

ETIOLOGICAL STUDY OF RHEUMATOLOGICAL DISEASES MENTIONED IN AYURVEDA

^{*1}Dr. Manisha Pathak, Prof. Dr. Anup baishya

¹P.G Scholar, Dept. of Roga Nidana, Govt. Ayurvedic College, Guwahati.

²Professor and Head, Dept. of Roga Nidana, Govt. Ayurvedic College, Guwahati.

Article Received on 03 Sept. 2026,

Article Revised on 24 Sept. 2026,

Article Published on 01 Oct. 2026,

<https://doi.org/10.5281/zenodo.23035827>

*Corresponding Author

Dr. Manisha Pathak

P.G Scholar, Dept. of Roga Nidana,
Govt. Ayurvedic College, Guwahati.



How to cite this Article: ^{*1}Dr. Manisha Pathak, Prof. Dr. Anup baishya (2026). Etiological Study Of Rheumatological Diseases Mentioned In Ayurveda. World Journal of Pharmaceutical Research, 15(19), 438–448.

This work is licensed under Creative Commons Attribution 4.0 International license.

INTRODUCTION

According to National Institute of Arthritis and Musculoskeletal and Skin Diseases, U.S (NIAMS)

“Rheumatic diseases are conditions that cause pain, stiffness, and swelling in joints and surrounding tissues, and may also affect internal organs in systemic forms.” 1

According to the **World Health Organization, rheumatological diseases affect nearly 20–33% of the global population**, making them one of the leading causes of disability worldwide. 2 In contemporary medicine, such conditions are commonly explained through mechanisms involving inflammation, autoimmunity, metabolic disturbances, and degenerative processes.

Ayurveda offers a distinct and holistic perspective on diseases affecting the joints and musculoskeletal system. In Ayurveda although there is no direct mention of Rheumatological Disease but the conditions such as joint pain (Sandhi shoola), joint swelling (Sandhi sotha), joint stiffness (Sandhi stambha) and other symptoms related to joints, muscles and bones have been mentioned in various diseases of the Ayurvedic classical texts. Among the various conditions described in Ayurvedic texts, **Amavata 3, Sandhigata Vata 4, Vatarakta 5, and Asthimajjagata Vata 6** are particularly important in the context of rheumatological disorders due to their clinical presentation and frequency in practice.

The etiological factors (Nidana) of these diseases play a crucial role in their manifestation and progression. Ayurveda classifies these causes mainly into dietary cause (Aharaja Nidana) and lifestyle cause (Viharaja Nidana).

METHODS

○ Study Design

The present study is a **literary study** aimed at evaluating the etiological factors of selected rheumatological diseases in Ayurveda

The **literary materials** for the study were collected from classical Ayurvedic texts including **Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, as well as texts such as Madhava Nidana and other relevant Samhitas**. In addition to these, standard Ayurvedic textbooks, contemporary medical literature, scientific journals, published research articles, dissertations, and authentic internet sources were reviewed to gather comprehensive information related to rheumatological diseases and their etiological aspects.

LITERARY OBSERVATION AND RESULTS

According to National Institute of Arthritis and Musculoskeletal and Skin Diseases, U.S (NIAMS) **“Rheumatic diseases are conditions that cause pain, stiffness, and swelling in joints and surrounding tissues, and may also affect internal organs in systemic forms.”** ¹

Some rheumatological disease symptoms can be understood in Ayurveda as manifestations of aggravated Vata affecting **Sandhi** (joints) and related tissues, leading to joint pain (**Sandhi Shoola**), joint swelling (**Sandhi Shotha**), joint stiffness (**Sandhi Stambha**) etc. These clinical features are described in the Ayurvedic classical text in reference to various diseases like Vata Vyadhi, Aamvata, Vatarakta, Shotha, Jwara, Karshya, Kustha, Sthoulya etc.

Table 1: Classical Ayurvedic Literature Review of Sandhi-Related Terminologies with Textual References and Disease Context.

