

A REVIEW ARTICLE ON AYURVEDIC ASPECT OF SANDHIVATA W.S.R. TO OSTEOARTHRITIS

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ABSTRACT

Background: In *Ayurveda Sandhivata* gets its entity in the chapter of *Vatavyadhi* which obviously are co-related with neuromuscular disorder including disease of the joints. It is a type of degenerative and articular disorder affecting mainly in the weight bearing joints in advancing age. **Materials and Methods:** *Ayurveda* recommends healthy life style through *Aahara*, *Vihara*, *Aushadha*, different kinds of *karmas* to prevent all kind of diseases. Various *Ayurvedic* formulations like *Rasa Aushadhi*, *Vati*, *Guggulu*, *Kwatha*, *Ghrita*, *Taila*, and *Panchakarma* procedures like, *Abhyanga*, *Swedana*, *Upanaha*, *Basti*, *Janubasti*, and *Agnikarma* etc. have been described in classics for treatment of *Sandhivata*. **Results:** Therefore, *Ayurvedic* herbal formulations and *Panchakarma* procedures are beneficial in such cases and they can positively influence health and quality of life. Modern treatment provides instant relief while on the other hand *Ayurveda*

heals by curing the disease from root and has been considered *Apunarbhava Chikitsa* which means it prevents recurrence of the disease. Other measures aid in achieving the ultimate goal of cure from the disease.

KEYWORDS: *Sandhivata*, *Janubasti*, *Agnikarma*, Osteoarthritis.

INTRODUCTION

Sandhivata is a type of *Vatavyadhi*. The vitiated *Vata* when takes shelter in *Sandhithana* causes *Shoola* (pain), *Shotha* (swelling), *Stambha* (stiffness), *Sandhiaatopa* (crepitus) is known as *Sandhivata*.^[1] The disease is characterized by *Dhatu Kshaya* and *Lakshanas*

reflective of vitiated *Vata* hence the diet and treatment includes *Dravyas* which have *Brimhana*, *Shoolahara*, *Stambhahara* and *Balya* properties. The disease *Sandhivata* was not mentioned as such in *Vedic* literature. *Ashwini kumaras* had recorded their skill in treating joint diseases and its mention can be found in *Rigveda*.^[2] *Sandhivata* is a *Marmasthisandhi* or *Madhyama Roga Marga Vikara*. This also includes all the structures like *Snayu*, *Sira*, *Asthi*, *Peshi*, *Kandara* etc.

Osteoarthritis (OA) is a non inflammatory, slowly progressive joint disease, mainly involving the cartilage. It shows progressive destruction of articular cartilage of weight-bearing joints of genetically susceptible older persons. It leads to narrowing of joint space, subchondral bone thickening and finally painful and nonfunctioning joints.^[3]

OA preferentially targets certain small and large joints. The most commonly involved joints are those near the ends of the fingers, at the base of the thumb, neck, lower back, knee, and hips. The risk factors may be trauma, congenital malformation or chronic inflammation of the joints. OA of the spine may lead to spinal stenosis with root pain either in the arms or in the lower limbs. Risk is greater in those who are overweight, have legs of different lengths, diabetes, and joint infection or have jobs that result in high levels of joint stress and females who have menopause are prone to OA.^[4]

AIM AND OBJECTIVES

To explain the role of *Pathya-Apathya*, drugs and *Panchakarma* therapy enumerated in ancient *Ayurvedic* texts which will be beneficial in management of *Sandhivata*.

Nidana

1. ***Sannikrishta hetu-*** *Ati Vyayama* (Excessive physical activity), *Abhighata* (Joint injury), *Marmaghata* (Joint injury at a key site), *Pradhavana* (Running).
2. ***Viprakrishta Hetu-*** *Rasa:* *Kashaya*, *Katu*, *Tiktu* ***Guna:*** *Rooksha*, *Sheeta*, *Laghu*, ***Aharakrama:*** *Alpahara* (light or insufficient food intake), *Vishamashana* (irregular food intake) *Adhyashana* (excessive consumption of food), *Pramitashana* (proper or moderate eating) ***Manasika:*** *Chinta* (mental stress), *Shoka* (sorrow), *Krodha* (aggression), *Bhaya* (fear), ***Viharaja:*** *Atijagarana*, *Vishamopacara*, *Ativyavaya* (excessive coitus), *Shrama* (physical activity), *Divasvapna* (day sleep), *Vegasandharana* (Suppression of urges).^[5]

3. Other factors- *Vataprakopa* can also be caused by living in *Jangaladesha* and at the end of the *Greeshma*, *Varsha* and *Shishira Kaala*.^[6]

Samprapti^[7]

Vata is vitiated in body due to consuming *Vata* aggravating foods. This vitiation *Vata* lodges in *Rikta Srotasa*. *Vata* after settling in *Rikta Srotasa* produce disease related to that particular *Srotasa*.

