

**A SUCCESSFUL TREATMENT OF SANDHIVATA (OSTEOARTHRITIS) BY
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ABSTRACT

Osteoarthritis is the commonest form of arthritis which occurs when the defensive cartilage at the end of the bones wears down or breaks down over time leading to pain, swelling and stiffness. In Ayurveda, Sandhivata (osteoarthritis) is described under Vata vyadhi (diseases caused by vata dosha). It is a state when vitiated vata reside in the affected joint causing carry and tear in the joint. The term Sandhivata (considered as Osteoarthritis - OA in Ayurveda) is derived from two words Sandhi and Vata. Sandhi is considered as joint and Vata is one in the midst of the three Dosha namely Vata, Pitta and Kapha. Sandhivata affects most commonly the weight compartment joints, primarily the knee joint. Sandhivata is challenging to treat due to its chronicity, incurability, and complication. Treatment in existing health science (modern or allopathy) is aimed primarily to alleviate only symptoms temporarily and is accompanied by a variety of negative side effects, toxic effects, and unpleasant reactions. The etiopathogenesis and symptomatology of Sandhivata are succinctly described in the Ayurvedic classics. One such chronic, inflammatory, and degenerative condition that significantly affects a person's quality of life is Sandhivata, Which can be very well correlated with OA of the knee joint. Treatment approach in Ayurveda system of health care prominence on Aahaara (diet)- Vihara (physical activities) as chief measure in treating any disease followed with use of Samshmana, Samshodhana or Shalya karma. Patient OPD nu – KC/20250303/7351/127193 was suffering from Sandhigataavata (Osteoarthritis) treated with Asthiposhaka vati, Panchatiktaghritaguggulu, Balarista and Sarvang application of Balaashwagandha Taila. Patient got significant result after the complete Treatment.

KEYWORD: Ayurvedic Shaman therapy, Sandhivata, Janusandhivata, Osteoarthritis, Knee Osteoarthritis, Asthiposhaka vati, Panchatiktaghritaguggulu, Balarista, Balaashwagandha Taila.

INTRODUCTION

Sandhivata is the most commonly observed joint disorder labeled “sandhigataanila” by Acharya Charaka.^[1] He defined it as a disease with symptoms of swelling and pain on joint flexion & extension. The swelling is palpable as an air-filled bag (vatapoomnadritsparsha). In later stages, diminution of joint mobility is also an observable symptom.^[2,3] Allopathic science correlates it with osteoarthritis, a degenerative joint disorder that occurs when flexible tissue at the end of a bone wears down. Osteoarthritis is the second most common rheumatologic problem affecting all primary hand, spine, knee, and hip joints.^[4,5,6] Osteoarthritis primarily affects the elderly population. It is a significant cause of disability in older adults worldwide.^[7] According to World Health Organization (WHO), 9.6% of men and 18.0% of women aged over 60 years have symptomatic osteoarthritis worldwide. 80% of those with osteoarthritis have limitations in movement, and 25% cannot perform

their daily activities. According to Epidemiology, the Prevalence of osteoarthritis in India is 22-49%. Radiographic evidence of this disease is present in most people by 65 years of age & in about 80% of persons more than 75 years of age.

Allopathic treatment has its own limitation in managing this disease. It can provide either conservative or surgical treatment and is highly symptomatic and with troublesome side effects. Whereas such type of conditions can be better treatable by the management and procedures mentioned in Ayurvedic classics. present study as it has shown best for the Vata Vyadhis. Here Sandhigataavata (Osteoarthritis) treated with Asthiposhaka vati, Panchatiktaghritaguggulu, Balarista and Local application of Balaashwagandha Taila. Patient got significant result after the complete Treatment.

CASE REPORT

A patient ABC, Aged 53 years, male had come to OPD of Kayachikitsa Govt Ayurveda college Rewa, Patient OPD nu – KC/20250303/7351/ was complaining pain on multiple joints Knee, Elbo, wrist, Shoulder, fingers of Upper limb and lower limbs. He visited first time 03/03/2025.

Personal History

- Appetite - Normal
- Micturition - regular (4-5times /day)
- Addiction – No
- Bowel – irregular
- Sleep - disturbed due to itching
- Diet - Mixed (takes non veg food thrice a week)

General Examination

- Pallor : Absent
- Cyanosis : Absent
- Lymph node : not palpable
- BP : 110/70 mmhg
- Respiratory rate : 18/min
- Icterus : Absent
- Clubbing : Absent
- Oedema : Absent
- Pulse : 74bpm
- Temperature : 97°F

Ashtasthana Pariksha

- Nadi - Kapha vata
- Mutra – Prakruta
- Drik - Prakruta
- Sparsha - Khara sparsha
- Mala - Vibhanda
- Jihva - Alipta
- Shabdha - Prakruta
- Aakriti - Madhyama

Dashavidha Pariksha

- Prakriti - Pitta vata
- Satva - Madhyama
- Ahara Shakti – Madhyama
- Sara - Asthi
- Agni Shakthi - Madyama
- Vikriti - Kapha vata
- Sathmya - Madura, Katu
- Vyayama Shakti – Madhyama
- Samhanana – Madhyama
- Vaya - Madhyama

Samprapti Ghataka

- Dosha : Vata (Vyana Vayu),
- Dhatu : Rasa, Asthi
- Agni : Jataragni Mandya
- Srotas : Rasa, Asthi
- Sroto Dusti Prakara : Vimarggaman
- Udbhava Sthana : Pakwasaya
- Sancharasthana : Sarvasharira
- Adhistana : Sandhi
- Vyakta Sthana : All Sandhi
- Swabhava : Chirakari
- Sadhyasadhyata : Krichrasadhy

Anga Pratyanga Pareeksha**Per Abdomen Examination**

Inspection: shape of abdomen – distended
Umbilicus - normal,

Palpation : Soft, no tenderness, no organomegaly

Percussion : Tympanic sounds heard except the area of liver dullness

Auscultation: Sound – absent

Central Nervous System

Patient is conscious, well oriented to time, place and person.

