

NOVEL AYURVEDIC APPROACH TO SANDHIVATA OSTEOARTHRITIS

Dr. Savitri Soni*¹, Dr. Sanjay Shukla² and Dr. Rupendra Chandrakar³.

¹MD scholar, PG Department of Rog Nidan Evum Vikriti Vigyan, G.A.C. Raipur (CG) India.

²Lecturer; PG Department of Rog Nidan Evum Vikriti Vigyan, G.A.C. Raipur (CG) India.

³Reader; PG Department of Samhita Siddhanta, G.A.C. Raipur (CG) India.

Article Received on
28 Jan. 2020,

Revised on 18 Feb. 2020,
Accepted on 08 March 2020

DOI: 10.20959/wjpr20204-17155

*Corresponding Author

Dr. Savitri Soni

MD Scholar, PG Department
of Rog Nidan Evum Vikriti
Vigyan, G.A.C. Raipur (CG)
India.

ABSTRACT

As per *Ayurveda* concept, the imbalance of basic constituents causes different diseases. The equilibrium of different fundamental elements in the body is the indication of good health. The joint diseases are emerging main health problem in the present era and the disease of joints which involves *Asthi* and *Majjavahastroto Dushti* are considered *Sandhivata* as *Sandhigat roga*. The current life style not only disturb the healthy *Ahar* (Diet) but *Vihar* (daily exercise etc.) also. Elderly age, unhealthy diet like junk food and messy journey by automobiles etc. overall aggravates disease like *Sandhivata*. The “*Dhatukshaya*” leads to aggravation of *Vata* and the aggravated *Vata* gets accumulated in the joints (*Sandhi*) resulting in *Sandhivata* and patient suffer from severe pain and impairment.

KEYWORDS: *Sandhivata*, Osteoarthritis, *Sandhigat roga*, Diagnosis, Prognosis *Ayurved*.

INTRODUCTION

Ayurveda is an ancient health science of India. As per *Ayurveda*, body (*sharir*) is constituted by three basic elements i.e. *Dosha*, *Dhatu* and *Mala*. The normal functioning of these *Dosha*, *Dhatu* and *Mala* sustain the balance amongst all interdependent basics especially as maintained by biological process in body. Its disparity causes abnormal physiological disorders i.e. diseases. *Vata* is foremost responsible for virtually all disease amongst *tridosha*, and *sandhivata* is known as disease associated with *vata*. As name indicates, it is a disease of joints of body.

Sandhivata is a disease which is very common and growing worldwide. As per *Ayurveda*, such diseases belong to *vatavyadhi* category of disease.^[1] The prevalence of *sandhivata* is common due to genetic, infection, infestation, systemic environmental age related during different stages of the human life and so on.^[2]

The symptomatology of *sandhivata* like *shotha*, *shool*, *akunchana* and *prasarana* etc correlated with osteoarthritis of modern medical science. This disease mostly affects the elder group of 40 years and occur in all classes of people due to lifestyle, occupation, diet and other environmental factors.^[3]

Aims and objective

1. The conceptual study of *sandhivata*.
2. To review the *sandhivata* in context of osteoarthritis
3. Co-relation between *sandhivata* and osteoarthritis.

This conceptual study will be helpful in understanding of pathogenesis of *sandhivata* in successive stages.

MATERIAL AND METHOD

Different *Ayurveda* texts, journals, research papers, articles are referred to study the concept of *ayurvedic vivechana* of *sandhivata* and its usefulness in manifestation and Sequelae of the *sandhivata*.

Nidana /etiology

Ayurvedic texts describe the different *nidana* of *vatavyadhi*. However particular *nidana* for *sandhivata* is not mentioned by any *acharya*. Therefore, common *nidana* for *vatavyadhi* along with *asthi* and *Majjavahastroto dushti* is applied in *ayurvedic* literature^[4] which is shown systematically by flow chart in Fig. No.1.

