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A Literary Study On *Sandhigata Vata* – A Brief Review Study

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ABSTRACT: -

Sandhigata vata (osteoarthritis) etiopathogenesis and symptomatology are described in succinct form in the Ayurvedic classics. In modern science, the diagnosis of *Sandhigata vata* mentioned in the classical texts is clinically similar to the condition of osteoarthritis. *Sandhigata vata* (osteoarthritis) is mentioned in all of the Samhitas and Sangraha Grantha's under *Vata vyadhi*. Both Dhatus (body tissues) experience *Kshaya* (depletion) in *Vriddhavastha*, thereby leading to *Vata Prakopa* and making individuals vulnerable to many diseases. *Sandhigata vata* can be associated with degenerative joint disorder or with osteoarthritis, which, in essence, renders the patient as crippled as possible, extends and decreases the person's overall operating ability. It prohibits regular tasks such as walking, washing, bathing, etc., thereby rendering people disabled.

KEY WORDS: *Sandhigata Vata*, Osteoarthritis, *Vata Vyadhi* etc.



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INTRODUCTION

The clinical characteristics of swelling in the joints and discomfort during joint movements are described. The inappropriate ingestion of *Vata vrudhi Ahara* such as *Katu, Tikta and Kashaya rasa Pradhana Dravya and Ativyayama or Abhigata* is said to be caused by injuries.

The condition is similar to that of osteoarthritis. Due to the deterioration of the joints, articular cartilage and subchondral tissue, is a degenerative joint condition. Indians suffer from knee joint osteoarthritis because of the lifestyle where hip joint osteoarthritis is usually suffered in western countries.

The frequency of this disease increases with age and, relative to males, the prevalence is higher in females (30%). Nearly all people have a certain pathological alteration in the weight bearing joint by age 40 -45. In Tribal India, the recorded prevalence of osteoarthritis from a survey is approximately 6%. Any of the predisposing factors for the condition include obesity, workplace knee folding, manual labour, etc. This has been one of the primary causes of knee replacement operations. Therefore, an effort has been made to scientifically examine the disease's etiopathogenesis and the medications that are beneficial for osteoarthritis disease treatment. [1-4]

AIM AND OBJECTIVE

1. To examine the Etiopathogenesis of the *sandhigata vata* (osteoarthritis).
2. To evaluate the efficacy of ayurvedic medications that are beneficial in *Sandhigata Vata* (osteoarthritis) treatment.

MATERIAL AND METHOD

All the Data which is related to *Sandhigata*

Vata were collected Ayurvedic Samhitas and modern books, literature, manuscripts, Dictionary, Shabdakosha, etc.

Etiology

Ati Vyayama (excessive exercise), *Langhana* (fasting), *Abhighata* (injury), *Ruksha* (dry), *Laghu* (light), *Sheeta* (cold), *Katu Ahara and Vihara*. The causative factors of the disease are in *Manasika* (psychological) such as *Chinta*(anxiety), *Shoka* (grief), *Bhaya* (fear). The main seasons in which patients are infected or have an elevated occurrence of the disease are *Shishira* (winter) and *Greeshma ritu* (summer) in *Kalaja* variables.

The causative reasons for osteoarthritis are other factors such as fatigue during the diseased condition (*Rogatikarshana*) and damage to the *marma sthanas* (*Marmaghata*), emaciation etc. *Margavorodha* (obstruction) falls under *Vishesha Nidana* (specific causes). [5-6]

Sign And Symptoms [7]

1. Joint pain
2. *Sandhi Shotha* (inflammation of joints)
3. *Vatapoorna druti Sparsha* (feeling hollowness)
4. Pain
5. Tenderness during joint movements
6. Crackling sounds
7. Joint degeneration [7]

Samprapti Gataka

- *Nidana* (etiology): *Vata Prakopaka Nidana*
- *Dosha*: *Vata esp. Vyanavayu, Shleshaka Kapha*
- *Dushya*: *Asthi*(bone), *Majja* (bone marrow), *Meda*(fat)
- *Srotas* (channels) : *Asthivaha, Majjavaha*
- *Srotodusti* : *Sanga* (obstruction)
- *Agni* : *Mandagni*
- *Dosha Marga* : *Marmasthi Sandhi*

- *Roga Marga* (internal routes for diseases): *Madhyam*(medium)
- *Udbhavasthana* (origin) : *Pakvashaya* (large intestine)
- *Vyaktasthana* (places where symptoms appear): *Asthi* (bone) , *Sandhi* (joint)^[8]

Prognosis

One of the *Vatavyadhi is Sandhigatavata* (osteoarthritis), so it is *Kashtasadhya* (difficult to cure) because it exists in elderly persons and is found in *Marma sthana*. It is *Madhyama roga marga* (medium path), and it is *Asthi* (bone), and *Majja Dhatu Ashrita* (bone marrow).