SL. No.	Ayurvedic Term	Classical Text	Section / Chapter No./ Sloka No.	Disease
1.	Sandhi Shoola (pain in joints)	Charaka Samhita	Chikitsa Sthana – Chapter 28 / 18-22 (Vatavyadhi Nidana)	Vata Vyadhi
2.	Sandhi Shoola	Charaka Samhita	Chikitsa Sthana – Chapter 28 / 37-42 (Vatavyadhi Chikitsa)	Vata disorders
3.	Sandhi Shoola	Sushruta Samhita	Nidana Sthana – Chapter 1/24-28 (Vata vyadhi Nidan)	Vata disorders
4.	Sandhi Shoola	Sushruta Samhita	Chikitsa Sthana – Chapter 4/13-18 (Vatavyadhi Chikitsa)	Chronic Vata disorders
5.	Sandhi Shoola	Ashtanga Hridaya	Nidana Sthana – Chapter 15/ 13-18 (Vatavyadhi Nidana)	Vata Vyadhi

6.	Sandhi Shoola	Madhava Nidana	Chapter 25/ 4-7 (Amavata Nidana)	Amavata
7.	Sandhi Shoola	Madhava Nidana	Chapter 23/ 5-8 (Vatarakta Nidana)	Vatarakta
8.	Sandhi Shoola	Bhavaprakasha	Madhyama Khanda – Chapter 26/ 4-8 (Amavata Adhikara)	Amavata
9.	Sandhi Shoola	Ashtanga Hridaya	Nidana Sthana 2/6–10	Jwara
10.	Sandhi Shoola (joint pain)	Charaka Samhita	Nidana Sthana 1/15-20 / Jwara Nidana	Jwara
11.	Sandhi Shotha (joint swelling)	Madhava Nidana	Chapter 25/ 4-8 (Amavata Nidana)	Amavata
12.	Sandhi Shotha	Bhavaprakasha	Madhyama Khanda – Chapter 26/ 4-8 (Amavata Adhikara)	Amavata
13.	Sandhi Shotha	Ashtanga Hridaya	Nidana Sthana – Chapter 16/ 5-9 (Vatarakta Nidana)	Vatarakta
14.	Sandhi Shotha	Sushruta Samhita	Nidana Sthana – Chapter 11/6-12 (Shotha Nidana)	Shotha
15.	Sandhi Shotha	Charaka Samhita	Chikitsa Sthana – Chapter 15/ 7-12 (Shotha Chikitsa)	Shotha
16.	Sandhi Stambha (joint stiffness)	Madhava Nidana	Chapter 25 / 9-12(Amavata Nidana)	Amavata
17.	Sandhi Stambha	Bhavaprakasha	Madhyama Khanda – Chapter 26/ 9-14 (Amavata Adhikara)	Amavata
18.	Sandhi Stambha	Charaka Samhita	Chikitsa Sthana – Chapter 28/ 43-47 (Vatavyadhi Chikitsa)	Vata Vyadhi
19.	Sandhi Stambha	Ashtanga Hridaya	Nidana Sthana – Chapter 15 / 13-18(Vatavyadhi Nidana)	Vata disorders
20.	Sandhi Stambha	Sushruta Samhita	Chikitsa Sthana – Chapter 5 / 13-18(Vatavyadhi Chikitsa context)	Chronic Vata disorders
21.	Sandhi Supti (joint numbness)	Charaka Samhita	Chikitsa Sthāna 28/52	Vatavyādhi
22.	Sandhi Supti	Ashtanga Hridaya	Nidana Sthana 15/20	Sandhigata Vāta
23.	Sandhi Akunchana (Difficulty in flexion)	Sushruta Samhita	ChikitsaSthana 5/20	Vatavyadhi
24.	Sandhi Ruk (Pain in joints)	Charaka Samhita	Chikitsa Sthana 28/41	Vātavyādhi
25.	Sandhi Ruk	Charaka Samhita	Chikitsa Sthana 3/ 21-40 / Jwara Chikitsā	Jwara
26.	Sandhi Spandana (Throbbing sensation in joints)	Sushruta Samhita	Nidana Sthana 1/31	Vatavyādhi
27.	Sandhi Raga (Redness in joints)	Ashtanga Hridaya	Nidana Sthana 16/13	Vātarakta

