



REVIEW ON SANDHIGATA VATA ACCORDING TO DIFFERENT AYURVEDIC TEXTS

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Abstract

Sandhi Vata (Osteoarthritis) is a joint degenerative disorder and the 2nd most common rheumatic disease which affects almost 16% to 23% population worldwide and 22% to 39% population in India only. It generally affects the aged people and is frequently accompanied by the symptoms such as pain, stiffness, swelling, less flexibility and movements of joints, worsening of connective tissues. As per classical text of *Ayurveda*, it is a *Vata Vyadhi* in which *Shool pradhan vedana*, *Vata purnadruti* are the main symptoms and due to same cardinal features, it is correlated with *Osteoarthritis*. The Management of *Sandhigata Vata* can be done through *Panchkarma* therapies like; *Snehana* (Oleation therapy), *Swedana* (Fomentation), *Basti Karma* (Administration of medicated oil through anal route), *Nasya Karma* (Infused medicated oil into both nostrils). It is usually treated with modern medicines like Acetaminophen, Aspirin, Non-Steroidal Anti Inflammatory Drugs (NSAIDs) as a pain relievers. Here an attempt is made to highlight the causative factors, symptoms, and management of *Sandhigata vata* as per classical *Ayurvedic* texts.

Keywords: *Sandhi vata*, Osteoarthritis, *Vata Vyadhi*, *Snehana*, *Swedana*, *Basti Shoola*, etc.

INTRODUCTION

Sandhi Vata is a type of *Vata Vyadhi*^[1] in which vitiated *Vata* lodged in joints and causes severe pain i.e. *Shool Pradhan Vedana*, swelling, affects movements of joints, flexibility of joints and daily activities like: walking, sitting, climbing etc. This disease comes under *Vata Vyadhi* hence the *Hetu*, *Samprapti*, *Pathya*, *Apathya* of this disease would be of *Vata Vyadhis*. In Modern Medicine, this disease is correlated with Osteoarthritis because of the same cardinal features. It is a degeneration of joint cartilage and the underlying bone. It causes pain and stiffness, especially in the hip, knee, and thumb joints. Osteoarthritis occurs when the cartilage; which is a flexible connective tissue in the joints gradually worsens. It enables friction-less joint motion. If the cartilage wears down completely, bone will rub on bone. But besides the breakdown of cartilage, it affects the entire joint. It causes changes in the bone and worsening of the connective tissues that hold the joint together and attach muscle to bone. It also causes inflammation of the joint lining^[2].

DISCUSSION

Acharya Charak^[3]: *Sandhigata Vata* is a type of *Vata Vyadhi* in which *Shool Pradhan Vedana*, *Vata Purnadruti*, swelling of the joints occurs which affects the movement of joints and their flexibility, thus affects the daily activities like walking, sitting etc.

Acharya Sushruta^[4]: *Sandhigata Vata* is a type of *Vata Vyadhi* in which *degeneration of joints*, pain, swelling at the joints occurs.

Acharya Vagbhata^[5]: *Vagbhata* followed as *Acharya Charak* and *Acharya Sushruta*. The *Hetu* (causative factors) of *Sandhigata Vata* are *Aharja* (Diet regimen) and *Viharja* (Activities) viz; *Ahar Hetu*: Excessive consumption of dry,

cold food, Excessive consumption of bitter and pungent food., Consumption of eatables in less quantity, Over fasting etc. *Vihar Hetu*: Excessive indulgence in sex, late night awakening, inappropriate use of *Panchkarma* therapies, excessive swimming, walking, exercises, sleep during day, anger & stress, forceful withholding of natural urges etc. The osteoarthritis is caused by the breakdown of cartilage. It can happen in any joint but usually affects fingers, thumbs, spine, hips, knees, or big toes. It is more common in older people.

Samprapti

(Pathogenesis as per *Ayurveda*)- *Vata* gets vitiated by the above mentioned factors which lodged in vacate *Strotas* further decreases the synovial fluid and causes degeneration of joint cartilage and the underlying bone which causes pain and stiffness in the joints. This will lead to changes occurs in the bone and worsening of the connective tissues that hold the joint together lead to inflammation of joints lining

Management of Sandhigata vata^[6] :

Acharya Bhavamishra quoted the management of osteoarthritis are, *Snehana* (Oleation- Internal as well as external), *Sweda* (Fomentation), *Upanaha* (External application of paste of herbs or poultice), and *Lepana* (Tropical application) like cream base preparations.

