

Ayurvedic Management of Sandhigatvat: A Single Case Study

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Abstract - The most prevalent musculoskeletal problem that typically manifests in old age is Osteoarthritis (OA). This disorder primarily affects large joints, especially in weight-bearing joints. Practically everyone has some degenerative changes by the age of 40. Osteoarthritis symptoms are frequently observed in 15% of males and 25% of females. The Indian population has a higher incidence of Osteoarthritis in the knee than the Western population. It causes limits owing to pain when doing daily activities, including walking, dressing, and washing, which interferes with employment incapacity. In Ayurveda, Osteoarthritis correlates with Sandhigata Vata. Acharya Charaka mentioned this disease under Vatavyadhi chikitsa adhyaya. The symptoms are swelling like an air-filled balloon and pain during flexion and extension of the joints. Modern medicine has its limitations. While there are many therapy options available, they are not particularly effective and have several side effects. Ayurveda treatments shamana chikitsa (palliative therapy) and Panchakarma (Ayurvedic cleansing method) are more effective in treating this disease. This case study represents an attempt to shed light on the remarkable effectiveness of Ayurvedic treatment for the Sandhigata Vata. In this case study, shaman chikitsa and Panchakarma chikitsa showed remarkable improvement in clinical signs of Osteoarthritis.

Key words: Sandhigatavata, Osteoarthritis, Panchtikta Ksheera Basti, Panchtikta Ghrita Guggulu.

INTRODUCTION

Introduction Any illness begins with an insufficient supply of the right nutrients or food to certain tissues. Because of channel Srotoavarodha (obstruction), nutrients do not reach the target place^{1,2}. It can thus cause sickness^{3,4}. Due to a lack of Poshaka rasa (nutrients), Janu Sandhigata Vata (knee osteoarthritis) is AsthiSandhigata Vyadhi (osteoarthritis), and Asthi Dhatu (bone tissue) has Kshaya (emaciation)^{5,6}. Osteoarthritis and Sandhigata Vata (osteoarthritis) are related in Ayurveda. Separate descriptions of Janu Sandhigata Vata (knee osteoarthritis) condition may be found in Charak Samhita^{7,8}. The Vata Vyadhi (vata disease) was used by Acharya Charak to describe it. Shotha (swelling), Akunchana Prasaranae Vedana (pain during movement of joints), and Vata Purna Driti Sparsha (feeling of roughness) were some of the signs that Charak used to diagnose the condition^{9,10}. Acharya Sushruta identified the symptoms of Sandhigata Vata (osteoarthritis) as Shoola (pain), Shotha (swelling), and Janu Sandhigata (decreasing knee joint motions). Vata Prakopa (aggravation), which develops in the joints and causes symptoms like joint swelling. This science has developed preventative and curative healthcare techniques that might provide all-encompassing treatments for the multifactorial human disorders. One such illness experiencing an increase in occurrence is Osteoarthritis (OA), which is linked to poor food and lifestyle choices. The fourth decade is

when the illness often strikes, and the likelihood of getting it rises linearly with age. Bilateral Osteoarthritis (OA) affects more women than men, who tend to have unilateral Osteoarthritis (OA). The hallmark signs of this degenerative illness are joint stiffness, swelling, discomfort, and loss of mobility. It is defined by the loss of articular cartilage and synovial inflammation. The Sandhigata vata described under Vatavyadhi correlates with the symptoms of (Osteoarthritis) OA. Acharya Charaka initially identified Sandhivata as Sandhigata Anila, exhibiting the signs of Shotha (swelling), which when palpated feels like a bag filled with air, and Shula (pain) on Prasarana and Akunchana (pain during flexion and extension of the joints)^{32,33}. Acharya Sushruta also discussed Shula and Shotha concerning this illness that causes a reduction (Hanti) in the range of motion at the affected joint. Atopa (crepitus in the joint) is a further characteristic of it that Madhavakara adds. The Asthi (bone), Sandhi (joint), Mamsa (muscle), and Snayu (ligament) are affected by the pathologic foundations of this condition, which are attributable to the aberration of Vata and Kapha Dosha