28.	Sandhi Sparshasahatva (Tenderness on touch)	Madhava Nidana	25/14	Amavata
29.	Sandhi Chalana Kṣaya (Reduced movement capacity)	Charaka Samhita	Chikitsa Sthana 28/61	Sandhigata Vāta
30.	Sandhi Stabdhata (Rigidity of joints)	Bhāvaprakāśa	Madhyama Khanda 26/18	Amavata
31.	Sandhi Sushka (Emaciated joints)	Charak Samhita	Sutra Sthana/ 21/15	Karshya
32.	Parva bheda (pain in joints)	Charaka Samhita	Nidan Sthana/ 5/8-9	Kustha
33.	Sandhi hrasa (Reduction of joint)	Charaka Samhita	Sutra Sthana/ 21/9	Sthoulya
34.	Sandhi ksaya (Reduction of joint)	Astanga Hridaya	Sutra Sthana/ 11/22	Dourbalya
35.	Sandhi Graha (locking sensation in joint)	Ashtanga Hridaya	Nidana Sthāna 15/18	Vatavyadhi
36.	Sandhi Sphuṭana (crepitus in joints)	Charaka Samhita	Chikitsa Sthana 28/48	Sandhigata Vāta
37.	Sandhi Saithilya (Looseness of joint)	Sushruta Samhita	Chikitsa Sthana 5/26	Vatavyadhi
38.	Sandhi Guruta (heaviness in joint)	Bhavaprakasa	Madhyama Khanda 26/16	Amavata
39.	Sandhi Toda (pain in joints)	Madhava Nidana	25/11	Amavata
40.	Sandhi Daha (Burning sensation in joints)	Ashtanga Hridaya	Nidana Sthana 16/11	Vatarakta

By study of Ayurveda classical text it can be observed that the terms Sandhi Shoola, Sandhi Shotha, Sandhi Stambha and other terminologies in Ayurveda related to joints are found as premonitory symptoms, symptoms and complications of Amavata, Vatarakta, Vata Vyadhi like Sandhigata vata and Asthimajjagata vata, Shotha, Ama disorders, Jwara, karshya, kustha, sthoulya etc.

CONCEPT OF NIDAN

Definition and Etymology of Nidana - The term *Nidana* is derived from Sanskrit roots that which binds or causes disease. It is commonly interpreted as cause, etiological factor.

Etiological Factors of Common Rheumatological Diseases in Ayurveda.

In the Ayurvedic classical texts, manifestations of rheumatological diseases are not confined to a single disease entity. Symptoms related to the joints are described in the context of several diseases such as **Jwara, Vatavyadhi, Ama disorders, Ajeerna, Amlapitta, Shotha,**

Kushtha, Karshya, and Sthoulya, as well as in specific rheumatological disorders including **Aamavata, Sandhigata Vata, Vatarakta, and Asthimajjagata Vata**.

Based on these classical descriptions, the causative factors (Nidana), particularly **Aharaja Nidana (dietary factors)** and **Viharaja Nidana (lifestyle factors)**, were classified into two categories for the present study: **Samanyaja Nidana**, which includes the etiological factors described under general diseases such as Jwara, Vatavyadhi, Ama disorders, Ajeerna, Amlapitta, Shotha, Kushtha, Karshya, and Sthoulya; and **Vishesh Nidana**, which includes the disease-specific etiological factors described for Aamavata, Sandhigata Vata, Vatarakta, and Asthimajjagata Vata.

Samanya Nidana (General Etiological Factors)

● Going through the prime Ayurvedic ancient literature including Brihatrayi and Laghutrayi it has been observed in the present research work that Rheumatological symptoms like Sandhi shoola (joint pain), Sandhi shotha (joint swelling), Sandhi stabdha (joint stiffness) and other joint related problems have been mentioned in context of different diseases i.e. Jwara, Stoulya, Ajeerna, Vatavyadhi, Kustha, Shotha, Karsya, Amlapitta, Daha. So Nidana of these 9 diseases have been considered as a Samanyaja Ahara and Vihara nidana, where 21 number of Ahara and 31 number of Vihara nidana are taken.

