ABSTRACT
In Ayurveda, Kroshtukashirsha Is A Disease Condition Described Under Vatavyadhi, Here The Affected Joint Resembles The Head Of The Fox Hence The Name Kroshtukashirsha. The Knee Joint Especially Gets Extremely Inflamed With Unbearable Pain Disabling The Patient To Walk, Swelling, Redness, Warmth And Tenderness In The Joint. In Modern Science The Above Symptoms Are Correlated To Septic Arthritis. In This Case A 65year Old Female Patient Having Symptoms Maharujam And Shopham (Excessive Pain And Swelling) In The Left Knee Joint, Dahan (Burning Sensation) In The Left Knee Joint And Fever Was Treated With Jalookavacharan, Dashanga Lepam, Valooka Potali Sweda, Raksha Nadi Sweda And Oral Medications. At The End Of 21 Days Of Treatment Patient Got Significant Improvement In Symptoms.

KEYWORDS: Kroshtukashirsha, Septic Arthritis, Jalookavacharan and Oral Medications.

INTRODUCTION
Septic Arthritis is a medical emergency. It is the most rapid and destructive joint disease and has a significant morbidity and mortality of 10%. Patients with Septic Arthritis inevitably have a bacteraemia. Haematogenous spread from either skin or upper respiratory tract is the most common source and wherein the most common source is correlated with Septic Arthritis. In this case a 65year old female patient having symptoms Maharujam and Shopham (excessive pain and swelling) in the left knee joint, Dahan (burning sensation) in the left knee joint and fever since 8days. As SEPTIC Arthritis is correlated with Kroshtukashirsha drugs with Vatapittahara and Shopahara properties was prescribed- Kaisoraguggula 2BD, Chandraprabha Vati 2BD, Lashunadi Vati 2BD, Haritaki Choornam 3gm BD after food. Jalookavacharan was done once in a week for 3 weeks, Dashanga Lepam was given for local application, Valooka Potali Sweda and Raksha Nadi Sweda were prescribed for 21 days.

The patient had complaints related to Septic Arthritis like Maharujam and Shopham (excessive pain and swelling) in the Vama Janu Sandhi (left knee joint), Chankramanakashtata (difficulty to walk), Dahan (burning sensation) in the Vama Janu Sandhi (left knee joint) and Jvaram (fever) since 8days. As SEPTIC Arthritis is correlated with Kroshtukashirsha drugs with Vatapittahara and Shopahara properties was prescribed- Kaisoraguggula 2BD, Chandraprabha Vati 2BD, Lashunadi Vati 2BD, Haritaki Choornam 3gm BD after food. Jalookavacharan was done once in a week for 3 weeks, Dashanga Lepam was given for local application, Valooka Potali Sweda and Raksha Nadi Sweda were prescribed for 21 days.

History of Present Illness: Patient states that 8 days back she had a sudden onset of extreme pain and swelling in the left knee joint, was unable to walk properly, burning sensation in the left knee joint and fever. Patient underwent treatment of modern medication but could not get relief completely.

Past History: Patient was suffering with Hypertension 1year back.

On Medication
Tab. Aten 50mg (1-0-0).
Tab. Amlolkind H (0-0-1).
General Examination
Vitals
Pulse: 89/min
B.P: 160/100 mmHg
Temperature: 99.6 degree C
RR: 20/min
Weight: 62 kg
Height: 5 feet

Systemic Examination
CVS - S1 S2 normal
CNS- conscious and oriented.
RS- AEBE clear.
P/A- Soft and non-tender.

Blood Investigations
HB - 13.3 g/dl
ESR -35 mm/hr
WBC -15,000 ul
BSL(R) - 104 mg%

Samprapti Ghatakas
Hetu : Agantuja.
Dosha: VATA and PITTA.
Agni: Jataragnimandya.
Dushya: Rasa, Rakta, Asthi.
Srotas: Rasavaha, Raktavaha, Asthivaha.
Adhishtana: Sandhi.
Rogamarga: Madhyama.

