Original Research (Case Study)

Efficacy of Ayurvedic Interventions in Managing *Kroshtuksheersha*: A Case Study

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ABSTRACT

Background: Movement is a vital aspect of life, and difficulty in movement can cause significant distress. In Ayurveda, conditions involving movement difficulties are primarily associated with *Vata dosha* and categorized under *Vatavyadhi*. *Kroshtuksheersha*, described by Acharya Sushruta, is a *Vatavyadhi* characterized by swelling, redness, and pain in the knee joint with predominance of *Rakta dosha* along with *Vata dosha*. This condition is rarely observed in contemporary clinical practice.

Objective: To explore the Ayurvedic management of *Kroshtuksheersha* and evaluate the effectiveness of a combined regimen in relieving symptoms of the condition.

Methods: Case Presentation - An 18-year-old male presenting with swelling, redness, pain, and restricted movement of the knee joint was diagnosed with *Kroshtuksheersha*. Treatment aimed to balance *Vata dosha* without aggravating Pitta and *Rakta doshas*. The treatment protocol included: *Aampachak* drugs to alleviate *Ama*, *Vatashamak* and *Raktashodhak* medications to pacify *Vata dosha* and purify *Rakta*, *Janubasti* therapy after subsiding inflammatory symptoms, to achieve complete pacification of *Vata dosha*. Outcome measures included: Knee joint circumference, Degree of mobility and Pain and tenderness scaling.

Results & Conclusion: The patient showed significant improvement in all parameters over three months. Swelling, redness, pain, and mobility restrictions were alleviated, confirming the efficacy of the Ayurvedic regimen. This case report highlights the potential of Ayurvedic treatment modalities in managing *Kroshtuksheersha*, emphasizing the importance of individualized approaches targeting *doshic* imbalances. Further studies on larger populations are recommended to substantiate these findings.

Keywords: *Kroshtuksheersha*, Ayurvedic management, *Vatavyadhi*, Knee joint, *Janubasti*.

1. INTRODUCTION

Kroshtuksheersha is one of the *Vatavyadhi* mentioned by Acharya Sushruta. But as etiologies and symptoms are concerned, it is not a *shuddha Vatika* disorder rather is similar to that of *Vatarakta* [1]. The disease affects only knee joints. Diagnosis of the disease is made mainly on the basis of clinical symptoms like (a) Inflammation of knee joint (*Jaanu sandhi shopha*) and (b) Severe pain in knee joint.

The case was not considered as *Vatarakta* because it does not affected any other joint of body. Niether the disease started from *hasta- pada moola*. *Kroshtuksheersha* is mentioned in all Ayurvedic classics after Sushruta samhita like Ashtanga Hridaya [2], Madhav Nidan [3], Yoga Ratnakara [4] and has predominance of ***Vata*** and ***Rakta dosha***. The causative factor and treatment of ***Kroshtuksheersha*****,** has not been mentioned in texts specifically, but can be understood as that of *Vatarakta* due to same *doshika* involvemeent.

Aim and Objective: To evaluate effectiveness of *Ayurvedic Drugs* in the management of a case of *Kroshtuksheersha*.

Place of study: The present case study was done in the Department of Kaya Chikitsa, Gangasheel Ayurvedic Medical College, Bisalpur Road, Bareilly (Uttar Pradesh).

2. CASE REPORT

Basic information of the patient

- Age -18 yrs
- Religion –Hindu
- Socioeconomic status- Middle class
- He is a farmer and vegetarian by diet pattern. Patient has no addiction of tea, tobacco or alcohol.

Pradhan Vedana **(Chief complaints)**

a. Pain in both knee joint since 1 year.
b. Swelling in both knee joint since 8 months.
c. Unable to walk independently since 4 months.
d. Occasional low-grade fever.

Vartaman Vyadhivritta **(History of present illness) -** The patient was apparently ok before 1 year. Gradually he felt pain in knee joint with recurrent fever for which he took antipyretics and analgesics from local chemists. Gradually he noticed swelling in both knee joints, which led to disability in walking independently since last 4 months. He was taking allopathic medicines since last 4 months but there was no significant relief. Then he came to *Kaya Chikitsa* O.P.D. of Gangasheel Ayurvrdic Medical College and Hospital, Kamua Kalan, Bareilly.

Purva Vyadhivritta **(History of past illness) -** Patient has no significant past history of any similar attacks, trauma or

any major disease related to present complaint.

***KulajaVritta* (Family history)**

No significant family history was present.

***Vaiyaktikavritta* (Personal history)**

- Appetite was normal.
- Predominant *rasa* in *ahara* was *madhura*.
- Sleep was normal.
- Habit of proper bowel evacuation but due to pain in knee joints there was difficulty in passing stool.

