

**LITERATURE REVIEW ON SANDHIGATAVATA W.S.R. TO
OSTEOARTHRITIS****Dr. Shreerang Chhapekar¹, Dr. Avinash Jadhav² and Dr. Amarlal Ahuja^{*3}**

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ABSTRACT

Sandhigata Vata is the most common shape of articular disease. it's miles a sort of Vatavyadhi which particularly takes place in Vriddhavastha because of Dhatukshaya, which limits regular sports activities inclusive of taking walks, dressing, bathing and many others. It being a Vatavyadhi, located in Marmasthisandhi and its occurrence in old age makes it Kashtasadhya. Vata Dosha performs fundamental function in the disorder. Ayurveda, the complete lifestyles technological know-how has given unique emphasis to the useful component of vayu. due to the prokopana of vayu because of asatmya aahara and vihara exclusive types of ailment happens within the human frame and sandhigata vata is one in every of them. The medical functions attributed in Ayurveda truly relates to the capabilities

described through contemporary opposite numbers on the subject of osteoarthritis. The purpose of the thing is to talk about the functions described in Ayurveda regarding sandhigata vata in terms of osteoarthritis. Shula Pradhana Vedana is the cardinal feature of the disorder associated with Sandhishotha with Vata Purna Druti Sparsha, loss of actions of the joints or painful movement of the joints.

KEYWORDS: Sandhigata vata, Osteoarthritis, Ayurvedic.

INTRODUCTION

Ayurveda, the whole lifestyles science has given unique emphasis to the idea of vata and its physiological and functional factor in the existence of a man or women. Vata has its practical entities which might be —Gati and Gandha. Gati approach movement and Gandha method conduction. As quickly as the life comes in the mom's womb the practical thing of the vayu comes into motion and is liable for the position of all the parts of the frame in their proper position. right development and nourishment are completely based upon the right functioning of vayu. The human body is made up of innumerable channels and those channels are accountable to hold all form of nourishment in addition to proper records's to all the special a part of the body and for the right functioning of these channels karma, swabhaw and vayu is responsible.^[1]

Ayurvedic Review

Ayurveda has given proper importance to asthi (Bones) for proper sharira dharana. Explaining this phenomenon Ayurveda has defined that as the tree is only structured upon the roots within the same way human frame is only established upon asthi. all of the sharira chestas to a exquisite extent are based upon the proper functioning of asthi. Ayurveda has defined the human body to be made up 300 sorts of bones. Kapal, Ruchak, Tarun, Balay and Nalay are the 5 sorts of asthi distributed during the human body. Sandhi is of two sorts – Chestayukta and sthira. There are 210 sandhi's disbursed at some stage in the frame. proper functioning of this sandhi's is important for the proper functioning of the bones. with out those sandhi's the sharira chestas could be hampered and de-prepared inside the day after day lifestyles of a person. Ayurveda has regarded vata as ayu (lifestyles) and this vata is likewise accountable for the right power of the body. There are five kinds of vayu – Prana, Apana, Vyana, Samana and Udana and those five kinds of vayu are chargeable for one-of-a-kind sorts of useful components of the human frame. when the vayu emerge as de-organized the proper functioning additionally become de-organized and is chargeable for the formation of different kinds of sicknesses inside the day to day lifestyles of a man or women and formation of sandhigata vata as a ailment system is certainly one of them. Sandhigata vata is a madhyama marga gata roga and it happens due to the accommodations of vayu in sandhi pradesha. The sandhi pradesha come to be swollen and formation of oedema additionally develops. there may be issue in flexion and extension of the joints and all of the functions of kupita vata may be visible in the affected regions.^[2,3]

Modern Review

Bone is a living shape. it's miles constantly being broken down by means of osteoclasts and built up again via osteoblasts. It has a blood deliver and a nerve deliver, and is therefore difficulty to diseases and issues just like the relaxation of the body. perhaps because of its extraordinarily low rate of turnover it's far unusual for a number one bone tumor to arise, however bone is a not unusual web site for secondaries. in addition, bone contamination is rare however while it does occur it is very hard to get rid of. Articular cartilage has no blood supply in any respect. It receives its nutrition from synovial fluid. Its powers of recovery are therefore constrained. as soon as damage arise, restore is tough if no longer not possible. further, breakdown is inevitable, slowly in the beginning, then more hastily. Osteoarthritis is the common pathway for all of the sicknesses which damage the articular cartilage. The patient complains to begin with of ache on motion, and over a length the joint become stiffer and stiffer, gradually solving within the role of maximum consolation. The muscle tissues across the joint tend to waste and weak point sets in, in addition hampering the patient's mobility. eventually the joint may additionally absolutely fall apart, the limb shortens and the joint can also lose its regular alignment.^[4]

