

ROLE OF APATARPANA CHIKITSA IN SANTARPANAJANYA SANDHIGATA VATA: A  
CASE STUDY<sup>1</sup>\*Vd. Ganesh O. Pawar and <sup>2</sup>Dr. Dilip K. Puri<sup>1</sup>P.G Scholar, Dept. of Rognidana Evum Vikriti Vigyana, Government Ayurved College, Nanded, Maharashtra.<sup>2</sup>Professor & HOD of Department of Roganidana Evum Vikriti Vigyana, Government Ayurved college, Nanded, Maharashtra.

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## ABSTRACT

*Sandhigata vata* is one of the most common *vatavyadhi*. The word itself describes about the disease i.e. it affects the *sandhis*, which hamper daily activities. So, while treating patients of *sandhigata vata* with *santarpana hetus* root cause should be eliminated and the choice of treatment is *apatarpana* therapy. A 40 year old female patient reported to the hospital with pain, stiffness of all joints, *angagauravata* (heaviness in body) since last 2-3 years diagnosis of *santarpanajanya sandhigatavata* was made based on history taking and finding out *hetus* along with clinical symptoms. Ayurvedic treatment was advised with sequential administration of *langhana*, *deepan-pachana*, *virechana* along with *shaman aushadhi*. The follow up was done. There was significant improvement in symptoms of patient after treatment. Assessment of symptoms done subjectively. This case study reveals the use of uniform drug therapy for every patient should not be approached.

**KEYWORDS:** *Santarpanajanya sandhigata vata, Apatarpana, Langhana, Deepan.*

## INTRODUCTION

This is an era of modernization and fast moving life. The dramatic changes have taken place in dietary habits and mode of life style. This result into various metabolic diseases. It is very important to do daily work without any difficulty.

*Sandhigata vata* is very common *vatavyadhi* presenting in hospitals. According to Acharya Charaka there are two pathological process responsible for disease i.e. *Nirupstambhit* and *Upstambhit vatavyadhi*. *Hetus* and line of treatment for both pathological condition is different. *Nirupstambhit vatavyadhi* requires *santapana chikitsa* but in *santarpanajanya sandhigata vata*. There is obstruction of normal pathway of *vayu* by *kapha dosha* or *ama* which needs to be cleared out. To break this pathology *apatarpana chikitsa* is choice of treatment, which helps to clear out the obstruction and normalize the *gati* of *vata*. *Nidanaparivarjana* also plays an important role which helps to eliminate the disease from its root.

## AIM

To study the role of *apatarpana chikitsa* on *santarpanajanya sandhigata vata*.

## OBJECTIVES

1. To study the role of *apatarpana chikitsa* on pain and stiffness of *santarpanajanya sandhigata vata*.
2. To study the *hetu* of *santarpanajanya sandhigata vata*.

## METHODOLOGY

## Case report

A 40 year female patient presented to hospital with,

## C/O,

- Pain and stiffness in all major joints
- Heaviness in body Since 2-3 years
- Sleep disturbance due to pain

## Past History

He had no past history and he had been taking analgesics at least 2-3 times/week.

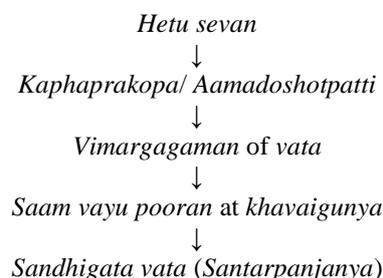
## Samanya Parikshana

Table 1:

Nadi: 80/min	Jivha: Saam
Mala: Asamyaka	Shabda: Spashta
Mutra: Samyaka	Akruti: Sthula
Sparsha: Ushna sparsha	Kshudha: Mandya
Drik: Prakrit	Raktadab: 130/80 mmHg

**Nidan Panchaka**

1. *Hetu*: Ushapaan (1 glass), Dugdhasavan (1 Cup daily), Divaswapa (1 daily), Atisheet jal sevan, Mamsahar (2 time/week), Adhyashana.
2. *Poorvarupa*: Sandhi shola, Sarvangagaurava.
3. *Rupa*: Sandhi shola, Sandhigraha, Sarvangagaurava.
4. *Upashay*: After aptarpana chikitsa.

1. *Samprapti*:**Treatment Protocol****Table 2:**

Days	Treatment	Drugs	Dose	Timing
1-3 days	Langhana	Mudga Yush	30-35 ml as needed by patient	Kshudhapravartan Samayee
4-10 days	Deepan-Pachana bhojan	Erandamula + Musta + Shunthi	5 gm each	Apankali
11 <sup>th</sup> day	Virechana	Shunthi, Eranda Sneha.	50 ml 30 ml	Ananakala

**Assessment Parameters**

## Pain

0	No Pain.
1	Mild pain bearable in nature, comes occasionally.
2	Moderate pain but no difficulty in walking.
3	Moderate pain but slight difficulty in walking.
4	Sever difficulty in walking, disturbs sleep, under analgesics.

## Joint stiffness

0	No stiffness/Stiffness lasting for 5 min.
1	5 min. to 2 hours.
2	2 to 8 hours.
3	More than 8 hours.

## Angagauravata

0	No heaviness in body.
1	Feels heaviness in body but it does not hampers routine work.
2	Feels heaviness in body which hampers routine work.
3	Feels heaviness in body which hampers movement of body.
4	Feels heaviness, flabbiness all over body which causes stress.

## Overall Assessment

Sr. No.	Parameters	Before treatment	After treatment	Relief in %
1	Pain	4	1	
2	Stiffness	1	0	
3	Angagauravata	2	0	

**DISCUSSION**

*Sandhigata vata* is very common entity presenting in hospital. Line of treatment differs on *samprapti* of *sandhigata vata*. In *samprapti* of *Santarpanjanya*

*sandhigata vata margavrodha* play an important role. Hence to break this pathological process *apatarpana chikitsa* is important. While treating the patient of *santarpanjanya sandhigata vata hetu, prakruti* and *doshadi avastha* are considered.

### 1. *Nidana parivarjana*

The most important part of treatment for every *santarpanajanya vikara* is *nidana parivarjana*. Firstly the disease causing factors eliminated then appropriate treatment modality used.

### 2. *Langhana*

*Langhana* is one of the six basic principle explained by Ayurveda called *Shadupakarma*. *Mandagani* is main root cause for all disease, so *langhana chikitsa* helps for *agnidipan* and *amapachan*.

### 3. *Deepan-Pachana*

After *langhan chikitsa* for remaining *amadasha rukshan dravyas* like *musta*, *shunthi* and *erandamula* is used. It helps to remove the stagnation from *strotas*.

### 4. *Virechana*

*Sadya virechana* given to patient to eliminate the remaining the dosha and to recurrence of disease. It improves the condition of patient, then after 2 days of *sansarjana karma shaman aushadhi* started.

### 5. *Shamana chikitsa*:

On discharge treatment given is as follows,

1. *Sihnada Guggulu* 2 BD after meal for 15 days.
2. *Hingvastaka churna* 3 gm BD before meal for 15 days.
3. *Sahachara Taila* for local application.

## CONCLUSION

This case study shows *santarpanajanya sandhigata vata* can be treated with *apatarpana chikitsa*. In *apatarpana chikitsa* mainly *langhana* and *deepan-pachana* play and important role. For *deepan-pachana rukshan kashaya* of *erandmula*, *musta* and *shunthi* is used. And after *deepan-pachana* for complete elimination of *prakupita dosha sadya virechan* can be given followed by *sansarjan karma*. Apart from this treatment *nidan parivarjana* is also important.

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