



## Review Paper

## Management of *Sandhigatavata Vyadhi* (Osteoarthritis) by Ayurvedic and Integrative Medicine

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DOI: <https://doi.org/10.5281/zenodo.14181508>

Abstract	Manuscript Information
<p><i>Sandhigata Vata</i> is a <i>Vyadhi</i> of <i>Vriddhavastha</i>, but today's lifestyle is also responsible for its increased incidence in young age groups. This disease is mainly due to the Aggregated Vata. According to modern science and Ayurveda, Osteoarthritis is almost similar to <i>Sandhigatavata Vyadhi</i>. In India, 80% of the 65+ population suffers from wear and tear of joints and 40% of these people mainly suffer from severe Osteoarthritis. In India, Arthritis is not a life-threatening disease, but it happens at the wrong end of life. The disease Osteoarthritis causes work disability with Joint pain and stiffness. In modern medical science, mainly analgesics, anti-inflammatory drugs or surgery are the mainstay for Osteoarthritis but in Ayurveda, proper treatment is mentioned in all <i>Samhitas</i>, especially in Charaka <i>Samhita</i>. So, this paper aims to present the details of <i>Sandhigatavata Vyadhi</i> with management.</p>	<ul style="list-style-type: none"> <li>▪ ISSN No: 2583-7397</li> <li>▪ Received: 06-05-2024</li> <li>▪ Accepted: 03-07-2024</li> <li>▪ Published: 21-07-2024</li> <li>▪ IJCRM:3(4); 2024: 208-210</li> <li>▪ ©2024, All Rights Reserved</li> <li>▪ Plagiarism Checked: Yes</li> <li>▪ Peer Review Process: Yes</li> </ul>
	<p><b>How to Cite this Manuscript</b></p> <p>Santosh Kumar, Ravinder Singh, Nitin Urmaliya. Management of <i>Sandhigatavata Vyadhi</i> (Osteoarthritis) by Ayurvedic and Integrative Medicine. International Journal of Contemporary Research in Multidisciplinary.2024; 3(4): 208-210.</p>

**Keywords:** *Sandhigata Vata, Sandhigatavata Vyadhi, Dhatushoshana, Mriudu Virechana, Swedana, Dhatushoshana*

### INTRODUCTION

*Sandhigata Vata* is a *Vyadhi* of *Vriddhavastha*, but today's lifestyle is also responsible for its increased incidence in young age groups. This disease is mainly due to the Aggregated Vata. So, this *vata* is responsible for *Dhatushoshana* lastly leads to the *Sandhigatavata Vyadhi*. *Sandhigata Vata* is described under *Vata Vyadhi* in all ancient literature but it is not mentioned under the 80 types of *Vata Nanatmaja Vyadhi*. According to modern science and Ayurveda, Osteoarthritis is almost similar to *Sandhigatavata Vyadhi*. In India, 80% of the 65+ population suffers from wear and tear of joints and 40% of these people

mainly suffer from severe Osteoarthritis, which will disable them from daily activities, say the experts quoting the World Health Organisation.” (WHO) In India, Arthritis is not a life-threatening disease, but it happens at the wrong end of life. The disease Osteoarthritis causes work disability. It limits everyday activities such as walking, dressing, bathing, etc., In modern medical science, mainly analgesics, anti-inflammatory drugs or surgery are the mainstay for Osteoarthritis but In Ayurveda, proper treatment is mentioned in all *Samhitas*, especially in Charaka *Samhita*. So common treatment for *Vata Vyadhi* has been

described by Acharya Charaka as Snehana, Swedana, Basti, and Mriudu Virechana.

## MATERIALS & METHODS

Ayurvedic and Modern View of *Sandhigatavata Vyadhi* So, details of *Sandhigatavata Vyadhi* are as follows-

### Sandhigatavata

#### Definition of Sandhigatavata

There is a reference in the Charaka Samhita that after using Nidana, it produces swelling of the joints, which is like a bag filled with air. After that, the aggrieved *Vata* enters the Sandhi and produces pain during joint movements.

#### Favourable Condition of Sandhigata Vata

**1) Linga:** As per Ayurveda, there is no specific description of *Sandhigata Vata* according to sex i.e. male or female but according to modern science, usually females suffer from *Sandhigata Vata* more than men.

**2) Vaya:** Here *Vata* dosha is the main factor of this disease. *Vata* is predominant in old age. So, between the age of 40 and 65 years, it is a common disorder.