OBJECTIVES

- 1) To review *Sabdihigata Vata* from various Ayurvedic *samhita*.
- 2) To study and correlate *Sandhigata vata* with Osteoarthritis.

MATERIALS AND METHODS

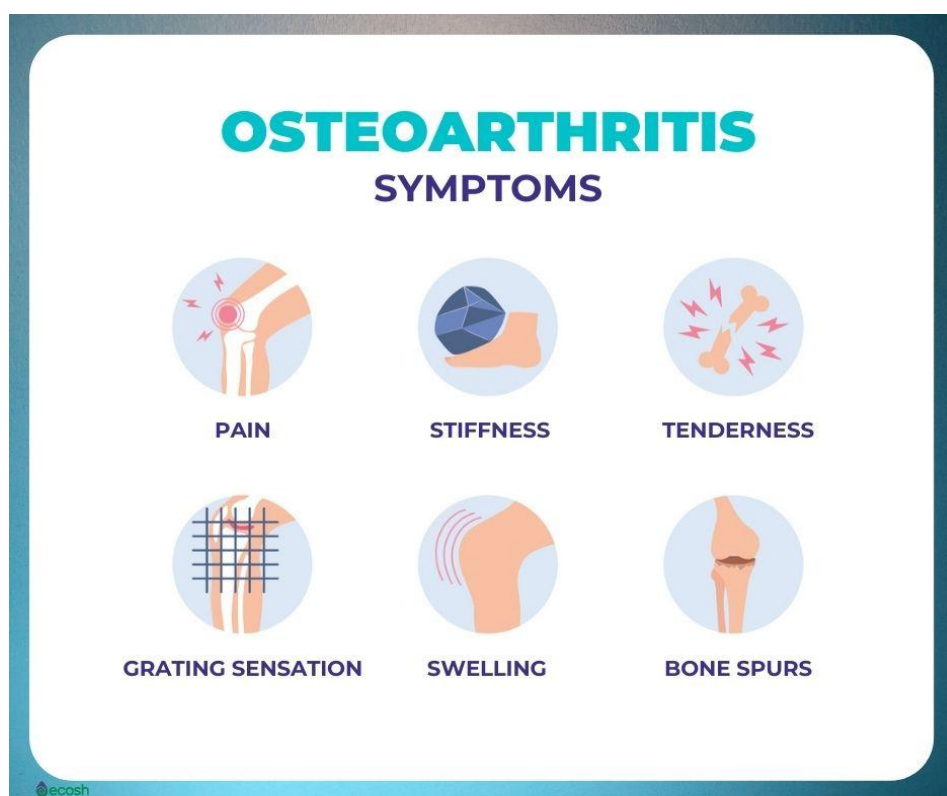
The literary resources for the existing have a look at was amassed by means of ayurvedic samhitas like Charaka Samhita, Sushruta Samhita, bhashya ratnavali etc. it will likely be correlated with the contemporary available books, literature, journals, web sites, and studies paper as according to the want of the examine.

DISCUSSION

Clinical Signs

- Restricted movement
- Palpable, sometimes audible, coarse crepitus
- Bony swelling around joint margins.
- Deformity, usually without instability.
- Joint-line or periarticular tenderness.

- Muscle weakness or wasting.



Typical characteristics of pain and clinical signs of osteoarthritis

- Patient over age 45
- Insidious onset over months or years.
- Mainly related to movement and weight bearing, relieved by rest.
- Only brief morning stiffness and brief 'getting' after rest.
- Usually only one or a few joints painful.

