

AN AYURVEDIC APPROACH TO SANDHI GATA VATA W.S.R TO OSTEOARTHRITIS

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ABSTRACT

Sandhigata vata is among the eighty *Nanatmaja Vata Vyadhi* .which is caused by aggravated *Vata dosha*.^[1] *Sandhi* comes under *Madhayam Roga Marga* where *Vayu* gets localized in *Sandhi* and cause symptoms like *Shoola*, *Shotha*, *Akunchana Prasaranae Vedna*, *Vatapurna driti Sparsha*.^[2] *Janu Sandhigata Vata* can be compared with osteoarthritis of knee. Osteoarthritis is the chronic degenerative joint disorder of multifactorial etiology characterized by loss of articular cartilage that cause disability, joint pain, stiffness, reduces movement, swelling and crepitus. According to WHO in India joint prevalence of 22-39%.^[3] Usually treated by combination of exercise, weight loss, (if needed), medication such as NSAIDS and physiotherapy. The last option left is

surgery which is quite expensive and several complications. So there is need of replacement of modern treatment by a safe and effective alternative in *Ayurveda* therapies and medicine. In the *Shastras*, *Sushruta* has given the method of treatment such as *Snehana*, *Upnaha*, *Agnikarma*, *Bandhana* and *Mardana*.^[4]

KEYWORDS:- *Sandhigata Vata*, *Sandhigata Anila*, *Sandhi Vata*, Osteoarthritis, *Vata Vyadhi*.

INTRODUCTION

In *Ayurveda* freedom from disease is not the only aim to life to be healthy. A person should be fit physically, socially, and spiritually. *Sandhigata Vata* (Osteoarthritis) is commonly seen among the elderly population and escalates in related factor such as obesity, sedentary life style, and stressful life style. All *Dhatu* being undergo *Kshaya*, in 4 decade of life which leads to *Vata Prakopa* and prone to many diseases. Among them *Sandhigata Vata* is having is higher incidence. It disable the person progressively. *Sandhi* is defined as the union of two or more *Asthi*. *Shleshaka Kapha* resides in *Sandhi* which provides nourishment to the joint and various types of rotational movement flexion and extension. *Sandhi* is one of the types of *Marma* and comes under *Madhayam Roga Marga*.^[5] Therefore involvement of *Madhayam Roga Marga*, *Vayu Prakopa* and *Dhatu Kshaya* make the disease *Krucchrasadhyā*. *Janu Sandhi* is the major bearing joint in the body it's more subjected to wear and tear due to *Vata Prakopa* *Aahara Vihara*, *Shleshaka Kapha Kshaya* and *Vata Prakopa*. *Sandhigata Vata* is a *Nanatmaja Vata Vyadhi* affecting the locomotor system and person unable to do his daily routine activity. *Janu Sandhigata Vata* (Knee osteoarthritis) is leading causes of functional impairment, disability affecting the quality of life. Deterioration of the osseous structures of the knee and its surrounding, are associated with inflammatory changes causing cartilage breakdown and collagen destruction. These endless, self-perpetuating cycles of local tissue damage are faster than the tissue repair process. The whole process of destruction leads to deformed bone remodeling, osteophyte formation, joint space narrowing, weakening of per articular muscles, and synovial effusion.

Review of ayurvedic literature

Charaka: Acharya Charaka has described the *Sandhigata Vata* under *Vata Vyadhi Chikitsa*. and mentioned *Sandhigata Vata* it as *Sandhigata Anila*^[6] and mentioned its symptoms *Shoola*, *Shotha*, *Akunchana Prasaraṇa*, *Vedna*, *Vatapurna driti Sparsha*.

Sushruta: Acharya Sushruta has mentioned the symptoms of *Sandhigata Vata* in *Nidansthana*. The line of treatment is first explained by Sushruta just like *Snehana*, *Mardana*, *Upnaha*, *Bandhana*, *Agnikarma* etc.

Bhav prakasha: Bhavmishra has described *Sandhigata Vata* as *Sandhi Vata* in the chapter of *Vata Vyadhi* in *Madhya Khanda*.

