

A LITERARY REVIEW ON SANDHIVATA W.S.R. TO OSTEOARTHRITIS

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ABSTRACT

Sandhivata is currently the most prevalent illness afflicting a huge population. *Sandhivata* is a phrase formed up of the terms "*Sandhi*" and "*Vata*." It is a degenerative joint disease that mostly affects weight-bearing joints, such as the knee joint mostly in *Vridhavadhata*. There is Pain, oedema, and restricted joint mobility are all symptoms of this condition. Osteoarthritis and *Sandhivata* are almost similar. *Sandhivata* is an *Ayurvedic* ailment that is classified as a kind of *Vatavyadhi*. Because of its chronicity, incurability, and consequences, *Sandhivata* is difficult to cure. Allopathic treatment provides only symptomatic alleviation and is associated with many side effects, toxic consequences, and unpleasant responses. The *Ayurvedic* treatment

method emphasises not just medicine therapy but also lifestyle changes. The current study focuses on a comprehensive evaluation of *Sandhivata*, the goal of examining and highlighting the efficacy of various *Ayurvedic* therapies in patients with osteoarthritis (OA). Various *Ayurvedic* formulations like *Kwatha*, *Guggulu Kalpana*, *Ghrita*, *Taila*, *Gutika*, *Rasa Aushadhi* and *Panchakarma* procedures like, *Abhyanga*, *Swedana*, *Basti*, *Janubasti*, *Rasayana* therapy, *Agnikarma* have been mentioned in classics for treatment of *Sandhivata*. Use of these various formulations and treatment considering *Vikara Prakruti*, *Vikara Adhishthana* and *Vikara Sammutthana* can provide expected results in such joint deteriorating condition. An attempt has been done to review various formulations mentioned in *Ayurveda* classics pathological condition of *Sandhivata*, which may be useful for clinician and researcher for their clinical practice.

KEYWORDS: *Vata Vyadhi, Sandhivata, Vridhavastha, Ayurveda, Osteoarthritis.*

INTRODUCTION

In India, about 15% of the population suffers from arthritis. Due to lack of nutrition^[1] the incidence of arthritis has grown. Osteoarthritis is one of the most frequent rheumatologic conditions, with a frequency of 22% to 39% in India. Women are more likely than males to get OA.^[2] This condition primarily affects people over the age of 40. By the age of 40, almost everyone has some form of pathologic alteration in their weight-bearing joints.^[3] *Sandhivata* is a *Vatavyadhi* that affects *Vridhavastha* residents.^[4] *Dhatu kshaya* causes increase of *Vata*, hence *Dravyas* with *Brimhana*, *Shoolahara*, *Stambhahara*, and *Balya* qualities should be included in the diet and therapy. Except for *Sharangadhara Samhita*, all *Samhita Granthas* and *Samgraha Granthas* detailed the ailment *Sandhivata* with *Lakshana* and *Chikitsa* under *Vatavyadhi*. Also treatment of joint diseases found in *Hrigveda*.^[5] *Sandhigata Vata* is one of the *Vata Vyadhi*, *Sandhishopha* (joint pain) and *Sandhishoola* (joint ache) are some of the symptoms (swelling of joint). Osteoarthritis (OA) is a kind of degenerative joint disease in which the wearing down of the protective tissue at the ends of bones (cartilage) occurs gradually and worsens over time. The diarthrodial joint is a synovial-lined, movable joint. The term "arthritis" refers to a range of diseases that are characterised by inflammation of joint. Osteoarthritis is essentially identical to the *Ayurvedic Sandhigata Vata*. Osteoarthritis (OA) is the most common form of arthritis, which is degenerative in nature. It is characterized by progressive disintegration of articular cartilage, formation of new bone in the floor of the cartilage lesions (eburnation) and at the joint margins (osteophytes), and leads to chronic disability at older ages. Clinical manifestations of OA range from mild to severe, and affect the joints in hands and weight bearing joints such as knees, hips, feet and spine. OA is a clinical syndrome characterized by joint pain, tenderness. The etiology of OA is multi-factorial. Various morphological as well as biochemical changes result in a softened, ulcerated and malfunctioning articular cartilage.