Sl. No.	Aharaja Nidana (Etiological Factor)	Classical Text	Section / Chapter / Sloka No.	Disease context	Doṣa Aggravated
1.	Amla Rasa Atiyoga (excess sour taste)	Charaka Samhita	Sutra Sthana 26/43	Ama disorders	Pitta
2.	Ati Madhura Sevana	Charaka Samhita	Sutra Sthana 21	Sthoulya	Kapha
3.	Ajirṇe Bhojana (food during indigestion)	Charaka Samhita	Vimana Sthana 2	Ajirṇa	Ama + Kapha
4.	Ati Ksara Sevana	Sushruta Samhita	Sutra Sthana 45	Vātavyadhi	Pitta + Vāta
5.	Anupa Maṃsa Sevana	Charaka Samhita	Sutra Sthana 27	Ama disorders	Kapha
6.	Ati Lavana Ahara	Charak Samhita	Nidan Sthana/ 1/21	Jwara	Pitta
7.	Ati Ruksha Ahara	Charak Samhita	Nidan Sthana/ 1/21	Jwara	Vata
8.	Dadhi Sevana (curd excess)	Charaka Samhita	Sutra Sthana 27/225–228	Kuṣṭha	Kapha
9.	Guda (jaggery)	Charak Samhita	Nidan Sthana 5/ 3-6	Kustha	Kapha
10.	Guru-Snigdha Ahāra	Ashtanga Hridaya	Sutra Sthana 8	Ama disorders	Kapha + Āma
11.	Kilaṭa / Kurchika (dairy products)	Charaka Samhita	Sutra Sthana 27	Ama conditions	Kapha
12.	Ksheera (milk)	Charak Samhita	Nidan Sthana 5/ 3-6	Kustha	Kapha
13.	Kulattha Atiyoga	Bhavaprakasha	Dhanya Varga	Ama	Vāta + Pitta

				disorders	
14.	Matsya (fish)	Charak Samhita	Nidan Sthana 5/ 3-6	Kustha	Kapha
15.	Nava Anna Sevana (newly harvested grains)	Charaka Samhita	Sutra Sthana 27	Ama disorders	Kapha + Āma
16.	Piṣṭanna Atiyoga	Charaka Samhita	Sutra Sthana 21	Sthoulya	Kapha
17.	Tila Atiyoga (excess sesame)	Bhavaprakasha	Purva Khanda	Rakta dusti	Pitta + Kapha
18.	Tila Taila Atiyoga (excess sesame oil)	Bhavaprakasha	Taila Varga	Rakta dusti	Pitta
19.	Ushna Ahara	Charak Samhita	Nidan Sthana/ 1/21	Jwara	Pitta
20.	Vidahi Ahara (foods causing burning sensation)	Charak Samhita	Sutra Sthana/ 26/ 51	Shotha	Pitta
21.	Viruddhahara (incompatible food)	Charaka Samhita	Sūtra Sthana 26/81	Ama disorders	Tridoṣa + Āma
Sl. No.	Viharaja Nidana (Etiological Factor)	Classical Text	Section / Chapter / Sloka No.	Disease context	Doṣa Aggravated
22.	Alpa ahara (less food intake)	Charak Samhita	Sutra Sthana/21/ 3-4	Karsya	Vata
23.	Atiprajagara (night awakening)	Charaka Samhita	Sutra Sthana 21/42	Karsaya	Vāta + Pitta
24.	Atibhojana (excess food intake)	Charaka Samhita	Sutra Sthana /21	Sthoulya	Kapha
25.	Ayatha Bala arambha (work beyond capacity)	Charaka Samhita	Sutra Sthana 7	Dhatu Kṣhaya	Vāta
26.	Alpa Cheshta (Sedentary habit)	Ashtanga Hridaya	Sutra Sthana 2	Amlapitta	Kapha
27.	Avyayama (lack of exercise)	Charaka Samhita	Sutra Sthana 21	Sthoulya	Kapha
28.	Ati Chankramana (excess walking)	Charak Samhita	Sutra Sthana /17/ 21	Shotha	Vata
29.	Ati Chinta (excess worry)	Charaka Samhita	Sutra Sthana 1	Vatavyadhi	Vata
30.	Ati Soka (grief)	Charaka Samhita	Sutra Sthana 1	Vatavyadhi	Vata
31.	Asatmya Asana (improper posture)	Sushruta Samhita	Nidana Sthana 1	Vatavyadhi	Vata
32.	Ati Maithuna	Charaka Samhita	Sutra Sthana 7	Vatavyadhi	Vata
33.	Avyavaya (lack of sexual activity)	Charaka Samhita	Sutra Sthana /21	Sthoulya	Kapha
34.	Adhyasana (eating before digestion)	Charaka Samhita	Vimana Sthana 2/9	Ajirṇa	Kapha + ama
35.	Ati Bhojana (overeating)	Charaka Samhita	Sutra Sthana 5/6	Ama disorders	Kapha + ama
36.	Anasana (frequent fasting)	Charaka Samhita	Sutra Sthana 28/18–20	Vātavyadhi	Vata
37.	Ati Bhara Vahana (lifting heavy weight)	Sushruta Samhita	Sharira / Chikitsa context	Vātavyadhi	Vata
38.	Ati Vyayama (overexertion)	Charaka Samhita	Sutra Sthana 7/31–33	Karshya	Vata
39.	Ati Gamana (excess travel)	Ashtanga Hridaya	Sutra Sthana 4	Vatavyadhi	Vāta
40.	Bhaya (fear)	Charaka Samhita	Sutra Sthana 1	Vātavyadhi	Vata
41.	Divasvapna (day sleep)	Charaka Samhita	Sutra Sthana 21/35–37	Ama disorders	Kapha
42.	Dirgha Kāla Sthāna (prolonged standing)	Ashtanga Hridaya	Sutra Sthana 7	Vatavyadhi	Vata
43.	Dīrgha Kāla Āsana (prolonged sitting)	Ashtanga Hridaya	Sutra Sthana	Sthoulya	Kapha + Vata
44.	Jala Ati Sevana (excess water)	Sushruta Samhita	Sutra Sthana	Amlapitta	Kapha +

