

AYURVEDIC MANAGEMENT OF OSTEOARTHRITIS (SANDHIVATA): A CASE STUDY

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ABSTRACT

Osteoarthritis (OA) is a degenerative joint disease that affects the synovium, ligaments, subchondral bone, and articular cartilage over time. It is now known that inflammatory mediators play a part in the development of OA, despite the fact that it is mostly mechanical in origin. According to Ayurveda, Sandhivata is very similar to osteoarthritis (OA), a disorder that causes pain, swelling, and limited movement in the joints due to Vata dosha aggravation. Objective: Assess the effectiveness of Ayurvedic treatment for osteoarthritis, with a focus on Sandhivata. Materials and methods: The main symptoms of a 55-year-old woman who had been experiencing pain, discomfort, stiffness, and limited movement in both knees for a year came to our hospital. Thus, a 15-day course of treatment consisting of oral drugs, Ubhaya Janu Basti employing mahanarayan Taila and Sarvanga Abhyanga, and

Swedana was recommended. Results: Following treatment, there was a noticeable reduction in symptoms. Stiffness and oedema significantly decreased, knee joint flexion improved from 90° to 120°, and pain intensity decreased from 4/10 to 1/10 on the VAS scale. The patient's quality of life and mobility both improved. Discussion: Sandhivata's treatment in this instance

demonstrates how Ayurvedic therapies can treat OA's underlying pathophysiology as well as its symptoms. Janu Basti reduces pain and stiffness in the knee joints by providing localised lubrication and nutrients. Swedana and Sarvanga Abhyanga improve joint mobility by reducing systemic Vata aggravation. By lowering, the internal drugs work in concert to promote joint health.

INTRODUCTION

Osteoarthritis (OA) is a type of degenerative joint disease that results from breakdown of joint cartilage and underlying bone. It is believed to be the fourth leading cause of disability in the world.

Dravyas, which contain Brimhana, Shoolahara, Stambhahara, and Balya qualities, are used in the diet and treatment because the condition is characterised by Dhatu kshaya and Lakshanas, which are reflective of vitiated Vata. In Vedic literature, the illness Sandhivata was not specifically mentioned. The Rigveda mentions Ashwinikumaras' proficiency in treating joint disorders. Charaka Chikitsasthana describes the laskhans as vatapurnadratisparsha (tenderness), shotha (swelling), and Prasarana kunchanpravritisavedna (pain during joint flexion and extension).

It has a connection to OA. Weight-bearing joint discomfort, short-term morning stiffness, joint functional limitation, crepitus, bony enlargement, joint effusion, and bone instability are the signs and symptoms.

AIM AND OBJECTIVE

to evaluate the effectiveness of Panchakarma (janu basti +sarvang abhyanga swedan) and Shamana yog in treating Sandhivata w.s.r. osteoarthritis.

MATERIAL AND METHODS

Selection and source of patient- For this study, patient was taken from the IPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

CASE STUDY

A 55-year-old patient arrived at the hospital complaining of discomfort in the B/L knee joint (Rt.>Lt.) with swelling for one year, as well as pain in the interphalangeal joints of the B/L hands with morning stiffness lasting ten to fifteen minutes.

History of past illness-No **Surgical history**- No Personal history

Addiction-tea

Dietary habits-vegetarian Sleep- Disturbed due to pain Bladder and Bowel- Normal

No history of Hypertension, DM, Tobacco

Examination of patient Ashtavidha pariksha

- Nadi (Pulse)- Vata-kapha, 80/ min.
- Mootram (Urine)- Normal
- Malam (Stool) – vibandh
- Jivha (Tongue) – Sam
- Shabdham (Voice)- Normal
- Sparsham (Touch) – Normal but warmth all over body.
- Drika (Eyes) – Normal
- Aakriti (Built) – Moderately, no deformities Local examination- Swelling on both knee joints Tenderness in both knee joints.

Crepitation present.

Diagnostic criteria Table No. 1.

Parameter	Criteria
Pain (VAS Scale)	(0)No pain
	(1-3)Mild pain
	(4-6)Moderate Pain
	(7-10)Severe Pain

Table No. 2: Tenderness.

No tenderness	0
Acc to patient, tenderness	1
Wincing of face	2
Wincing of face and withdrawal of affecting part	3

Table No. 3: Shotha (Swelling).

No swelling	0
Slight swelling	1
Moderate swelling	2
Severe swelling	3

Table No. 4: Crepitus.

No crepitus	0
Complained by patient but not felt on examination	1
Felt on examination	2
Felt and heard on examination	3

Investigations**Fig. 1.****Treatment regimen*****Shamana chikitsa***

Trayodashang guggul 2 BD twice a day

Haritaki churna 5 gm H.S.

Asthiposhak vati 2 BD twice a day

Panchkarma procedure

Ubhay Janu basti with Mahanarayan tail

Sarvanga snehan sweadan with mahanarayan tail

OBSERVATION AND RESULTS

Criteria	BT	AT
Pain	Moderate	Mild
Tenderness	2	1
Swelling	2	0
Crepitus	2	1

DISCUSSION AND CONCLUSION

The most prevalent kind of arthritis is osteoarthritis. It is a major cause of disability in the aged due to its high prevalence, particularly in the elderly, and its detrimental effects on physical function. A vatavyadhi that affects the people of Vridhavastha is Sandhivata.

Trayodashanga Guggulu reduces joint pain, stiffness, and degeneration in Sandhivata through Vata-shamana, shothahara, asthi-majja dhatu poshana, and ama-pachana.

By acting in Sandhivata through Vata-shamana, Anulomana, Ama-pachana, Shothahara, Rasayana, and Srotoshodhana, Haritaki Churna improves joint mobility and lessens joint pain, stiffness, and inflammation.

Asthiposhak vati has kukkutandatvak bhasma, arjuna, guduchi, bala, suddha laksha, and acts on vata dosha.

Strong, holy medicinal oils with strong analgesic and anti-inflammatory qualities are used in Janu Basti. which cooperate to lessen joint and muscle discomfort, lowering the risk of long-term autoimmune inflammatory conditions including rheumatoid arthritis, osteopenia, strains, and sprains, most of which are brought on by the vitiation of Vata Doshas. By increasing blood circulation, Janu Basti strengthens and nourishes the knee joints. As a natural vasodilator, it is also used to effectively treat gout, sore muscles, severe muscular spasms, and a variety of arthritic disorders.

Bhasjyga Ratnavali Vatavyadhi Rogadhikar describes Mahanarayan Taila as having ashwagandha, sonapatha, agnimantha, gokshru, punarnava mool, and so on.

Sarvāṅga Abhyanga and Svedana are crucial Ayurvedic treatments for osteoarthritis because they work in concert to calm Vāta, promote joint lubrication, reduce pain and stiffness, and increase joint mobility in Sandhivāta.

The patient's indications and symptoms and blood tests improved significantly as a result of the therapy modalities, which were deemed successful.