

A CRITICAL STUDY ON SANDHIGATA VATA W.S.R.TO OSTEOARTHRITIS

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ABSTRACT

Sandhigata Vata is the commonest form of articular disorder. It commonly occurs in old age, due to Dhatukshaya. It limits daily activities such as walking, dressing, bathing etc. The effect of this disease causes loss of functions as well as deformity of the joints specially weight bearing joints like knee joints. As Sandhigata Vata is one of the Vata Vyadhi, the person who indulges in Vatahara Ahara and Vihara is more prone to this disease. As this disease is chronic in nature, food, lifestyle and medicine have influence on relieving and aggravating the symptoms of Sandhigata Vata. As per modern science, the Osteoarthritis treatment is only pain killers, they only subside the pain but not cure the causes of disease. While according to traditional life science, Ayurveda has most effective solution over this.

KEYWORDS: Sandhigata Vata, Osteoarthritis, Vata Vyadhi.**INTRODUCTION**

Sandhigata Vata is one of the most common Vatavyadhi, which can be co-related with Osteoarthritis. In Vriddhavastha, all Dhatu undergo Kshaya, thus leading to Vataprakopa and making individual prone to many diseases. Among them Sandhigata Vata stands top in the list. The prevalence of Sandhigata Vata has been found to increase with the advancing age and possibility of women being affected by the disease is greater than men. It affects the hips and knees more often than other joints.

Osteoarthritis co- relate with Sandhigata Vata described in Ayurvedic classical texts, which is a disease of Sandhi (joint) characterized by symptoms of Sandhi shoola (pain), Sandhi Shotha (swelling), Akunchana, Prasarana

Definition of Sandhigata Vata

According to Acharya Charaka, Sandhigata Vata is the Vatavyadhi in which Sandhi shoola (joints pain), Atopa (cripitation), Vatapurnadrustisparsha, Shotha (swelling) etc. Symptoms are seen.

According to Acharya Sushruta, it is with symptoms of Hantisandhigata (Degeneration of joints), Shoola (pain), Shopha (swelling) at the joints.

In classical Ayurvedic texts no specific Nidana has been explained for Sandhigata Vata. Therefore, general Hetu of Vatavyadhi can be considered as etiological factors

responsible for causing Sandhigata Vata. Common Hetus of Vatavyadhi, which are mentioned by Acharya Charaka are as below-

Aharaja- Ruksha (dry), Sheet (cold), Alpa (less quantity), Laghu (light), Abhojana (no food intake).

Viharaja- Atiprajagarana (no sleep), Divasvapna (sleeping in day), Ativyavaya (excess sexual act), Vega dharana (stopping natural urges), Plavana (swimming), Atiadhva (excess walk), Ativyayama (excess exercise).

Manasika- Atichinta (excess anxiety), Atishoka (excess grief), Atikrodha (excess anger), Atibhaya (excess fear).

Risk factors for Osteoarthritis

Exact etiology of osteoarthritis is not clear. The incidence of the disease increases with the age.

Risk factor	Effect
Age	Increase with age, maximum incidence after age of 80
Trauma	Joint fracture and injuries lead to increased risk for osteoarthritis
Occupation	Incidence is more in person doing heavy physical work like labours
Exercise	OA is common in sports person
Gender	Men under age of 50, women after menopause
Genetics	Increased in children of parents with early onset of OA
Obesity	Increases the risk of OA
Diet	Increased risk in people with lower vit-C and vit-D blood levels

Samprapti of Sandhigata Vata

Purvarupa- Avyaktanama lakshana

Rupa-

- Bhedoparvasthisandhishoola (joint pain)
- Vatapurnadritisparshashotha
- Prasarana Akunchana -experience vedana
- Atopa (cripitation)
- Mamsa balakshaya
- Asthishosha

Sadhya Asadhyata

If the disease is of recent onset, having strong immunity, not making any complications then, it is Sadhya otherwise Kricchsadhya. If there is dominance of the Vata dosha and patient develops complications of Vatavyadhi then it is Yapya.

Pathya

Sarpi, Tail, Vasa, Majjasevana, Snigdha, Guru Ahara, Seka, Abhyanga, Basti, Payas, Madhura, Amla, Lavanarasatmaka Ahara sevan.

Apathya

Katu, Tikta, Laghu, Atichinta, Ativyayama etc.

Chikitsa of Sandhigata Vata

- **Chikitsa Sutra of Sandhigata Vata is mentioned by Yog Rantnakara** - Agnikarma, Snehana, Swedana.
- **According to Acharya Charaka-** Bahya and Abhyantara Snehapana
- **According to Acharya Sushruta and Acharya**

Vagabhata - Snehana, Upanaha, Agnikarma, Bandhana, Mardana and Swedana

Modern aspects of Sandhigata Vata i.e. Osteoarthritis-

Osteoarthritis is an abnormality of synovial joints characterized by softening, splitting and fragmentation of articular cartilage not attributable to direct contact with inflammatory tissue. This is usually accompanied by subchondral sclerosis and bone cysts, joints, space narrowing and bony overgrowth at tissue joint margins.

Sign and symptoms

- Pain
- Stiffness
- Tenderness
- Loss of flexibility
- Grating sensation
- Bone spurs
- Swelling

Causes

OA occurs when the cartilage that cushions the ends of bones in joints gradually deteriorates. Cartilage enables nearly frictionless joint motion.

Eventually, if the cartilage wears down completely, bone will be rubbing on bone.

Osteoarthritis has often been referred to as a wear and tear disease. But besides the breakdown of cartilage,

arthritis affects the entire joint.

DISCUSSION

Modern medical science is materialistic having high dependence on pharmacological intervention where as Ayurveda being a holistic system providing equal importance to physical, mental and spiritual aspects. There is a vast development in the field of diagnostic techniques and surgical interventions along with molecular biology and genetic engineering. But all these depend on use of drugs which have furious side effects along with their benefits. Their management depends on continuous intake of drug having harmful side effects.

Ayurveda has vast scope in this area. Ayurveda advocates faulty diet and lifestyle as one of the etiological factors of the disease.

Proper use of diet and elimination of faulty dietary and lifestyle factors provide better management options to the patients of chronic ailments. Ayurveda describes rules for taking meals for healthy as well as diseased person.

CONCLUSION

Sandhigata Vata is well explained in Ayurvedic samhita. The ancient knowledge of Ayurveda will help in diagnosis and management of Sandhigata Vata in present era very well.

Ayurveda advocates proper use of diet and regulation of lifestyle from very early life. Ayurvedic measures can prevent OA in primordial and primary stages and progress of the disease to later stage can be stopped. With this knowledge, one should avoid unhealthy Ahara and Vihara and adopt suitable Ahara and Vihara to prevent and to control Sandhigata Vata.

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