

Combine Effect of *Harjod Vanvasi* Oil and *Harjod Vanvasi* Capsule in the management of *Sandhigata Vata* w.s.r. to joint Pain An Open Level Randomized Clinical Trial

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Abstract - The body attains it's a healthy state when there is an equilibrium of Dosha, Dhatu, Mala in the body. Vata Dosha plays an important role in the maintenance of this equilibrium. However, it's vitiation leads to numerous disorders one of which is Sandhigata Vata which has become common trouble for people in the present scenario irrespective of age. The reason is obvious a disturbed diet and a sedentary lifestyle. When it comes to balance Vata in the body Ayurveda offers diverse medications modalities and therapies. One such magnificent medicine has been prepared i.e. *Harjod Vanvasi* Oil for local application and *Harjod Vanvasi* Capsule for oral intake for thirty days. The patients were enrolled on the basis of particular symptoms and it's severity was recorded, the symptoms were Sandhi Shoola, Sandhi Shotha, Aakunchana Prasaran Vedana, Sandhigraha and Sparshasahyata. Patients were also advised to avoid Vata Vardhak Ahaar and Vihaar. The follow-up was taken on the 15th day. The reasonable result was observed with subsidation of symptoms at the end of the study i.e. after completion of thirty days of medication along with oil application. The result was concluded by examination of the patients as well as based on a conversation with the patients.

Keywords - Sandhigata Vata, *Harjod Vanvasi* Oil, *Harjod Vanvasi* Capsule.

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INTRODUCTION

With the advancing time, there has been an augmentation of lifestyle disorders. Ayurveda defines diseases as misbalancing of *Doshas*, *Dhatu*s, and *Malas*, and Sandhigata Vata is one of the most common *Vatavyadhi*, caused by vitiation of *Vata* *Dosha*. In general perspective it is used to ensure In *Vridhavashta*, all *Dhatu* undergo *Kshaya*, thus leading to *Vata Prakopa* and making individuals prone to joint pain. But nowadays it has been a common issue among middle-aged people too. The reason is sure consumption of causes leading to *Vata Prakopa* and creating symptoms like *Sandhi Shoola* (Joint pain), *Sandhi Shotha* (Joint swelling), *Aakunchana Prasaran Vedana* (Painful joint movements), *Sandhigraha* (Joint stiffness), *Sparshasahyata* (Tenderness) which present the classical symptoms of *Sandhigata Vata*. According to *Acharya Charaka*, *Sandhigata Vata* is the *Vatavyadhi* in which *Sandhi Shoola* (joints pain),

Atopa (crepitation), *Vatapurnadrustisparsha*, *Shotha* (swelling), etc. Symptoms are seen¹. According to *Acharya Sushruta*, it is with symptoms of *Hantisandhigata* (Degeneration of joints), *Shoola* (pain), *Shopha* (swelling) at the joints². In classical Ayurvedic texts, no specific *Nidana* has been explained for *Sandhigata Vata*. Therefore, the general *Hetu* of *Vatavyadhi* can be considered an etiological factor responsible for causing *Sandhigata Vata*³. Common *Hetus* of *Vatavyadhi*, which are mentioned by *Acharya Charaka* are as below *Aharaja- Ruksha* (dry), *Sheet* (cold), *Alpa* (less quantity), *Laghu* (light), *Abhojana* (no food intake). *Viharaja- Atiprajagara* (no sleep), *Divasvapna* (sleeping during the day), *Ativyavaya* (excess sexual act), *Vega dharana* (stopping natural urges), *Plavana* (swimming), *Atiadhva* (excess walk), *Ativyayama* (excess exercise)⁴. *Manasika- Atichinta* (excess anxiety), *Atishoka* (excess grief), *Atikrodha* (excess anger), *Atibhaya* (excess fear)⁵. Ayurveda

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offers a wide range of treatments for *Sandhigata Vata*. One such effective combination has been prepared i.e. *Harjod Vanvasi Oil* for local application and *Harjod Vanvasi Capsule* for oral intake, and was administered to thirty patients for thirty days. The patients were enrolled as per the symptoms of *Sandhigata Vata*. They were suggested *Pathya* and *Apathya* according to *Vata* vitiation. At the end of treatment, the patients were examined and asked about the relief in joint pain. Accordingly, it was concluded that there was marked relief in symptoms along with subsidation of joint pain.