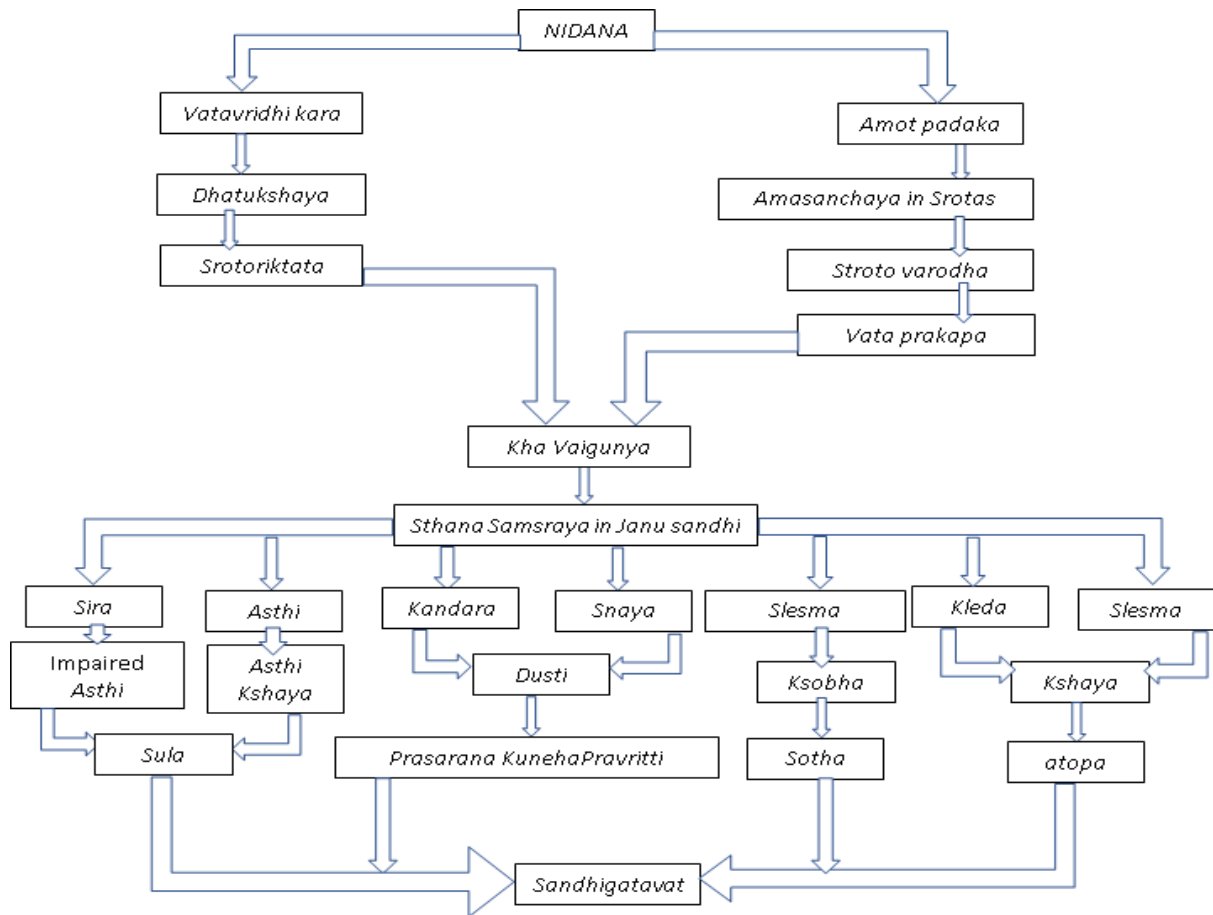


Fig. no. 1: Nidana flow chart of sandhivata.

Different causative factors like *Ahara*, *Vihara*, *Manasika*, *Kalaja*, and others are reflected in Table No.1. These are considered as the causative factors for *sandhivata*. *Sandhivata* is a *vataavyadhi* hence it is *kastasadhya* as it occurs in old people and it is situated in *marmasthana*.

Table no. 1: Causative factors of sandhivata.

Ahara	Vihara	Manasika	Kalaja	Others
Ruksha Laghu Sheeta	Ati Vyayams Langhan Abhighata	Chinta Shaka Bhaya	Shishiira Greeshma	Weakness Injury Emaciation (dhatu kshaya)

Osteoarthritis (OA)

Osteoarthritis (OA) is a chronic disease characterized by deterioration of cartilage in joints which results in bones rubbing together and creating stiffness, pain, and impaired movement.^[5] It is commonly affecting the joints in knee, hands, feet, and spine. In addition to this, it is relatively common in shoulder and hip joints. OA is related to aging. The common reason of disability in older adults is OA.^[6-7]

Osteoarthritis (OA) symptoms often develop slowly and deteriorate over time. Signs and symptoms of Osteoarthritis (OA) include pain in joints throughout or movement, stiffness, tenderness when apply light pressure, loss of flexibility, grating sensation, bone spurs and swelling.

