

**DIAGNOSTIC CRITERIA AMONG SANDHIGATAVATA, AMAVATA AND
VATARAKTA*****¹Dr. Ajay Kumar, ²Dr. Avadhesh Kumar and ³Dr. Shailendra Kumar Singh**¹M.D. Roga Nidan Evam Vikriti Vigyana.²Associate Professor, Roga Nidan evam Vikriti Vigyana.³Assistant Professor, Roga Nidan Evam Vikriti Vigyana. M.D. (Ayu) Kayachikitsa, PhD, M.B.A (Health Care & Hospital. Add) P.G.D.N.Y.S.***Corresponding Author: Dr. Ajay Kumar**

M.D. Roga Nidan Evam Vikriti Vigyana

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ABSTRACT

The health of an individual depend on his/her diet and life style. As a result of rapid modernization consumption of bake food, half fried vegetables etc causes impairment in the digestion and metabolism of protein structure making human being vulnerable to many life threatening disorder like stroke or functional impairment like joint disorder.

Under vatavyadhi usually those disease are mainly which have predominance of vata dosha. Under the vata vyadhi it is often the inclusion of Krichhasadhya and darun vyadhi. In most vata disease the inherent property of vata dosha manifest as loss of movability which can lead to the decay of the movable property of Vata dosha.

Among vatavyadhies Sandhigata Vata, Amavata, Vatarakta are the major disease which effect most of the population in India depending upon the types, cause, lifestyle, age factors, gender etc.

So it is very necessary to make clear cut diagnosis of about three disease which help to diagnose patient as well as to treat patient.

INTRODUCTION

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According to Charaka vayu is life, vayu is strength, vayu mainstays living organism, the same is verily the universe, and hence the Lord vayu is praised.

Sandhigata Vata is the commonest form of articular disorder. This disease is usually found after middle age and more in old age. In this disease there is a deformity in bones. In sandhigata Vata mostly large joint of the body are effected such as knee joint, ankle joint etc.

In sandhigata Vata the synovial fluid in the middle of the joint of bones dries up, due to which friction in the both ends of the bones, which causes fleeing of pain in the patient.

Amavata is a painful disease that can occur in a person of any age. In amavata vitiation of vata dosha and accumulation of Ama takes place in joints. This causes swelling, pain and stiffness of joints and in chronic condition causes deformity of joints. In Ayurveda texts

like Charak samhita, Sushruta samhita, Astang hridya and Astang samgrah mentioned about Ama and Amavrita Vata. Acharya Madhava has frist given a clear description of Amavata.

Vatarakta is a vatapradhana tridoshaja vyadhi where rakta is main dushya. It is described under vatavyadhi chikitsa in Sushruta while Charaka has described it in a separate chapter for vatarakta after vatavyadhi chikitsas. It is a chronic and complex metabolic disorder of musculoskeletal system and characterized by severe pain, tenderness, inflammation and burning sensation in the effected joints.

वायुर्विवृद्धो वृद्धेन रक्तेनावारितः पथि |

कृत्स्नं संदूषयद्रक्तम् तज्जेयं वातशोणितं || (च० चि० 29/11)

Vatarakta is also known as Vatahoni having synonyms as Khudavatabalasa and Adyavata. Its seat is hands feet, fingers and all joints. At first it confirms its root in hands and feet and then spreads over the body.

Aims and Objects

1. To evaluate the clinical sign and symptoms of sandhigata vata, amavata, vatarakta according to ayurvedic literature
2. To evaluate the clinical sign and symptoms as per contemporary medical sciences.
3. To evaluate the differential diagnosis among them.
4. To evaluate the lab test to clear cut differential diagnosis among three diseases.

MATERIAL AND METHODS

1. For the above study the collection of material has been done from different ayurvedic and modern medical books.
2. By the observation from the OPDs of Government ayurvedic PG college and hospital Varanasi.

OBSERVATION AND DISCUSSION**According to Ayurveda****Sandhigata Vata**

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Sandhigata vata symptoms develop slowly and worsen over time. Symptoms of sandhigata vata include –

1. Haviness in the joints.
2. Pain during movements of joints.
3. Creptation during walking or movements of joint.

Amavata

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vikd% “kwurkM~xkaukekeokrL; y{k.ke~AA¼
ek0fu025@6½

Pain and inflammation of one or more joints specially hands, feets, tarsals, knee, thighs, and sacrum.

Scorpion bites like pain in affected sites, loss of appetite, feeling of haviness in the body.

Vatarakta

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vfUork “;kojDrk Roxckās rkez k rFks’;rsAA

- Itching and burning sensation in skin.
- Pinching type pain in skin.
- Tingling sensation and spasm.
- Deformity in the joints.