	exposure)				Vāta
45.	Krodha (anger)	Charaka Samhita	Sutra Sthana 1	Dāha	Pitta
46.	Papa Karma (sinful actions)	Charaka Samhita	Nidan Sthana/ 5/3-6	Kustha	Vata +Pitta + Kapha
47.	Ratri Jagaraṇa	Ashtanga Hridaya	Sutra Sthana 2	Karaya	Vata + Pitta
48.	Sita Vāta Sevana (cold wind exposure)	Ashtanga Hridaya	Sutra Sthana 4	Sandhi disorder	Vata + Kapha
49.	Shrama (Repetitive physical strain)	Sushruta Samhita	Chikitsa context	Vatavyadhi	Vata
50.	Vega Udirana (forceful urge expulsion)	Charaka Samhita	Sutra Sthana 7	Vatavyadhi	Vata
51.	Viṣamasana (irregular meals)	Charaka Samhita	Vimana Sthana 2/8–10	Vatavyadhi	Vata + ama
52.	Vega Sandhāraṇa (suppression of natural urges)	Charaka Samhita	Sutra Sthana 7/3–8	Srotoduṣṭi	Vāta

Vishesh Nidana (Disease-Specific Etiological Factors)

There are some diseases in Ayurveda in which detailed description of Nidan (causative factor) to the Upadrava (complication) have been mentioned, which are focussed on joint related problems, these are Aamvata, Sandhigata vata, Vatarakta and Asthimajjagata Vata. As these are diseases which are directly related to joint related problems like Sandhi shoola (joint pain), Sandhi shotha (joint swelling), Sandhi stabdha (joint stiffness) and other joint related problems hence in this study we have categorized the Nidan of these 4 diseases as Vishesh Nidan i.e. Disease Specific Etiological Factors.

Nidana of Aamvata

Sl. No.	Nidana (Aharaja)	Classical Text	Section / Chapter / Sloka No.	Doṣa Aggravated
1.	Viruddha Ahara (incompatible food combinations)	Madhava Nidana	Chapter 25 (Amavata Nidana) 1–3	Ama + Tridoṣa
2.	Mandagni (low digestive fire)	Madhava Nidana	Chapter 25/1–3	Ama
3.	Viruddha Cheshta (improper physical activities)	Madhava Nidana	Chapter 25/3–5	Vata + Ama
4.	Nirchalata (lack of movement)	Madhava Nidana	Chapter 25/3–5	Kapha + Ama
5.	Snigdham Bhuktva Vyayama Kurbataḥ (exercise immediately after oily/heavy meal)	Madhava Nidana	Chapter 25/4–6	Vata + Ama

Nidana of Sandhigata Vata

SL. No.	Nidana of Sandhigata Vata (Aharaja Nidan)	Classical Text	Section / Chapter / Sloka No.	Doṣa / Pathogenic Factor Aggravated
---------	---	----------------	-------------------------------	-------------------------------------

