

## SANDHI ROGAS - CLINICAL RELATION WITH DOSHDUSHYA PROFILE

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### ABSTRACT

Sandhi means joint. Disease related to joint are included in Sandhi rogas. Anatomically joint is kapha dominant because kapha dosha has got binding property with snigdha and slashna gunas which keeps articulating structures together. 'slish aalingane' is the basic nature of kapha. Sleshaka kapha is located in sandhi. Functionally sandhi is vata dominant because of chala guna. A healthy joint has a normal Vata-Kapha equilibrium. Most of the joint diseases are the result of Vata-Kapha vitiation. In some cases sandhirogas, due to dhatupaka which lead to destruction of the joint structures. Autoimmune mediated joint diseases invariably have dhatupaka. Dhatupaka gradually lead to

dhatukshaya with vata dominant degenerative.

**KEYWORDS:** Sandhi Rogas, Joint, Anatomy, Vata etc.

### INTRODUCTION

Based on structural and functional joints are of three types:

1. Fibrous
2. Fibrocartilaginous
3. Synovial

Most of the diseases affect the synovial joints.

As per Ayurveda

- Vata and Kapha are the main doshas involved in normal structure and function of joints.
- Vata- chalatva and laghutva
- Kapha – snighdhta and sthirata

Sandhi is one among the Marma sthana where Prana is located.

**Basic classification of joints**

1. Chestavantha- movable, present in extrimities, lower jaw and waist.
2. Sthira – immovable.

**Types of joints**

1. Kora sandhi
2. Ulukhala sandhi
3. Samudga sandh
4. Pratara sandhi
5. Tunnasevani sandhi
6. Vayastunda sandhi
7. Mandala sandhi
8. Sankhavarta sandhi

**Joint Diseases****1. Mechanical joint disease**

It's a degenerative joint disease. Pain in the affected joint on activity, usually improving with rest. Inactivity stiffness and locking of a joint at some point through its range of motion. Joints becomes stuck usually associated with pain and often followed by swelling.

**2. Inflammatory joint disease**

In it early morning stiffness-persists for more than 30 minutes. Recurrent attack of joint pain. Joint inflammation beginning in one joint and then serially involving other joints.

**Major causes of sandhi rogas**

1. Virudh ahara leading to agnidusti at dhatu level and majjadushti.
2. Vidahi ahara leading to pitha rakta dushti.
3. Vatala ahara increasing Rukshana guna in kapha sthana
4. Ama in the form of malasanchaya and krimivisha also leads to sandhi rogas.
5. Marmabhighata – mild and severe type of trauma and strains to joints.
6. Sheeta guma which works as a vyamjaka hetu thereby aggaravating the joint pain and stiffness. sheetha guna is stambhana in nature which opposite to chala guna.

**Majoar samprapti stages in sandhirogas**

1. Ama inhibiting vata in koshtha and sakha

2. Mutual avaran by rakta and vata with underlying rakta dushti and vatakopa.
3. Sanga in raktavahasrotas manifested as ischaemia to asthidhatu leading to asthikhsaya.
4. Vimargagamana of asthivahasrotas as manifested as osteophytes in degeneration.
5. Abhigata in underlying vata and rakta dushti.
6. Kaphakshaya and vatakopa in sandhi
7. Astighataavata and majjadushti
8. Dhatupaka leading to destruction of joint structures
9. Upadhatudushti-pathological involvement of snayu, sira and kandara like soft structures
10. Dhatukshaya

Signs and Symotoms of joint diseases;

Pain

Dull ache

Tenderness

Swelling

### **Dosha profile and clinical features**

#### **Vata related lakshanas**

1. Shoola especially of thoda and bheda type
2. Sandhisphurana
3. Unstable sophha
4. Sandhirukshatha
5. Sandhikrishnatha
6. Sandhisankoch

#### **Pitta related lakshanas**

1. Sparshaksamatha
2. Daha and shoola
3. Ragavarna in sandhi
4. Sandhipaka
5. Sandhi ushmatha

#### **Kapha related lakshanas**

1. Sandhithaimithya
2. Sandhigourav

3. Supti
4. Sandhisnighata
5. Sandhisheeta
6. Alparuk
7. Kandu

#### **Upasaya and Anupasaya in sandhirogas**

- Sheetha is anupasaya in vata dominant
- Snigdha is anupasaya in kapha dominant
- Ushna is anupasaya in pitta dominant
- Rakta dominant sandhirogas will not get upasaya by *sheetha, ushna, snigdha and ruksha*.

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