



## Case Report

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# Management of Viral Arthritis (Asthidhatugata Jwara) through Ayurveda

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## ABSTRACT

Acute-onset arthritis is a common clinical problem facing both the general clinician and the rheumatologist. A viral etiology is thought to be responsible for approximately 1% of all cases of acute arthritis with a wide range of causal agents. This is a case report of female patient aged 27 years was diagnosed with viral arthritis [1] visited department of Panchakarma, SAMC&H Bangalore for the treatment of the same. She was given with Patrapinda sweda to the lower limbs followed by Shamanaushadi Yogaraja guggulu 1-0-1 A/F with warm water and Rasnaerandadi kashayam 20ml-0-20ml B/F with warm water for one month and has found satisfactroy improvement in her symptoms. Considering symptomatology, in Ayurveda classics it can be compared with Asthi dhatugata jwara [2].

**Keywords:** Viral arthralgia, Patrapinda Sweda, Acute Arthritis, Shamanushadis.

## INTRODUCTION

Viral arthritis is inflammation of the joints from a viral infection [1]. Approximately 1% of all cases of acute arthritis are thought to have a viral etiology. Viral attacks are usually accompanied by joint pain and swelling (Arthralgia). As per allopathic science viral arthritis can be managed symptomatically with NSAID's, analgesic, and antibiotics, but sometimes even after eliminating the virus out of body some people will get joint pain and also swollen joint. Parvovirus B19, hepatitis B and C, HIV and the alpha viruses are among the most important causes of virally mediated arthritis. Post viral arthralgia may affect patient from 6 months up to 2 years. Pain, swelling, tenderness and restricted range of motion in bones and joints affect quality of life. The diagnosis of virally induced arthritis can be difficult to confirm but should be considered in all patients presenting with acute-onset poly articular symptoms.

In addition to serological testing for the causative agent there may be associated clinical features that point clinicians to a specific virus such as the typical 'slapped cheek' rash seen in parvovirus-associated arthritis or jaundice associated with acute hepatitis B (HBV) infection. In many cases however, these features may be subtle, absent or temporally distant from the joint symptoms making the diagnostic process difficult. Based on clinical signs and symptoms like Sandhi vedhana, this can be co related to Asthidhatugata jwara [2]. Since modern line of management is aimed at reliving symptoms by NSAID'S etc which in turn leads others side effects such as GI erosion, GI disturbances, Headaches, Allergic reactions. Therefore, in order to eradicate the cause from roots Ayurveda line of treatment includes Snehana, Swedana and Shodhana which is the best line of treatment.

## CASE REPORT

A female patient aged 27 years visited Panchakarma OPD no 4. Her chief complaints were pain and swelling in the both the knee joints which radiates to toes since 3 years, which got aggravated again from 2020.

## History of present illness

Patient gradually started feeling pain (grade: 7) in her both knee joints 2017 November. Pain was very severe which radiates from knee till calf and toes. Pain gets aggravated on walking, climbing steps, or sitting for longer duration. She also complains of stiffness in the knee and ankle joint. Pain gets relieved on application of medicated Ayurvedic oil. Pain (grade: 8) again got severely aggravated from January 2020

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due to sitting for longer hours in work from home schedule. So, she got admitted in *Sushruta Ayurveda Medical College and Hospital*.

Past history : No H/O Hypertension, Diabetics mellitus, Osteo arthritis

Family history : none

#### Ashtavidha Pariksha

Nadi : 82/min

Mala : Prakrut

Mutra : Prakrut

Jihwah : Alipta

Shabda : Prakrut

Sparsha : Anushnashita

Drik : Prakrut

Akriti : Madhyama

#### Dashavidha pariksha

Prakruti : Pittavataja

Vikruti : Dosha – Vata, Doosha – Rasa, Rakta, Asthi

Satwa : Pravara

Sara : Madhyama

Samhanana: Avara

Pramana : Avara

Satmya : Sarva rasa

Aharashakti : Madhyama

Vyayamashakti : Avara

Vaya (age) : 28years

#### Assessment Criteria

1. DAS Score
2. SF-36
3. General health and disability index
4. Grading of *sandhishoola* (pain)

Sr. No.	Severity of pain	Grade
1	No pain	0
2	Mild pain	1
3	Moderate, but no difficulty in moving	2
4	Severe, with difficulty	3

	in moving the body parts	
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#### 5. Grading of *Sandhishotha* (swelling)

Sr. No.	Severity of pain	Grade
1	No swelling	0
2	Slight swelling	1
3	Moderate swelling	2
4	Severe swelling	3

#### Treatment protocol

##### Oral medicine

1. Yogaraja guggulu [3]. 1-0-1 A/F with warm water
2. Rasnaerandadi kashayam [4]. 20ml-0-20ml B/F with warm water

Therapy: *Adhobhaga abhyanga* and *Patra pottali sweda*(*ksheera bala taila*) for 6 days.