Madhav nidan: In *Madhukosha* it has described cardinal symptoms of *Sandhigata Vata* that i.e. *Sandhi Nash*, *Sandhi Shoola*, and *Sandhi Shotha*.^[7]

Classification

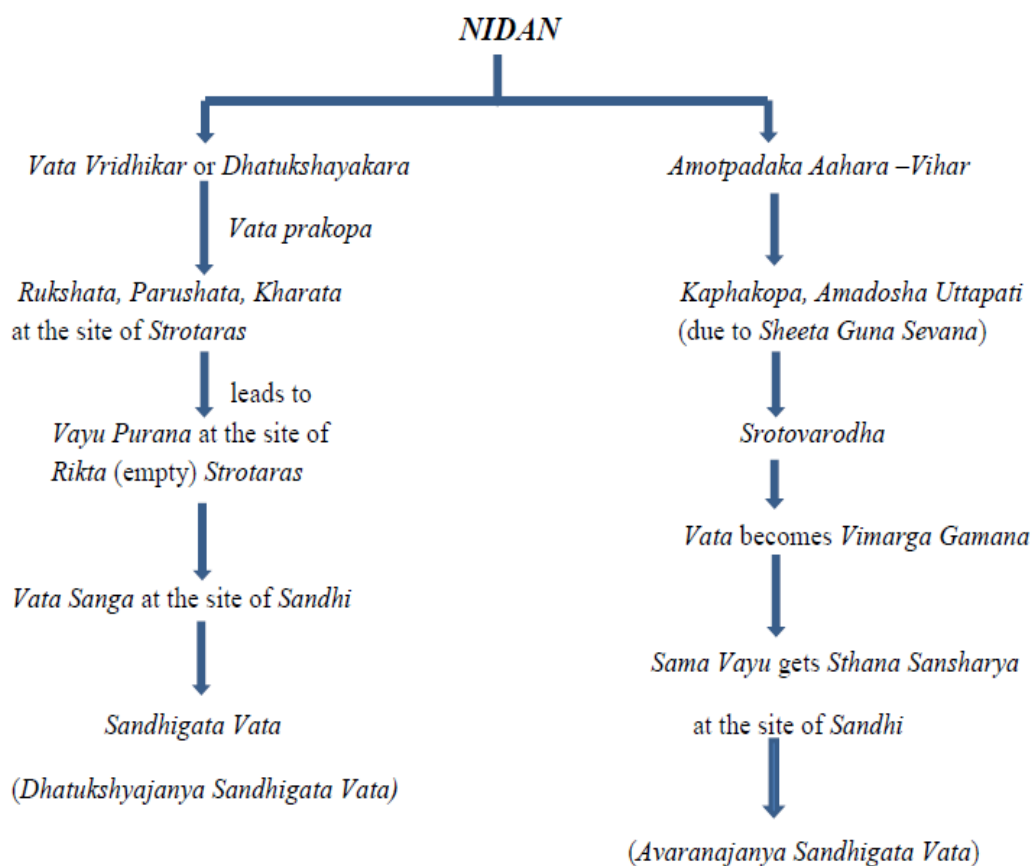
There is no classification of *Sandhigata Vata* is mentioned in our Samhita .It is classified in different ways.

A) *Dhatukshyajanya*: - *Kshaya* of *Dhatu*s is the main cause of *Vata Vyadhi*.^[8]

B) *Avaranajanya*: - *Avarana* of *Srotas* by *Kapha* and *Meda*.

Samprapti

No specific *Samprapti* has been mentioned in classic book. According to classification there is description of *Samprapti*.



Samprapti ghatak

Dosha- Vata / Vata-kapha

Dushya- Rasa, Asthi, Meda, Majja.

Srotas- Asthivaha, Majjavaha, Medavaha. Agni- Mandagni /Visamagni

Roga Marga –Madhyama Roga Marga. Udhbhavaasthna –Pakvashya.

Adhisthana –Asthisandhi

Sadhya-Asadhya – Krichrasadhya Vyadhi swabhava- Chirkari

According to *shad kriya kala* disease progression

- 1) **Sanchaya (Stage of accumulation):** Due to excessive intake of *Vattaj Aahara-Vihara*, *Vata Sanchaya* own its place and symptoms of *Vata Vriddha* may be seen in *Asthi* like *Asthi Rukshata*, *Asthi kharta*,
- 2) **Prakopa (Stage of vitiation):** In this stage accumulated *Doshas* get excited. Due to *Vata Prakopa* same symptoms like *Asthi Rukshata*, *Asthi kharta* occurs with more severity.
- 3) **Prasarana (Stage of spread):** If in this stage provoking factor is not treated, then the excited *Dosha* spreads to the *Srotas* and the symptoms appears with more severity.
- 4) **Sthana Sansharya (Stage of localization):** In this phase the spreading *Vata Dosha* find *Khavaigunya* which is present in *Asthi* and *Majjavaha Srotas* and cause *Sandhi Vata*. In this stage of *Purvarupa* symptoms of disease like sometimes *Sandhi Shula* and *Shotha* occur.
- 5) **Vyatka (Stage of onset):** In this phase after getting *Sthana Sansharya* in *Asthi* and *Sandhi*, *Vata* absorbs the *Sneha* from *Sandhi* and distrust the qualities of *Snigdha*, *Guru*, and *Picchla* of *Shleshaka Kapha* causing symptoms like *Sandhi Shoola*, *Shotha*, *Akunchana Prasarna Vedna*, and *Vatapurna Dritisparsha*.
- 6) **Bheda (Stage of complication):** According to *Shushruta* if not proper treatment done in this phase the vitiated *Vata Dosha* and disease may become incurable. Severe complication may occurs like deformity of joints, loss of function. *Hanti Sandhi Gata* occurs in the later stage of *Sandhigata Vata*. It means *Santhivishlesha* and *Stambha* present in later stage.^[9]