AIMS AND OBJECTIVES

To explain the role of *Pathya-Apathya*, drugs and *Panchakarma* therapy, various treatments given in ancient *Ayurvedic* texts which will be beneficial in management of *Sandhivata*.

MATERIALS AND METHODS

Charaka samhita, Sushruta Samhita, Astang Hridya and Samgraha, Yogaratnakar, Bhavaprakash and Sharangadhar Samhita Chakradatta, Bhaishajya Ratnavali and other

relevant modern books, published articles on *Sandhivata* or Osteo-arthritis and internet sources were used to review the treatment approaches mentioned to manage osteoarthritis or *Sandhivata*.

Electronic databases

Complementary and Alternative Medicine (CAM), PubMed, Google scholar, MEDLINE etc, were searched.

Sandhivata is a *Vatavyadhi* that occurs when *Vata* ether becomes vitiated as a result of *Vata Vardhaka Ahara* and *Vihara* consumption or due to *Vata Avarana*. Pathogenesis of *Sandhivata* process provides the basis for a number of treatment strategies.

Pathya aahara: *Godhuma, Mamsa, Raktashali, Godugdha, Ajadugdha, Ghrita, Draksha, Ama, Madhuka, Ushna Jala, Sura, Surasava, Madhura, Amla, Lavana Rasa*

Apathya aahara: *Atapa Sevana, Mridu Shayya, Ushnodaka Snana, Yava, Kodrava, Chanaka, Kalaya, Sheeta Jala, Ati Madya Pana, Sushka Mamsa, Katu, Tikta, Kashaya Rasa pradhana Ahara, Yava, Kodrava, Chanaka, Kalaya, Sheeta Jala, Ati Madya Pana, Sushka Mamsa.*

Apathya vihara: *Chinta, Ratri Jagarana, Vega Vidharana, Shrama, Anashana, Ati Chankramana, Kathina Shayya.*

Etiology

We can see the *nidans* of *vata vyadhi*.^[6]

Sannikrishta hetu– *Ati Vyayama* (excessive physical activity), *Abhighata* (joint injury), *Marmaghata* (joint injury at a key site), *Pradhavana* (running).

Viprakrishta hetu – *Rasa – Kashaya, Katu, Tikta, Guna – Rooksha, Sheeta, Laghu Ahara – Alpahara, Vishamashana, Adhyashana, Pramitashana, Manasika – Chinta, Shoka, Krodha, Bhaya, Viharaja – Atijagarana*

Other Factors *Vataprakopa* can also be caused by living in *Jangaladesha*^[7] At the conclusion of the *Greeshma, Varsha* and *Shishir Kaal*.^[8]

Table 1: Samprapti ghatak.

<i>Dosha</i>	<i>Vata, Shleshak Kapha</i>
<i>Dushya</i>	<i>Asthi, Majja, Meda</i>
<i>Srotas</i>	<i>Asthivaha, Majavaha, Medovaha</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Agni</i>	<i>Manda</i>
<i>Udbhavasthana</i>	<i>Pakvashaya</i>

<i>Roga Marga</i>	<i>Madhyam</i>
<i>Vyadhi Swabhava</i>	<i>Chirkalik</i>

Clinical features

Sandhivata come under *vatavyadhis* and so there is no *Poorvaroop* (pre-clinical symptoms).

The *Lakshana* of *Sandhivata* (*Charaka Chikitsa Sthana*)

- 1) *Vatapurnadratisparsha* (Tenderness),
- 2) *Shotha* (Swelling)
- 3) *Prasarana Kunchan Pravriti Savedna* (Pain during extension and flexion of joints).

Samsodhana therapy

Osteoarthritis or *Sandhivata* mainly occurring due to obesity having *Bahu Dosha* condition requires *Samshodhana*. Following *Panchakarma* treatment can be effective for treatment of *Sandhivata* of obese patients.

Vamana: *Madanaphala Pippali Yoga*

Virechana: *Abhayadi Modak, Trivruta Avaleha, Argavdhadi Kashaya, Triphala Kashaya*

Anuvasan: *Saindhavadi, Hingutriguna Anuvasan*

Asthapana basti: *Dashamuladi Niruha basti, Erandamuladi Niruha Basti*

Raktamokshan: *Jaluka*

Table no. 2: Panchakarma as per different acharayas.