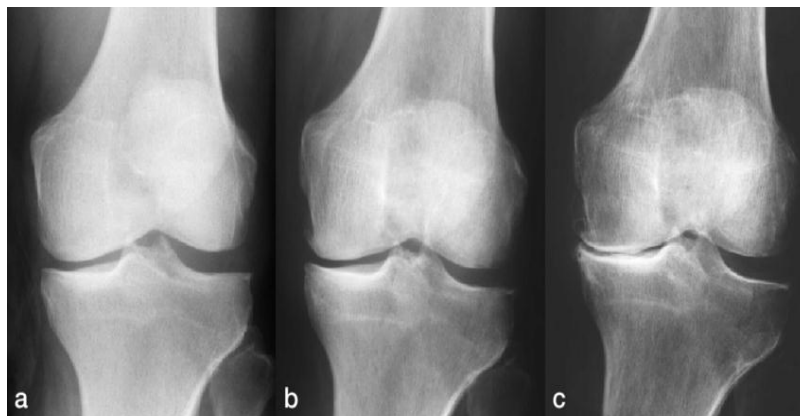
Examinations^[6]

On inspection the joint may be barely purple and there can be swelling of the soft, tissues, combined with muscle wasting. The limb is held in the position of consolation and can also be deformed. There can be some warmth over the joint, and careful examination generally famous at the least a small effusion. The osteophytes across the joint can be palpable and the joint line itself is regularly tender to palpation.

Movement will be markedly confined and crepitus can be both palpable and audible. In osteoarthritis, the knee has a tendency to fall into varus (bow leg). The hip has a tendency to flex into internal rotation, and the limbs might also absolutely shorten if there's bone loss.

Radiological Features of Osteoarthritis

- Joint narrowing
- Osteophyte formation
- Subchondral sclerosis
- Cyst formation



TREATMENT

AYURVEDIC PROCEDURE^[7,8]

1. If the vata dosa occurred without any obstruction by other dosas that is pitta and kapha, then the treatment procedures should be started by the sewana of ghrita, taila, vasa or majja. After proper snehana, application of anuwasana vasti, snigdha nasya and dietary regimen prepared with sneha should be given to the patients.
2. After proper snehana, application of vata hara taila should be applied in the part affected by vata dosa and after that proper swedana should be given to the patient.
3. After the application of the above procedures if the patient is not getting relief then mridu virechana can be given to the patient.
4. If the patient is weak enough to undergo virechana therapy then in this kind of patient application of Niruhavasti is advised.
5. Application of Nawan Nasya and Dhumpana is always advised in vata vyadhi patient.
6. If the vata dosa occurred due to the obstruction by pitta dosa then the treatment procedure should be done in interchanging manner that is – application of cold substances, then hot substances again cold and the process should be continued in regular manner.
7. If the vata dosa occurred due to the obstruction by kapha dosa then the treatment procedure should be done by the application of tikshna swedana, niruha vasti, vamana, virechana, ghrita, tila taila and mustard oil.

8. If the vata dosa occurred due to the obstruction of pitta and kapha dosa then at first the treatment of pitta dosa should be done followed by kapha dosa.

Aahara and vihara^[9]

Sewana of ghrita, taila, vasa and majja, parisheka (Snan), abhyangan, vasti prayoga, snehana, swedana, residing in a place in which there's no direct contact of air (niwatsthana), sewana of mangsa rasa, dugdhapana, sewana of madhura, amla and lawana dravyas. OA unharmed herbs Guggulu, Rasna, Shigru, Laksha, Amlaki, Guduchi, Eranda, Aswagandha, Haridra, Vacha, Nirgundi, Haritaki, Bibhitaki, Sonth, Pippali.

MODERN PROCEDURES^[10]

Osteoarthritis treatment without medications-

1. **Rest** — Arthritis symptoms are typically worsened by activity and are improved with rest. However, a complete lack of activity can lead to a loss of muscle and joint stiffness. If arthritis flares and causes significant pain and inflammation, the healthcare provider may recommend rest for 12 to 24 hours, followed by a return to usual activities.
2. **Weight loss** — Obesity is strongly linked to the development of arthritis of the knee. Weight loss, even modest weight loss, appears to lower this risk. It is not known if weight loss slows the worsening of arthritis in joints that are already affected. However, weight loss may reduce joint pain in weight bearing joints, such as the hips and knees.
3. **Physical therapy and exercise programs** —Physical therapy and exercise improve flexibility and strengthen the muscles surrounding the joints. People who exercise regularly despite their arthritis will typically have less pain and better function than those who are inactive.
4. **Orthoses** — Orthoses are devices that help to keep the joints aligned and functioning correctly. There are many different types of orthoses that can reduce symptoms and that can help maintain function in people with osteoarthritis (OA).
5. **Assistive devices** — Canes, walkers, electric-powered seat lifts, raised toilet seats, and tub and shower bars can reduce the stress on joints and can make it easier to perform daily tasks. A physical therapist may suggest these and other assistive devices, depending upon the severity and location of your arthritis.