On Examination

- General condition was afebrile.
- Vitals were normal.
- Pallor was present.
- Cardiovascular system, respiratory system and per abdomen examinations had shown no abnormality.
- *Prakriti* (constitution) was *Vatapittaja.*

Ashtavidha Pariksha

- *Nadi* (pulse) was *Vata* dominant.
- Frequency and colour of *Mutra* (urine) was normal with no *Daha.*
- *Mala* (stool) was *Nirama* with feeling of complete evacuation.
- *Jihva* was *Nirama*, suggesting proper digestion.
- *Shabda* (Speech) was clear and fluent.
- *Sparsha* (touch) was *snigdha.*
- *Drik* (eyes) were normal.
- A*akriti* (appearance) was lean.

Locomotory system Examination

- Bilateral knee joint swelling along with fluctuation and raised local temperature.
- Bilateral incomplete extension of knee joints with degree of mobility diminished in both knee joints. Tenderness was present in both knee joint. No muscular wasting observed. Plantar reflex bilaterally flexon.

Diagnosis - Based on clinical history and examination the condition was diagnosed as *Kroshtuksheersha*.

Treatment protocol-

Total duration- 3 months

Follow up done in every 15 days.

First Month

1. *Ekangveer rasa* – 250mg
   Rasamanikya – 100 mg
   Godanti bhasma 250 mg
   1*2 doses with honey
2. *Kaishor guggul* 500 mg B.D.
3. *Agnitundi vati* – 250 mg tds
4. *Dashmool kwath* 30 ml B.D. with luke warm water
5. *Trikatu churna* – 3 gm B.D. with luke warm water
6. Crape bandage to use on both knee joints.
7. Tab. Diclofenac 75mg S.O.S.

Second Month

1. Tab. Rheumayog gold- 1 tab B.D.
2. *Trayodashang guggul* 500 mg B.D.
3. *Chitrakadi vati* – 2 tablets B.D.
4. Tab. *Asthiposhak* 1 O. D.
5. *Dashmool kwath* 30 ml B.D. with luke warm water
6. Tab. Neurokind gold 1 O.D.
7. Crape bandage to use on both knee joints.
8. *Mahanarayan taila* – Snehan on both knee joints

Third Month

1. Tab. Rheumayog gold- 1 tab B.D.
2. *Chitrakadi vati* – 2 tablets B.D.
3. Tab. *Asthiposhak* 1 O. D.
4. *Ashvagandharishta* 20 ml B.D. with equal water
5. *Dashmool ghrita* 5 gm B.D.
6. *Janu Basti* with *Mahanarayan taila*
7. Crape bandage to use on both knee joints.

3. Assessment criteria - The improvement of condition of the patient was assessed based on Swelling of knee joints, Degree of mobility of knee joints, Pain and tenderness.

1. Swelling of Knee joints

	Before Trial	**After 1 month**	**After 2 months**	**After 3 months**
Right Knee Joint				
Above knee joint	12 inches	11.5 inches	11 inches	11 inches
Mid knee joint	13.1 inches	13 inches	13 inches	13 inches
Below knee joint	11 inches	10.5 inches	10 inches	10 inches
Left Knee Joint				
Above knee joint	11.7 inches	11.2 inches	11 inches	11 inches
Mid knee joint	13 inches	13 inches	13 inches	13 inches
Below knee joint	11.3 inches	11 inches	10.5 inches	10.5 inches

2. Degree Of mobility [5]

	Before Trial	**After 1 month**	**After 2 months**	**After 3 months**
Right Knee Joint				
Flexion	130 degrees	130 degrees	130 degrees	130 degrees
Extension	40 degrees	25 degrees	5 degrees	5 degrees
Left Knee Joint				
Flexion	135 degrees	135 degrees	135 degrees	135 degrees
Extension	35 degrees	30 degrees	10 degrees	0 degree

3. Pain [6] and tenderness [7]

Assessment of pain was done based on visual analogy scale and tenderness on basis of the rating scale

	Before Trial	After 1 month	After 2 months	After 3 months
Right Knee Joint				
Pain	4	2	2	0
Tenderness	2	1	1	0
Left Knee Joint				
Pain	4	3	2	0
Tenderness	3	2	1	0

4. RESULT AND DISCUSSION

Kroshtuksheersha is a *Vatavyadhi* which specifically involves knee joints. Its chief characteristics are severe pain along with redness and inflammation of knee joints, and prime *Doshas* involved are *Vata* and *Rakta*. According to Ayurvedic concepts, wherever *shopha* is present their must be involvement of *Kapha* and as there is inflammation it must have involvement of *Pitta* (responsible for redness and warmth). Considering the above facts, first giving *aampachaka* drugs along with *shothahara* and *Vatashamaka* drugs adopted composite treatment plan. After initial treatment, when inflammation (*Amavastha*) is being reduced, *Vrinhana* & *Asthiposhaka* drugs were given along with ayurvedic procedures like *Snehana* and *anuvasti* was done to improve *sandhi sanchalan*.

For the basis of improvement in disease, objective parameters were assessed as swelling of knee joints, mobility of knee joints, pain and tenderness in knee joints. After treatment for 3 months, it was observed that patient became asymptomatic.

5. CONCLUSION

This case report showed that combined Ayurvedic regimen is potent and effective in treatment of *Kroshtuksheersha*. No adverse effect was found in the patient during and after the treatment.

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