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### Review Article

## MANAGEMENT OF SANDHIGATA VATA (OSTEOARTHRITIS) THROUGH AYURVEDA- A CONCEPTUAL STUDY

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#### ABSTRACT

The most prevalent type of articular disorder is *Sandhigata Vata*. It is a form of *Vatavyadhi* that primarily affects people in *Vridhnavastha* as a result of *Dhatukshaya*, which restricts daily activities like walking, dressing, and washing, among others, leaving the patient incapacitated. It qualifies as *Kashtasadhya* since it is a *Vatavyadhi*, is situated in *Marmasthisandhi*, and occurs in old age. The sickness is mostly caused by the *Vata Dosha*. The condition known as *Sandhishotha* with *Vata Purna Druti Sparsha* is characterised by *Shula Pradhana Vedana*, which is a lack of movement in the joints or painful movement in the joints. The allopathic treatment alleviates the symptoms, but the pathology that is highlighted is not treated because there is no effective medication available. This leads to a number of side effects, toxic consequences, and undesirable responses. Ayurvedic medicine takes a holistic approach to managing illness by emphasising lifestyle changes in addition to pharmacological therapy. In this review article describe the Ayurvedic management of *Sandhigata Vata* in detail according to Ayurveda.

**KEYWORDS-** *Sandhigata Vata*, osteoarthritis, Management

## 1. INTRODUCTION

Ayurveda has described about the pathogenesis and the treatment of various disorders, the incidence of some of which have increased in the present scenario. *Janu Sandhigata Vata* correlated with osteoarthritis.<sup>1</sup> *Dhatu Kshaya* and *Lakshanas*, which are signs of the condition and are indicative of vitiated *Vata*, are treated using *Dravyas* that have *Brimhana*, *Shoolahara*, *Stambhahara*, and *Balya* qualities in the diet. The Vedic text does not specifically refer to the illness *Sandhivata*. Their proficiency in treating joint problems was documented by Ashwini kumaras, and the Rigveda makes reference of it.<sup>2</sup> One such chronic, degenerative, inflammatory condition that significantly reduces a person's quality of life is osteoarthritis of the knee joint. In India, arthritis affects 15% of the population. Even though better cleanliness and diet have enhanced life expectancy, the prevalence of arthritis has grown.<sup>3</sup> The prevalence of osteoarthritis, one of the most prevalent rheumatologic conditions, ranges from 22% to 39% in India. Women are more likely than men to have OA.<sup>4</sup> This illness primarily affects those over 40. By the age of 40, almost everyone has some sort of pathologic alteration in their weight-bearing joints.<sup>5</sup> *Sandhigatavata* is a *Vatavyadhi* affecting people in the *Vridhavastha*.<sup>6</sup> The classics have described many therapies approaches to solve the issue successfully.

## 2. AIMS & OBJECTIVE

- To evaluate, elaborate and discuss the etiology and pathogenesis of *Sandhigata Vata*.
- To evaluate, elaborate and discuss the Management of *Sandhigata Vata* with special refence to hemorrhoids.

## 3. MATERIAL & METHOD

- Material related to *Sandhigata Vata* and Osteoarthritis is collected from ayurvedic texts books, modern text books, index medical journals and website.

## 4. CONCEPTUAL STUDY

### 4.1 Definition of *Sandhigata Vata*

According to Acharya Charaka, *Sandhigata Vata* is the *Vatavyadhi* in which *Sandhi Shoola* (joints pain), *Atopa* (cripitation), *Vatapurnadrustisparsha*, *Shotha*(swelling) etc. Symptoms are seen. According to Acharya Sushruta, it is with symptoms of *Hantisandhigata* (Degeneration of joints), *Shoola* (pain), *Shopha* (swelling) at the joints.<sup>7</sup>

## 4.2 Etiology of *Sandhigata Vata*

Common *Hetus* of *Vatavyadhi*, which are mentioned by Acharya Charaka are as below

- *Aharaja- Ruksha* (dry), *Sheet* (cold), *Alpa* (less quantity), *Laghu* (light), *Abhojana* (no food intake).
- *Viharaja- Atiprajagarana* (no sleep), *Divasvapna* (sleeping in day), *Ativyavaya* (excess sexual act), *Vega Dharana* (stopping natural urges), *Plavana* (swimming), *Atiadhva* (excess walk), *Ativyayama* (excess exercise).
- *Manasika- Atichinta* (excess anxiety), *Atishoka* (excess grief), *Atikrodha* (excess anger), *Atibhaya* (excess fear).<sup>8</sup>

## 4.3 Risk Factors<sup>9</sup>

- Injury or over use- Knee bending and repetitive stress on a joint, can damage a joint and increase the risk of OA. Age- The disease is more common as the age advances.
- Gender- Women are more likely to develop OA than men, especially after the age of 50.
- Obesity– The chances increase with increase in weight as extra weight puts more stress on joints.
- Genetics- People having family history are more likely to develop OA.
- Occupational factors- Men whose jobs require knee bending and at least medium physical demand had a higher rate of radiographic evidence of knee OA and more severe radiographic changes.