Lakshan/ parameters	Sandhivata	Vatarakta	Amavata
Dosha	Vata predominant	Vata, rakta pradhana tridoshaja	Vata,kapha pradahana tridoshaja
Dushya	Rasa dhatu	Rasa rakta dhatu	Rasa dhatu
Vyadhi Udhbhava	In weight bearing joints	In smaller joints	First in smaller joint, later in bigger joint
Ruja, Shotha	Only ruja (vata purna druti sparsha)	Both ruja and shotha present (musak vishvat vedana)	Initially both in later stages only pain (vrishchika damshavat vedana)
Jwara	Absent	Absent	Present (in most cases)
Effect of sthanika snehana	Useful	Useful	In initial stages causes aggravation, in later stages useful.

Modern sign and symptoms –A combination of pain and stiffness, leading to loss of function, is a classic feature of joint disease. Usually one component predominates, as with stiffness in inflammation, and pain in mechanical joint problem. The impact of musculoskeletal disease on the patients functional ability and quality of life should be assessed

Osteoarthritis -Osteoarthritis (OA), also called osteoarthrosis or degenerative joint disease, is the most common form of chronic disorder of synovial joints. It is characterized by progressive degenerative changes in the articular cartilages over the year, particularly in weight-bearing joints. It is known as wear or tear disease that break down different parts of the joint. It most often affects the finger knee and hips.

Sign and Symptoms of osteoarthritis are

- Pain and stiffness that worsen after not moving the joint.
- Difficulty moving the affected joint.
- Tenderness and warmth in the joints.
- Creptation present in the effected joint.
- Damage and loss of cartilage

Rheumatoid Arthritis –Rheumatoid arthritis (RA) is a chronic multisystem disease of unknown cause. Though the most prominent manifestation of RA is inflammatory arthritis of the peripheral joints, usually with a symmetrical distribution,

Sign and symptoms of RA are

- Pain in more than one joint.
- Stiffness in more than one joint.
- Pain occurs both side of joints.
- Fever

- Weight loss
- Fatigue and tiredness
- Weakness

Gout -Another common type of arthritis is gout. Gout usually affects the big toe, but many other joints may be involved. Gout is true crystal deposition disease and is defined as the pathological reaction of the joints are periarticular tissues to the presence of monosodium

urate (MSU). Its results form and increase body pool of urate with hyperuricemia.

Sign and symptoms of RA are

- Joint pain
- Swelling in joints
- Sensitivity to touch.

Redness.

Characteristics	Osteoarthritis	Rheumatoid arthritis	Acute Gout
Visible signs of inflammation	None or very mild	Often present	Yes
Onset of pain	Gradual (months to years)	Gradual (weeks to months)	Often sudden (frequently overnight)
Inactive stiffness	<30 minutes	>30 months	Unpredictable
Systemic symptoms	No	Yes	Not routinely
Initial number of affected joints	Often 1-2	2+(bilateral, symmetrical)	1(often the great toe)
Common joint involvement	Disital hands basal thumb, knees, hip, spine	Feet, ankles, proximal, hands, wrists, ankles, feet	Hands, wrist, elbows, knee, ankle, great toe

Laboratory Test.

Osteoarthritis	Rheumatoid arthritis	Gout
Serum uric acid	Anti-CCP (anti-cyclic citrullinated peptide)	Serum uric acid test blood and urine
WBC count	Antinuclear antibody (ANA)	Joint x-ray
Platelet count	C-reactive protein (CRP)	Synovial fluid test
ESR	ESR	Dual-energy CT (DECT)
Salicylate level	HLA marker	Ultrasound for urate crystals or tophi in joint
Muscle enzyme test (CPK aldolase)	Rheumatoid factor	
MRI	Lyme serology	
X-ray	Uric acid	
Joint fluid analysis		

DISCUSSION

- At first glance, it might seem like osteoarthritis, rheumatoid arthritis and gout are not so different.
- In this three disease pain, swelling and stiffness of the joint that can limit range of motion. However the cause differ.
- Osteoarthritis is a chronic, degenerative disorder of unknown cause characterized by gradual loss of articular cartilage.
- Rheumatoid arthritis is an autoimmune disease, means the bodies own immune system attacks the joint.
- The pain of gout is due to elevated level of uric acid in the blood and presence of monosodium urate.

CONCLUSION

From the above discussion it can be said that all three disease Sandhigatavata, Amavata, Vatarakta are included under musculoskeletal disorder in modern medicine

which effects range of motion of joint, ligaments, nerves, tendons etc. and causes pain and impaire normal activities. If care is not taken in early stage it leads to manifestation of purvarupa, rupa, and further attains chronicity with the manifestation of upadrava. Hence it is necessary to go through manifestation of disease for smpraptivighatan.

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