**3) Dosh:** Aggravated *Vata* dosha with dry weather in extremely hot or cold climates is favorable for this disease.

#### Classification of Sandhigata Vata

- i) *Avaranajanya*
- ii) *Dhatukshayajanya*

#### Nidanapanchaka of Sandhigata Vata

In Ayurveda, the Diagnosis of any disease is mainly finalized by the *Nidanapanchaka*. So, *Nidanapanchaka* of *Sandhigata Vata* are as follows -

#### Nidana of Sandhigatavata

- *Atiadhva,*
- *Ativyayama,*
- *Dhatukshya,*
- *Divashayana,*
- *Vegavidharana,*
- *Vyavaya,*
- *Atiprajagarana,*
- *Vishamopchara,*
- *Marmaghata.*
- *Langhana,*
- *Doshashrikshravnata,*
- *Atialpa Ahara,*
- *Atilaghu Ahara,*
- *Abhojan Ahara,*
- *Krodha,*
- *Bhaya,*
- *Plavana,*
- *Aamata,*
- *Sheghrayana Savari, Atiruksha Ahara,*
- *AtiSheeta Ahara*

#### Modern causes

- a) Systemic metabolic disease
- b) Bone dysplasias
- c) Endocrine disorders
- d) Calcium crystal deposition disease
- e) Neuropathic disorders
- f) Trauma
- g) Other joint disorders
- h) Miscellaneous
- i) Long-leg arthropathy etc.

#### Poorvarupa

- Occasional *SandhiShoola*
- Occasional *Sandhishotha*

According to modern science sometimes Joint pain and swelling.

#### Rupa

These main symptoms are as follows -

- 1) *Akunchan Prasaranajanya* Vedana
- 2) *Sandhisphutana*
- 3) Hanti Sandhi and *Sandhigraha*
- 4) *Sandhishoola*
- 5) *Sandhishotha*

#### Modern Science

- Local Warmth ness
- Muscle Atrophy
- Joint Pain
- Swelling
- Crepitus
- Stiffness
- Others
- Bony hypertrophy etc.

#### Upashaya

These factors can be considered as *upashaya* for *Sandhigatavata*

- Ushna Ahara,
- Ushna Ritu,
- Abhyanga,
- Swedana, etc.

#### Anupashaya

These factors can be considered as *Anupashaya* for *Sandhigatavata*

- Anasana,
- Alpasana,
- Sheeta Ritu,
- Laghu Ahara,
- Ruksha Ahara,
- Sheeta Gunas,

#### Samprapti

For understanding the *Samprapti* of *Sandhigata Vata* can be studied under two headings as follows -

1. Avarana Janya Sandhigata Vata
2. Dhatukshaya Janya

### 1. Avarana Janya Sandhigata Vata:

Actually, in obese persons firstly Excess Medadhatu is stored in the body. It also obstructs the channel of future dhatu i.e. Asthi, Majja, and Shukra leads to their Kshaya. Excess Medadhatu also produce Margavarana of Vata. So, this Vata starts to circulate in the body. Lastly, it is placed in the joint, and after Sthanasamshraya it produces the disease Sandhigata Vata.

### 2. DhatuKshaya Janya Sandhigata Vata:

Actually, due to the predominance of Vata in old age, decreases the production of kapha and impairs the Jatharagni, etc. So Shleshaka Kapha in the joints also decreases in quality and quantity. In this condition if Nidana Sevana is done further that produces Vata Prakopa. In the meantime, Sthanasamshraya of Prakupita Vata takes place in the Khavaigunayayukta Sandhi and produces Sandhigata vata.

### Sadhyaasadyata:

It can be considered as Kashta Sadhya Vata Vyadhi. It may be curable in strong persons and short-originated without complications.

### Treatment:

- Snehana
- Abhyanga
- Mardana
- Swedana
- Upanaha
- Bandhana
- Agnikarma

### Modern treatment

- Rest
- Pain relief
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- COX-2 inhibitors- a new type of NSAID
- Weight reduction
- Regular exercise
- Corticosteroid injections, injected into the joints
- Hyaluronic acid visco supplementation, injected into the joint
- Surgery

### Pathya Ahara & Vihar

Varga	Dravya
1. Jalavarga	Ushna Jala, Shritashita Jala
2. Dugdhavarga	Gau-Aja Dugdha, Ghrita, Kilatam etc.
3. Annavarga	Godhuma, Masha, Raktashali, Kulattha
4. Phalavarga	Draksha, Badara, Amra, Madhuk etc
5. Vihar	Ushnodaka Snana, Aatapa Sevana etc.

### Apathya Ahara & Vihar

Varga	Dravya
1. Jalavarga	Tadagasya jalam, Shita Jala, Dushita Jala etc
2. Dugdhavarga	Gadarbha Dugdha
3. Annavarga	Yava, Kodrava, Shyamaka etc
4. Ikshuvarga	Madhu
5. Vihar	Shrama, Anashana, Vyavaya, Vyayama etc.

### CONCLUSION

- Sandhigata Vata is common in old age.
- It is mainly due to Dhatukshaya and Avarana.
- In the Modern era, we can compare it with Osteoarthritis.
- In Ayurveda, there is a common treatment of Sandhigatavata Vyadhi.

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