

EFFECT OF APTARPANA ON SANTARPANJANYA SANDHIGAT VATA: A CASE STUDY

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Article Received on
16 July 2019,

Revised on 06 August 2019,
Accepted on 26 August 2019,

DOI: 10.20959/wjpr201910-15786

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ABSTRACT

Sandhigat vata is a very common entity presenting in OPD. Patients of *Sandhigat vata* with *santarpanjanya hetu* needs to be treated with *Aptarpana* only. This *Aptarpana* has to be carried out depending on *doshadi avastha* of a patient. A 45 year old male patient reported to the hospital with pain, stiffness of all joints, *aalasya*, *sarvaang jadta* since last 1 to 2 years. Diagnosis of *Santarpanjanya sandhigat vata* was made based on history taking and finding out *hetu* along with clinical symptoms. Ayurvedic treatment protocol was advised with sequential administration of *Langha*, *Deepan Pachan*, *Virechan* and *Basti* for 27 days respectively. The follow up was done and assessment done subjectively based on clinical symptoms. There was substantially

significant improvement in the symptoms of the patient after the treatment. This case study reveals the need for following basic principle of *Ayurveda*. Uniform drug therapy or *karma* common for every patient should not be approached. Holistic approach should be observed. *Hetus*, *prakriti*, *dosh* etc should be considered and *chikitsa*, *dravya*, *karma* should be selected accordingly.

KEYWORDS: *Aptarpana*, *Langhana*, *Deepan-Pachan*, *Santarpanjanya Sandhigat vata*.

INTRODUCTION

Sandhigat vata is a very common entity presenting in OPD. Basically there are two pathological process responsible for disease: *Nirupsthambit* and *Margavrodhjanya*.^[1] Both require different line of treatment. *Nirupsthambit* pathology requires all *Santarpanjanya* therapy but in *Santarpanjanya sandhigat vata*, relief can be made only if the root cause is eliminated. The path of *vaayu* obstructed by *aama/kapha* needs to be cleared out and the

treatment of choice is *Aptarpana* therapy. *Acharya Charaka* states in *Sutrasthana* that all the *Santarpanjanya roga* has to be treated with *Aptarpana*.^[1]

This *aptarpana* can be done by following methods:- *Chatushprakar sanshuddhi, Pipasa, Marauta, Atapsevan, Pachan, Upvasa, Vyayama* and *Langhan*.^[2]

AIM: To study the effect of *Aptarpana* on *Santarpanjanya Sandhigat vata*.

OBJECTIVES

- 1) To study the effect of *Aptarpana* on pain score of *santarpanjanya sandhigat vata*.
- 2) To study the *Hetu* of presented *Vyadhi*.

METHODOLOGY - Case Report

A 45 year male patient presented to the hospital with c/o - a) Gradual onset of pain and early morning stiffness in all major joints.

b) Sleep disturbance due to pain

c) *Aalasya, Gurugatrata* - since last 1 to 2 years

Patient was goldsmith by occupation. He had no past history of any major illness or any operative. He had been taking pain killers at least thrice weekly since last 1 year.

Samanya Parikshan

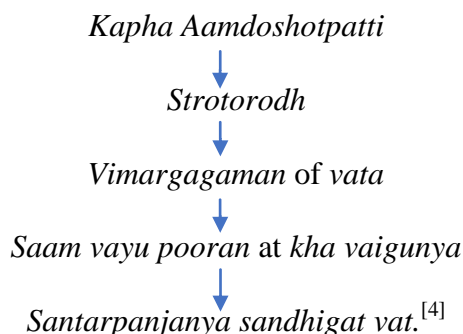
1. *Nadi* -88/min, regular
2. *Malam* -*asmayak mal pravritti*
3. *Mootram* -*samyak*
4. *Sparsh-samshhetoshna*
5. *Drik* -*avishesh*
6. *Jivha* -*saam*
7. *Shabda* -*spashta, mriduu*
8. *Aakriti* -*sthula*

Nidan Panchak

1. *HETU*:- *Ushapaan, Adhyashan, Vishmashan, Avayayam, Mansahaar, Diwaswaap, Atisheet jal sevan, Ati ambupaan, Vegdharan, Atichinta*.
2. *POORVA ROOPA*:- *Sarva sandhi shola, Aalasya*.
3. *RUPA*:- *Sarva sandhi shola graha, Aalasya, Gurugatrata*.