Treatment	<i>Su.sa.</i>	<i>A.Sa.</i>	<i>A.Hr.</i>	<i>Y.R.</i>	<i>B.R.</i>
<i>Snehana</i>	+			+	+
<i>Swedana</i>		+		+	+
<i>Upanaha</i>	+	+	+	+	+
<i>Bandhana</i>		+	+		
<i>Abhyanga</i>			+		
<i>Agnikarma</i>	+	+	+		

Shamana therapy

Langhana and *Pachana*, *Shamana* therapy can effectively manage the symptoms. Drugs used for *Pachana* or *Agnideepana* in patients of *Sandhivata*.

Table 3: Drugs used as shamana therapy for sandhivata.

<i>Guggulu kalpana</i>	<i>Sneha kalpana</i>	<i>Kwatha</i>	<i>Rasa aushadha</i>
<i>Yogaraja Guggulu</i>	<i>Dashmuladi taila</i>	<i>Dashamula Kwath</i>	<i>Navajivana rasa</i>
<i>Panchatikta Guggulu</i>	<i>Panchatikta Ghrita</i>	<i>Rasna Saptaka kwath</i>	<i>Godanti Bhasma</i>

<i>Rasnadi Guggulu</i>	<i>Rasna tail</i>	<i>Phalatrikadi Kwath</i>	<i>Prvala Pishti</i>
<i>Gokshuradi Guggulu</i>	<i>Lashunadi tail</i>	<i>Maharasnadi Kwath</i>	<i>Muktashukti Bhasma</i>
<i>Mahayogaraja guggulu</i>	<i>Nirgundi tail</i>	<i>Erandmuladi Kwath</i>	<i>Samir pannaga rasa</i>
<i>Tryodashanga guggulu</i>	<i>Sahacharadi tail</i>	<i>Punarnavastaka kwath</i>	<i>Bruhata vatchintamani rasa</i>
<i>Saptavinshati Guggulu</i>	<i>Mahanarayan tail</i>	<i>Gokshuradi Kwath</i>	<i>Vatavidhvansa rasa</i>
<i>Laksha guggulu</i>	<i>Vishgarbh tail</i>	<i>Baladi Kwath</i>	<i>Vatakulantak rasa</i>
<i>Abha Guggulu</i>	<i>Panchguna tail</i>		<i>Vatagajankush rasa</i>

Churna	Rasayan aushadha	Avaranahar and Sthoulya hara
<i>Asvagandha churna</i>	<i>Lasuana</i>	<i>Triphala guggulu</i>
<i>Chopachini churna</i>	<i>Methika</i>	<i>Varuna shigru kwath</i>
<i>Bala Churna</i>	<i>Shilajatu</i>	<i>Vidangadi Lauha</i>
<i>Shallaki Churna</i>	<i>Asvagandha</i>	<i>Kanchanara guggulu</i>
<i>Guggulu powder</i>	<i>Bala</i>	<i>Kanchanara twak kwath</i>
<i>Rasana Churna</i>	<i>Kshira-Ghrita Abhyasa</i>	<i>Madhudaka</i>

Table 4: Local procedures.

<i>Shulahara taila</i>	<i>Mahanarayan taila</i>
<i>Lepa</i>	<i>Lodhra, triphala, vibhitak churna</i>
<i>Janu Basti</i>	<i>Murivaina, mahamasha taila</i>
<i>Janu Abhyanga</i>	<i>Mahanarayan taila</i>
<i>Patra Pinda Sweda</i>	<i>Erand, chinch, arka patra</i>

Yoga

Yoga is effective on both physiological and mental status in treatment of various chronic conditions. Many studies have shown that the results have shown greater decrease in pain, morning stiffness, and anxiety in the patients of the experimental group.^[9] As per American college of rheumatology, recommendations were made for exercise in patients with knee OA especially who are overweight or obese. Conditional recommendations were made for balance exercises, yoga.^[10] Eg- Vrikshasana, Balasana, Suryanamaskar, Bhujangasan.

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