Past History

Not known case of HTN or DM or any other pathological conditions. No any family history found regarding Psoriasis or any other Osteoarthritis. All the blood investigation reports were within normal limits.

Respiratory System

Inspection: Shape of chest - bilaterally symmetrical

Palpation: Trachea – centrally placed

Tactile vocal fremitus - Normal

Percussion : Resonant sounds heard except the cardiac dullness

Auscultation : Normal Vesicular breath sounds heard

Cardiovascular System

Inspection: No scar, no swelling

Palpation: Non tender

Percussion: Defined area of cardiac dullness

Auscultation: Apex beat felt at 5th intercostals space S1 and S2 heard, No added sounds or murmurs heard

Local Examination: All Joints

Swelling- +

Stiffness- ++

Tenderness- +++

Table-1.

Sr. Nu.	Medicine Name	Dose	Time & Precaution	Anupana
1.	Asthiposhaka Vati	500mg	Morning & Evening	100 ml Luke warm milk
2.	Panchatiktaghrita Guggulu	500 mg	After noon & Night After food	Luke warm water
3.	Balarista	500 mg	After noon & Night After food	Luke warm water
4.	Balahwagandha taila	Sarvang Application of Oil Followed by Lukewarm water bath		

RESULT

Sr. Nu.	Observation	Before Treatment	After Treatment
1.	Swelling-	positive	Negative
2.	Stiffness	++	-
3.	Tenderness	+++	-
4.	Range of motion	Painful completed	Normal

DISCUSSION**Asthiposhak Vati^[8]**

Asthiposhak Tablets in managing osteopenia and yielded significant findings. Improvements in BMD T-scores were observed in the hip and spine regions, indicating a positive effect on bone density. Significant reductions in serum osteocalcin and bone-specific ALP levels indicated a decrease in bone turnover. The Ayurvedic Symptom Score demonstrated notable improvements in various domains, including bone pain, joint stiffness, and fatigue.

Panchatiktaghrita Guggulu^[9]

Arunadatta in his commentary Sarvangasundari, in case of Asthi Kshaya, Ksheeraghrita Tikta Samyukta Basti is advised. In Asthi Kshaya, there is no such drug which causes Asthi Vriddhi. When Tikta dravya is used, it causes Vata Vriddhi and it will lead to Asthi Kshaya. Since Asthi is Khara by its nature, in order to control Vata and to make Asthi Vriddhi, Drug of Kushtha Vyadhi vitiates Tridoshas and then Twaka, Mansa, Rakta and Lasika (Dravyasangrahasaptak). As we see from modern pathophysiological aspect, Kushtha is mainly caused due to Grahani Vikruti. Due to malfunctioning of Grahani, Malavrodha happens. Vata Dosha between the Grahani and Pakwashaya vitiates due to that Malavrodha and overall prokinetic and propulsive action of Grahani becomes defective. Due to this, some organic toxins formed and get absorbed resulting in Dhatu Dushti and finally Kushtha Vyadhi. Arogyavardhini overall works on functioning of Grahani and Pakwashaya and makes it^[10] smooth and fine."

Balarishta

Balarishta is a poly herbal hydro alcoholic preparation and used to cure gastric problems (vata vyadhi) as restorative and as prime tool for the treatment of Arthritis, Rheumatism and all other auto immune disorders. The major components of Balarishta are dried roots of *Sida cordifolia* reported that they contain the chief constituents are alkaloids: ephedrine, vasicine, vasicinone, phytosterols, fatty acids, a rich quantity of phenolic substances and flavanoids as like rutin, flavones as well as saponins like keampferol and sitoindosides. Roots of *Withania somnifera* have been found to contain withanolides, a group of steroidal lactones which is

known for its usefulness in the treatment of hypercholesterolemia, arthritis in combination with other drugs which is also credited to be hypoglycemic and diuretic. All these compounds have many favorable effects on human health such as lowering of human low density lipoproteins, treating of heart disease and cancer because of their anti oxidant property.^[11,12,13]

Bala Ashwagandha Taila^[14]

Bala Ashwagandha Taila, an Ayurvedic oil, is known for its muscle-strengthening and Vata-pacifying properties, used for conditions like arthritis, and muscle weakness, and is applied topically.

CONCLUSION

The etiopathogenesis and symptomatology of Sandhivata are succinctly described in the Ayurvedic classics. One such chronic, inflammatory, and degenerative condition that significantly affects a person's quality of life is Sandhivata. Asthiposhaka vati, Panchatikta ghrita guggulu, Balarista and Sarvang application of Balaashwagandha Taila. Patient got significant result after the complete Treatment.

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