

**A CASE STUDY OF AYURVEDIC MANAGEMENT IN VAAT VYADI
(SANDHIVATA)****¹*Dr. Neha Arun Kumbhare and ²Dr. Manoj Kumar Chaudhari**¹PG Scholar, Ashtang Ayurved College, Pune, Maharashtra, India.²Associate Professor, M.D. (Ayurved Samhita), Ph.D. (Ayurved Samhita), Ashtang Ayurved College, Pune, Maharashtra, India.Article Received on
19 November 2024,Revised on 09 Dec. 2024,
Accepted on 30 Dec. 2024

DOI: 10.20959/wjpr20251-35146

***Corresponding Author**
Dr. Neha Arun Kumbhare
PG Scholar, Ashtang
Ayurved College, Pune,
Maharashtra, India.**ABSTRACT**

Sandhigata vata is a Vata dominating disorders which creates inflammatory as well as degenerative changes in joints. The condition is more painful when mobile joints like Janusandhi (knee joint) of the body are involved in Sandhigata Vata. The disease Sandhigata Vata is more prone to be affected the knee joint because it is most frequently involved joint in daily routine work. Knee joint is weight bearing joints among all joints so, more prevalence in overweight patients. In the pathogenesis of Sandhigata Vata it is found dominance of Vata Dosha. In the current study the main aim to evaluate the efficacy of Janu basti with Til tail in Sandhigatvata.

KEYWORDS: Osteoarthritis, Janubasti, Til tail, Sandhigatavata.**INTRODUCTION**

Sandhigatavata is described under Vatavyadhi in all the Samhita and Sangraha Grantha. In Jaravastha, all Dhatus undergo Kshaya, thus leading to Vataprakopa and making individual prone to many diseases. Sandhigatavata is one among them.

Acharya Charaka was the first person who described the disease separately named “Sandhigata Anila”, but has not included under 80 types of Nanatmaja Vyadhi.

Acharya Sushruta has described the disease Sandhigatavata under Vatavyadhi chapter. He has given its symptoms and the line of treatment. He added a new symptom i.e. ‘HantiSandhi’ in the symptoms shown by Acharya Charaka previously. Acharya Vagbhatta said Vatavyadhi as

as “Maharoga”. Thus, making individual prone to Vatavyadhis, among them Sandhigatavata stands top in the lists. Clinical Features are Vatapurna Druti Sparsha, Prasaranakunchana Vedana, Sandhi Shoola, Atopa.

“Osteoarthritis” is derived from the Greek word “osteo” means “of the bone”, “arthro” means “joint” and “itis” means inflammation of the joints. Hence, an inflammatory change in the joints of bone is called as osteoarthritis. Osteoarthritis is also known as degenerative arthritis, or degenerative joint disease is a clinical syndrome in which low-grade inflammation of joints is caused by abnormal wearing of the cartilage that covers and act as a cushion inside the joints. Because of the decrease of synovial fluid, patient experiences pain upon weight bearing joints during walking and standing. The decreased movement because of joint due to pain, regional muscles of joint may change to atrophy and ligament may become more lax.

CASE REPORT

A case of 55 yrs old female patient presented with chief complaint of left knee pain since four months. Walking and climbing the stairs aggravated the pain. The pain was relieved by resting. The knee pain had affected her daily living activities. On examination reveals tenderness, swelling, crepitus and range of movement of left leg is reduced. The patient was taking NSAIDS, but there was no satisfactory relief through the drugs. In Radiographical examination narrow joint space and osteophyte was found.

CRITERIA FOR ASSESSMENT

- Sandhi Shula
- Sandhigrah (Joint Stiffness)
- Sandhi Shotha/ Swelling
- Aakunchan Prasaranjanya Vedana (pain during flexion & extension)
- Sandhisphutana/ Crepitus

JANU BASTI

Materials needed are

- Black gram flour
- Tila taila
- Nirgundi Kwatha
- Nadi Swedana Yantra

METHODS

Fine black gram flour is taken in a vessel. Water is added to it (preferably warm water) and kneaded well so as to prepare a bolus. From this bolus a ring is made. The ring should have a diameter so as to accommodate and encloses the knee joint within it. That means to tell that when the ring of wet flour is placed on knee joint the whole joint is enclosed within the ring. The height of ring should be atleast 5-6 inches. Heated Tila Tail is poured in the ring up to the level of 2 Angula by using small piece of cotton. Care should be taken to maintain the temperature of the oil. The temperature should be kept uniform throughout the procedure. The oil from the ring is removed at regular intervals and replaced by warm oil. The procedure is carried out for 45 minutes. After this, oil is drained from the ring and mash pishti ring is removed. Abhyanga was given using the same oil for 10-15 minutes. Nadi Swedana with Nirgundi Patra Kwatha was given to patients for 15 minutes.