#### Method of pottali preparation

##### Ingredients

- *Nirgundi* [5]. -Vitex negundo-100gsm
- *Eranda* [6]. -Ricinus communis-100gsm
- *Dhatura* [7]. -Dhatura metal-25gsm
- *Shigru* [8]. -Moringa oliefera-25gsm
- *Arka* [9]. -Calotropis procera-25gsm
- Grated coconut-150gsm
- Lemon-4
- Oil-100ml
- *Saindhava, shatapusha* [1]. *Kusta* [11]. -10 grams each

#### Preparation of pottali

Fresh leaves should be cleaned and chopped finely. First add 50ml of oil into frying pan, to it add grated coconut & sliced lemon and fry till turns to light tinged brown. Add chopped leaves and fried till brownish color. It should be divided into 4 equal parts on 4 different pieces of Cora cloth and made into 4 Pottalis (average weight of 1 Pottali = 300-350gsm).

#### Therapy procedure

Initially *Abhyanga* with *Ksheera bala taila* (which was heated indirectly over hot water bath) to lower limbs (supine and prone position) for 10

min later Patra pottali sweda was applied to lower limbs (both supine and prone position) for 20 min. Initially after heating Pottali from indirectly heated oil, temperature was checked by placing Pottali on dorsum of the hand. At first Pottali is applied by tapping on lower limbs followed exerting mild and even pressure. Care was taken to maintain the temperature of the Pottalis throughout the procedure by reheating. Later excess oil is cleaned with dry towel followed by instructing the patient to take warm water bath.

Patient was kept on hospital diet and on daily basis her vitals are been assessed. She was also assigned with yoga practices and Pranayama classes.

## RESULT

Prescribed *Ayurvedic* treatment helped in managing the progressive signs and symptoms of disease. Joint pain, tenderness and swelling is reduced. Improvement in performing day to day life activities was noted. Overall quality of life is improved.

1. Functional Improvement is noted in DAS Score, SF-36, General health and disability index after treatment.
2. Assessment of *sandhi shoola* (pain).

Left lower limb		Name of joint	Right lower limb	
After PPS	After Shamanaushadis		After PPS	After shamanaushadis
3	1	Janu	2	1
2	0	gulpha	3	1

3. Assessment of *sandhi shotha* (swelling).

Left lower limb		Name of joint	Right lower limb	
After PPS	After Shamanaushadis		After PPS	After shamanaushadis
1	0	Janu	2	0
0	0	Gulpha sandhi	2	0

- After 2 days of therapy, she found 60% relief in pain in both knee joint calf region but there was stiffness in the right ankle and pain in phalanges of both limbs.
- On 4th day of therapy, she was feeling better and stiffness in right ankle was relived whereas pain in phalanges still present.
- On 5th day of therapy patient found over all relief in the pain (96%).

Patient stayed in hospital IPD for 7 days and has found satisfactory relief in the symptoms (98%), She was able to walk or climb steps without discomfort or pain.

## DISCUSSION

Among different inflammatory joint disorder viral arthritis seen clinically due to exposure to the virus. After subsiding the symptoms of main pathology most of the time in same people pain in the joints and swelling still persists as a complication of viral fever.

This post viral arthralgia impacts physically and psychologically. Though in the management protocol many forms of oral medicines are available among which NSAID'S are routine option. Though there are adverse reaction expected by administration of NSAID's in the management of viral arthralgia looking into these limitations through *Ayurvedic* management *Snehana*, *Swedana*, *Shamanaushadis* were administered.

External oleation followed by sudation using different herb (*Nirgundi*, *Eranda*, *Arka*, *Shatapushpa*, *Dhatura*, *Shigru*, *Saindhava* etc) made in the form of pottali and it is applied to affected parts. As all these drugs are *Vatahara* in nature further the procedure swedana also helped to relieve *Shoola* ( i.e,pain), *Sthabdata* (i.e, stiffness).

The drug *Yogaraja Guggulu* constitutes ingredients *Guggulu*, *Eranda* etc which are helpful to relieve pain, swelling, and stiffness.

*Rasnaerandadi kashayam* mainly constitutes *Rasna* and *Eranda* which is best *Vatahara* and also helps to eliminate the *Doshas* out of the body in mild quantity.

## CONCLUSION

A female patient aged 27 years diagnosed with viral arthritis compared to *Asthidhatugata jwara* as per *Ayurveda* classics was treated with *Snehana*, *Patra Pinda Sweda*, and *Shamanaushadis* effectively. Significant improvement was observed in patient so *Snehana*, *Patrapottali sweda*, and *Shamanaushadis* is found to be clinically effective in the management of signs and symptoms of viral arthritis.

## Conflict of Interest

None declared.

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