

A Case Study of Efficacy of Ksheera Siddha Sahachar Taila Janu Basti in Janu Sandhi Gata Vata

Swati Ashok Joshi¹, Dr. Namrata Shirsat²

¹MD. Scholar, Department of Panchakarma

²Professor, Department of Panchakarma

Late Kedari Redeker ayurvedic Mahavidyalaya PG Training and Research centre Gadhinglaj, Kolhapur (MH)

Date of Submission: 12-03-2026

Date of Acceptance: 25-03-2026

ABSTRACT

Janu Sandhi gata Vata (Knee Osteoarthritis) is a degenerative joint disorder that correlates significantly with aging. In cases of Janu Sandhi gata Vata, the condition is complicated by the presence of Kapha, leading to increased stiffness-like symptoms. This case study evaluates the efficacy of Janu Basti using Sahachar Taila in a 48-year-old female patient. After 7 days of intervention, significant reduction in pain (VAS score), Prasaranakkunchana-anapravritisavedana (pain during flexion and extension of joint) and morning stiffness (Stambha) was observed, alongside an improved range of motion. The study suggests that Ksheera-Siddha Sahachar Taila effectively clears the Upastambha (obstruction) of vata along with nourishing the joint

KEYWORDS: Janu Basti, Ksheera-Siddha Sahachar Taila, Upastambhita Vata, Nirupastambhita Vata, Sandhi gata Vata, Osteoarthritis.

I. INTRODUCTION

Sandhi gata Vata is described under Vatavyadhi in Ayurvedic classics and its first mention is found in the Charaka Samhita^[1]. The clinical features of Sandhigata vata are Vatapurnadritisparsha (coarse crepitation), Shotha (swelling), and Prasaran-aakunchana-anapravritisavedana (pain during flexion and extension of the joint)^[2]. If there is kapha obstruction it will lead to morning stiffness (stambha). A disease known as Janusandhigata vata develops as a result from Sthansamshraya of vitiated Vata dosha at the knee joint (Janu sandhi). Which is either due to Nirupastambhita Vata or upastambhita Vata^[3]. When this condition is Upastambhita, the Vata Dosha is occluded by kapha, manifesting as Stambha (stiffness) like symptoms. However, main content of Ksheera-Siddha Sahachar Taila is Sahachar which is Tikta-Madhura rasa and Ushna Virya,^[4] is hypothesized to penetrate this obstruction and do Vata shamana.

In Ayurveda, Janubasti is a specific treatment that is especially advised for Janu Sandhi gata Vata. The classic Ayurvedic texts do not refer to or explain Janu Basti explicitly. Since Janubasti is a type of Bahyasnehana and Swedana, which involve external oil application and sweating, it can be considered a form of Bahirparimarjanachikitsa. On the other hand, some people also refer to Janu Basti as Snigdha Sweda. Depending on the situation, various types of medicated oils are used in Janubasti. A popular Ayurvedic preparation known as Ksheera-Siddha Sahachar taila has been recommended for the treatment of different types of Vatavyadhi. So, this case study explores the localized application of this oil through Janu Basti to manage symptoms effectively.

II. MATERIAL AND METHOD

Case History:

A 48-year-old female patient reported to the OPD with complaints of bilateral knee pain, swelling, morning stiffness and pain during flexion and extension of bilateral knee joint for the past 2 years. She takes anti-inflammatory and painkilling medications when the pain is unbearable.

Materials:

For the present study, the following materials are required for each therapy session-

1. Masha (black gram) flour – 1 kg
2. Ksheera-Siddha Sahachar taila – 500ml
3. Small piece of sponge – 01
4. Water – as per requirement

Preparation of Ksheera-Siddha Sahachar Taila :

Ksheera-Siddha Sahachar Taila is prepared as per mentioned in the Samanya vatavyadhi Chikitsa of Chakradatta^[5].

