

A CONCEPTUAL REVIEW OF CAUSES (HETU) OF OSTEOARTHRITIS  
(SANDHIGATA VATA)<sup>1</sup>\*Dr. Pradhnya Anil Benke, <sup>2</sup>Dr. Sunil R. Pandhare and <sup>3</sup>Dr. Darshana Ubhale<sup>1</sup>3<sup>rd</sup> Year M.D. Scholar, Rognidan, Tilak Ayurved Mahavidyalaya, Pune.<sup>2</sup>M.D.(Rognidan), H.O.D of Dept. Rognidan, Tilak Ayurved Mahavidyalaya, Pune.<sup>3</sup>M.D.(Rognidan), Assistant Prof. in Dept. Rognidan, Tilak Ayurved Mahavidyalaya, Pune.

\*Corresponding Author: Dr. Pradhnya Anil Benke  
3<sup>rd</sup> Year M.D. Scholar, Rognidan, Tilak Ayurved Mahavidyalaya, Pune.

Article Received on 07/05/2021

Article Revised on 27/05/2021

Article Accepted on 17/06/2021

## ABSTRACT

The ultimate aim of Ayurveda is preservation of health and management of the diseased people. Due to recent advancement in technology, humans are falling prey to various lifestyle disorders. Sandhigata Vata or Osteoarthritis is one such disease which is chronic in nature. At today's date 2 options of treatment measures are available for Osteoarthritis – Medicinal and Surgical. Medicinal therapy helps reduce the pain associated with the disease but is useful only in the early stages of the disease. On the other hand, Surgical procedures may involve various complications. Hence early diagnosis is the key for preventing Sandhigata Vata/Osteoarthritis which can be done by proper understanding of its etiology.

**KEYWORDS:** Osteoarthritis, Sandhigata Vata, Hetu, Samprapti.

## INTRODUCTION

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It is a degenerative joint disease occurring when the cartilage between the bone disintegrates. It progresses slowly with usual signs and symptoms being pain, deformed joints as well as limitation in range of motion. It is also a leading cause of disability in the population older than 60yrs.

Modern medicine provides powerful analgesics, advanced surgical procedures, steroids. But because of the side effects of steroidal / drugs and the complications of surgical procedures and also considering the unavailability of the treatment that can reverse or block the disease, this disease still remains a challenge.

Hence, this review is to evaluate the progression of causative factors (hetu) towards Osteoarthritis (Sandhigata Vata).

**AIM:** To analyze the causative factors (hetu) in the progression of Osteoarthritis (Sandhigata Vata) conceptually.

## OBJECTIVES

- 1) To review the causes of osteoarthritis (Sandhigata Vata) from Ayurvedic Samhitas and modern literature.
- 2) To analyze the progression of the causes towards the

disease.

**MATERIALS:** Ayurvedic classical texts, Modern literature through textual reference books, articles published on internet.

**METHOD:** As this a conceptual review, causes of osteoarthritis (Sandhigata Vata) according to Ayurveda and Modern Literature are discussed.

## LITERARY REVIEW

## Sandhigata Vata

“ हन्तिसंधिगतः सन्धिन्मूलशोफौ करोति च ॥ ”

– मा.नि.२/ वातव्याधि.

Sandhigata Vata is a Vata Vyadhi in which vitiated Vata dosha affects joints and manifests in the form of Sandhishoola (joint pain) and Sandhi shotha (swelling at joints).

**Definition of Osteoarthritis according to Modern Literature**

Osteoarthritis = Osteo (bones) + Arth (joints) + itis (inflammation)

Osteoarthritis is an abnormality of synovial joints, characterized by softening, splitting and fragmentation of articular cartilage not attributable to direct contact with inflammatory tissue, which is usually accompanied by joint space narrowing and bony overgrowth at tissue joint margins (osteophytes).

**Causes of Osteoarthritis according to modern texts**

- 1) Age – Major risk factor.
- 2) Gender – Women above 55yrs are more prone.
- 3) Obesity.
- 4) Heredity – 20% of individuals with Osteoarthritis have a positive family history.
- 5) Trauma – It is usually associated with development of Osteoarthritis.
- 6) Psychological Stress.
- 7) Excessive physical activities like exercise causing repetitive joint stress.