6. **Vitamins** — Studies have linked certain vitamins to joint health, but the role of vitamins in arthritis treatment is uncertain. OA is less likely to worsen in people who have a high dietary intake of vitamin C (ascorbic acid) and a high dietary intake and high blood levels of vitamin D. However, it is unknown if supplementation with these vitamins has the same effects or if high dietary intakes of vitamins can prevent the onset of OA.
7. **Heat therapy** – Heat relieves pain and stiffness in arthritic joints. Heat can be applied to the joints with hot packs, hot water bottles, heating pads, or electrically heated mittens.
8. **Cold therapy** – Cold relieves pain in arthritic joints and reduces muscle spasms. Cold can be applied for short periods using ice packs or coolant sprays. People with certain medical conditions, such as the Raynaud phenomenon, should not use cold therapy.
9. **Transcutaneous electrical nerve stimulation (TENS)** — A TENS unit delivers a mild electrical current to the skin, stimulating nerve fibers in the skin that may interfere with the transmission of pain signals from the arthritic joint. The use of TENS as an arthritis treatment is controversial. Some studies have found that those who use TENS for arthritis of the knee have reduced knee pain, a greater ability to bend the knee, and a reduced duration of morning stiffness. However, another study found that TENS was no more effective for relieving pain than the drug naproxen (Aleve, Anaprox) or a placebo.

Osteoarthritis treatment with medications

- **Pain relief medications** — Analgesics relieve pain but do not have any effect on inflammation. These drugs are often recommended when arthritis pain does not respond to non-pharmacologic measures. Drugs in this class include acetaminophen and opioid (narcotic) analgesics.
- **Non-steroidal anti-inflammatory drugs**- NSAIDs relieve ache and reduce inflammation. some of the nonprescription products which are to be had for treating arthritis ache are NSAIDs. these drugs are often recommended earlier than analgesics for people who have osteoarthritis (OA) and proof of irritation. they're also endorsed for a few humans with non-inflammatory OA who do no longer get adequate pain relief with easy analgesics. Joint injections — sorts of injections are used for humans with arthritis ache: glucocorticoid (steroid) injections and injections of a liquid referred to as hyaluronate.

Functions it emerges as clear that sandhigata vata is not anything however the issues of the joint that could have an effect on any type of weight bearing areas. The medical capabilities attributed in Ayurveda without a doubt demarcates to the medical features said with the aid of contemporary opposite numbers. In some the etiological elements are misnomer that is happening with none right reason and it may be related to functions attributed in Ayurveda worried with prakriti due to the fact a few of the sicknesses taking place in human body relies upon upon the prakriti of the person. Sandhigata vata takes place in person individuals who are physiologically and anatomically are vatic prakriti and it is able to be seen in everyday regular exercise. The scientific capabilities said in osteoarthritis by means of modern opposite numbers without a doubt demarcate the capabilities stated by means of Ayurveda in relation to sandhigata vata. pain, swelling, redness, difficulty in flexion and extension of the joints, burning sensation, heaviness with tingling sensations are a number of the capabilities described in Ayurveda regarding sandhigata vata truly pertains to the medical functions stated by way of contemporary opposite numbers on the subject of osteoarthritis.

CONCLUSION

Clinical scientific point of view the sandhigata vata can be demarcated as osteoarthritis. The disease characteristic is very traumatic and tough for the sufferers laid low with this type of ailments. The treatment modalities defined in Ayurveda and in modern must want right research based totally evaluation in order that a fruit result may be received in the close to destiny for the healthy gain of the affected person suffering from these kinds of illnesses. this newsletter desires in addition dialogue so that a fruitful end may be acquired within the near future.

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