Contents-1.Sahacharmula –1part

2.til taila- 4 part

3. Cow's Milk (Ksheera)- 16 part

Intervention:

1. Duration of treatment – Once daily for 7 days.
2. Follow up – at 14th day

Procedure:

The first step is to make Mashapisti (black gram paste), by adding enough amount water. The patient is then instructed to sit up straight on the table with their knees extended. Then, over the knee joint, Mashapisti is applied as a circular boundary wall that is 4 Angula (roughly 4 inches) high. This is called Basti Yantra, after the circular boundary of Mashapisti is allowed to settle for five to ten minutes. If the Basti yantra leaks oil, precautions should be taken. Using a tiny piece of sponge, heated Grading of parameter:

sahachartaila is poured into the Basti yantra until it reaches the level of two Angula. The oil temperature should be maintained between 40°C to 42°C for 35 minutes. Following this, the boundary wall of Masha Pisti is removed and oil is drained from the Basti Yantra.

Assessment parameters:

1. Vatapurnadritisparsa (joint crepitations)
2. Shotha (joint swelling)
3. Sandhi shoola (joint pain)
4. Prasaranakkunchanapravritisavedana (pain during flexion and extension of joint)

1. Vatapurnadritisparsa (joint crepitations)

SIGN	GRADE
No crepitus	Grade 0
Palpable crepitus	Grade 1
Audible crepitus	Grade 2
Always audible crepitus	Grade 3

2. Sandhi Shotha (joint swelling)

SIGN	GRADE
No swelling	Grade 0
Mild swelling	Grade 1
Moderate swelling	Grade 2
Severe swelling	Grade 3

3. Sandhi Shoola (joint pain)

SIGN	GRADE
VAS score 0-1cm	Grade 0
VAS score 1.1-3cm	Grade 1
VAS score 3.1-6cm	Grade 2
VAS score 6.1-10cm	Grade 3

4. Prasaranakkunchanaanapravritisavedana (pain during flexion and extension of joint)

SIGN	GRADE
No pain	Grade 0
Pain without winching of face	Grade 1
Pain with winching of face	Grade 2
Prevent complete flexion	Grade 3

5. Morning stiffness (Stambha)

SIGN	GRADE
No stiffness	Grade 0
In morning, only 5-10 minutes	Grade 1
Daily 10 to 30 minutes	Grade 2
Daily in different time 30 to 60 minutes or more	Grade 3

III. RESULTS

The patient showed marked improvement in functional mobility and symptomatic relief. So, the assessment of Clinical Parameters is shown in the following table

Parameter	Pre-Treatment (Day 0)	Post-Treatment (Day7)
Vatapurnadritisparsa (Crepitus)	Grade 3	Grade 2
Sandhi Shotha (joint swelling)	Grade 3	Grade 2
Sandhi Shoola (VAS Score 0-10)	Grade 3	Grade 1
Prasaranakkunchanaanapravritisavedana (pain during flexion and extension of joint)	Grade 2	Grade 0
Morning stiffness (Stambha)	Grade 2	Grade 1

IV. DISCUSSION AND CONCLUSION

Common factors that can worsen Vata dosha include overeating rich or heavy foods, too much walking or physical exertion, direct physical trauma, and holding back natural bodily urges.^[6] The qualities (guna) of Vata, including dryness, coldness, lightness, and mobility, increase beyond their normal levels in different combinations when Vata becomes

imbalanced. To restore balance to an imbalanced Vata dosha, it is advised to use herbs and formulations that possess opposing qualities, such as Sneha (oily), Ushna (hot), Guru (heavy), and Sthira (stable). In the description of Vatavyadhi, it is stated that intensified Vata occupies the empty spaces within the body's channels and tissues. According to Acharya Chakrapani, this empty space is merely the area within the body where qualities like Sneha,

among others, reside. are missing or not present.^[6]
The main aggravated Gunas in Janu sandhigata vata are Ruksha (dry) and sheet (cold). As part of the treatment process, the efficacy of Ksheera-Siddha Sahachar Taila in the conditions is beneficial. As the Ushna (heating) effect of the Janu Basti procedure promotes local vasodilation, which facilitates the absorption of the active alkaloids of Sahachar into the synovial space. This reduces intra-articular pressure and thereby resolving the patient symptoms significantly. Hence, the case study demonstrates that Ksheera-Siddha Sahachar Taila Janu Basti is an effective local treatment for Janu Sandhi gata Vata.

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