4. *UPSHAYA*:-*Aptarpana* therapy

5. *SAMPRAPTI*:-



Vyadhi vinisshay :- *Santarpan janya Sandhigat Vata*

Treatment Protocol

Days	treatment	Drugs	Dose	Timings	Vishesh
1-7 days	<i>Langhan</i>	<i>Mudga yush</i>	30-35 ml as needed by patient	<i>Kshudha pravatrtan samayee</i>	<i>Nidaan parivarjan</i>
8-12 days	<i>Deepan pachan Ekkaal bhojan</i>	<i>Triphala, musta, Shunthi Hingwashtak churna Takrarishta</i>	5 gm-5 gm 3 gm-3 gm 15 ml-15 ml	<i>Apankali Pragbhakt adhobhakt</i>	<i>Nidaan parivarjan</i>
13 th day	<i>virechan</i>	<i>Erand Sneha, shunthi kwath</i>	30 ml 40 ml	<i>Annankaal</i>	<i>Veg 6, sansarjan krama for 2 days Nidaan parivarjan</i>
16-27 days	<i>Basti krama</i>	<i>Nirooha-dashmool kwath Anuvaasan-sahchar tail</i>	750 ml 120 ml	<i>Annankaal Adhobhakt</i>	<i>Nidaan parivarjan 3 niruh and 1 anuvaasan. consecutive 3 cycles along with shaman aushadhi</i>

Assessment parameters^[5]

Pain

0	No pain
1	Mild pain bearable in nature, comes occasionally
2	Moderate pain, but no difficulty in walking
3	Moderate pain, but slight difficulty in walking
4	Severe difficulty in walking, disturbs sleep, under analgesics

Stiffness of joints

0	No stiffness or Stiffness lasting for 5 minutes
1	5 min to 2 hrs
2	2 to 8 hrs
3	More than 8 hrs

Associated symptoms like -Aalasya, Gurugatratva

10	Symptoms observed before treatment
05	Some relief after treatment
00	Complete relief after treatment
10	No improvement after treatment

Overall Assessment

Sr.No.	Parameters	Grading B/T	Grading A/T	% Relief
1	Pain	4	1	80%
2	Stiffness of all joints	1	0	100%
3	Other symptoms	10	5	50%
Total relief			76.66%	

RESULT AND DISCUSSION

There is a significant role of *Aptarpana* in *Santarpanjanya Sandhigat vata*. The line of treatment given to the patient shows upto 70-75% relief in symptoms. The analgesics taken by the patient thrice weekly was reduced to almost none.

Sandhigat vat is a *Madhyam Marg roga* having two pathologies.: *Upsthambit/Nirupsthambit*. The *Margavrodhj/Avrutatva* is an important disease process behind *Santarpanjanya Sandhigat vata*. Hence *Aptarpan* is the best line of treatment.

Depending on *doshadi avastha* in patient, the following treatment pattern was programmed for this patient:

- 1) *Nidan parivarjan*- The basic principle of treatment in *Ayurveda* involves *Hetuviprit* and *vyadhiviprit chikitsa*. Firstly the disease causing elements needs to be eliminated following which remaining *vyadhi bhavas* treated with appropriate modality.

Vipreeta guneha desha matra kalauppaditaha.

Bheshajevinivertante vikaraaha saadhyasamataha Cha.su.1/62.^[6]

- 2) *Langhana*- The patient was advised *Langhana* along with *Mudg yush* intermittently. *Langhana* is one of the *Shadupkramas* described in *Charak Samhita*. It helps in removing the obstruction in the form of *aavaran* in *strotas*.
- 3) *Deepan Pachan*- *Rukshan dravya* in the form of *Triphala*, *shunthi* and *Musta* helps in metabolizing the obstruction left over after *Langhan*. *Hingwashtak* and *Takraarishta^[7]* again helps in igniting the *Agni* which in turn removes the stagnation from *strotas*.

4) *Virechan-Alpa snigdha aahar* was given to the patient day before *Virechana*.

Eranda taila is added to the respective drug as *virechan dravya* in case of *avarana* of *vata* and *kapha dosha*.^[8]

In the present study, *sadya virechana* was given to the patient using *Eranda taila*.

Sadya Virechana given to the patient helps in eliminating remaining *doshas* out of body.

5) *Basti upkrama*- Three *Niruh* on three consecutive days along with fourth *Anuvasan* was given. Three continuous cycles were done. To prevent *Vaat prakopa*, fourth *basti* in the form of *Sahachar tail anuvaasan* was given.

The first *basti* given removes *vata dosha*, second removes *pitta dosha* and third *niruha* helps in eliminating *kapha dosha*.^[9]

The patient was given following *Shamanaushadhi* after discharge

- 1) *Aamvaatari Kashaya* 15 ml *Adhobhakt*
- 2) *Singhanaad guggul* 2-2 *Adhobhakt*
- 3) *Vishgarbh tail* for local application

The diet advised to the patient during whole treatment was *Laghu*, *Supachya* along with *Dincharya niyamaavali*.

CONCLUSION

The *Santarpanjanya Sandhigat vata*. can be successfully treated with *Aptarpana*. This case study basically emphasized on treatment plan which was individualized for the patient, which is a golden standard treatment as per *Ayurveda*.

Yogamasam tu yo vidyaddeshkalaupaditam.

Purusham purusham vikshyam sa dneyo bhishaguttamaha Ch.su.1/123.^[10]

Researches in *Ayurveda* should also be done in very similar way. Uniform drug therapy and karma for (n) no of days is not appreciated and won't give the appreciated outcome.

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