MATERIALS AND METHODS

Patients presenting with signs and symptoms of *Sandhigata Vata*, were selected from the OPD and IPD of Shubdeep Ayurved Medical College and Hospital Indore (M.P.)

A. Inclusion Criteria

1. Patients were between the age group of 30 – 70 years.
2. Patients having signs and symptoms of *Sandhigatavata*.
 - a. *Sandhi Shoola/* Joint pain
 - b. *Sandhi Shotha/* Joint swelling
 - c. *AakunchanaPrasaran Vedana/* Painful joint movements.
 - d. *Sandhigraha/* Joint stiffness
 - e. *Sparshasahyata/* Tenderness

B. Exclusion Criteria

1. Patients who are below 30 and above 70 years of age.
2. Patients who are suffering from diabetes, Psoriatic arthritis, Systemic Lupus Erythematosus (SLE), Housemaid's knee, Polymyalgia, Rheumatoid arthritis, Gout, Tuberculosis, and Patient with trauma will be excluded.

Drug Details

1. Harjod Vanvasi Oil For local application
 2. Harjod Vanvasi Capsule –for oral intake
- License number: MP25D/15/398
 Marketed by: Saptarishi Herbals LLP Indore
 Manufactured: Mangal Murti Herbals Indore

D. Research Methodology

Study type : Interventional Open Level Randomized Study

Masking : No

No. of groups : 01

Sample size : 30 patients

Study site : OPD/IPD of Shubdeep Ayurveda Medical College and hospital, Indore (M.P.)

Investigation: CBC, ESR, SB, SGOT, SGPT AND X RAY (IF REQUIRED)

For assessment and rule out the patients

: Informed consent will be taken by every patient before commencement of Treatment.

INGREDIENTS OF HARJOD VANVASI CAPSULE

1	VANSHLOCHAN	BAMBUSA ARUNDINACEA	GUM	25 mg
2	SAFED MUSLI	CHLOROPHYTUM BORIVILIANUM	ROOT	20 mg
3	ASHWAGANDHA	WITHANIA SOMNIFERA	ROOT	10 mg
4	DHAK	BUTEA MONOSPERMA	GUM	15 mg
5	VIDHARA	ARGYREIA NERVOSA	PLANT	3 mg
6	TAMRA BHASM			5 mg
7	YASHAD BHASM			15 mg
8	PIPLAMOOL	PIPER LONGUM	ROOT	5 mg
9	VANG BHASM			2 mg

Uses – Harjod Vanvasi Capsule 1 BD after Meal with lukewarm water.

INGREDIENTS OF HARJOD VANVASI OIL

Harjod Vanvasi Oil - Apply 3-5 ml oil and massage gently twice a day

E. Assessment Criteria-

- 1) Subjective- To assess the effect of therapy objectively, all the signs and symptoms are given scoring depending upon their severity.

Subjective Parameter and Grading –

SN	NAME OF INGREDIENTS	BOTANICAL NAME	PART TO BE USED	EACH 100 ml
1	VANSHLOCHAN	BAMBUSA ARUNDINACEA	GUM	10 g.
2	KAYPHAL	MYRICA ESCULENTA	BARK	4g
3	ARAND	RICINUS COMMUNIS	ROOT	3g
4	RASOT	BERBERIS ARISTATA DC	PLANT	2g
5	NIRGUNDI	VITEX NEGUNDO	ROOT	3g
6	VATSNABH	ACONITUM FEROX	ROOT	1g
7	KALIMIRCH	PIPER NIGRUM	FRUIT	2g
8	PIPAL	LONG PEPPER	FRUIT	2g
9	AJWAYAN	TRACHYSPERMUM AMMI	FRUIT	3g
10	PUSHKARMOOL	INULA RACEMOSA	ROOT	2g
11	PIPLAMOOL	PIPER LONGUM	ROOT	4g
12	KALIHALDI	LONG ZEDOARIA	ROOT	3g
13	CHITA	PLUMBAGO ZEYLANICA	ROOT	4g
14	RASNA	ALPINIA CALCARATA	PLANT	3g
15	AKARKARA	ANACYCLUS PYRETHRUM	PLANT	2g
16	HALO	LEPIDIUM SATIVUM	FRUIT	3g
17	GOKHARU	TRIBULUS TERRESTRIS	FRUIT	2g
18	GUGGULU	COMMIPHORA WIGHTII	GUM	3g
19	JAYPHAL	MYRISTICA FRAGRANS	FRUIT	3g
20	BHASWAR WAX			Q.S.
21	COLOUR			Q.S.
22	OIL			Q.S.