### Table No. 1: Showing Grading for Clinical Features.

<table>
<thead>
<tr>
<th>Clinical Features</th>
<th>Verbal Discriptor Scale</th>
<th>Before Treatment</th>
<th>After 1st week</th>
<th>After 2nd week</th>
<th>After 3rd week</th>
<th>% Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain in The Left Knee Joint</td>
<td>No pain</td>
<td>0</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Mild pain</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moderate pain</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Severe pain</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Extreme pain</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Table No. 2: Showing Oral Medication.

<table>
<thead>
<tr>
<th>Formulation</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupanam</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Kaisoraguggulu</td>
<td>BD</td>
<td>21 Days</td>
<td>Water</td>
</tr>
<tr>
<td>2) Chandraprabha Vati</td>
<td>BD</td>
<td>21 Days</td>
<td>Water</td>
</tr>
<tr>
<td>3) Lashunadi Vati</td>
<td>BD</td>
<td>21 Days</td>
<td>Water</td>
</tr>
<tr>
<td>4) Haritaki Choornam</td>
<td>BD</td>
<td>21 Days</td>
<td>Water</td>
</tr>
</tbody>
</table>
Table No. 3: Showing Panchakarma Treatment.

<table>
<thead>
<tr>
<th>Serial Number</th>
<th>Panchakarma Procedure</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jalookavacharan</td>
<td>Once in a Week for 3 Weeks</td>
</tr>
<tr>
<td>2</td>
<td>Dashanga lepam</td>
<td>21 Days</td>
</tr>
<tr>
<td>3</td>
<td>Valooka potali swedam</td>
<td>21 Days</td>
</tr>
<tr>
<td>4</td>
<td>Ruksha nadi sweda</td>
<td>21 Days</td>
</tr>
</tbody>
</table>

OBSERVATION AND RESULTS
The follow up was made on the 7th, 14th, and 21st day. During this period patient did not develop any other complaints. After 21st day the blood investigation was carried out and it shows following results that is E.S.R – 23 mm/hr, HB -13.3 g/dl and W.B.C- 11, OO ul. Patient reported gradual improvement in pain, swelling, tenderness in the left knee joint and difficulty in walking also reduced. After treatment patient got significant relief.

Follow up After Treatment: After discharging from the hospital patient is advised to continue Mahamanjisthadi Kashayam 20 ml BD before meal and Kaisoraguggulu 2BD with Luke warm milk.

DISCUSSION
In this study Jalookavacharan was given for the treatment of Kroshtukashirsha in which the drainage of vitiated blood was done without any surgical intervention. Since there is no wound created for drainage the process of JALOOKAVACHARN is not painful and also does not require any healing as compared to the drainage procedure done in Septic Arthritis. The infected blood can be removed out of the body in a much simpler way without causing any trouble to the patient by Jalookavacharan. During the process of Shonita Nirharan along with the vitiated blood the SAMA Pitta and Kapha, vitiated Vyana Vayu is also expelled from the body. Jalookavacharan helps to arrest the local infection, prevents secondary infections, does not need any regular dressing. Kaisoraguggulu with its anti-inflammatory and anti-bacterial property helps in reducing the inflammation caused locally in the joint, thus preventing further joint damage. Lashunadi Vati with its deepana pachana property works as a Ama Pachak. Chandraprabha Vati with its shothahara property helps in reducing the swelling and is also a rasayana. Haritaki Choorna with its Vatamulomana and Virechana property helps in expelling the toxic materials out of the body.

CONCLUSION
In the present case study jalookavacharan, dashanga lepam, valookapotali swedam, ruksha nadi swedam and internal administration of kaisoraguggulu, chandraprabha vati, lashunadi vati and haritaki choornam shows significant effect. The overall effect of therapies showed 90% improvement in symptoms. There is no adverse reactions found with these drugs. These oral medication and jalookavacharan are effective in managing the symptoms of kroshtukashirsha (septic arthritis).

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6. Dr. Anna mores kunte, pandit krishnashastri navre, pandit hari sadashiv shastri paradkara bhishagacharya, ashtanga hridayam (sanskrit commentary), sarvangasundari vyakhya, nidana sthana, vatavyadhi nidana adhyaya, chaukambha surabharati prakashan, (varanasi, 2010), 15th chapter p.535.