Samprapti ghataka^[8]

Dosha- *Vata- Vyana, Kapha– Shleshaka*

Dooshya- *Rasa, Rakta, Asthi*

Adhishthan – *Asthi Sandhi*

Srotas- *Asthivaha, Majjavaha*

Srotodushti prakara- *Sanga, Vimargagamana*

Agni- *Vishamagni*

Roga marga-*Madhyama*

Udbhavasthana- *Pakvashaya*

Vyadhiswabhava- *Chirakari*

Sadhyasadhyata- *Kashtasadhya*

Poorvaroopa

Because of the *Sthana Sanshraya* of the *Dosha* on the *Sandhi Sthana* *Poorvaroopa* starts to manifest. However it is difficult to observe them in *Sandhivata*.^[9]

Lakshana

According to *Acharya Charaka* the main symptoms of *Sandhi* are *Vatapurnadratisparsha* (tenderness), *Sandhi Shotha* (swelling), *Prasaran Akunchanpravritisavedna* (Pain during extension and flexion of joints).^[10]

Chikitsa

Mainly *Chikitsa* describes in three types such as-

1. *Nidana Parivarjana*
2. *Samshodhana Chikitsa*
3. *Samshamana Chikitsa*

1. *Nidana parivarjanam*

Nidana Parivarjana is the first line of treatment. *Nidana Parivarjana*, healthy life style and diet is key factor in all conditions for the success in treatment.^[11]

2. *Samshodhana chikitsa*

Abhyanga or massage by *Tila Taila*, *Ksheerabala Taila*, *Mahamasha Taila*, *Dhanvantara Taila*, *Pinda Taila*, *Mahanarayana Taila*, *Sahacharadi Taila*, *Yashtimadhu Taila* etc.

Swedana: I.e. *Pinda Sweda*, *Nadi Sweda*, *Churna Pinda Sweda*, *Shastika Shali Pinda Sweda*. *Swedana* activates the cells and flush the toxins, Improves cellular metabolism and enables free circulation in joints, removes pain, stiffness and swelling and rejuvenates the joints.

Avagaha: Means submerged. Patient is made to sit in a tub of herbal medicated warm water for about 20 minutes. The level of water is upto naval or neck.

Dhara: Is also known as *Parisheka Sweda*. In this warm *Kwatha* is sprinkled or showered on the body which eliminates the vitiated *Vata*.

Janu basti: In this a circle or a compartment is made of black gram around the knee and warm medicated oils are poured in it for a fixed time period.

Sandhi pichu: Means padding or sponging. In this procedure a sterile cotton pad dipped in medicated oil is placed over the painful knee joint.

Sandhi Lepa by Rasnadi Churna, Dashanga Lepa etc. Upanaha: In this treatment module, a herbal mixture or paste is applied on the knee joint and is covered and left undisturbed for about 12 hrs. It is then washed with lukewarm water.

Snehapana: Patient is made to drink medicated oils and ghee in fixed amount. *Sneha* is opposite to the *Ruksha* and *Khara Guna* of *Vata* which causes the pain and inflammation. Medicated *Sneha* which generally used are *Guggulutiktakam Ghrita*, *Rasnadi Ghrita*, *Bala Taila*, *Mahamasha Taila* etc.

Virechana: It is done after *Samyak Snehana* and *Swedana*. *Virechana* means therapeutic purgation. It removes the morbid *Doshas* especially *Vata* and *Pitta* out from the body thus providing relief.

Basti is considered the best treatment for vitiated *Vata*. It not only eliminates the vitiated *Vata* but also clears its passage (*Margaavarana*). It also strengthens the joints and muscles and prevents disease recurrence. *Aasthapana Basti* like that of *Erandamuladi Kashaya Basti*, *Dashamoola Kashaya Basti*, *Dashamoola Ksheera Basti*, *Mustadi Vapana Basti* are generally given. *Anuvasana Basti* in alternation with *Asthapana Basti* is given.