Samprapti (Pathogenesis)

From the beginning of *Dosha Dushya Dushti* till the evolution of the *Vyadhi* (disease) there occur different pathological phases which is clarified by *Samprapti* (Pathogenesis).

1. *Dhatukshaya janya Sandhigata vata* - In old age, *Vata Dosha* predominates, and *Kapha* decreases. As a result, *Agni* becomes weakened, and the *Dhatu*s (tissues) produced are not at their best, resulting in degeneration. As *Kapha* decreases, *Shleshak kapha* in the joints depletes, resulting in *Asthisandhi Kshaya* (Depletion of bone and joint tissue). The *Sthansamshraya* (localization) of *Prakupita Vata* takes place in the *Khavaigunyayukta sandhi* if any one tries to engage in *Vata* aggregating influences. *Sandhi vata* is the product of this localised *Vayu's Ruksha* (dry), *Laghu*(light), and *Kharadi Guna*.
2. *Avarana Janya Sandhigata vata* – *Sandhigata vata* is most commonly present in the weight-bearing joints of obese individuals. It will cause obstruction as *Meda dhatu*(fat) is created in excess and does not nourish the *Uttrotar dhatu*s (next tissues) that leads to *Kshaya*(depletion). *Aavarana* of *Vata* (covering of *vata*) is

caused by excess fat. When settled in joints, this vitiated *Vata* will create *Sandhigata vata* (osteoarthritis).^[9-10]

DISCUSSION

Sandhigata vata^[11-12] (osteoarthritis) causative factors are mentioned in depth for the frequency of *Vata vyadhi*, such as *Aharaja* (diet), *Viharaj* (lifestyle), *Manasa* (muscles) and other *Vata Prakopaka Nidanas*.(aggravating factors) While *Sandhigata vata* (osteoarthritis) occurs exclusively in *Vridhdhavastha* (old age), which is the *Pariharanikala* in which *Vataprakopa* contributes to *Dhatukshaya* (depletion of tissues). *Vata and Asthi* have *Ashraya-Ashrayi Sambandha* (inseparable relationship of 'abode and resident). This suggests that *Vata* is located in *Asthi* (bones). *Vata* improved in *Vridhdha kala* (old age) reduces *Sneha* from *Asthidhatu* (bones) by its opposite qualities to *Sneha*. *Khavaigunya* (space) arises in *Asthi* (bones), which is responsible for the development of *Sandhigata vata* (osteoarthritis), because of the decline in *Sneha*.

Prakupita Vata (aggravated)is found in *Asthi Sandhi* in the *Samprapti* (Pathogenesis). of *Sandhigata vata* (osteoarthritis), where *Khavaigunya* are already present. Then *Dosha Dushya Sammucchana* takes place in *Asthi Sandhi*, and then *Sandhigata vata* disease occurs with its signs in *Samprapti* (Pathogenesis). *Sandhigata vata* (osteoarthritis) is *Kastasadhya vyadhi* (difficult to cure) since it is impossible to heal all the *Vata vyadhis*, and they are said to be *Mahagada* (major diseases). So *Sandhigata vata*(osteoarthritis) being a *Vatavyadhi*, is *Kastasadhya* (difficult to cure). It also renders *Kastasadhya Madhyama Rogamarga* (difficult to cure), Condition in *Marma Asthi Sandhi*, Vitiating of *Asthi* and *Majja*, *Dhatukshya*, *Vridhdhavastha* (old age).

Sandhishula (Pain in joints), *Sandhishotha* (inflammation in joints), *Akunchana Prasarana Janya Vedana* (pain during flexion and extension of joints), and *Hanti Sandhi Gati*, mentioned by various *Acharyas*, are symptoms of *Sandhigata vata* (osteoarthritis). *Sandhishula* (Pain in joints), and *Sandhi shotha* (inflammation in joints) are present here because of *Vata prakopa*. A particular kind of *Shotha* (inflammation) is listed, i.e. *Vatapurna driti Sparsha* or *Atopa*, which indicates *Shotha's Vata* supremacy. Because of *Kapha kshaya* and *Vata Prakopa*, there are *Akunchana Prasaranjanya Vedana* (pain during flexion and extension of joints) and *Hanti Sandhi Gati*. Symptoms of Osteoarthritis are similar to that of *Sandhigata vata* (Osteoarthritis) i.e. knee pain, stiffness, disability of rigidity, and joint crepitation's. The most prominent form of arthritis is osteoarthritis. It is a degenerative kind of arthritis that develops mostly in old age. Degeneration happens in the joint that makes the person impaired or disabled. In most patients, degeneration happens continually, leaving the person unable for a lifetime. Multifactorial aetiology is a persistent degenerative disease marked by articular cartilage deterioration and remodelling of the periarticular bone. The entire joint, including the nearby muscles, the underlying bone, the ligament, the synovium and the capsule, are involved. Old age, weight, ethnicity, major joint pain, repetitive stress, genetic factors, past inflammatory joint diseases and metabolic or endocrine disorders are the risk factors for osteoarthritis.