• Sandhi Shoola/Joint Pain:

No pain	0
Mild pain occasional/intermittent relieves on rest (<6 hrs)	1
Moderate pain present (>6-12 hrs)	2
Severe pain not tolerable(>12 hrs)	3

• Sandhi Shotha / Joint Swelling :

No swelling	0
Slight swelling	1
Moderate swelling	2
Severe swelling	3

• **Aakunchana Prasaran Vedana/Painful Joint movements:**

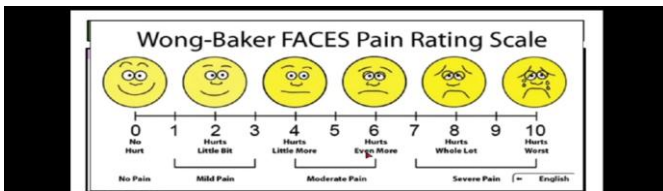
No pain	0
Pain without winching of the face	1
Pain with winching of the face	2
Does not allow passive movement	3

• **Sandhigraha / Joint stiffness:**

No stiffness (< 5 min.)	0
Mild stiffness occasionally (5-15 min.)	1
Moderate stiffness (16-30 min.)	2
Severe stiffness (>30 min.)	3

OBJECTIVE PARAMETER-

Vas Analogue Scale



FINAL ASSESSMENT OF THE RESULT

A detailed proforma according to the disease was prepared and all the subjective and objective values were recorded and the result was generated. The assessment was also done according to the observations made by P.I. and the experiences of the patients while following the one-month treatment protocol.

Table No. 2: Combine Effect of Harjod Vanvasi Oil and HarjodVanvasi Capsule On Subjective Criteria Sign And Symptoms

Sign& Symptoms	Mean Score		% Of Relief	S.D.	SE	T	N	P	Df
	B.T.	A.T.							
Sandhi Shoolal Joint Pain	2.400	0.766	68.055	0.6687	0.1227	13.37	30	<0.0001	29
Sandhi Shothal Joint Swelling	2.533	0.700	72.36	0.6989	0.1276	14.36	30	<0.0001	29
AakunchanaPrasaran Vedanal PainfulJoint Movements	2.500	0.766	69.33	0.5833	0.1065	16.27	30	<0.0001	29
Sandhigrahal Joint Stiffness	2.067	0.6200	70.96	0.6814	0.1244	11.78	30	<0.0001	29
Sparshasahyatal Tenderness	2.033	0.633	68.85	0.7240	0.1322	10.59	30	<0.0001	29

Table No. 3: Combine Effect of Harjod Vanvasi Oil and Harjod Vanvasi Capsule on Objective Criteria

Objective Criteria	Mean Score		% Of Relief	S.D.	SE	T	N	P	Df
	B.T.	A.T.							
Vas Scale	5.667	1.900	66.47	1.191	0.2181	17.274	30	<0.0001	29
HB%	11.340	11.453	0.99	0.3636	0.0639	1.707	30	0.0985	29
SGOT	22.100	21.400	3.16	3.456	0.63.9	1.110	30	0.2763	29
SGPT	20.20	19.867	1.65	4.155	0.7586	0.4394	30	0.6636	29
Total Bilirubin	0.5960	0.5707	4.25	0.1859	0.3313	0.7466	30	0.4613	29
ESR	11.033	9.067	17.82	3.079	0.5620	3.498	30	0.0015	29
Sr. Creat.	0.8640	0.8593	0.54	0.0138	0.0025	1.848	30	0.0748	29

