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A Step Towards Inner Peace



AYURVEDIC APPROACHES TO JOINT PAIN MANAGEMENT: A KAYACHIKITSA PERSPECTIVE

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ABSTRACT:

One of the most prevalent issues among the senior population is joint discomfort. Shula, shotha, and prasaarana-aakunchanayo pravruttscha vedana are its clinical characteristics. Ayurveda prescribed a number of methods, including snehana, swedana, upanaha, lepa, and herbal therapy, to relieve joint discomfort. The branch of ayurvedic medicine known as Kayachikitsa focuses on using medications to treat a variety of ailments. This branch also suggested treating joint discomfort with various natural medicines. Guggulu (*Comiphora mukul*) is the most widely used medication for joint pain in Amavata sickness. In a similar vein, other herbal formulations containing Trivrut, Rasna, Sunthi, Pippali, Gokshura, and Ashwagandha are advised in conditions causing joint discomfort. The current article provided an overview of herbal medicine's involvement in joint discomfort.

KEYWORDS: Ayurveda, Joint pain, Kayachikitsa, *Shula*, *Vedana*

INTRODUCTION:

Due to inflammation and cartilage degradation, rheumatic arthritis (Ama Vata) and osteoarthritis (Sandhigat Vata) cause excruciating joint pain. A vitiated pitta causes inflammation in the joints, while an exacerbated vata is crucial to the whole chain reaction of joint discomfort. A number of etiological variables, including ageing, congenital conditions, injury, infection, and malnourishment, are linked to joint pain. According to Ayurveda, when Agni is not functioning correctly, toxins or ama are created and aggregate alongside vitiated vata, which further causes Ama Vata^[1,2,3,4]. Vata can be aggravated by eating too many foods that are chilly, dry, bitter, or pungent; living an irregular lifestyle; traveling a lot; stress; not getting enough sleep; experiencing a traumatic event; or having certain genetic markers. The most sensitive parts of the body, such as the joints, are affected as the exacerbated Vata and Ama flow into the shrotas. Deterioration of the soft tissues in the bones and joints was the outcome of this cascade. Likewise, inflamed Ama restrict channels and decrease the amount of nutrients that reach the malnourishment in the joints, which in turn causes joint inflammation, stiffness, edema, and Numerous traditional herbal compositions were prescribed by the natural medicine system Ayurveda for the treatment of ailments including joint discomfort. These medications aid in lowering joint stiffness, soreness, inflammation, and edema. Additionally, the herbal remedy has the power to soothe agitated Vata and ama. Additionally, various rasayana formulations were recommended by Ayurveda to support Ojas and joint tissues. Ayurvedic medicine not only relieves ama and doshas but also improves agni functioning, which in turn lessens joint pain in its early phases.

Whereas apana vayu is thought to be in charge of bone health, vyana vayu is thought to be in charge of joint motion. Thus, we can conclude that whereas joint deterioration is associated with apana vitiation, disrupted motion is a function of vyana vayu. Synovial fluids are also thought to be produced by Sleshaka kapha; vitiation of Sleshaka led to an excess of fluid and consequent joint swelling.

Ayurvedic Chikitsa for Joint pain:

The fundamental approach to treatment is to normalize vitiated elements like ama, vata, and agni. The most prevalent usage of herbs with analgesic and anti-inflammatory qualities is in the treatment of conditions involving joint pain^[5,6,7]. Basic treatment for conditions involving joint pain, such as amavata, consists of the following:

langhanam, swedanam, tiktam, deepana, katu medications, and sodhana process:

- Certain formulations, like Sahacharadi, Maharasnadi, Dhanwantara, and Rasnasaptaka kashayam, are useful for joint discomfort.
- Ksheera bala taila, Narayana taila, Gandha taila, and Maha narayana taila are known to strengthen bones, muscles, ligaments, and cartilage while lubricating joints.
- Vastis based on infusions are advised for niruha; dashmoola and guduchi are popular herbal remedies

used for niruha vastis, which have positive effects on joint discomfort.

