

SANDHIGATA VATA (OSTEOARTHRITIS): CAUSES, SYMPTOMS AND MANAGEMENT**Dr. Nishi^{*1}, Dr. Rekha Bajpai² and Dr. Ashok Kumar Dixit³**¹MD Scholar, Dept. of Kayachikitsa, State Ayurvedic College and Hospital Lucknow.²Reader/H.O.D of Panchkarma Dept., State Ayurvedic College and Hospital Lucknow.³M.O. (Dept. of Panchkarma), State Ayurvedic College and Hospital Lucknow.**ABSTRACT**

Osteoarthritis is a type of vatavyadhi. It is the commonest form of articular disorder. which occur due to dhatukshaya mainly in old age. Due to vataprakopa all dhatu undergo kshaya in vridhavastha. The disease usually affects in the fourth decade so difficulty in everyday activity such as walking, sitting etc. it is kashtasadhya vyadhi. Being a vatavyadhi, vata dosh plays main role in the disease. Vata purna druti sparsha, shoth (swelling), painful movement of the joint is cardinal features of the disease.

KEYWORDS: Sandhigata vata, osteoarthritis, dhatukshaya.**INTRODUCTION**

Sandhigata vata vis-à-vis osteoarthritis is one of the vata vikara and it is multifactorial, degenerative joint disorders. It being a vatavyadhi, located in marma-asthi-sandhi and its occurrence in the fourth decade due to dhatukshaya. Incidence is being observed owing to faulty diet and lifestyle. Ayurveda is the science aims of preventive and curative healthcare.

Charak Samhita

वातपूर्णद्रुतिस्पर्शः शोथः संधिगते अनिले ।

प्रसारणआकुंचनयोः प्रवृत्तिश्च सवेदना ॥

(च.चि. 28/37)^[1]

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Sandhigata vata is first described by Acharya Charak as named sandhigata-anila with symptoms of vatapurna dhruti sparsha which on palpitation feels like a bag filled with air, shotha (swelling) and prasarana akunchana pravrutishcha savedana (pain during movement of joints).

Sushruta Samhita

हन्तिसन्धिगतः संधीन् शूलशोफो करोति च । (सु.नि. 1/28)^[2]

Acharya Sushruta also mentioned sandhigata vata under vatavyadhi that along with symptoms of shoola (swelling) in this disease leading to hantisanthi (the diminution of the movement at joint involved).

Ashtanga Hridaya^[3]

Acharya Vagbhata described sandhigata vata as like Acharya Charak.

Madhava nidan^[4]

Madhvakara described sandhigata vata in Madhavanidan as additional feature is “Atopa” (crepitus in joint). The pathologic underpinning of this disease is attributing to the aberration of vata and kapha dosha, affecting the Asthi (bone), Sandhi (joint), Mansa (muscle) and Snayu (ligament).

Management of sandhigata vata

स्नेहोष्णाहाग्निकर्मबंधनोन्मर्दनानि च ।

स्नायुसंध्यस्थिसंप्राप्ते कुर्यात्त यावद्विद्रुतः ॥ (सु. चि. 4/8)^[5]

Ayurvedic management of sandhigata vata prevents further deterioration in the joints. Comprehensive management of this condition includes a combination of external therapies (Bahya chikitsa) and internal medication (Abhyantara chikitsa). Vata alleviating treatments through specific herbs are suggested for lubrication and strengthening of joints.

The Bahya chikitsa include- External application -Abhyanga with Nirgundi oil, Upnaha^[6] with Erand patra, Agnikarma^[7] (cautery) with Kshaudra guda Sneha, Bandhan^[8]-swastika, Mardana (pressure massage), Janu basti with Balaaswagandha lakshadi oil, Jalauka avcharana.

The Abhyantara chikitsa include- Internal Therapy – Snehapana^[9] with Nirgundi oil, Moolak oil, **-Ekal medicine-** Rasna^[10] choorn, shankh bhasm, Praval pishti Shigru (powder of single dravya), **compound medicine- Choorn-**Panchkola choorn, Aswagandha Choorn **Vati-**Tryodasangh guggulu, Rasnadi guggulu, **Rasa-** Vatavidhwansak rasa, **Asava-Arishtha-** Dashmoolarishth, **Avaleha-** Chyavanprash **Kwath-** Dashmool kwath, Maharasnadi kwath (decoction), **Ghrit**^[11,12,13]- Chitrakadi ghrit, Baladi ghrit, Dashmooladi ghrit