## 4.4 Clinical Features

*Sandhigata Vata* come under *Vatavyadhis* and so may not present any *Poorvaroop* (pre-clinical symptoms). The *Lakshana of Sandhivata* is described in Charaka Chikitsa Sthana as<sup>10</sup>-

- *Vatapurnadratisparsha* (tenderness),
- *Shotha* (swelling),
- *Prasarana Kunchan Pravritisa Vedna* (Pain during extension and flexion of joints).

In Sushruta Nidansthan Lakshana<sup>11</sup> are described as

- *Hanti Sandhi* (stiffness)
- *Sandhi Sopha*
- *Sandhishola* (pain in joints),
- *Asthishosha* (degeneration).

#### 4.5 Samprapti (Pathogenesis)

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

- *Dhatukshaya Janya- Vata Dosha* is predominate in old age and *Kapha* is decreased also the *Agni* gets impaired due to which the *Dhatu*s 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 *Khavaigunyayukta Sandhi*. This localized *Vayu* due to its *Ruksha, Laghu, Kharadi Guna* results in *Sandhigata Vata*.
- *Aavarana Janya* -In obese usually *Sandhigata Vata* occurs in the weight bearing joints. As *Meda Dhatu* is produced in excess it will cause obstruction and does not nourish the *Uttrotar Dhatu*s leading to *Kshaya*. The excessive fat will cause *Aavarana* of *Vata*.<sup>12</sup> This vitiated *Vata* when settle down in joints will produce *Sandhivata*.

#### 5. Management of Sandhigata Vata

The initial goal should be lifestyle transformation, which can be accomplished through changes in dietary practices, yoga, and regular exercise, just as in *Ayurveda Nidanaparivarjana* is the first line of treatment.

- *Aahara- Vatahara, Madhura, Amla, Lavana* and *Snigdha* diet should be given.<sup>13</sup> *Shunthi* is described under *Vatanashakgana* so it must be included in our daily diet.<sup>14</sup>
- *Ghritpan* is advised to alleviate *Vata*.<sup>15</sup>
- *Rasayana* enhances and restores the process of conservation, so they must be taken regularly
- *Yoga* has been shown to be effective in the treatment of chronic diseases, both physiologically and mentally. Numerous studies have demonstrated that yoga has a greater positive impact on OA patients than physical therapy alone. The experimental group's patients showed a higher reduction in pain, morning stiffness, and anxiety, according to the results.<sup>16</sup>

**Table no 1. Panchkarma as Per Different Acharayas**

Treatment	Su.Sa.	A.Sa.	A.Hr.	Yo.Ra.	Bh.Pr.
<i>Snehana</i>	+			+	+
<i>Swedana</i>		+		+	+
<i>Upanaha</i>	+	+	+	+	+
<i>Bandhana</i>		+	+		
<i>Abhyanga</i>			+		
<i>Agnikarma</i>	+	+	+		
<i>Mardana</i>	+	+		+	+

- *Guggulu* preparations like *Vatariguggulu*,<sup>17</sup> *Yograj Guggul*, *Trayodashangaguggulu* are beneficial.<sup>18</sup>
- Single herbs like *Ashwagandha*, *Nirgundi*<sup>19</sup>, *Bala*, *Shunthi*<sup>20</sup> have proven results in *Sandhivata*.
- *Kwath* preparations like *Maharasnadi kwath*, *Rasnasaptak kwath* are helpful.

## 6. DISCUSSION

The physical, emotional, and spiritual elements of health are all given equal importance in Ayurveda, which is a holistic medical discipline. Modern medical science is materialistic and heavily dependent on pharmaceutical intervention. Along with molecular biology and genetic engineering, there has been a significant advancement in the field of diagnostic procedures and surgical interventions. But the usage of medications, which have both terrible benefits and adverse effects, is necessary for all of these. The treatment of these conditions depends on ongoing drug use with negative side effects. This is a very broad field for ayurveda. According to Ayurveda, poor nutrition and lifestyle choices are one of the causes of disease. Better management choices for individuals with chronic illnesses are provided by proper dietary usage and the elimination of unhealthy dietary and lifestyle components.

## 7. CONCLUSION

Reduced *Vata Dosha* and increased *Shleshakakapha* in the joints allow for greater joint movement, which is the major goal of treating *Sandhigata Vata*. Since *Sandhigata Vata* is an age-related degenerative disorder, it may last a lifetime, but by altering one's lifestyle and receiving treatment, one can reduce the disease's symptoms and stop it in its early stages, allowing one to have a healthy life.

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