Snehana (Oleation): If the disease occurred only because of purely through *Vata* without involvement of other *Doshas* then *Ghrita* (Ghee), *Vasa* (Fat), *Taila* (Oil), *Majja* (Marrow) etc *Sneha* (oily) must be used in the treatment. **Basti** (Medicated enema internal as well as external): After *Snehana* (Lubrication) with above mentioned *Snehas*, *Basti* (Administration of medicated *Dravyas* like *Bala*, *Atibala*, *Ashwagandha*, *Haridra*, *Guduchi* etc through anal route) with milk, soup, *Gramya* (used or produced in a village)/*Jaliya* (aquatic)/ *Aanupa* (any animal frequenting watery or marshy places) birds-

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animals meat soup along with ghee as *Anuvasana Basti* (Medicated oil enema).

Swedana (Fomentation or sudation)^[7]: When the patient got proper *Snehana*, apply *Vatanashak* medicated oil (*Mahanarayan* tailam, *Mahavishagarbha Taila*, *Ksheerabala Taila*, *Mahamashadi* tailam etc.) to the whole body or only the affected part followed by *Swedana* (Fomentation), which are *Nadi Swedana* (induced sweating by passing the steam over the body parts with a special instrument), *Sankara Swedana* (*Dravya Kalka*- Paste) wrapped on the cotton cloth or *Kshauma Vastri* and used for *Swedana* also known as *Pottali Sweda*.

Benefits of *Snehana* & *Swedana*^[8]: *Snehana* makes healing of *Dhatu*s faster and increase stamina, metabolism, nourishment and cosmic energy. *Swedana* reduces pricking pain, stiffness, inflammation, smoothed the body parts and improve body posture. If the disease persists after using above mentioned methods then the patient must have the *Shodhana process* (body cleansing process) with *Snehana* & mild purgatives. Some purgative *Yogas* recommended refined *Ghritha* by using *Tilvak*, Refined *Ghritha* by using *Saptatila*, *Eranda Taila* with milk. If the diseased person due to weakness cannot use the purgatives then that must use *Niruha Basti* (Administration of medicated decoction in the form of enema), *Deepan* (appetizer) & *Pachana* (digestive potency) *dravyas*, in form of *Niruha basti* or mix with food.

Pathya- Apathya: Do's and Don't's-

Pathya: Oil massage, *Basti Karma* (Administration of medicated decoction through anal route), *Swedana* (Fomentation), water sports/swimming, use of *Vatanashak Dravyas*, *Nasya* (Medicated oil infused into nostrils), Ghee, oil, fat, sweet, sour, salty food, new sesame seeds, one year old *Shasthika Shali*, *parwal*, *brinjal*, *Lashuna*, *Vrintaka*, *Shogru*, *Dadima*, *Amra*, *Kharbuja*, *Gokshura*, *Prasarini*, *Nimba*, *Ksheerkakoli*, cow-goat-buffalo milk, *Chincha*, *Sarshapa Taila*, etc *Vatashamaka Dravyas*.

Apathya: Stress, anxiety, *Diwaswapna* (Day sleeping), forcible withholdings of natural urges, excessive physical work, *Ruksha Ahara* (Eating dry foods), *Chanaka*, *Moodga*, *Yava* (Barley), *Kramuka* (Areca nut), *Kamalaroot*, *Karavellaka* (Bitter gourd) *Sheeta Jala Pana* (Cold water), incompatible foods, bitter-pungent foods, horse riding, *Dushita Jala Pana* (Drinking of contaminated water).

Conclusion

Osteoarthritis is considered one of the most *Kastha Sadhya Vyadhis* and is controllable with some extent and restrict the further degeneration of the cartilages by the proper *Ayurvedic* measures. The drugs which help in this regard are, *Bala*, *Ashwagandha*, *Nirgudi*, *Rasna*, *Shallaki*, *Eranda*, *Guduchi*, *Amalaki* etc *Vatahara* drugs. Further scope of study is evaluate the anti inflammatory, anti oxidant properties of the above mentioned *Ayurvedic* measures.

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