Chikitsa

Sandhigata Vata mainly occurs due to *Dhatu Kshaya*, hence general treatment principles of *Vata Vyadhi* its management. *Snehana*, *Swedana*, *Mridu Samsodhana*, *Basti*, and *Vatahara Ausadha*, *Ahara*, and *Vihara*.

Sushruta Samhita and *Ashtanga Hridaya* have described *Snehana*, *Upnaha*, *Agnikarma*, *Bandhana*, and *Unmardana* in the treatment of *Sandhigata Vata*.

Acharya Charaka has been recommended drugs comprising of *Tikta Dravya* and *Ghrita* as treatment for *Asthi* and *Majja Ashrita Vata*.^[10]

Snehana reduces *Ruksha*, *Visada*, *Khara*, and *laghu* properties of *vata* and prevent

degeneration of *Dhatus*. **Upnaha** is one of the types of *Swedan* which relieves stiffness and improves the movement of joints. It's a local application of warm paste of prepared from *Vatahara Ausadhis*. **Agni karma** is applied on the painful points muscle tendon and ligament of the affected joint. **Bandhana** causes reduction in *Sotha* and pain. **Unmardana** is type of massage in which pressure exerted on diseased *Sandhi*. This application relieves pain and enhances blood circulation.

Pathya –apathya – pathya

Varga	Dravya
<i>Annavarga</i>	<i>Godhuma</i> (Wheat), <i>Masa</i> (Blackgram), <i>Raktasali</i> (Redrice), <i>kulatha</i> (Horsegram)
<i>Dugdhavarga</i>	<i>Gaudhugdha</i> (Cowmilk), <i>Ajadugdha</i> (Goat milk), <i>Ghrita</i>
<i>Phalavarga</i>	<i>Draksha</i> (Grapes), <i>Badara</i> (Small Jujube), <i>Madhuka</i> .
<i>Jalavarga</i>	<i>Usna jala</i> (Luke warm water)
<i>Mamsavarga</i>	<i>Kukkuta</i> (Cock), <i>Mayura</i> (Peacock), <i>Matsya</i> (Fish)

Apathya

Varga	Dravya
<i>Annavarga</i>	<i>Yava</i> (Barley), <i>Kodrava</i> (Sanwa millet), <i>Syamaka</i> (Commonmillet), <i>Nirava</i> , <i>Canaka</i> (Chick pea), <i>Kalaya</i> (Chickling vetch) etc.
<i>Dugdhavarga</i>	<i>Godarbha</i> , <i>Dugdha</i>
<i>Madyavarga</i>	<i>Navamadya</i> (Fresh wine), <i>Atimadyapana</i> (Excess alcohol intake)
<i>Mamsavarga</i>	<i>Kapota</i> (Parakeet), <i>Paravata</i> (Pigeon), <i>Kulinga</i> (Green parakeet), <i>Suka</i> (Window bird)
<i>Phalavarga</i>	<i>Jambu</i> , <i>Kramuka</i> , <i>Kaseruka</i> (Rush nut), <i>Lavali</i> (Stargooseberry)

DISCUSSION AND CONCLUSION

Sandhigata Vata is a disease of *Madhyama Roga Marga*. Which is well explained in *Ayurveda Samhita*. The Ancient knowledge of *Ayurveda* will help the diagnosis as well treatment of *Sandhigata Vata*. The treatment of *Sandhigata Vata* is mainly reducing the alleviated *Vata* and increase the *Shleshaka Kapha* in joints. *Sandhigata Vata* is *Asthi-Ashraya Vata Vyadhi*, *Basti* with *Ksheera* and *Sarpi* procedure with *Tikta Dravya* are useful *Panchakarma Chikitsa*.

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