



A Comprehensive Review on the Efficacy of Sthanik Snehan and Swedan in Managing Knee Joint Pain

Shalu Jain (MD Panchakarma)¹, Dr Abhishek Jain (MS Shalakya)²

¹Ayurvedic Consultant-Ved Vigyan Ayurveda and Panchkarma Clinic

²Ayurvedic Consultant-Ved Vigyan Ayurveda and Panchkarma Clinic

Corresponding Author:

Dr Shalu Jain, Ayurvedic Consultant

Ved Vigyan Ayurveda and Panchkarma clinic

ABSTRACT

Knee joint pain is the most common joint pain seen in old age people. It limits everyday activities and make the person individual impediment. In day today activities joints allow mobility but because of aging, traumas, accidents, frequent use of weight-bearing joints, normal structure and functions of joints alter. Various medical conditions like arthritis, gout and many kind of infections also lead to knee pain. It is a condition which is related to our musculoskeletal system. **Methods:** Different types of oleation and sudation therapy can be used in knee joint pain, such as *Abhyang*, *Janu Basti*, *Pizhichill*, *Janu Pichu*, *Nadiswedana*, *Bashpaswedana*, *Pindaswedana*, etc. should be used according to the need. **Result:** *Snehana* and *Swedana* are the prime techniques of *Chikista* in conjunction with various *Sneha* preparations to conclude remarkable efficacy in the condition of knee joint pain. **Conclusion:** *Sthanik*, *Snehan*, and *Swedan* are the best ayurvedic modalities that are used in all acute and chronic conditions of knee joint pain.

KEY WORDS: *Knee Joint Pain*, *Sthanik Snehan*, *Sthanik Swedan*, *Ayurveda*

INTRODUCTION

Among chronic diseases, osteoarthritis (OA) is becoming increasingly significant and is responsible for a major part of the disease burden, work disability. Knee joint pain, commonly observed in older individuals, limits activities and hinders personal mobility. Factors like aging, traumas, accidents, and frequent use of weight-bearing joints alter the normal joint structure and functions. Conditions such as arthritis, gout, and infections contribute to knee pain. In

Ayurveda, knee pain, termed *Sandhivata*¹ involves vitiated *Vata* affecting joints, resembling osteoarthritis. Injury, *Ama Dosha*, excessive fasting, riding, or standing worsens *Vata Dosha*, leading to *Sandhivata*. The overall prevalence of knee pain is high (46.2%, with a gender difference), In 10.3%, 9.1% and 26.8% of subjects, pain was present in right, left or both knees respectively. The prevalence of unilateral knee pain in dominant leg was 10.45 and 16.1% in right and left knees respectively². emphasizing the need to avoid being a sufferer. Understanding *Nidana* (causal factors) and *Samprapti* (pathogenesis) is crucial. "*Nidana Parivarjana*" and "*Samprapti Vighatan*" are key to reversing the ongoing knee joint pain.

CHIKITSA OF JOINT PAIN AS PER AYURVEDA

Ayurvedic medicine in India incorporates diverse treatment methods, encompassing manual therapies, lifestyle and nutritional guidance, dietary supplements, medication, yoga, and purification techniques. In Ayurveda, different types of therapies can be used for knee joint pain, such as *Abhyang*, *Janu Basti*, *Pizhichill*, *Janu Pichu*, *Nadiswedana*, *Bashpa Swedana*, *Pinda Swedana*, etc. *Snehan*, or oleation in general, is used for producing relaxation as well as giving tone to the muscle.

Sthanik Snehan- *Snehan*, a fundamental Ayurvedic treatment, holds great significance in addressing knee joint pain and various *Vata*-related disorders. This therapeutic approach involves massage, aiming to enhance relaxation and overall well-being. It proves beneficial not only for knee pain but also for addressing issues like sports injuries, musculoskeletal problems, such as postural misalignment, and various painful conditions. The significant relief from pain resulting from injuries and other sources is highlighted as a major advantage of *Snehan*. Tailoring the treatment to specific needs, methods like *Abhyang*, *Janu Basti*, and *Janu Pizhichil* are recommended for localized *Snehan* in knee joint pain cases. Classical texts emphasize the considerable benefits of *Sthanik Snehan* in mitigating the intensity of *Vatapurna Drutisparsha*, *Shoth*, *Shula*, *Prasaran*, and *Akunchan Vedana*³.