DISCUSSION

Sandhigata Vataas quoted in classical texts resembling it's symptoms with joint pain, is a disorder caused by Vata Dosha Vriddhi and Dushti. It is becoming a common disorder in the present era irrespective of gender and age with advancing lifestyle and dietary habits. These present a strong reason for Vriddhi and Dushti of Vata Dosha. The most common causes include the consumption of junk food, packed food, Ratri Jagran, and over stress. A sedentary lifestyle leads to Kapha Vriddhi, Ama Nirmana and ultimately Stroto Avarodh. Vitiated Vata Dosh gets accumulated due to Stroto Sangha creating Joint Pain. In the present study thirty patients irrespective of gender between the age of 30 years to 70 years having symptoms Sandhi Shool, Sandhi Shotha, AkunchanPrasaran Vedana, Sandhigraha, and Sparsh Asahyata were enrolled. It was observed that out of a total of thirty patients enrolled 70% were male and 30% were female which concludes that breaking the past trend male are more sufferers of Sandhigata Vata than females. 73% of total enrolled patients were suffering from anxiety which means that stress and anxiety lead to vitiation of Vata Dosha which may cause Sthan Sanshray of Vata in joints causing anxious patients joint pain. Age-wise enrolled patients were 26.66% patients were of 30-40 years of age, 53.33% patients were of 41-50 years of age, 16.66% patients were of 51-60 years of age, 3% patients were above 60 years of age denoting that middle age group is more prone to joint pain these days due to disturbed lifestyle and dietary habits, 66.66% patients were consuming a non-vegetarian diet which is comparatively digested in longer time duration if followed by sedentary lifestyle leads to Aam Nirmaan. As per the conversation with patients, and their history taking it has been noted that all the Vata Vardhak Nidanans lead to Sandhigata Vata including Aam Nirmaan and Stroto-Avrodh contributing factors in the disorder.

Harjod Vanvasi Capsule-

Herbo-mineral combination is exclusively prepared for sufferers of joint pain. It contains the highest percentage of Vanshlochan which acts as a great fortifier for bone. It is useful in strengthening the

skeletal system and also provides strength, flexibility, and resilience to collagen and elastin connective tissue. Due to these properties, it works in *Dhatu Kshayatmak* condition. Another important ingredient *Safed Musli* acts against inflammatory mediators such as histamine and prostaglandins thus providing relief in pain and inflammation. *Ashwagandha* possesses *Balya* and *Rasayana* properties which work on *AsthiDhatu Kshay*. *Tamra Bhasma* present in this combination eases bowel movements and stimulates bile salts from the liver which helps in improving digestion and clearing *Pakwaashay* which helps in suppressing vitiated *Vata* in the body. *Yashad Bhasma* is an excellent immuno-modulator helps in combating the low immune system of the patients. *Piplamool* helps in combating inflammation. Overall this herb-mineral combination works jointly on the symptoms of *Sandhigata Vata*.

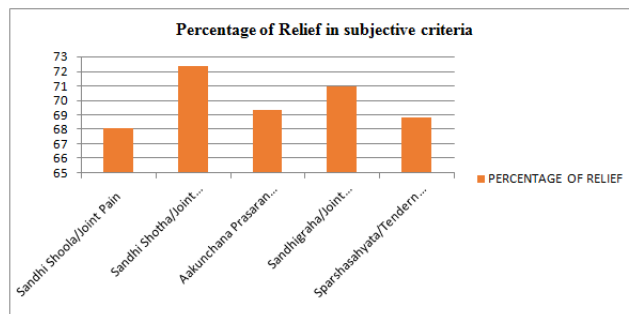
Harjod Vanvasi Oil-

Harjod Vanvasi Oil has been prepared for local application along with oral medication for patients suffering from joint pain. *Vanshlochan* accounts for a maximum part of this combination as well. It works well on joint pain when applied locally. *Nirgundi* a proven drug for joint pain helps in relieving the pain when applied locally. *Vatsnabh* possesses *Tikshna Guna* and helps in relieving pain and acts as a nerve stimulator as well. *Kali Mirch*, *Pipal*, and *Ajwainare* rich in anti-inflammatory properties, analgesic properties thus reducing pain and inflammation when applied locally. *Rasna*, *Gokhru*, *Guggulu* works well on vitiated *Vata Dosh*a and helps in relieving pain that has been caused due by the accumulation and localization of *Vata Dosh*a. Thus *Harjod Vanvasi* Oil possesses properties that work on inflammation, pain, and difficulty in movements of joints and showed remarkable results in patients who applied it locally.

RESULT

Table No.3: Percentage Of Relief In Subjective Criteria

SIGN & SYMPTOMS	PERCENTAGE OF RELIEF
<i>Sandhi Shoola</i> /Joint Pain	68.055
<i>Sandhi Shotha</i> /Joint Swelling	72.36
<i>Aakunchana Prasaran Vedana</i> / Painful Joint Movements	69.33
<i>Sandhigraha</i> /Joint Stiffness	70.96
<i>Sparshasahyata</i> /Tenderness	68.85



- **ADVERSE DRUG REACTION (ADR):-** No any adverse drug reaction were recorded or reported during the study.
- **CONFLICT OF INTEREST – None**

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