ABSTRACT

In the present era Sandhivata is the most common disease affecting a large population. Sandhivata term is derived from words as “Sandhi” and “Vata”. When Vata lodges in Sandhi (joints), it is characterized by pain, swelling, and restriction of joint movement. The clinical presentation of Sandhivata closely mimics with the disorder called Osteoarthritis which is the second most common rheumatologic problem. Sandhivata is the disease mentioned in Ayurveda and is a type of Vatavyadhi which most commonly occurs in Vridhavastha due to Dhatukshaya.

Sandhivata is one of the challenging diseases for the clinicians due to its chronicity, incurability, complications etc. The allopathic treatment provides the symptomatic relief but the underlined pathology remains untreated due to absence of effective therapy and also giving rise to many side effects, toxic effects and adverse reactions. The treatment procedure described in Ayurveda focuses not only on drugs but also lifestyle modification thus having a holistic approach in its management. So, the present study deals with systemic review of Sandhivata and the aim of this work is to review and highlight the effectiveness of different Ayurvedic interventions in patients with osteoarthritis (OA).

KEYWORDS: Sandhivata, Vridhavastha, Ayurveda, Osteoarthritis.

INTRODUCTION

About 15% of people in India suffer from arthritis. The incidence of arthritis has increased despite the increase in life expectancy produced by improved sanitations and nutrition[1]. Osteoarthritis is amongst the commonest rheumatologic problem and its prevalence is 22% to 39% in India. OA is more common in women than men.[2] This disease mostly affect the age of 40 years. Almost all persons by age 40 have some pathologic change in weight bearing joints.[3]

Sandhivata is a Vatavyadhi affecting people in the Vridhavastha.[4] 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[5]. Samhitagranthas and Samgrahagranthas except Sharangadharasamhita 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, medicine has not discovered a definitive treatment for OA and due to this the use of alternative therapies are on the rise.

AIMS AND OBJECTIVES

To explain the role of Pathya-Apathya, drugs and 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 in the management of Sandhivata.

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

Observations

Etiology

The etiology of the disease has not been mentioned directly but if one looks into the Nidana of Vatavyadhi[6] and since it is the disease affecting joints and causing degeneration, Ashtivaha Strotasdushti causes were analyzed and[7] the following inference can be drawn-
**Types**

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

**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 Dhatu 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 Asthisdhii. 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 Sandhivata.

2. Aavarana janya-

    In 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 dhatu leading to Kshaya. The excessive fat will cause Avarana of Vata[13], This vitiated Vata when settle down in joints will produce Sandhivata.

(For more information and references please refer to the original text.)

**Clinical Features**

Sandhivata come under vatavyadhis and so may not present any Poorvaroop (pre-clinical symptoms).

The classical signs and symptoms are as below-

- The Lakshana of Sandhivata are described in Charakachikitsasthana as- vatapurnadratisparsha (tenderness), shotha (swelling), Prasaranakunchanpravritisavedna (Pain during extension and flexion of joints).[11]

- In Sushruta Nidanstanh Lakshana are described as Hanti sandhi (stiffness), Sandhi sopha, Sandhishola (pain in joints), Asthishosha (degeneration).[12]

- In Ashtangangrha and Hridya, the Lakshana are described as- Vatapurnadrati.

- Madhav nidan has described the Lakshan of Sandhivata as Hantsisandhi, Sandhishool, Sandhiaatop (crepitus).

<table>
<thead>
<tr>
<th>Table 1: Samprapti Ghataka</th>
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<tbody>
<tr>
<td><strong>Dosha</strong></td>
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<tr>
<td><strong>Dushya</strong></td>
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<td><strong>Srotas</strong></td>
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<td><strong>Srotodushti</strong></td>
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<td><strong>Agni</strong></td>
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<td><strong>Udbhavasthana</strong></td>
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<td><strong>Roga Marga</strong></td>
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<td><strong>Vyadhiswabhava</strong></td>
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</table>
Management of Sandhivata

As in Ayurveda the first line of treatment is Nidanaparivarjana so the first aim should be lifestyle modification which can be achieved through change in dietary habits, Yoga and regular exercise.