**Causes (Hetu) of Sandhigata Vata according to Ayurvedic Samhita**

There is no specific description about hetu of Sandhigata Vata. As it happens to be one of the Vata Vyadhi the Hetus of Vata Vyadhi are considered as the Hetus of Sandhigata Vata.

“रुक्षशीताल्पलघ्वाश्च्यवायातिप्रजागरेः।  
विषमादुपचाराच्छोषासूकस्त्ववणातदति॥  
लन्धनप्लवनात्यध्वव्यायामातिविचेष्टितेः।  
धातुनां संक्षयाच्चिन्ताशोकरोगातिकर्षणात्।  
दुखःशय्यासनात्क्रोधादिवास्वापादयादपि।  
वेगसंधारणादामादभिघातादभोजनात्।  
मर्माघातादजोष्ट्राश्वशीघ्रयानापतंसनात्।”

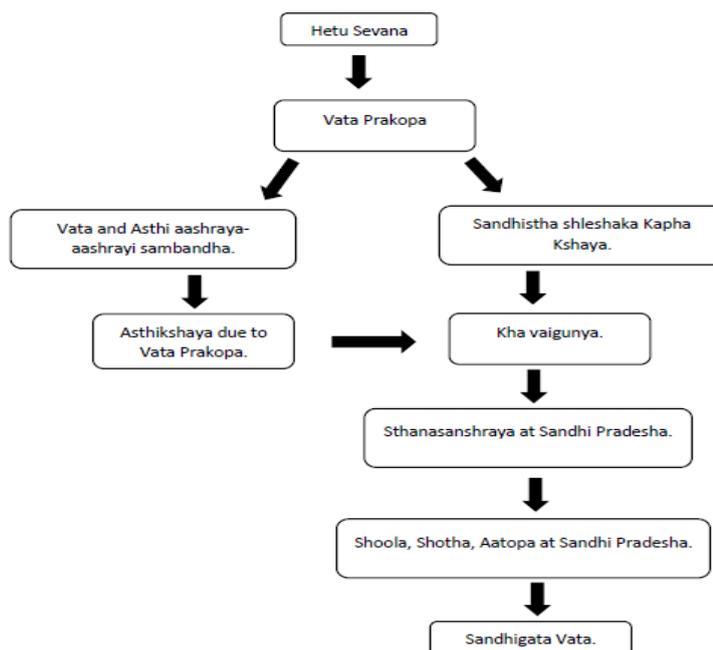
– च.चि.२८/१५-१७.

**Aaharaj Hetu** – Aahara (diet) is the most common and contributing factor for producing any disease. Intake of Kashaya (astringent), Katu (spicy/pungent), Tikta (bitter) food items, Sheeta (cold), Ruksha (dry), Laghu (light) Anna are the factors that aggravate Vata Dosha leading to Vata Prakopa.

**SAMPRAPTI**

“देहे स्तोतांसिरिक्तानिपूरयित्वाऽनिलोबली॥  
करोतिविधान्याधीन्सर्वाङ्गाङ्ग संश्रितान।”

-च. चि.२८/१८.



**Viharaja Hetu-** a)Langhana (frequent fasting), Atiplavana (excessive swimming), Prapatana (excessive jumping), ativicheshta (walking with improper gait) may lead to Vata Prakopa.

b) Ativyavaya – Excessive indulgence in sexual activities lead to kshaya (depletion) of Shukra dhatu in the body which ultimately causes Vata Prakopa.

**Aagantu Hetu** a)Abhighata- Fall or forceful hit may affect the Asthi, snayu, Majja of joint which vitiate Vata dosha

b)Marmabhighata – Joint is formed where Asthi, Sira, Snayu, Mamsa come together. Some joints also happen to be Marmasthanas.

e.g. – Janu sandhi is one of the Vaikalyakar Sandhi Marma.

Any injury to joint or other joint structures may lead to Khanjata (deformity).

**Anya Hetu** – Shigra Yanayan (travelling on fast carriages/vehicles), Vegadharan (controlling of natural urges like micturition, defaecation etc.) are also the contributing factors in Vata Prakopa.

