruthothara Kashaya 20ml BD with warm water

PANCHKARMA THERAPIES:

1. Sarvanga Kashaya Dhara

DISCUSSION:

1.YOGARAAJA GUGGULU^[6] :

- ✓ 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).

S.NO	INGREDIENT & GUNA	ACTION
1.	Guggulu	Vedanasthapaka ,sothahara Anti inflammatory
2.	Tikta,kasaya,katu rasa	Kaphavata hara
3.	Ushna,ruksha guna,usna virya	
4.	Due to Lekhana property	Guggulu scrapes away excess Ama that is accumulated in joints.
5	Ushna guna	Brings vitiated vata to normalcy
6.	Triphala	Reduces ushnata and ugrata of guggulu
7.	Sunti,pippali,pippalimula	Deepana& pacana helps in metabolism

2.AMRUTHOTARA KASHAYAM:

- ✓ Reference: Sahasrayoga Kashaya Prakarana 30 Chikitsamanjari.
- ✓ The main ingredients include Haritaki-4parts ,Guduci- 2parts ,Sunti -1part
- ✓ The chemical constituents in all these drugs acts majorly as –
 - ✚ Ama pachaka, Carminative, Digestive stimulant

- ✚ Anti inflammatory, Anti- oxidant
 - ✚ Anti pyretic
 - ✚ Antiviral, anti bacterial
 - ✚ Anti arthritic,anti-gout
 - ✚ Immune modulator
- ✓ Balances tridoshas mainly on Kapha dosha .
 - ✓ Amruthotharam Kashayam acts on digestive system and improves metabolism and digestion. It also improves the absorption and bioavailability of nutrients and other medicines due to presence of Zingiber officinale. Mild laxative action is attributed to Terminalia Chebula. Tinospora Cordifolia provides Immunomodulatory action in the body.

3.DASAMOOOLA KASHAYA ^[7]:

- ✓ 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 shophghna and shoolaghna properties[8].

CONCLUSION:

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

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