CLINICAL STUDY OF MEDASAKADI UPNAH IN ARTHRITIS: A PILOT STUDY

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ABSTRACT:
Arthritis is a form of joint disorder that involves inflammation in one or more joints. However still now there is no cure except surgery for arthritis in modern medicine, mankind hopes to search for remedy from ayurveda. Ayurveda mentioned various treatment modalities for sandhigatavat, upanah is one of them. In this present study patients of arthritis were selected from O. P. D. and I. P. D. of our hospital. Patients were treated by Madasakadi upnah an ayurvedic treatment. Upnah is local application enable the healing constituents of drug to absorb into the tissue. The assessment of overall effect was done based on change in the criteria before and after treatment and significant results were found.

Key words: Arthritis, Upanah, Sandhigata vata, Vedanashamak.

INTRODUCTION: Arthritis is a form of joint disorder that involves inflammation in one or more joints. There are many more different forms of arthritis like osteoarthritis, rheumatoid arthritis, gout, arthritis due to trauma and so on. It is leading cause of disability all over world. Sandhigatvat can be correlated with arthritis which is described under vatavyadhi with the clinical features sandhishool (pain in joints), sandhishoth (swelling in joints), sandhistabdha (stiffness in joints) and akunchanprasaran kashtata(difficulty in movement of joints). Treatment for this disease is mentioned in ayurvedic classics are snehan, swedan, basti etc.1 Upnah is type of swedan used as local application enable the healing constituents of drug to absorb into the tissue. In present clinical study emphasis has been made to evaluate efficacy of medasakadi upnah in arthritis patients. Modern medicines mainly targets pain relief in this disorder. Commonly used drugs NSAIDS and other analgesics, muscle relaxants which have many side effects like gastric irritation, hepatic and renal toxicity, drugs dependence etc. Also majority of population rejected surgery which is costly and doesn’t give permanent cure. Therefore this study was undertaken to find out better result oriented therapy and attempt is made to help the patients suffering from arthritis in our society.

AIM AND OBJECTIVE
To assess the efficacy of medasakadi upnah in arthritis.
To study the sandhigatavata and upnah in detail.

MATERIAL AND METHODS:
A total no. of 20 patients with cardinal features of arthritis were selected from OPD and IPD of Dhanvantari Hospital Ashta,, Dist Sangli.

INCLUSION CRITERIA:
• Patients having features of arthritis joint pain, joint swelling, joint stiffness and restricted movements of joints.
• Patients of osteoarthritis, Rheumatoid arthritis, spondyliits and arthritis due to trauma.
• Patients having age group between 16yrs to 70yrs.
• Patients irrespective of gender, religion, socioeconomic status.

**EXCLUSION CRITERIA:**
• Patients prediagnosed as ankylosing joint disorders, CA spine, Fractures, arthritis due to systemic disorders.
• Patients contraindicated for swedan karma.

**Procedure Of Upnah:**

**Procedure:**
• All ingredients of *upnah* were taken into *churna* form in equal quantity and mixed uniformly.
• According to area of pathology, quantity of *churna* taken into steel container mixed with desirable water.
• Mixture was heated on induction plate until it becomes paste.
• Paste spread over affected area when its temperature becomes subnormal.
• Thin layer of cotton placed over it and roller bandage tied over it.
• *Taap sweda* given with the help of heated cloth for ten minute.
• This *upnah* was left as it is for 48 hrs. after that removed bandage and washed with warm water.
• After ten days same procedure was repeated.

**METHODOLOGY:**
It is open randomized clinical study.

**ASSESSMENT CRITERIA:**
• Joint Pain
• Joint Swelling

**OBSERVATION AND RESULTS**
Effect of treatment on cardinal features of arthritis.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Cardinal features</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>t</th>
<th>% relief</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Am</td>
<td>SE</td>
<td>Am</td>
<td>SE</td>
</tr>
<tr>
<td>1</td>
<td>Joint pain</td>
<td>2.7</td>
<td>0.158</td>
<td>1.2</td>
<td>0.133</td>
</tr>
<tr>
<td>2</td>
<td>Joint swelling</td>
<td>2.1</td>
<td>0.179</td>
<td>0.6</td>
<td>0.163</td>
</tr>
<tr>
<td>3</td>
<td>Joint stiffness</td>
<td>2.4</td>
<td>0.221</td>
<td>0.6</td>
<td>0.221</td>
</tr>
<tr>
<td>4</td>
<td>Restricted movements</td>
<td>2</td>
<td>0.210</td>
<td>0.6</td>
<td>0.221</td>
</tr>
</tbody>
</table>

Data collected in the study was analysed using t test before and after treatment. Overall Assessment: The patients subjected to clinical trial and were
observed for improvement in signs and symptoms before and after treatment. Improvement was assessed on the basis of % of relief.

<table>
<thead>
<tr>
<th>Marked Improvement</th>
<th>Moderate Improvement</th>
<th>Mild Improvement</th>
<th>No Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of pt</td>
<td>%</td>
<td>No. of pt</td>
<td>%</td>
</tr>
<tr>
<td>10</td>
<td>50</td>
<td>7</td>
<td>35</td>
</tr>
</tbody>
</table>

Study group contains 20 patients. All patients completed the treatment. In this study out of 20 patients, 13 were male and 7 were female. Patients of sandhigatvata vat 11, acute trauma 4, cervical spondylosis 3 and Rheuamtoid arthritis 2.

**DISCUSSION:** Upanah is type of swedan karma acts as vedanashamak by doshvilayan and dosh pachan. It reduces stiffness of joint tissue. In present study percentage of relief in joint pain 56.66 % it means pain relief in arthritis were significantly reduced than other features. Joint swelling and restricted movement of joints reduced significantly. But effect of therapy on joint stiffness was moderate. Patients of arthritis due to trauma show more significant results than other types of arthritis.

Probable mode of action of drug: Majority of ingredients of medasakadi upnah having vatkaphshamak, shoolhar, shothghna, sukshmasrotogami properties by tikshna, ushna, katu, vatashamak gunas. Madasak is specially snighdh, picchil, shothghn, balya for vatavyadhi and majjadhatugatatav by hygroscopic in nature. It works as medicine and also adhesive that keeps the other medicinal ingradients attached to affected part of the body. Uda having analgesic effect. Amraharidra used for twachya and softening purpose. Revandchini work by lekhan and rechak guna. Katfal shows sukshmasrotagami by which it helps absorption and transport of properties of other ingredients of upnah. Kumari nityas works by bhedan, raktagami, tikshna properties showing effect antiinflammatory and analgesic. Alum acts as asrtringent or styptic and antiseptic, easily absorbed into sweat glands.

**CONCLUSION:** Based on the present study it can be concluded that medasakadi upnah has better improvement in cardinal features of arthritis. Trial drug in this study has seems to be a very good combination of shothghna, vedanashamak dravyas. So we can give improvement in quality of life of arthritis patient by ayurveda.

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