1.	Rukṣa Anna (dry food)	Charaka Samhita	Sutra Sthana 5/7–8	Vata
2.	Sita Anna (cold food)	Ashtanga Hridaya	Sutra Sthana 4/8–10	Vata + Kapha
3.	Alpa Anna (inadequate food intake)	Charaka Samhita	Sutra Sthana 5/9	Vata
4.	Laghū Anna Atiyoga (excess light diet)	Ashtanga Hridaya	Sutra Sthana 8/25–27	Vata
5.	Atiprajagara (excess night awakening)	Charaka Samhita	Sutra Sthana 21/42–46	Vata + Pitta
6.	Vyavaya Atiyoga (excess sexual activity)	Charaka Samhita	Sutra Sthana 7/67–69	Vata
7.	Viśama Upachara (irregular regimen)	Charaka Samhita	Sutra Sthana 28/15–18	Vata
8.	Doṣa, Sakṛt, Mutra Stravana Atiyoga	Charaka Samhita	Sutra Sthana 7/3–8	Vata
9..	Lañghana Atiyoga (excess fasting)	Charaka Samhita	Sutra Sthana 22/11–13	Vata
10.	Plavana Atiyoga (excess swimming)	Ashtanga Hridaya	Sutra Sthana 7/28	Vata + Kapha
11.	Adhwa Atiyoga (excess travelling)	Charaka Samhita	Sutra Sthana 7/23–25	Vata
12.	Vyayama Atiyoga (over-exercise)	Charaka Samhita	Sutra Sthana 7/31–33	Vata
13.	Ati Cheshta (overexertion)	Sushruta Samhita	Sharira Sthana	Vata
14.	Dhatu Kṣaya (tissue depletion)	Charaka Samhita	Sutra Sthana 28/18–20	Vata
15.	Ati Chinta (excess worry)	Charaka Samhita	Sutra Sthana 7/22	Vata
16.	Ati Soka (grief)	Charaka Samhita	Sharira Sthana	Vata
17.	Ati Roga (chronic illness burden)	Charaka Samhita	Chikitsa Sthana 28/ 56	Vata
18.	Karsana (emaciation)	Charaka Samhita	Sutra Sthana 21/16–18	Vata
19.	Duḥkha Asana (improper sitting posture)	Sushruta Samhita	Sharira Sthana 6/ 3-12	Vata
20.	Krodha (anger)	Charaka Samhita	Sutra Sthana 1/58–60	Pitta + Vata
21.	Divaswapna (day sleep)	Charaka Samhita	Sutra Sthana 21/35–37	Kapha
22.	Bhaya (fear)	Charaka Samhita	Sharira Sthana	Vata
23.	Vega Sandharāṇa	Charaka Samhita	Sutra Sthana 7/3–8	Vata
24.	Marma Aghata (injury to vital parts)	Sushruta Samhita	Sharira Sthana 6/3–12	Vata
25.	Sighrayana (jerky/fast travel)	Ashtanga Hridaya	Sutra Sthana	Vata
26.	Patana (fall)	Sushruta Samhita	Nidana Sthana 1	Vata

Nidana of Vatarakta

Sl. No.	Nidana of Vatarakta (Aharaja Nidana)	Classical Text	Section / Chapter / Sloka No.	Doṣa / Pathogenic Factor Aggravated
---------	--------------------------------------	----------------	-------------------------------	-------------------------------------

