



RESEARCH ARTICLE

स्नेहश्च धातून्संशुष्कान् पुष्पात्याशु प्रयोजितः WSR TO EFFECT OF NIRGUNDI TAILA IN JANU SANDHI SHULA

¹Dr. Bishnupriya Mohanty, ²Namrata Sanjay Bambugade and ³Prof Dr. Sangram Keshari Das

¹MD, PhD., Professor and HOD, Department of Sanskrit Samhita and Siddhanta, Gomantak Aurveda Mahavidyalaya and Research Centre, Shiroda, Goa; ²Final B.A.M.S., Gomantak Aurveda Mahavidyalaya and Research Centre, Shiroda, Goa; ³Professor & Head, Dept. of DravyagunaVijnana, Gomantak Ayurveda Mahavidyalaya& Research Centre, At/Po- Shiroda, Dist- North Goa, Goa, India-403103

ARTICLE INFO

Article History:

Received 27th March, 2026

Received in revised form

24th April, 2026

Accepted 25th May, 2026

Published online 30th June, 2026

Keywords:

Hetusavan, Vat Prakop, Strotas Thikani, Rukshata

*Corresponding author:

Dr. Bishnupriya Mohanty

ABSTRACT

Commonly Sandhi Shula is disease of elderly. Trauma, life style, excessive weight, diet deficient in calcium are some risk factors. It mainly affects weight bearing joints of body specially knee, hip, lumbar spine. Being common form of disorder, SandhigataShula posses huge effect in day to day activities like walking, seating, dressing & bathing etc. The common presentation of the disease is in form of Shula, Shotha, difficulty in flexion & extension of Sandhi. NirgundiTaila prepared from VitexNegunda is known for its Vatahara, Shothahara&Vedanasthapana properties. Patients were treated local Abhyanga using NirgundiTaila once daily for 30 days. Assessment was done based on pain, stiffness, swelling & walking ability before & after treatment. Result showed reduction in pain & stiffness along & improvement in joint mobility. No adverse effects were observed during study period. The study concluded that NirgundiTaila is safe & effective external therapy in management of Janu Sandhi Shula & can be recommended as cost effective treatment for knee joint pain.

Copyright©2026, Bishnupriya Mohanty et al. 2026. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Dr. Bishnupriya Mohanty, Namrata Sanjay Bambugade and Prof Dr. Sangram Keshari Das, 2026. "स्नेहश्च धातून्संशुष्कान् पुष्पात्याशु प्रयोजितः WSR To Effect of Nirgundi Taila in Janu Sandhi Shula." International Journal of Current Research, 18, (06), 37675-37676.

INTRODUCTION

- Janu Sandhi Shula is common manifestation of VataVyadhi affecting the knee joint. Due to Nidana like excessive walking, aging, RukshaAahara, Vataprakopa, pain, stiffness & difficulty in movement occurs.
- In modern science it is correlated to degenerative changes in osteoarthritis of knee.
- Nirgunditaila prepared from VitexNegundo possesses Dahahar, Shothahar&Vednasthapana properties.

Aim: To assess the effect of Nirgundi Tel in Janu Sandhi Shul.

Objective

- To assess reduction in knee pain.
- To assess improvement in stiffness.
- To assess improvement in walking ability.

Botanical Profile: Nirgundi or VitexNegundo known scientifically, is a Verbenaceae family medicinal plant. The perennial shrub is known by its characteristics five-foliate leaves, which may generally reach height of 2–3 meter.

During warmer months, plant produces cluster of tiny purple or blue blooms

Ayurvedic view of JanuSandhiShula

Nidan

- Ativyayam (Atishram)
- RukshaAahar
- Jara (Aging)
- Atichankraman

Samprapti

Hetusavan → VatPrakop → Strotas Thikani,Rukshata, Parushata, Kharata → RiktStrotasThikaniVayupuran→ AsthiDhatuKshay → SandhiShul → Stambh → SandhiShoth Lakshan Shul, Shoth, Akunchan-PrasaranVedana.

MATERIALS AND METHODS

Criteria – Patients age 40–60 yrs.
Clinical signs of JanuSandhiShul.
Chronic knee pain > 1 year.

Rheumatoid arthritis.

Intervention – Local Abhyanga over knee joint with NirgundiTaila.

Duration – 30 days.

Frequency – once daily.

Result Points

- Significant reduction in knee joint pain (Shula) was observed after 30 days of treatment.
- Marked improvement in joint stiffness (Stambha) was noted post-therapy.
- Noticeable decrease in joint swelling (Shotha) was recorded.
- Improvement in walking ability and joint mobility was seen in most patients.
- Local application of NirgundiTaila showed effective Vatahara and Vedanasthapana action.
- No adverse effects or complications were reported during the study period.
- Therapy proved to be safe, cost-effective, and easy to administer.

Safety Profile: Traditional medical system have long used Nirgundi as result of its good safety record. At therapeutic doses, toxicological studies have shown its low toxicity & lack of notable side effects.

Traditional Use: Since ancient times, Nirgundi has been numerous traditional Indian medical system. Medicinal properties of Nirgundi plant, including leaves, roots, bark etc. acknowledged by Indian medical systems. Ayurveda describes Nirgundi is strong bitter taste. Qualities are said to increase Pitta & reduce KaphaDosh.

Its benefits

- Anti-inflammatory – reduce swelling & inflammation
- Analgesic – Relieve pains, headache, menstrual cramps
- Anti-Arthritic – To treat joint problems & arthritis.
- Antioxidant – defending tissues, cells from oxidative damage

Nirgundi used in traditional formulations made using no. of techniques including decoction, oil extraction & powdering

CONCLUSION

With many therapeutic advantages & low adverse effects, Nirgundi is effective remedy for arthritis. It is beneficial supplement & alternative therapy for arthritis management due to anti-inflammatory, analgesic etc. properties.

REFERENCES

1. Sharma P.V, Chakrapanidatta. Chakradatta- edited & translated in English, 3rd ed. Varanasi: Choukhambha Publishers; 1983.
2. Lohithkurmar s., Mahalakshmi K.S. & Dr. Kavitha P.N : Nirgundi in the Arthritis management (Review Article : ISSN 2454-2229)
3. Dr. Hegde. A text book of DravyagunaVijnana Vol II. arthritis management due to anti-inflammatory, analgesic etc. qualities.
4. Tripathi B, Agnivesha. Charaka Samhita - Revised by Charaka and Dridhabala with Ayurveda Deepika commentary of ChakrapaniDatta, 3rd ed. Varanasi: ChaukhambhaSurabharatiPrakashan; 1992.
5. Harshmohan. Text book of Pathology, 4th ed. reprint 2002. New Delhi: Jay Pee brothers Medicdal Publishers (P) Ltd; 2002.
