

CONCEPTUAL STUDY OF NIDAN AND CHIKITSA OF SANDHIGATA VATA W.S.R. TO OSTEOARTHRITIS

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Article Received on
10 April 2019,

Revised on 01 May 2019,
Accepted on 22 May 2019

DOI: 10.20959/wjpr20197-15146

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ABSTRACT

Sandhigata Vata is the most common form of chronic disorder of synovial joints. It is a type of *Vatavyadhi* which mainly occurs in *Vriddhavastha* due to *Dhatukshaya*. Therefore, there is mainly *asthivaha* and *majjavaha strotas dushti*. This disorder limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled / handicapped. It being a *Vatavyadhi*, located in *Marmasthisandhi* and its occurrence in old age makes it *Kashtasadhya*. *Vata Dosha* plays main role in the disease. In *Charak Samhita*, it has been described for the first time in the name "*Sandhigata Anila*". Its symptoms mentioned are: - 1) *Vatapurana driti sparsha* i.e. on palpation it fills like air filled bag, 2) *Shotha* i.e. swelling, 3) *Prasarana aakunchanyoha pravrutishcha savedana* i.e. pain during flexion and extension movements. In modern science, it is compared with Osteoarthritis. It is characterized by progressive degenerative

changes in the articular cartilages over the years, particularly in weight bearing joints. There is no specific treatment for osteoarthritis in modern science. Analgesics, physiotherapy are of some help to keep joint moving and build up strength. Comprehensive management of this condition in Ayurveda includes a judicious combination of external therapies (*Bahya Chikitsa*) and internal medication (*Abhyantara Chikitsa*). The *Bahya Chikitsa* includes *Snehana* (oleation), *Abhyanga* (massage), *Basti* (medicated enema), *Agni karma* (cautery), etc. *Abhyantara Chikitsa* includes the internal medications in the form of *Choorna* (powder of a single herb/ combination of herbs), *Kashaya* (decoction), *Vati* (pills) etc.

KEYWORDS: *Sandhigatavata*, Osteoarthritis, *Abhyanga*, *Swedana*, Analgesics.

INTRODUCTION

In *Vridhāvastha*, all *Dhatus* undergo *Kshaya*, thus leading to *Vataprakopa* and making individual prone to many diseases. Among them *Sandhigata Vata* stands top in the list. The incidence of osteoarthritis in India is as high as 22% to 39%.^[1]

Osteoarthritis is the most common articular disease which begins asymptotically in the 2nd and 3rd decades of life and is extremely common by the age of 70years. Almost all persons by the age of 40 years have some pathologic change in weight bearing joints. 25% females and 16% males have symptomatic osteoarthritis. Commonly affected joints include the cervical and lumbosacral spine, hip, knee and first metatarso-phalangeal joint. In the hands, the distal and proximal inter-phalangeal joints and the base of the thumb are often affected. Usually spared are the wrist, elbow and ankle joints.

Allopathic treatment has its own limitations in managing this disease. It can provide either conservative or surgical treatment and is highly symptomatic and with troublesome side effects.

Whereas such type of conditions can be better treated by the management and procedures mentioned in Ayurvedic classics. Local *Abhyanga* and *Nadi Swedana* are the procedures that show best results for the *Vatavyadhis*.

AIM: To study the *nidana* and *chikitsa* according to Ayurveda of *Sandhigata Vata* with special reference to Osteoarthritis.

OBJECTIVE: To study *Sandhigata Vata* with special reference to OA in both Modern and Ayurvedic point of view.

MATERIALS: Literature review from

- 1) Authentic Ayurvedic Samhitas
- 2) Authentic Modern Literatures and books.
- 3) Authentic internet data till date.

METHODS: Conceptual study of

- 1) Sandhigata Vata
- 2) Osteoarthritis

Definition

Osteoarthritis is joints failure, a disease in which all structures of the joint have undergone pathologic changes, often in concert. The pathologic sine qua non of disease is hyaline articular cartilage loss, present in a focal and initially, non-uniform manner.

Heritability and Genetics

Osteoarthritis is a highly heritable disease, but its heritability varies by joints. 50% of the hand and hip osteoarthritis in the community is attributable to inheritance i.e. to disease present in other members of the family.

Aetiology (Causes): -As per Charak Samhita

The causative factors said by various *Acharyas*' are-

- 1) Intake of *Ruksha, Laghu, Sheeta, Alpa, Tikta, Katu, Kashaya Rasatmaka* food.
- 2) Remaining awake at night for long and sleeping in the morning.
- 3) Excessive sexual activities.
- 4) *Mithya yogas* of different *Panchakarma* methods.
- 5) Excessive and/or Heavy exercises.
- 6) Excessive work.
- 7) *Vegadharan*.
- 8) Accidents i.e. to fall from a height or a fast-moving vehicle.
- 9) *Chinta, Krodha, Dukha*.
- 10) Excessive fasting.
- 11) *Vriddhavastha*.

