

## A REVIEW ARTICLE ON SANDHIGATA VATA

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(Published Online: August 2024)

## Open Access

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Article Received: 08/07/2024 - Peer Reviewed: 29/07/2024 - Accepted for Publication: 14/08/2024.



## ABSTRACT

*Sandhigatavata* is one such clinical entity among *Vatavyadhi* which affects the locomotion in which *Dhatu Kshaya* is the prime factor, which is characterised by specific symptoms like joint pain, swelling, stiffness, pain and restricted movement of joints, etc. *Acharya Charaka* and *Vagbhaṭa* have described the disease as *Sandhigata Anil* with *Sandhisula* (joint pain), *Sandhishotha* (swelling in joint), *Prasarankuncanayoḥ Savedanahpravrttiḥ* (pain during movement like flexion and extension of the joints). *Acharya Susruta* and *Mādhava* have described that *Hanti Sandhīn* (loss of function) is the main symptom of *Sandhigatavata*. General *Hetu* of *Vatavyadhi* can be considered an etiological factor responsible for causing *Sandhigatavata*. *Panchavidha kashaya kalpana* can be effective in *Kostha-gata* or the primary condition of *Sandhigatavata*, *Sneha Kalpna* can be helpful in *Shakhagata* or moderately degenerative condition of *Sandhigatavata* and *Guggulu Kalpana* as well as *Rasa Aushadhi* can effectively treat the terminal or *Marma-Asthi-Sandhigata* stage of *Sandhigatavata*.

**Keywords:** *Sandhigatavata*, *Vatavyadhi*, osteoarthritis.

## INTRODUCTION

The aim of any science is the well-being of the creatures in this universe. *Ayurveda* is the system of medicine that maintains human beings' physical, psychological and spiritual values. According to *Ayurveda*, an imbalance in the *Dosha* is regarded as *Roga*. Three *Doshas* will govern the physiological functions of the body: *Vata*, *Pitta* and *Kapha*. When *Vata Dosha* is dominant, it gets vitiated and leads to degenerative changes in joints. *Vata Dosha* is closely related to *Asthidhatu* in the early stage of degeneration of *Asthidhatu*. Joints are involved in a condition in *Ayurvedic* known as *Sandhigata vata*. *Sandhigata vata* is one such clinical entity among *Vatavyadhi* which affects the locomotion in which *Dhatu Kshaya* is a prime factor characterised by specific symptoms like joint pain, swelling, stiffness, pain restricted joint movement, etc. *Acharya Charaka*<sup>1</sup> and *Vagbhata*<sup>2</sup> have described the disease as *Sandhigata Anil* with *Sandhisula* (joint pain), *Sandhishotha* (swelling in joint), *Prasarankuncanayoḥ Savedanahpravṛttiḥ* (pain during movement like flexion and extension of the joints). *Acharya Suśruta*<sup>3</sup> and *Mādhava*<sup>4</sup> have described that *Hanti Sandhīn* (loss of function) is the main symptom of *Sandhigata vata*. *Sandhi* comes under the *Madhyama Roga Marga*. Thus, the involvement of *Madhyama Roga Marga* with *Vata Dosha* causes the *Dhatu Kshaya* figures disease as *Kashta Sadhya*. Based on clinical manifestation, *Sandhigata vata* can be considered Osteoarthritis. Osteoarthritis is a chronic degenerative disorder of multifactorial aetiology characterised by the loss of articular cartilage with accompanying periarticular bone response, hypertrophy of bone at the margins, and subchondral sclerosis<sup>5</sup>.

**NIDAN (ETIOLOGY):** General *Hetu* of *Vatavyadhi* can be considered an etiological factor responsible for causing *Sandhigata Vata*.

**PURVARUPA (PRODROMAL SYMPTOMS) –** *Avyaktatalakshan*<sup>6</sup>

**LAKSHANA / ROOPA (SYMPTOMS)-**

1. *Vatapurnadritisparsha* (feels like a filled bag)
2. *Shotha* (inflammation)

3. *Prasarana Akunchana pravartishavedana*<sup>7</sup> (painful extension and flexion of joint)

**MATERIAL AND METHOD:** *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and *Samgraha*, *Yogaratanakar*, *Bhavaprakash* and *Sharangadhar Samhita Chakradatta*, *Bhaishajya Ratnavali* and other relevant modern books, published articles on *Sandhigata vata* or Osteoarthritis and internet sources were used to review the treatment approaches mentioned to manage osteoarthritis or *Sandhigata vata*.

**RESULT AND DISCUSSION:** *Vata-Vardhaka Ahara* and *Vihara* consumption, or *Vata Avarana*, can *Vitiate Vata*, resulting in *Sandhigata vata*. The pathogenesis mechanism of *Sandhigata vata* is the basis for many of the therapeutic approaches that have been suggested. Based on its pathophysiology, *Sandhigata vata* can be roughly classified into three categories: *Alpa Doshaja Sandhigata vata*, *Madhyama Doshaja Sandhigata vata*, *Bahu Doshaja Sandhigata vata* (*Sandhigata vata* resulting from excessive morbid *Dosha*)—treatment strategy for based on the categories mentioned above.

**CHIKITSA (TREATMENT):**

*Samsodhana Chikitsa -Vaman, Virechan, Basti, Raktamokshana, Agnikarma*

*Samsamana Chikitsa- Guggulu Kalpana Laksha Guggulu, Abha Guggulu, Yogaraja Guggulu, Panchatikta Guggulu, Rasnadi Guggulu, Gokshuradi Guggulu, Mahayogaraja Guggulu, Tryodashanga Guggulu, Saptavinshati Guggulu.*<sup>8</sup>

*Sneha Kalpana Dashmuladi Taila, Rasna Taila, Nirgundi Taila, Lashunadi Taila, Panchatikta Ghruta.*<sup>9</sup>

*Kwatha Dashamula Kwatha, Rasnasaptak Kwatha, Phalatrikadi Kwatha, Maharasnadi Kwatha, Punarnavashtak Kwatha, Punarnavashtak Kwatha, Gokshuradi Kwatha.*<sup>10</sup>

*Rasa Navajeevana Rasa, Godanti Bhasma, Mukta-shukti Bhasma, Brihatvatachintamani Rasa, Vata-vidhvansa Rasa.*<sup>11</sup>

## CONCLUSION

Due to its degenerative nature, *Sandhigata vata* requires specialized care to be healed. *Panchavidha Kashaya Kalpana* can be effective in *Koshta-Gata* or the primary condition of *Sandhigata vata*, *Sneha Kalpana* can be helpful in *Shakhagata* or moderately degenerative condition of *Sandhigata vata* and *Guggulu Kalpana* as well as *Rasa Aushadhi* can effectively treat the terminal or *Marma-Asthi-Sandhigata* stage of *Sandhigata vata*. Selection of a drug for the treatment of *Sandhigata vata* on the basis of its *Kriyakala* can provide accurate and instant results to get rid of this disease.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Ritu Pohiya et al: A review article on sandhigata vata. International Ayurvedic Medical Journal {online} 2024 {cited August 2024} Available from: [http://www.iamj.in/posts/images/upload/1463\\_1465.pdf](http://www.iamj.in/posts/images/upload/1463_1465.pdf)