Abhyang - An Ayurvedic massage called *Abhyangam*, is a crucial treatment in Ayurveda. The oil used in *Abhyang* has properties like smoothness, heaviness, and softness, which are opposite to the properties of *Vata*. *Abhyang* helps in calming the disturbed *vata*, which causes issues like pain, stiffness, and cracks. Regular Ayurvedic massage brings benefits like relieving pain⁴,



Janu Basti- involves delicately retaining specially medicated oil within a unique Janu Basti apparatus positioned over the knee joint for a specified duration. This therapeutic technique proves notably effective in alleviating a spectrum of signs and symptoms associated with knee discomfort, including pain, stiffness, altered gait, tenderness, swelling, crepitus, restricted range of motion, and knee pain. *Janu Basti* not only fortifies the muscles surrounding the knee, contributing to enhanced stability but also serves the dual purpose of providing nourishing oil massage (*Snehan*) and inducing therapeutic sweating (*Swedan*). The synergistic interplay of these aspects, coupled with the nuanced pharmacokinetics of the medicated oil, synergistically enhances the relief offered for knee joint pain.



Janu Pizhichil - it is the continuous pouring of warm medicated oil over the knee joint. This treatment regenerates and rejuvenates the body. It is especially good for *Vata* disorders such as arthritis. *Pizhichil* massage helps to calm down the Vata Dosha and alleviate the symptoms of weakness, stiffness, inflammation, and pain. It has been known to relieve muscle fatigue and restore physical strength



Sthanik Swedan - *Swedan* is a procedure designed to artificially induce sweating in patients who have already undergone treatments like *Snehan*. Heat can be generated directly (*Saagni*) or indirectly (*Niragni*)⁵, and there are dry and wet methods known as *Swedana*. This is a crucial Ayurvedic treatment for various *Vata-Kaphaj* disorders, especially knee joint pain. Depending on the specific need for localized *Swedan*, techniques like *Pottali Swedan*, *Nadi Sweda*, and *Avgaha Sweda* should be applied.

Nadi Swedan is a distinctive form of this procedure where steam is directed over a body part using a special instrument called the *Nadi Sweda Yantra*. This method, involving passing steam through a rubber tube fitted to the instrument, provides an easy way to apply heat to a specific area. Six *Swedans* serve four key functions in the body: alleviating stiffness, heaviness, coldness, and inducing perspiration⁶.



Patra Pottali Sweda is a unique and effective type of *Sweda* commonly used for pain relief. It involves applying direct heat with specific herbal leaves, inducing perspiration. *Patra Pind* can be used on any part of the body for healing purposes⁷.



DISCUSSION

Vata and *Asthi* have *Ashraya Ashrayi Sambandha*. That means *Vata* is situated in *Asthi*. In *Vridhdha Avastha* increased *Vata* diminishes the *Sneha* from its *Asthi Dhatu* by its opposite qualities to the *Sneha*. Due to the diminution of *Sneha*, *Kha Vaigunya* (occurs in *Asthi* which is responsible for the cause of *joint pain* in the weight bearing joints especially in knee joint causing knee joint pain. *Snehana* and *Swedana* are the prime techniques of *Chikista* along in with various *Sneha* preparations to conclude remarkable efficacy in the condition of knee joint pain.

CONCLUSION

The treatment of osteoarthritis is a common practice among Ayurveda practitioners, although there is often skepticism about controlling it in the end stages. This review suggests that Ayurveda may effectively treat severe osteoarthritis. *Vata* and *Asthi* are intricately connected, with *Vata* residing in *Asthi*. In the aging process (*Vridhdha Avastha*), increased *Vata* diminishes *Sneha* from the *Asthi Dhatu* due to their opposing qualities. This reduction in *Sneha* leads to *Kha Vaigunya*, particularly in the weight-bearing joints like the knee, resulting in joint pain. Treatment involves *Snehana* and *Swedana* techniques, combined with various *Sneha* preparations, showing significant efficacy in addressing knee joint pain.

REFERENCES

1. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, revised by Charaka and Dridhbala, part II, Chaukhambha Bharati Academy, Varanasi. Reprint., 2009; Chikitsa Sthana 28/37; page no; 783
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3172649/>
3. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, revised by Charaka and Dridhbala, part II, Chaukhambha Bharati Academy, Varanasi. Reprint., 2009; Chikitsa Sthana 28/37; page no; 783
4. Astangahrdayam, edited by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan Prakashana, Delhi, 2009 Sutrasthana 2/8; .p.24.
5. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, revised by Charaka and Dridhbala, part II, Chaukhambha Bharati Academy, Varanasi. Reprint., 2009; Sutra Sthana 13/65; page no; 300
6. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, revised by Charaka and Dridhbala, part II, Chaukhambha Bharati Academy, Varanasi. Reprint., 2009; Sutra Sthana 13/43; page no; 291
7. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, revised by Charaka and Dridhbala, part II, Chaukhambha Bharati Academy, Varanasi. Reprint., 2009; Sutra Sthana 13/41; page no; 290