

Review Article

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AYURVEDA MANAGEMENT OF OSTEOARTHRITIS W.S.R. TO ROLE OF *PANCHTIKTA GHRITA* IN OSTEOARTHRITIS

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Abstract

Sandhigata Vata is disorder related to the bone and cartilage system, considered as *Vatavyadhi* which predominantly occurs in *Vridhahavastha*. It is *Vatavyadhi* involving *Sandhishotha* which causes lack of joint movements, painful joint movement and deterioration of quality of life. The disease *Sandhigata Vata* can be correlated with osteoarthritis as per modern science. The disease mainly affects joints like knee joint and elbow joint etc. which are considered as weight bearing joints. Ageing, malnutrition, sedentary living pattern, obesity, lack of activities and working pattern, etc. can trigger pathogenesis of osteoarthritis. *Samsodhana* therapy like *Panchakarma* offers beneficial effects along with *Shamana* therapy (uses of drugs). In *Shamana* therapy various Ayurveda formulations can be used for managing osteoarthritis and *Panchtikta ghrta* is one of them. Present article described role of *Panchtikta ghrta* in the management of osteoarthritis.

Key-Words: *Panchtikta Ghrta*, *Ayurveda*, *Shamana*, *Sandhigata Vata*, *Osteoarthritis*.

INTRODUCTION

Osteoarthritis is *Vata Vyadhi* associated with symptoms like; *Sandhishoola* and *Sandhishopha*. Osteoarthritis affects joints of hands, joints of feet and spine. Joint pain, tenderness, stiffness, joint swelling, movement restriction and painful movement are the major symptoms of osteoarthritis.

Samsodhana therapies like *Vamana*, *Virechana* and *Basti* recommended in osteoarthritis along with *Shamana* therapy. *Shamana* therapy involves uses of drugs like; *Rasna*, *Panchatikta Drvya Kashaya*, *Sanjivani vati* and *Shivakshara Pachana Churna*, etc. in osteoarthritis.

Ghrita strongly recommended for the management of such types painful disorders, *Pancha Tikta Ghrita*, *Ashvagandha Ghrita*, *Guduchi Ghrita* and *Guggulu Tiktaka Ghrita*, etc. can provide great relief in osteoarthritis. The *Vatashamaka* property of Ayurveda medicine helps to suppress pathological progression of disease. Literature revealed that Ayurveda formulation *Panchatikta Ghrita* can be used effectively for curing disease like osteoarthritis.

PANCHATIKA GHRITA

Panchatikta Ghrita consisted five different plants; *Nimba* (*Azadirachta indica*), *Patola* (*Trichosanthes dioica*), *Kantakari* (*Solanum surattense*), *Guduchi* (*Tinospora cordifolia*) and *Vasa* (*Adhatoda vasica*). Processed *ghee* acts like a vehicle for making formulation of these plants material. *Panchatikta Ghrita* used for joints diseases, diseases related to muscles and skin. It also offers beneficial effects in the management of tumor, piles, asthma and cervical lymphadenitis, etc. The major therapeutic properties of *Panchatikta Ghrita* depicted in **Figure 1**.

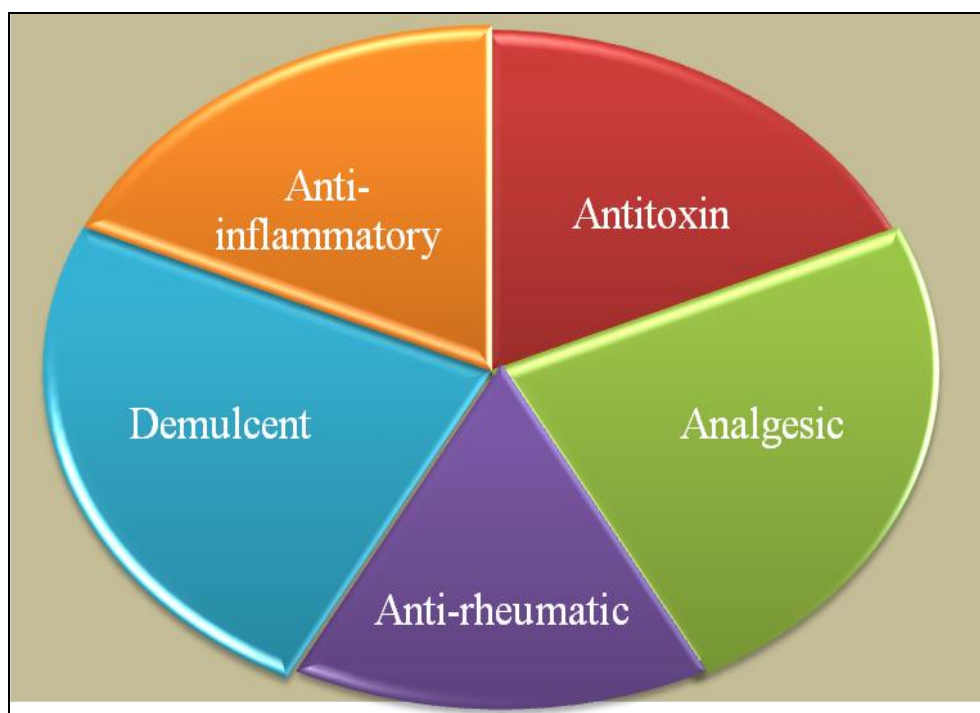


Figure 1: Therapeutic properties of *Panchatikta Ghrita*

Physiological Effects of *Panchatikta Ghrita* in Osteoarthritis

Panchatikta Ghrita pacifies *Tridosha*, but its constituents mainly affect *Vata* & *Pitta Dosha*. It balances vitiated *Vata Dosha* in osteoarthritis thus provide relive from root cause of disease. *Panchatikta Ghrita* potentiate functioning of *Dhatu*s including *Rasa*, *Rakta*, *Asthi* and *Majja* thus offers beneficial effects in diseases of bone, joints, muscles and skin, etc.