Jalaukavacharana (Leech therapy): *Jalauka Charana* is done in *Pitta pradhan* disorders. This therapy relieves the pain through antinociceptive effects and counter irritation.^[12]

Agnikarma: *Agnikarma* is done using *Rajata Shalaka* and *Loha Shalaka*. According to *Acharya Charaka Agni* treats *Shula* and also *Agnikarma* is superior in treatment of *Stambha*.^[13]

3. *Samshaman chikitsa*

If a person is having very few symptoms of a disease, the intensity of the symptoms is not so severe and even strength of the person is less. Then only Conservative Line of Management (*Sanshaman Chikitsa*) is sufficient to treat such conditions.

Drugs used for *pachana* or *agnideepana* in patients of *sandhivata*^[14]

- *Rasna (Pluchea lanceolata)*
- *Panchatikta Dravya Kashaya*
- *Agnitundi Vati*
- *Sanjivani Vati*
- *Hingvastaka Churna*
- *Shivakshara Pachana Churna*

etc. can be used to correct *Agni* before starting the *Shamana* therapy

Drugs used as *shamana* therapy for treatment of *sandhivata*

Guggulu kalpana

Laksha Guggulu, Abha Guggulu, Yogaraja Guggulu, Panchatikta Guggulu, Rasnadi Guggulu, Gokshuradi Guggulu, Mahayogaraja Guggulu, Tryodashanga Guggulu.^[15]

Sneha kalpana

Dashmuladi Taila, Rasna Taila, Nirgundi Taila, Lashunadi Taila, Panchatikta Ghrita.^[16]

Kwatha

Dashamula Kwatha, Rasnasaptak Kwatha, Phalatrikadi Kwatha, Maharasnadi Kwatha, Punarnavashtak Kwatha, Punarvashtak Kwatha, Gokshuradi Kwatha.^[17]

Rasa aushadha

Navajivana Rasa, Godanti Bhasma, Muktaashukti Bhasma, Bruhatavatchintamani Rasa, Vatavidhvansa Rasa.^[18]

***Pathya apathya*^[19]**

Pathya aahara: *Godhuma* (wheat), *Mamsa* (meat), *Raktashali*, *Godugdha* (cow's milk), *Ajadugdha* (goat milk), *Ghrita* (ghee) *Draksha* (grapes), *Ama* (mango), *Madhuka*, *Ushna Jala*, *Sura*, *Surasava*, *Madhura -Amla -Lavana Rasa pradhana ahara*.

Pathya vihara: *Atapa Sevana*, *Mridu Shayya*, *Ushnodaka Snana* etc.

Apathya aahara: *Yava*, *Kodrava*, *Chanaka*, *Kalaya*, *Sheeta Jala*, *Ati Madya Pana*, *Sushka Mamsa*, *Katu- Tikta -Kashaya Rasa pradhana ahara*.

Apathya vihara: *Chinta*, *Ratri Jagarana*, *Vega Vidharana*, *Shrama*, *Anashana*, *Vyavaya*, *Vyayama*, *Chankramana*, *Kathina Shayya*.

DISCUSSION

Sandhivata is very common form of arthritis. It shows a strong association with aging and is a main cause of pain and disability in elder person. As the degenerative phase of human body starts after 40 years, more common in the age group of 40-60 years are seen in the study. Females are more affected from *Sandhivata* as in the menopausal phase rate of *Asthi dhatukshaya* is increased. Allopathic treatment has its own limitation in managing this disease. It can provide either conservative or surgical treatment and is highly symptomatic and with troublesome side effects whereas such types of conditions can be better treatable by the management and procedures mentioned in *Ayurvedic* classics.

CONCLUSION

Osteoarthritis or *Sandhivata* is a major problem in the modern world, as due to faulty lifestyle obesity is increasing day by day which further speed up the onset of disease. Also due to junk food and lack of proper nourishment synovial fluid gets infected. Joints need proper and timely care as our machine needs. Humans must understand this. In OA as far as seen combined therapies provide better and faster results than a single therapy. *Ayurvedic* regimen when combined with allopathy, *yoga* and naturopathy helps in fast healing. Integrating the various pathies is not only beneficial for patients only but also will be a big milestone as it will set future goals to work by combining the various treatment modules.

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