DISCUSSION

Osteoarthritis (OA) can be judiciously compared to *sandhivata* as per the description found in *ayurvedic* classics. *Sandhivata* comes under 80 *Nanatmaj VataVyadhi* described in *Charak Samhita*. This disease occurs mostly in movable joints where the “*Khavaigunya*” is more due to hyperphysical activity which leads to “*Kshaya*” (degeneration) of *dhatu* (tissue constituents) and “*Sleshak Kapha*” (comparable to synovial fluid of the joints). This “*dhatukshaya*” leads to aggravation of *vata* and the aggravated *vata* gets accumulated in the joints (*Sandhi*) resulting in *sandhivata*. Acharya Charak described this disease as “*sandhigata anila*” with symptoms of “*Shotha*” (which reveals as air filled bag on palpation) with “*Shula*” on “*akunchana*” and *prasarana* (flexion and extension of joints).^[8-9]

The symptoms of *sandhivata* and Osteoarthritis (OA) are similar such as joint pain, swelling, stiffness, disability and crepitation over joints are common for the both. *Sandhivata* is a very common degenerative joint disorder, feature of which is found in preponderance with osteoarthritis (degenerative joint disorder). When a joint develops osteoarthritis, some of the cartilage covering the ends of the bones gradually roughens and becomes thin and the bone underneath thickens. All the tissues within the joints become more active than normal as if your body is trying to repair the damage. OA is caused by a breakdown in the cartilage that cover the joints. The protective tissue is damaged by age and repeated motion. This increase the friction as the bone of the joints rub against each other. It can also cause damage to the bone. OA can occur in any joints but the most commonly affected joints are in the hands, knees, hips, and spine.

Sandhivata is a *vatavyadhi* which occur due to vitiation of *vata* either due to consumption of *vatavardhaka Ahara* and *Vihara* or due to *avarana* of *vata*. The various therapeutic measures mentioned for *sandhivata* are based on its pathogenesis reactions. Accordingly, *sandhivata* is categorised in three categories.

- *Bahu Doshaja Sandhivata*
- *Madhyama Doshaja Sandhivata*

- *Alpa Doshaja Sandhivata*

The treatment and management of *sandhivata* includes pathya *apathya*, *samsodhana* therapy, *raktamokshana* therapy, *Agnikarma* therapy, *Shamana* therapy etc individually or jointly as per types and condition of disease.^[10]

CONCLUSION

Sandhivata is a *vatavyadhi* disease and it can be co-related to osteoarthritis based on similarities in symptoms received from classic *Ayurveda* and modern medical science literature. It is a degenerative joint disorder which require for an early diagnosis and management at the right time to avoid further progression of the disease. The negligence of disease may bring permanent physical impairment. Therefore, suitable therapy must be employed for the patients of the *sandhivata* so the progressive nature of the disease could be stopped at early stage.

REFERENCES

1. Shastri Kashinath, Edited by Pandey Gangashahay, Charak Samhita vidyotini hindi Commentary, Chaukhambha Sanskrit samsthan, Varanasi, 1997; 2: 5.
2. Keith Sinusas MD, Middle Sex Hospital, Middle town, Connecticut Am Fam Physician, 2012; 85(1): 49-56.
3. Esser S, Bailey A et al, Effects of exercise and physical activity on knee OA, Curr Pain Headache Rep, 2011; 15: 423-430.
4. Agnivesa: Charak Samhita, Vaidya Yadavji Trikamji Acharya, Chaukhambha Sanskrit samsthana, Varanasi, Chikitsa athana, 2005; 8(28): 15-18.
5. Sawarkar Gourav R, et al Prevention and Management of Osteoarthritis. Int J Res Ayurveda Pharma, 2013; 4(3): 454-458. <http://dx.doi.org/10.7897/2277-4343,04330>
6. WHO department of Chronic Disease and Health Promotion. Available at <http://www.who.int/ehp/topics/rheumatic/en/>
7. Duarte PEREIRA, Elisabete RAMOS, Jaime BRANCO, Osteoarthritis, Acta Med Port, 2015; 28(1): 99-106.
8. Prof Ravi Dutta Tripathi Chaukhambha Sanskrit Pratishthan, Delhi. Charak Samhita Chikitsa Sthan, Chapter, 2009; 28: 37.
9. Nayak Saurabha et al: A Clinical study on the management of sandhivata (Osteoarthritis) with a poly herbal oil formulation (Ayushi oil), 2016; 2: 9.

10. Padhar B et al: Evidence based Ayurvedic Treatment Guideline for Management of sandhivata (Osteoarthritis). J. Nat Ayurvedic Med, 2019; 3(4): 000211.