**SAMPRAPTI GHATAK**

- Nidana – Vata Prakopa Nidana.
- Dosha – Vata, Shleshaka Kapha.
- Strotas – Asthivaha, Majjavaha.
- Dosha marga – Marma, Asthi, Sandhi.
- Roga marga – Madhyam.
- Udbhav sthana – Pakvashaya.
- Vyakti sthana – Asthi Sandhi.

## DISCUSSION

Almost all the signs and symptoms of Sandhigata Vata can be correlated to Osteoarthritis.

**Table no. 1: Analogue study of Sandhigata Vata and Osteoarthritis.**

|                               | <b>Sandhigata Vata</b>   | <b>Osteoarthritis</b>  |
|-------------------------------|--|--|
| Age                           | Common in vriddha avastha due to jeerna dhatu avastha and Vata Pradhanya.  | Common in elderly due to degenerative changes.   |
| Heredity/Familial causes      | More common in Vata Prakriti.  | Genetic causes.  |
| Lifestyle/physical activities | Atiplavana, Ati adhwa, Ati chesta, Vichesta.   | Repetitive joint stress due to heavy exercises.  |
| Weight                        | Sthula vyakti more prone.  | More commonly seen in Obese person.  |
| Psychological factors         | Ati bhaya, Krodha, Ati chinta.   | Psychological stress.  |
| Signs and symptoms            | <p>“वात्पूर्णद्वृत्तिस्पर्शः शोथः<br/>संधिगतेऽनिले।<br/>प्रसारणाकुंचनयोः प्रवृत्तिश्च सवेदना ॥”<br/>- च.चि.२८/३७.</p> <p>Lakshanas include<br/>- Vatapurna druti sparsha<br/>- Shotha<br/>- Prasarana akunchana vedana</p> | <p>Symptoms include<br/>- Crepitus<br/>- Swelling<br/>- Pain along with decreased range of motion.</p> |

Now-a-days due to changing lifestyle Bharavahana (carrying/lifting heavy objects), Shigra yanayaan (travelling by motor vehicles), Vegadharan (consciously controlling the natural urges), Dukhasana (sitting in uncomfortable position for long hours at work place), Ratrijagaran (Staying awake at night due to extended hours of work or shift duties), Chinta (Psychological stress/ worry) are the most occurring hetus/causes of Sandhigata Vata.

Evaluating the root causes of any problem is half way of solving it. In medical science, immense stress is given to find out the causative factors of any disease condition. Acharya Charak has also stated that, Nidan (etiology) should be taken into consideration before starting the actual treatment.

“ रोगमादौ परीक्षेत ततोऽनन्तरमौषधम्।  
ततः कर्म भिषक् पश्चाज्ज्ञानपूर्वं समाचरेत् ॥”  
- च. सू.२०/२०.

To prevent/manage the disease its complications, it is necessary to follow the firstline of treatment i.e. ‘Nidan Parivarjan’ (avoiding the causative factors).

## CONCLUSION

Though Sandhigata Vata is Yasya (difficult to cure), Nidan Parivarjan can prove to be beneficial in preventing the disease in normal individual. Also, by studying the hetu of Sandhigata Vata, ‘Hetu Pratyani Chikitsa’ (treatment against the cause) can be advised, which will not only reduce the further complications of Sandhigata Vata but will also help in improving the quality of life of

the patient.

## REFERENCES

1. Charak Samhita, Dr. Brahmananda Tripathi, Chaukhamba surbharti Prakashana, Varanasi, 2013; 2, Chikitsa sthana, Adhyaya 28, Shloka, 15 to 18 and 37.
2. Charak Samhita, Dr. Brahmananda Tripathi, Chaukhamba surbharti Prakashana, Varanasi 2013; 1, Sutra sthana, Adhyaya 20, Shloka 20.
3. Vd. Harshali Shinde – A review on Sandhigata Vata and its Pathyapathya, w.s.r. to O.A – Ayurvedya magazine, May 2018.
4. Shah S.N., “A.P.I Textbook of Medicine” published by the Association of physicians of India, Mumbai, 2006.
5. Kumaer and Clarke – A textbook of clinical medicine, 6<sup>th</sup> edition. 6) Davidson’s principles and Practice of Medicine, 22<sup>nd</sup> edition.