According to Modern Concept Predisposing Factors are

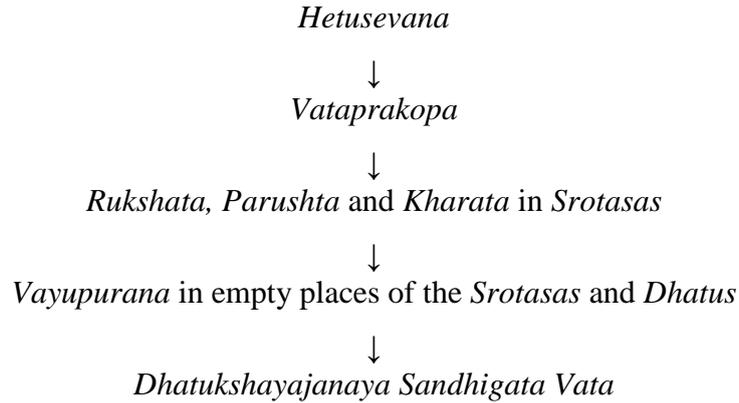
- 1) Older age - The risk of osteoarthritis increases with age.
- 2) Sex - Women are more likely to develop osteoarthritis, though it isn't clear why.
- 3) Obesity - Carrying extra body weight contributes to osteoarthritis in several ways, and the more the weight the greater the risk. Increased weight puts added stress on weight-bearing joints, such as your hips and knees. In addition, fat tissue produces proteins that may cause harmful inflammation in and around the joints.
- 4) Joint injuries - Injuries, such as those that occur when playing sports or from an accident, may increase the risk of osteoarthritis. Even injuries that occurred many years ago and seemingly healed can increase the risk of osteoarthritis.
- 5) Certain occupations - Jobs that include tasks that place repetitive stress on a particular

joint, that joint may eventually develop osteoarthritis.

- 6) Genetics.
- 7) Bone deformities - Some people are born with malformed joints or defective cartilage, which can increase the risk of osteoarthritis.

Samprapti

Sandhigata Vata (Dhatukshayanaya)



Sign & Symptoms

हन्ति संधिगतः संधिन शूलाटोपौ करोति च । – मा. नि.

According to *Madhav Nidana* the symptoms of *Sandhigata Vata* are: -

- 1) *Shoola* (Pain).
- 2) *Aatopa* i.e. *Shoatha* (swelling).

वातपूर्णदृतिस्पर्शः शोथः सन्धिगतेऽनिले । प्रसारणाकुंचनयोः प्रवृत्तिश्च सवेदना ॥ – च. चि. 28/37

According to *Acharya Charak* the symptoms of *Sandhigata Vata* are: -

- 1) *Vatapurana driti sparsha* i.e. on palpation it fills like air filled bag.
- 2) *Shoatha* i.e. swelling,
- 3) *Prasarana aakunchanyoha pravrutishcha savedana* i.e. pain during flexion and extension movements.

Clinical Features of Osteoarthritis

Joint pain from osteoarthritis is activity – related. Pain comes on either during or just after joint use and then gradually resolves. Early in disease, pain is episodic, triggered often by a day or two of overactive use of diseased joints. As disease progresses, the pain becomes continuous and even begins to be bothersome at night. Stiffness of the affected joints maybe prominent, but morning stiffness is usually brief (<30mins).

Mechanical symptoms such as buckling, catching or locking could also signify internal derangement.

Treatment

कुर्यात् संधिगते वाते दाहस्वेदोपनाहनम् । – योगरत्नाकर.

क्रियामतः परं सिद्धां वातरोगापहां शृणु । केवलं निरुपस्तम्भमादौ स्नेहैरुपाचरेत् ॥ वायुं सर्पिर्वसातैलमज्जपानैरंरं ततः । स्नेहक्लांतं समाश्वास्य पयोभिः स्नेहयेत् पुनः ॥ यूषैर्ग्राम्याम्बुजानूसैर्वा स्नेहसंयुतैः । पायसैः कृशरैः साम्ललवणैरनुवासनैः ॥ नावनैस्तर्पणैश्चान्नैः सुस्निग्धं स्वेदयेत्ततः । – च.चि.

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स्वभ्यक्तं स्नेहसंयुक्तैर्नाडीप्रस्तरसंकरैः । तथाऽन्यैर्विविधैः स्वेदैर्यथायोगमुपाचरेत् ॥ – च. चि. 28/78

In Sandhigata Vata the following treatment should be done

- 1) If Vata is alone and uncovered i.e. *Dhatukshayajanya*, then it should be managed with intake of Ghee, muscle – fat, oil and marrow.
- 2) The patient having been massaged well should be subjected to unctuous fomentation by means of tube, bed and bolus or the means according to need.
- 3) After massage and fomentation, even a crooked or stiffened limb can be bent gradually as desired like a piece of dry wood thus live tissue can definitely be modified with proper Snehawedana.
- 4) After fomentation horripilation, piercing pain, distress, dilatation, swelling, stiffness, seizures, etc. are pacified quickly and softening comes forth.
- 5) The use of unctuous substance nourishes the dried body tissues quickly and promotes strength, digestive power, corpulence and vital breath.
- 6) One should administer unctuous and fomentation frequently. When the bowels are softened with unctuous, the disorders of Vata do not stay further.
- 7) The *Anuvasana* and *Niruha Basti upkrama* are the best treatment for *Sandhigata Vata*.
- 8) Also useful are the *Sthanik Basti upkrama* like *Janu Basti*, *Kati Basti*, *Merudanda Basti* etc.
- 9) *Shashtik-Shaali Pinda sweda* has yielded best result in fomentation therapy for *Sandhigata Vata*. It is widely practiced in Kerala as a form of *Sthanik swedana*.