1.	Lavana, Amla, Katu Bhojana	Charaka Samhita	Chikitsa Sthana 29/7–10	Pitta + Rakta + Vāta
2.	Snigdha, Uṣṇa Bhojana	Charaka Samhita	Chikitsa Sthana 29/11–13	Kapha + Pitta + Rakta
3.	Jirṇa Bhojana (stale food)	Charaka Samhita	Sutra Sthana 26/102–104	Ama + Rakta Duṣṭi
4.	Klinna, Suṣka, Ambuja, Anupa Maṃsa (meat of marshy land animals)	Charaka Samhita	Sutra Sthana 27/86–89	Kapha + Rakta
5.	Piṇyaka (cake)	Bhavaprakasa	Dhanya / Taila Varga	Vāta + Kapha
6.	Mulaka (radish)	Bhavaprakasa	Saka Varga/42–44	Pitta + Vāta
7.	Kulattha (horse gram)	Bhavaprakasa	Dhanya Varga/68–70	Vāta + Pitta
8.	Niṣpava (beans / legumes)	Bhavaprakasa	Dhanya Varga/60–75	Vāta
9.	Saka (certain aggravating vegetables)	Ashtanga Hridaya	Sutra Sthana 6/15–18	Pitta + Vāta
10.	Dadhi (curd)	Charaka Samhita	Sutra Sthana 27/225–228	Kapha + Rakta
11.	Araṇala (fermented sour gruel)	Bhavaprakasa	Drava Varga	Pitta + Rakta
12.	Sauvira (fermented sour beverage)	Sushruta Samhita	Sutra Sthana 45/89–92	Pitta + Rakta
13.	Sukta (fermented sour preparation made from vegetables, fruits)	Sushruta Samhita	Sutra Sthana 45/93–95	Pitta + Rakta
14.	Sura (alcoholic drinks)	Charaka Samhita	Chikitsa Sthana 29/14–16	Pitta + Rakta
15.	Asava (herbal fermented liquid)	Sushruta Samhita	Sutra Sthana 45/89–92	Pitta + Rakta
16.	Viruddha Ahara	Charaka Samhita	Sutra Sthana 26/81–101	Tridoṣa + Rakta Duṣṭi
17.	Adhyasana (repeated eating)	Charaka Samhita	Vimana Sthana 2/9	Ama + Kapha
18.	Miṣṭa Anna Atiyoga	Charaka Samhita	Sutra Sthana 21/4–7	Kapha
19.	Krodha	Charaka Samhita	Sutra Sthana 1/58–60	Pitta + Rakta
20.	Divvsvapna	Charaka Samhita	Sutra Sthana 21/35–37	Kapha
21.	Prajagara	Charaka Samhita	Sutra Sthana 21/42–46	Vāta + Pitta
22.	Sukumara Jivana	Charaka Samhita	Chikitsa Sthana 29/5–6	Kapha
23.	Sankramaṇa (movement in excess)	Sushruta Samhita	Nidana Sthana	Rakta Duṣṭi
24.	Abhighāta (injury)	Sushruta Samhita	Nidana Sthana 16/10–12	Vāta + Rakta
25.	Kṣudha Vega Dharana	Charaka Samhita	Sutra Sthana 7/3–8	Vāta
26.	Soṣaṇa (Wasting)	Charaka Samhita	Sutra Sthana	Vāta
27.	Plavana (excess swimming)	Ashtanga Hridaya	Sutra Sthana	Vāta + Kapha
28.	Laṅghana Atiyoga	Charaka Samhita	Sutra Sthana 22/11–13	Vāta
29.	Atyadhwa (long travel)	Charaka Samhita	Sutra Sthana 7/23–25	Vāta
30.	Vyavaya Atiyoga	Charaka Samhita	Sutra Sthana 7/67–69	Vāta
31.	Vega Sandharaṇa	Charaka Samhita	Sutra Sthana 7/3–8	Vāta

Nidana of Asthimajjagata Vata

Sl. No.	Nidana of Asthimajjagata Vata (Aharaja Nidana)	Classical Text	Section / Chapter / Sloka No.	Doṣa / Pathogenic Factor Aggravated
---------	--	----------------	-------------------------------	-------------------------------------