Panchatikta Ghrita possesses *Tikta rasa* thus boost *Dhatvagni* and maintain balancing state of *Dhatu*s. *Panchatikta Ghrita* increase bone hardness and elasticity thus decreases risk of fractures. *Panchatikta ghrita* increase bone mineral density and bone mineral content thus enhances weight wearing capacity of bone. It reduce osteoclastic activity thus decreases damage of bone and also slowing down bone turnover. *Dhatukshaya* is one of the cause of bone degeneration and *Panchatikta ghrita* prevent *Dhatukshaya* mainly it potentiate *Rasa Dhatu* thus prevent disease pathogenesis at early stage. It significantly reduces aggravation of *Vayu* thus prevent triggering of *Sandhigata Vata*. *Panchatikta ghrita* pacify *Vata Dosha* therefore help to suppress symptom like *Vedana*.

Suggested Dose in Osteoarthritis:

- ✓ ***Panchatikta ghrita as Shamana therapy in Osteoarthritis; 10 ml/day before meal***

Beneficial effects of *Panchatikta ghrita*:

- ❖ It helps to stabilize *Asthi Dhatu* and reduces degeneration of bone.
- ❖ It offers osteoprotective properties and reduces progress of osteoporosis.
- ❖ Provide relieve in symptoms like; inflammation, pain, tenderness, stiffness and joint swelling.
- ❖ *Panchatikta ghrita* enhances movement and flexibility.
- ❖ *Panchatikta ghrita* imparts rejuvenating effects and vitalizes whole body.
- ❖ It improves physical strength and muscular compactness of body.
- ❖ The *Panchatikta ghrita* enhances normal circulatory process thus boost nutritional supply and eliminate toxins from body.
- ❖ *Panchatikta ghrita* cures adverse effects of early aging.

Probable Mode of Action of *Panchatikta ghrita* in Osteoarthritis:

The disease involves lodging of vitiated *Vata* in *Sandhi* therefore drug must possess *Vata* pacifying capacity. *Panchatikta Ghrita* is *Tikta Rasa* predominant thus possess affinity towards *Asthi*. *Tikta Rasa* pacifies *Kapha Dosha* which may accumulate at *Sandhi* as *Shleshaka Kapha* in osteoarthritis. *Panchatikta Ghrita* possess *Ushna Virya* therefore increases *Dhatvagni* which resulting *Dhatu*s nourishment. The nourishment process boosts *Asthi Dhatu* & *Majja Dhatu* and degeneration of *Asthi Dhatu* get reduced. *Deepana*, *Pachana* and *Rochana* properties of formulation strengthen physiological process. *Lekhana* property reduces weight thus helps in osteoarthritis. *Tikta Rasa* of formulation imparts anti-inflammatory effects and reduces swelling of joints. *Ghrita* itself offers *Vata-pittashamaka*, *Balya*, *Vrishya* and *Vayasthapaka* effects. The *Yogavahi* effects of *Ghrita* help to increase bio-availability of other plant materials present in formulation. Vitamin D presents in *Ghrita* strengthen bone through calcium regulation. *Snehana* effect of *Ghrita* softens whole body and help to eliminates toxins. *Meda* and *Shleshma Shoshana* properties of formulation reduce degenerative effects of ageing and obesity.

Pathya:

- ❖ *Madhura, Amla, Lavana and Snigdha Ahara.*
- ❖ Garlic, Ginger, *Hingu* and Black pepper etc.
- ❖ Exercise and regular walking.
- ❖ Fruits and vegetables.

Apathya:

- ❖ Long fasting
- ❖ Excess of heavy & oily food
- ❖ *Ratri jagaran*
- ❖ Vega-vidharana
- ❖ Stress and anger
- ❖ Over exertion and excessive physical work out
- ❖ Sedentary life style

CONCLUSION

Osteoarthritis is *Vata Vikara* and considered as degenerative joint disorders. Ayurveda formulations like *Ghreeta, Taila, Rasa Aushadhi, Kwatha, Guggulu Kalpana* along with *Panchakarma* procedures offers beneficial effects in the management of osteoarthritis. *Panchatikta ghrta* is one of the ayurveda formulations which stabilizes bone and decreases bone degeneration. *Panchatikta Ghrta* is safe, well-tolerated and not causes severe side effects thus can be used safely under the expert supervision for the management of osteoarthritis. *Panchatikta Ghrta* provides relief in disease symptoms and reduces pathological progression of osteoarthritis thus can be used as adjuvant therapy along with other modalities to prevent bone degeneration and risk of osteoarthritis.

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