Some important Ayurvedic formulations for treatment of Sandhigata Vata

- 1) *Upnaha*- *Mustadi*, *Jalchar prani mamsa*, *Toop -tail*. *Bala Tailam*, *Nirgundi Tailam*,

Rasna Tailam, Amrutadya Tailam.

- 2) **Awagahan & Parisechan** - Vathar dravya siddha dugdha(milk), Dashmool, Rasna.
- 3) **Nadisweda-** *Dashmuladi Majjasneha, Shatavari, Triphaladi Mahasneha*, tila, jawa, Balavsa, dahi.
- 4) *Eranda Tailam* or *Gandharva Haritaki* can be used as snehan dravya since erandmoola is mentioned as vrushya vataharanaam agrya. So also erandtaila is drug of choice in aamvata, where after correction of samavastha treatment modalities are similar to sandhigata vata.
- 5) *Yogaraj Guggulu, Mahayogaraja Guggulu, Ashwagandharishtam, Shatavari Kalpa* can be used.
- 6) Medications including gold metal (*Suvarna kalpas*) Suvarna is best rejuvenator and promotes healthy tissue thus suvarnyukta mahayograj guggulu *Brihat Vatachintamani Rasa, Trailokyachintamani Rasa, Survarna Samirpannaga* are also useful.
- 7) *Lepa* made from *vata* -alleviating aromatic substances.
- 8) Other formulations- *Nirgundi tailam, moolak tailam, sahchar tailam, panchmool, triphaladi mahasneha, chitrakadi ghrita, baladi ghrita, dasmooladi vasasneha.*

MANAGEMENT OF OSTEOARTHRITIS

A) Non-Pharmacotherapy

Ways of lessening focal load across the joint include –

- 1) Avoiding activities that overload the joints, as evidenced by their causing pain.
- 2) Improving the strength and conditioning of muscles that bridge the joint, so as to optimize their function; and
- 3) Unloading the joint, either by redistributing load within the joint with a brace or a splint or by unloading the joint during weight bearing with a cane or a crutch,
- 4) The simplest treatment for many patients is to avoid activities that precipitate pain.
- 5) Correction of Mal alignment.

B) Pharmacotherapy

1) Treatment –

- a) Acetaminophen.
- b) NSAIDs.
- c) COX – 2 inhibitors.
- d) Opiates.

- e) Capsaicin.
- f) Intra-articular injections viz. Hyaluronans (Hyaluronic acid) and Glucocorticoids.

2) Surgery

For knee OA, several operations are available. Among the most popular surgeries, is Arthroscopic Debridement and Lavage.

Pathya for Sandhigata Vata

- 1) *Mansarasa*.
- 2) Milk.
- 3) *Madhura-Amla-Lavana Rasatmak* food intake.
- 4) *Brihaniya* food materials.
- 5) Meat of aquatic and *anoopa* habitat animals.
- 6) *Ghrita – Tailam – Vasa – Majja*.
- 7) *Nirvata Sthan* residence.

Apathya for Sandhigata Vata

- 1) Sleep during day time.
- 2) Excessive Exercise.
- 3) Excessive sexual intercourse.
- 4) Excessive work.
- 5) Excessive travel.
- 6) Staying at cold and dry place and places with direct contact of air.
- 7) *Ruksha, Sheeta aahara*.

Preventive Aspect of osteoarthritis

Rasayan-kalpas maintain the dhatu-samya in old age and delays the dhatukshay in patients. Thus, preventing Sandhigata Vata.

Yoga-Aasan helps in maintaining the flexibility and synovial membrane of the joints. Thus, avoiding vata purana in the sandhis, and helping in their proper movements.

DISCUSSION

It is certain, that aging is a primary cause of *Sandhigata Vata*, as *Vata* predominance in the body increases as age of the person advances towards the old age. Also, it becomes very clear that *Sandhigata Vata* is nothing but a disorder of the joints, that can affect any weight bearing

joints. The clinical features mentioned in Ayurvedic texts clearly resembles the clinical features stated by the modern counterparts. *Sandhigata Vata* gradually worsens with time and no proper cure exists according to modern science. But Ayurvedic treatments can prevent the progression of the disease, relieve pain, rejuvenates damaged cartilages and improves the joints lubrication, functioning and strength.

CONCLUSION

Sandhigata Vata resembles Osteoarthritis from the clinical point of view. This disorder is very troublesome and hampers day-to-day lives of the patients suffering from it. The treatment techniques of Ayurvedic and Modern sciences need proper research-based evaluation so as to obtain a fruitful result for the well-being of the patients suffering from this type of ailments.

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