1.	Rukṣa Anna (dry food)	Charaka Samhita	Sutra Sthana 5/7–8	Vata
2.	Sīta Anna (cold food)	Ashtanga Hridaya	Sutra Sthana 4/8–10	Vata + Kapha
3.	Alpa Anna (inadequate food intake)	Charaka Samhita	Sutra Sthana 5/9	Vata
4.	Laghu Anna Atiyoga (excess light diet)	Ashtanga Hridaya	Sutra Sthana 8/25–27	Vata
5.	Atiprajagara (excess night awakening)	Charaka Samhita	Sutra Sthana 21/42–46	Vata + Pitta
6.	Vyavaya Atiyoga (excess sexual activity)	Charaka Samhita	Sutra Sthana 7/67–69	Vata
7.	Viṣama Upachara (irregular regimen)	Charaka Samhita	Sutra Sthana 28/15–18	Vata
8.	Doṣa, Sakrt, Mutra Stravana Atiyoga	Charaka Samhita	Sutra Sthana 7/3–8	Vata
9.	Lañghana Atiyoga (excess fasting)	Charaka Samhita	Sutra Sthana 22/11–13	Vata
10.	Plavana Atiyoga (excess swimming)	Ashtanga Hridaya	Sutra Sthana	Vata + Kapha
11.	Adhwa Atiyoga (excess travelling)	Charaka Samhita	Sutra Sthana 7/23–25	Vata
12.	Vyayama Atiyoga (over-exercise)	Charaka Samhita	Sutra Sthana 7/31–33	Vata
13.	Ati Cheshta (overexertion)	Sushruta Samhita	Sharira Sthana	Vata
14.	Dhatu Kṣaya (tissue depletion)	Charaka Samhita	Sutra Sthana 28/18–20	Vata
15.	Ati Chinta (excess worry)	Charaka Samhita	Sutra Sthana 1/52	Vata
16.	Ati Soka (grief)	Charaka Samhita	Sharira Sthana	Vata
17.	Ati Roga (chronic illness burden)	Charaka Samhita	Chikitsa Sthana	Vata
18.	Karsana (emaciation)	Charaka Samhita	Sutra Sthana 21/16–18	Vata
19.	Duḥkha Asana (improper sitting posture)	Sushruta Samhita	Sharira Sthana	Vata
20.	Krodha (anger)	Charaka Samhita	Sutra Sthana 1/58–60	Pitta + Vata
21.	Divaswapna (Day sleep)	Charaka Samhita	Sūtra Sthana 21/35–37	Kapha
22.	Bhaya (fear)	Charaka Samhita	Sharira Sthana	Vata
23.	Vega Sandharāṇa	Charaka Samhita	Sutra Sthana 7/3–8	Vata
24.	Marma Aghata (injury to vital parts)	Sushruta Samhita	Sharira Sthana 6/3–12	Vata
25.	Sighrayana (jerky/fast travel)	Ashtanga Hridaya	Sutra Sthana	Vata
26.	Patana (fall)	Sushruta Samhita	Nidana Sthana	Vata

In this study, 21 Aharaja Samanya Nidan and 31 Viharaja Samanya Nidana are found hence total 52 Samanya Nidana are found.

In the Vishesh Nidana, total Aharaja Nidana across the 4 diseases i.e. Aamvata, Sandhigata vata, Vatarakta and Asthimajjagata Vata is 28 and total Viharaja Nidana across the 4 diseases is 59. Therefore total Vishesh Nidana assessed is 87.

CONCLUSION

The findings suggest that whatever Nidan is collected i.e. Samanya Nidana 52 in number and Vishesh Nidana 87 in number are important to study and understand the Rheumatological

diseases in Ayurveda. The study emphasize the importance of early identification and avoidance of Nidan(causative factor) which will help in the prevention and management of any Rheumatological diseases in Ayurveda. Thus, The Ayurvedic etiological factors of Rheumatological diseases is related to the occurrence of common rheumatological diseases.

As the study is time bound and done in a limited number of patients so further study is needed with a greater number of patients which will help to postulate a list of nidana of Rheumatological diseases mentioned in Ayurveda and it will also help in prevention and management of these diseases. This research work will help the future researchers and clinicians who want to do practice in Rheumatological disease in Ayurveda. Such a study not only helps in validating classical Ayurvedic concepts but also contributes to the development of an impressive diagnostic approach. This approach may ultimately aid in early diagnosis, better identification of causative factors and formulation of more effective management strategies for patients suffering from rheumatological disorders.

REFERENCES

1. National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). *Arthritis and Rheumatic Diseases*. Bethesda (MD), U.S.: National Institutes of Health.
2. World Health Organization (WHO). *Musculoskeletal conditions*. Geneva (Switzerland): World Health Organization.
3. Sastri K. & Chaturvedi G.N. *Charaka Samhita: Chikitsa Sthana, Amavata Chikitsa Adhyaya-25/1–5*. Reprint Edition. Vol-2 Varanasi (India): Chaukhambha Bharati Academy, 2017; p.618.
4. Sastri K. & Chaturvedi G.N. *Charaka Samhita: Sutra Sthana, Vatavyadhi Adhyaya-20/11–13*. Reprint Edition. Vol-1 Varanasi (India): Chaukhambha Bharati Academy, 2017; p.394.
5. Sastri K. & Chaturvedi G.N. *Charaka Samhita: Chikitsa Sthana, Vatarakta Chikitsa Adhyaya-29/7–10*. Reprint Edition. Vol-2 Varanasi (India): Chaukhambha Bharati Academy, 2017; p.634.
6. Gupta K.A. & Upadhyaya V.Y. *Ashtanga Hridaya: Nidana Sthana, Vatavyadhi Nidana-15/1–5*. Reprint Edition. Varanasi (India): Chaukhambha Prakashan, 2016; p.284.