A very important management of sandhigata vata is Nidanparivarjana

Pathya Ahara- Ahara (diet) and Vihara (lifestyle) are the key modalities of prevention and management of diseases in Ayurveda. The importance of diet can be understood with the fact that it has been called as Mahabhaishajya (the super medicine) in the Kashyapa Samhita.^[14] In Ayurveda, it has been clearly mentioned that food should be taken keeping in mind the rule that one part of the stomach should be filled up with solid food, the second part with liquids and the third part should be left empty for proper action of Doshas.^[15] Specific Pathya and Apathya of Sandhigata vata are not mentioned in classical texts. But, being a VataVyadhi, the Pathya - Apathya of general Vatavyadhi may be adopted. Godhuma (Triticumaestivum), Masha (Vigna mungo), Raktashali (Orizapuntata)- Gau (Cow)-Aja (Goat) Dugdha, Ghrita- Draksha (Vitisvinifera), Badara (Zizyphusjuzuba), Amra Mangiferaindica, Madhuk (Madhukaindica)- UshnaJala (warm water), Shritashita Jala (water cooled after boiling)- Sura, Madira, Surasava, Amlakanjika (different types of preparations produced by fermentaion in Ayurveda)- Kukkuta , Mayura, Chataka, Tittir, Nakra, Matsya,Varah, Jalachara Mamsa (meats of birds and other animals)- Gau, (cow) Ashva (horse), Hasti (elephant) Mutra- Madhura (sweet), Amla (sour), Lavana (salt)- Jivanti (Leptadeniareticulata), Shigru (Moringaoleifera), Rasona (Allium sativum), Patola (Trichosanthesdioica)- Taila, Ghrita ,Vasa (animal fat) , Majja (bone marrow).

Apathya Ahara- Atiruksha (Excessive dry), Atisheeta (cold), Atialpa (very less quantity), Atilaghu (very light), Abhojana (no food intake).

Pathya Vihara- (Beneficial Lifestyle) Atapa Sevana (exposure to Sun rays), Mridushayya (Soft bed), Ushnodaka Snana (bath with warm water).

Apathya Vihara- (avoidable lifestyle) Chinta (anxiety), Jagarana (awakened state), Vega Sandharana (control of natural urges), Shrama (fatigue due to physical work), Anashana

(taking no food), Vyavaya (sexual act), Vyayama (exercise), Pravata (wind), Chankramana (mild exercise), Yana Gamana (travelling)

Harrison's internal medicine^[16]

Osteoarthritis is joint failure, a disease in which all structures of the joint have undergone pathologic change, often in concert.

OA affects certain joints, yet spares others. Commonly affected joints include the cervical and lumbosacral spine, hip, knee and first metatarsal phalangeal joint (MTP). In the hands, the distal and proximal interphalangeal joint and the base of the thumb are after affected. Usually spared are the wrist, elbow and ankle.

Osteoarthritis is the musculoskeletal disorder in old age. It occurs when the protective cartilage that cushions the ends of bones wears down over time.

Sign and symptoms

Osteoarthritis develop slowly include pain, stiffness, tenderness, loss of flexibility of joints, grating sensation, bone spurs and swelling.

Causative factors

The consumption of dry, cold or stale food, irregular sleeping habits, suppression of natural urges, exposure to severe cold due to ageing.

Local factor

Degeneration of cartilages due to aging, excessive strain on the joint and any kind of injury to the joint, are the frequent causes of arthritis.

MANAGEMENT

Pharmacological treatment- it includes acetaminophen, NSAIDs and COX-2 inhibitors. Intra-articular injections of glucocorticoids and hyaluronic acid.

Surgical treatment- knee replacement, osteotomy, arthroplasty.

Non- pharmacological treatment- strengthening exercises, aerobic activity and physiotherapy.

Davidson's Medicine^[17]

Osteoarthritis- OA is characterized by focal loss of articular cartilage, subchondral osteosclerosis, osteophytes formation at the joint margin, and remodeling of joint contour with enlargement of affected joints.

Clinical features- the main presenting symptoms are pain and functional restriction in a patient over the age of 45, but more often over 60 year.

Pain

- Insidious onset over month or year.
- Variable or intermittent over time
- Mainly related to movement and weight-bearing, relieved by rest
- Only brief (<15 mins) morning stiffness and brief (<5 min) gelling after rest
- Usually only one or a few joints painful

Complications

Osteoarthritis often resulting in chronic joint pain and stiffness can become severe enough to make daily tasks difficult, depression and sleep disturbances.

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