RESULT

<i>Assessment criteria</i>	<i>Before Treatment</i>	<i>After Treatment</i>
Sandhi Shula	Severe	Moderate
Sandhigrah (Joint Stiffness)	Present	Absent
Sandhi Shotha/ Swelling	Moderate	Mild
Range of movement	Restricted up to 15 degrees	No restricted movement
Sandhisphutana/Crepitus	Audible crepitus	Palpable crepitus

DISCUSSION

Osteoarthritis being a Vatavyadhi. Janu Basti with Til Tail helps in alleviating the symptoms of osteoarthritis. It rejuvenates the Janu Marma. The properties of Til Tail are Sukshma, Sara, Snigdha, Picchil, Guru, Mana and Mridu which is opposite to the Vata Dosha. Thus, on one hand Til Taila neutralizes the Vata Dosha and on the other hand nourishes the Sthanika Kapha Dosha. Til Tail provides nourishment to Mamsa, Meda, Asthi, Majja Dhatu and so on. Restores the lubricating fluid in the joint and maintain integrity of the structures involved in the joint. Abhyanga gave strength to the muscles, relaxed the stiff muscles and increased the blood flow and metabolism. Acharya Charka has advocated the use of Nirgundhi in Vata Vyadhi. Nirgundi had Kapha- Vata Shamaka, Rasayana, Vedanasthapaka and anti-inflammatory properties. Swedana with Nirgundi patra Kwatha produce hypo analgesic effect by diverted Stimuli, decreases stiffness, releases pain, relax muscles and increases the absorption of Sneha through the skin.

CONCLUSION

It can be concluded that Janu basti done with Til Tail for 15 days provided a better relief in the signs and symptoms of Janu Sandhigata Vata mainly in pain, stiffness, tenderness, swelling, and crepitus.

REFERENCES

1. Charaka Samhita with “Ayurved Dipika” sanskrita commentary, sutrasthana, 20/11, by vaidya Jadavaji Trikamji Acharya, 2009, Chaukhamba Prakashana, Varanasi-221001, pp-113.
2. Sushruta, Dalhana, Sushruta Samhita. Sutra Sthana, Vatavyadhi chikitsa 4/8, 12/3 edited by Vaidya Yadavji Trivikramji Acharya, Chaukhambha Surbharti Prakashan reprint 2009, Varanasi, pp 51.
3. Kashinath shastri and Dr. Gorkhanath Chaturvedhi Vidyotani Hindi commentary Charak Samhita Chikitsa Sthana chapter 28, sholk no. 37.
4. Shastri AD. Sushruta Samhita of Sushruta with Ayurveda tatva sandipika Hindi commentary, Nidana Sthana, Chapter 1, shlok no 28, chakumbha surbharti Prakashan K.37/116, gopal mandir lane, postbox no. 1139, Varanasi.
5. Prof Yadundana Upadhaya edited Madhav Nidana, part 1 chapter 22, shlok no 21 edition 30th, pub: chukhumba Sanskrit bhavan post box no. 1160, varnasi, 2000; 418.
6. Jethava NG, Dudhamal TS, Gupta SK. Role of Agnikarma in Sandhigata Vata (osteoarthritis of knee joint). Ayu, 2015 Jan; 36(1): 23.
7. <http://ayurvedasanctuary.net>
8. Charak Samhita Vol.2 Chikitsa Sthana Author Bramanad Tripathi Ref. Ch. Sm. Chik. Sthan 28/134 Pg no 963.
9. Aushadhi Sangraha By Dr Vaman Ganesh Desai, Rajesh Publication part 2 Pg no 105.