

## REVIEW ARTICLE ON SANDHIGATA VATA W. S. R. TO OSTEOARTHRITIS

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## INTRODUCTION

*Sandhigata Vata* is one of *Vata Vyadhi* with symptoms such as *Sandhishoola* (joint pain) and *Sandhishopha* (swelling of joint). Osteoarthritis (OA) is degenerative joint disorder, representing failure of the diarthrodial (movable, synovial lined) joint. OA of knee joint comes under the inflammatory group of disorders which is almost identical to *Sandhigata Vata* described in Ayurveda with respect to etiology, pathology, and clinical features. Osteoarthritis (OA) is the most common form of arthritis, which is degenerative in nature. It is characterized by progressive disintegration of articular cartilage, formation of new bone in the floor of the cartilage lesions (eburnation) and at the joint margins (osteophytes), and leads to chronic disability at older ages. About 15% of people in India suffer from arthritis. The incidence of arthritis has increased despite the increase in life expectancy produced by improved sanitation and nutrition.

The disease is characterized by Dhatu kshaya and Lakshanas reflective of vitiated Vata hence the diet and treatment includes Dravyas which have Brimhana, Shoolahara, Stambhahara and Balya properties. The disease Sandhivata was not mentioned as such in Vedic literature. Ashwinikumaras had recorded their skill in treating joint diseases and its mention can be found in Rigveda. Samhita granthas and Samgraha granthas except Sharangadhara samhita had described the disease Sandhivata with Lakshana and Chikitsa under Vatavyadhi. Many research work and detailed description of the disease can be found in the contemporary science but to date.

## AIMS AND OBJECTIVES

To explain the nidana (causative factor) of Sandhigata vata.

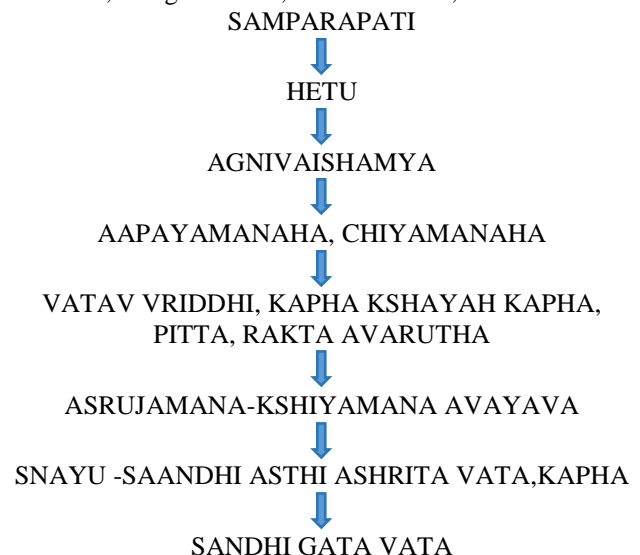
Panchakarma therapy enumerated in ancient Ayurvedic texts which will be beneficial in management of Sandhivata.

## MATERIALS AND METHODS

As the study is a review study, the available literature *Samhitas* and other books are searched for the disease and analyzed to get a comprehensive concept of *Sandhivata*.

## Electronic Databases

Complementary and Alternative Medicine (CAM), PubMed, Google scholar, MEDLINE etc, were searched.



## OBSERVATIONS

Sushruta has described the disease in Vata Vyadhi chapter under the heading of *Sandhigata Vata*, while Charaka has described Sandhigata Vata under the Vata Vyadhi as *Sandhigata Anila* (Anila is a synonym of Vata) The diseases produced by morbid *Vata-Dosha*. are more common in Jaravastha (old age). The vitiated Vata combines with other vitiated Dosha, Rakta, Ama, etc.

and gets located in the joint to produce the disease. Being a disease related to *Madhyama-Roga-Marga*, Sandhigata Vata is either Kasta-sadhya (difficult to treat) or Asadhya (Impossible to treat). On the basis of symptomatology and nature of the disease, *Sandhigata Vata* is much similar to OA, which is the most common degenerative joint disease in older people.

The *Bheda* of *Sandhivata* are not described in texts however it can be understood on the basis of the following.

1. According to *Samprapti*.

i) *Dhatukshayajanyasandhivata* as degeneration occurs most commonly.

ii) *Avaranajanyasandhivata*: The primary cause is *Avarana* of *Kapha* by *Vayu*.

iii) Both *Kshaya* as well *Avarana*

2. In the line of *Nija* and *Agantuja* it can be classified in two varieties.

i) *Nija*- Due to vitiation of *Vata* by *Dhatukshaya*, *Avarana* etc.

ii) *Agantuja*- Due to trauma.

2. *Aavarana janya*

obese usually *Sandhivata* occurs in the weight bearing joints. As *Meda dhatu* is produced in excess it will cause obstruction and does not nourishes the *Uttrotar dhatus* leading to *Kshaya*. The excessive fat will cause *Aavarana* of *Vata*.<sup>[13]</sup>

This vitiated *Vata* when settle down in joints will produce *Sandhivata*.

<i>Dosha</i>	<i>Vata, Shleshakkapha</i>
<i>Dushya</i>	<i>Asthi, Majja, Meda</i>
<i>Srotas</i>	<i>Asthivaha, Majavaha, Medovaha</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Agni</i>	<i>Manda</i>
<i>Udbhavasthana</i>	<i>Udbhavasthana</i>
<i>Udbhavasthana</i>	<i>Pakvashaya</i>
<i>Madhyam</i>	
<i>Vyadhiswabhava</i>	<i>Chirkalik</i>
<i>Vyadhiswabhava</i>	<i>Chirakali</i>

### SAMPRAPTI

From the onset of *Dosha Dushya Dushti* till the evolution of the *Vyadhi* there occur various pathological stages which is explained by *Samprapti*.

1. *Dhatukshaya janya Vata Dosha* is predominant in old age and *Kapha* is decreased also the *Agni* gets impaired due to which the *Dhatus* produced are not at their best which ultimately leads to the degeneration. As *Kapha* is decreased the *Shleshakkapha* in joints also depletes resulting in *Kshaya* of *Asthisandhi*. If further one continues indulging in *Vata* aggravating factors the *Sthanasamshraya* of *Prakupita Vata* takes place in the *Khavaigunayukta sandhi*. This localized *Vayu* due to its *Ruksha, Laghu, Kharadi Guna* results in *Sandhivata*.

### CONCLUSION

Osteoarthritis or *Sandhivata*, according to its progressive condition require specific treatment to get cured. *Panchavidha kashaya kalpana* can be effective in *Kosthagata* or primary condition of *Sandhivata*, *Sneha Kalpna* can be useful in *Shakhagata* or moderately degenerative condition of *Sandhivata* and *Guggulu kalpana* as well as *Rasa Aushadhi* can effectively treat the terminal or *Marma-asthi-Sandhigata* stage of *Sandhivata*. Selection of drug for treatment of *Sandhivata* on bases of its *Kriyalakala* can provide accurate and instant result to get rid from this disease.

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