Herbs and formulas that relieve joint discomfort include:

- Castor Oil
- Gugguls
- Guduchi
- Nirgundi
- Turmeric
- Ashwagandha
- Shatavari
- Triphala
- Dashmool
- Shallaki
- Eucalyptus and
- Devadaru

Castor oil (Eranda, Ricinus communis)

It has analgesic and purgative properties in addition to having warm, virya, and pungent vipaka and astringent rasa. It works best to cure vata disease by assisting in the normalization of exacerbated pitta and kapha. Applying oil to sore joints contributes to the aggravation of inflammatory illnesses^[8,9,10].

Guggul (Commiphora mukul)

Guggul helps to lower ama, vata, and kapha because of its anti-inflammatory, dipana, and pachana qualities. Guggul also aids in weight loss, which lessens the additional strain on joints and lessens discomfort. Additionally, it has analgesic and antimicrobial qualities that aid in the symptomatic alleviation of joint discomfort.

Guduchi (Tinospora cordifolia)

Guduchi possesses analgesic, anti-inflammatory, and pacifying properties for all doshas. Because these herbs have a preventive anti-infective effect, they lessen the likelihood of joint disorders brought on by infections. Guduchi relieves joint discomfort brought on by arthritis of the pitta kind.

Vitex negundo, or Nirgundi

Nirgundi has a warm virya and a bitter, pungent, astringent rasa. It balances the vata and is light and abrasive, ideal for the kapha dosha. It has analgesic and anti-inflammatory properties that help with back, nerve, and arthritis pain.

Turmeric

The most popular herb for joints is niggundi, which has anti-oxidant qualities, lowers swelling, regulates inflammatory responses, and strengthens muscles and joints due to its high potency.

Curcuma longa, or turmeric

This spice has a light, gritty texture and tastes bitter and warm. Due to its antibacterial and anti-inflammatory properties, turmeric helps to lessen joint pain's etiology and symptoms. It reduces prostaglandin synthesis, which calms the inflammatory cascade, and it increases cortisol synthesis, which relieves the symptoms of arthritis.

Ashwagandha

In addition to its ability to reduce inflammation, ashwagandha also strengthens and replenishes bone and muscle tissue. Ashwagandha has an adaptogen effect that relieves pain brought on by tight joints and muscles under continual stress.

The most often used herb for joints is niggundi, which is

highly potent, has anti-oxidant properties, reduces swelling, controls inflammatory responses, and strengthens muscles and joints.

Shatavari

Shatavari has anti-inflammatory and extremely helpful healing capabilities that help to improve joint flexibility and lessen joint pain symptoms.

Triphala

Triphala has minerals that fortify bones and detoxify impurities like uric acid that may cause inflammation. It also includes anti-inflammatory (hreshtha shothaghna) properties that aid in the healing process. These are all Triphala's effects.

The pathophysiology of joint pain is influenced by medications in the following ways;

- Prevent cartilage and subchondral bone degeneration.
- Balance Vata and Kapha doshas; reduce srotovarodha; alleviate joint pain, swelling, heaviness, stiffness, and soreness.
- Using Tikta-Katu Aushadis results in a reduction of kapha, an increase in agni, srotoshodana, and a lighter physique offers excellent relief from gout, arthritis, and other joint pain-related issues.

Glycyrrhiza Glabra, or licorice or Mulethi

Often known as licorice, has a lubricating effect that supports and increases the suppleness of joint tissues, making it effective for treating joint discomfort. After using Mulethi, there is a noticeable decrease in joint pain when moving.

Dashmool

Dashmool is a blend of several herbs' roots, such as shalparni, patala, gambhari, and brihati. It relieves Vata Roga and provides an excellent anti-inflammatory reaction. Its calming, analgesic, and antioxidant qualities aid in the symptomatic alleviation of joint pain.

Shallaki

The herb shallaki fortifies joints, reduces inflammation, eases pain, promotes mobility, and balances doshas, which are accountable for joint ailments.

Eucalyptus

Because of the tannins in eucalyptus oil, arthritis can be relieved in plant material aid in reducing joint stiffness and edema. Oil aromas have a soothing effect and ease joint discomfort.

Devadaru

is mentioned in Jerna Sandhivata and Amavata because it possesses Shothahara and Vedana Sthapan characteristics.

- Herbal medication not only helps to repair damaged cartilage but also restores nutrients to diseased cartilage cells.
- Deepana and Pachana remedies replenish dhatu and prevent the production of ama.
- Herbal medications strengthen bones and increase the viscosity and concentration of synovial fluid; this is known as the brumhanam effect.

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