AAHARA

- Vatahara, Madhura, Amla, Lavana and Snigdha diet should be given.[14]
- Shunthi is described under Vatanashakgana so it must be included in our daily diet.[15]
- Ghritpan is advised to alleviate Vata.[16]
- Rasayana enhances and restores the process of conservation, so they must be taken regularly. Some rasayana useful in sandhivata are- Lashuna, Methika, Kshira-ghritaabhyasa.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Aharavarga</th>
<th>Pathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Annavarga</td>
<td>Godhuma, Raktashali, Masha</td>
</tr>
</tbody>
</table>

Table 2: Pathya Ahara

Table 3: Apathya Ahara

<table>
<thead>
<tr>
<th>S.No</th>
<th>Aharavarga</th>
<th>Apathya</th>
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<tbody>
<tr>
<td>1.</td>
<td>Annavarga</td>
<td>Yava, Chanaka</td>
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<td>2.</td>
<td>Phalvarga</td>
<td>Jambu</td>
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<td>3.</td>
<td>Dugdhavarga</td>
<td>Dadhi</td>
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<td>4.</td>
<td>Madyavarga</td>
<td>Naveenamadya</td>
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<td>5.</td>
<td>Mamsavarga</td>
<td>Shushkamamsa</td>
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<td>6.</td>
<td>Shakvarga</td>
<td>Udumbara</td>
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</tbody>
</table>

Some dietary preparations mentioned in Ayurveda which is helpful in Sandhivata.

Table 4: Some Dietary Preparations

<table>
<thead>
<tr>
<th>Dietary preparation</th>
<th>Properties</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dadima-amlakayusha</td>
<td>Vatahara, Rasayana</td>
<td>Madanpala Nighantu dhanyakritannadivarga 11/20</td>
</tr>
<tr>
<td>Kambalikayusha</td>
<td>It is an anabolic promoter of strength and pacifies Vata</td>
<td>Kashyap khillasthana 4/54</td>
</tr>
<tr>
<td>Lashunayusha</td>
<td>Rasayana and pacifies Vata</td>
<td>Kashyap khillasthana 4/64</td>
</tr>
<tr>
<td>Masurayusha</td>
<td>Indicated in Vatavyadi</td>
<td>Shodhal kritannvarga</td>
</tr>
<tr>
<td>Methi seeds chat</td>
<td>Deepana, Pachana, Vatahara, Kledahara</td>
<td>Bhojankutuhalam, Shimbivarga</td>
</tr>
</tbody>
</table>

Yoga

Yoga has proven positive effect on both physiological and mental status in treatment of chronic conditions. Many studies have shown that effect of Yoga in the patients of OA is higher in patients than one doing physical therapy alone. The results have shown greater decrease in pain, morning stiffness, and anxiety in the patients of the experimental group.[17]

As per American college of rheumatology, strong recommendations were made for exercise in patients with knee and/or hip OA especially who are overweight or obese. Conditional recommendations were made for balance exercises, yoga, cognitive behavioural therapy etc.[18]

Panchakarma Procedures

Table 4: Panchkarma as Per Different Acharayas

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<td>Swedana</td>
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<td>Upanaha</td>
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<td>Bandhana</td>
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<td>Abhyanga</td>
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<td>Mardana</td>
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Leech therapy is also very effective in giving symptomatic relief in osteoarthritis. The active compounds in leech saliva and their local release (that is, in the synovial fluid) has anti-inflammatory properties.[19]

Basti Chikitsa which is considered as half treatment and is best for Vatavyadhi[20] and are also effective in OA. Snehanbasti will not only help in decreasing pain but will also promote strength. Studies done with Ksheer balatala basti were found significant in reducing the symptoms of Sandhivata.[21]

In a study Rajayapana Basti has helped in reducing the symptoms of OA due to its Rasayana and Bhrimghana effect and stopped further deterioration of Dhatus and increased the quality of life.[22]

DRUGS FOR OSTEOARTHRITIS

- Guggulu preparations like Vatariguggulu[23], Yograj guggul, Trayodashangaguggulu are beneficial[24],
- Single herbs like Ashwagandha, Nirgundi[25], Bala, Shunthi[26] have proven results in Sandhivata.
- Kwath preparations like Maharasnadikkwath, Rasnasaptakkwath[27] are helpful.

CONCLUSION

The treatment of Sandhivata is mainly done by reducing the alleviated Vata dosha and increase the Shleshakakapha in joints so that movement of joints can be increased. Since this is an age-related degenerative disorder, it may persist for lifetime but through change in lifestyle and treatment the symptoms of Sandhivata can be reduced and the disease can be stopped in its primordial and primary stage to lead a good quality of life.

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