The repeated use of *Snehana* (internal oleation), *Svedana* (sudation) *Basti* (medicated enema) and *Mrudu Virechana* (soft purgation) in the treatment of *Vata vyadhi* was stated by *Acharya Charaka*. He did not discuss *Sandhigata vata* (Osteoarthritis) treatment separately. Special therapy was first described by *Acharya Sushruta* for the *Sandhigata vata*

(Osteoarthritis), i.e. *Snehana* (internal oleation), *Upanaha* (poultice), *Agnikarma* (cauterization), *Bandhana* (Bandaging) and *Unmardana* (Therapeutic massage).

TREATMENT

The treatment of *sandhigata vata* (Osteoarthritis) in *Ayurveda* is meant to minimise *Vata dosha* and increase *shleshaka kapha* in such a way that the joint spaces are sufficiently lubricated for the free movement of the joints. Many procedures such as *Snehana* (internal oleation), *Svedana* (sudation) *Basti* (medicated enema) and *Mrudu Virechana* (soft purgation) and *Vatahara Aushadha* (medicine), *Ahara*(diet) and *Vihara* (lifestyle) have been referred to for this. Practices such as *Upanaha* (poultice), *Agnikarma* (cauterization), *Bandhana* (Bandaging) and *Unmardana* (Therapeutic massage) and so on are also mentioned in some cases. *Sandhigata Vata* (Osteoarthritis) can be associated with degenerative joint disorder or osteoarthritis, which in turn cripples the patient to the limit, expands and decreases the individual's overall functioning ability.^[13]

The therapy adopted for osteoarthritis in the western medical community includes the application of anti-inflammatory medications and pain relief analgesics. Such surgical techniques, such as joint substitutions, are often adopted in very serious situations.

Snehana Chikitsa

Snehana (internal oleation) is one of the most critical modes of treatment, in addition to being the chief preparatory technique for *Panchakarma* therapy. *Snehana* (internal oleation) care is administered in two distinct ways: external use in the form of *Abhyanga* and internal use in the form of *Snehapana* (internal oleation).

Swedana Chikitsa

1. *Kayaseka with Dhanvantaram taila* is recommended in the case of the circumstances under which *Shashtika Shali Pinda Sweda* is prescribed.
2. *Dhanyamla Dhara* is successful in cases of discomfort, stiffness, swelling of the joint due to synovial fluid and swelling of the joint due to Bursitis.

Lepa Application

Punarnava and *Haridra* used in Lepa are anti-inflammatory and analgesic in nature; thus, owing to their use, a gross reduction in inflammation and pain has been observed. The range of movement has improved because of the severity of these symptoms.

Basti Chikitsa (Medicated enema)

Dashmoola Basti - This *Basti* was provided for the purpose of *Koshta Shuddhi* (cleaning abdomen), which created a good area of cleansing for *Anuvashana Basti*, which was subsequently administered. It improves the therapeutic benefit of *Shamana* therapy (Pacification) as well as inducing *Vatanulomana*.

Anuvasana Basti - The anabolic effect of *Anuvasana Basti* provided with *Mahanarayana Taila* is caused. Since this is solely *Vataja Nanatmaja Vyadhi* and the *Pakwashaya* is known as *Vata's* key seat, the supreme regimen of *Dashmoola Basti* and *Anuvasana Basti* was used to conquer the *Vata with Mahanarayana Taila*.^[15]

Shamana Chikitsa (Pacification)**Preventive Management of Sandhigata Vata**

1. Maintaining appropriate body weight
2. Controlling pain
3. Enhancing joint safety
4. Sustaining and improving the freedom of mobility and flexibility of affected joints

5. Physical deficiency restriction
6. Achieving a balanced lifestyle^[14]

Changes in lifestyle- Many doctors recommend first seeking changes in lifestyle to alleviate stress on affected joints. It may be useful with physical therapy and supportive equipment. Intensive preparation in how to maintain and care for an osteoarthritic joint will help people prevent frequent clinic visits, resulting in major long-term savings.^[15]

CONCLUSION

Sandhigata Vata (Osteoarthritis) is the most prominent type of joint dysfunction. It is a type of *Vata vyadhi* that occurs primarily because of *Dhatu kshaya* (depletion of tissues) in *Vriddhavastha* (old age), which restricts daily activities such as walking, dressing, bathing, etc., thereby rendering patients disabled or handicapped. It is a *Vata vyadhi*, found in *Marmasthisandhi* and making it *Kashta Sadhya* (difficult to cure) because of its incidence in old age. The findings showed that with the collective approach of different *Shodhana* procedures, including *Snehana* (internal oleation), *Svedana* (sudation) *Basti* (medicated enema) and *Mrudu Virechana* (soft purgation) and *Shamana treatment* (Pacification), *Sandhigata vata* (Osteoarthritis) can be efficiently cured.

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