A case of 55 yrs old female patient presented with chief complaint of left knee pain since four months. Walking and climbing the stairs aggravated the pain. The pain was relieved by resting. The knee pain had affected her daily living activities. On examination reveals tenderness, swelling, crepitus and range of movement of left leg is reduced. The patient was taking NSAIDS, but there was no satisfactory relief through the drugs. In Radiographical examination narrow joint space and osteophyte was found. Criteria For Assessment Sandhi Shula Sandhigrah (Joint Stiffness) Sandhi Shotha/ Swelling Aakunchan Prasaranjanya Vedana (pain during flexion & extension) Sandhisphutana/ Crepitus.

TREATMENT GIVEN

SHAMAN CHIKITSA

Medicine	Dose & Duration
<i>Panchtikta Ghrita Guggulu</i>	2 BD

PANCHAKARMA CHIKITSA

Procedure	Duration
<i>Panchtikta Ksheer Basti</i>	10 days

CASE REPORT

Observations

Type of assessment	Before treatment	After treatment
Subjective criteria		
Pain in right knee joint	3+	0
Difficulty and pain while walking stiffness in both knee joint	2+	0
Stiffness in both knee joint	2+	0
Mild swelling over right knee joint	2+	0
Crepitus present in both knee joint	2+	0
Objective criteria		
Range of movement (Right leg)	Grade 1 (81°-100°)	Grade 0 (101°-120°)

DISCUSSION

Panchtikta Ksheer Basti When Vata gets exceedingly aggravated, there is no remedy other than Basti for its alleviation. Basti has been glorified as definitive therapy to treat the vitiated Vata and Vatapradhana Vyadhies(AS. Su. 28/12). Basti removes Mala,

Pitta, and Kapha and does Vatanulomana to relieve the disorders situated in all over the body. Basti performs various actions such as Samshodhana, Samshamana, Samgrahana, Vajeekarana, Brumhana, Karshana, Chakshushya, and Vayahsthapana. Basti is “ParamVatahara,” and as Vata is the causative factor of Katishoola; hence, here Basti Chikitsa was opted. It

being a VataVyadhi, located in Marmaasthisandhi. Ksheera Basti is described as the main line of treatment in Asthigata Vikaras by Acharya Charaka. The Basti, which have Ksheera or milk and Panchtikta drug (Nimba, Vasa, Ptaola, Guduchi, Kantkari) as the ingredient is known as Panchtikta Ksheera Basti. Ksheera is the ingredient which can be used in the Basti preparation as per the condition and Doshik involvement. Ksheera Basti serves dual function, i.e., Niruha and Anuvasana; hence, it acts as Shodhana as well as Snehana. Ksheera Basti relieves the Margavarodha and produces Brimhana effect. In this study, Ksheera Basti is used as Yavana Basti. The rectum has rich blood and lymph supply, and drugs can cross the rectal mucosa such as other lipid membrane. Thus, unionized and lipid-soluble substances are readily absorbed from the rectal mucosa. In Basti Karma, a homogeneous emulsion of Honey, Saindhava, Snehadravya, Kalka, and decoction mixed in remarkable combination after proper churning may break the large and middle chain fatty acid to small chain fatty acids. The mixture given facilitates absorption better than a single drug per rectum.

Panchtikta Ghrita Guggulu

Sandhigata Vata is Madhyama Roga Margagata Vatikadi disorders in which vitiated Vata gets lodged in Sandhi. Hence to treat Sandhigata Vata drugs acting on both Vata and Asthi should be selected. According to Charaka, in Asthi Dhatu Dushti the treatment should be given by Tikta Dravya Ghrita and Kshira. In Panchtikta Ghrita Guggulu predominance of Tikta Rasais there. Tikta Rasahas Vayu and Akasha Mahabhuta in dominance. Hence it has got affinity towards the body elements like Asthi having Vayu and Akasha Mahabhuta in dominance. Though, Tikta Rasa aggravates Vayu which may enhance the pathogenic process of Sandhigata Vata but, the main principle of Ayurvedic treatment is "Sthanam Jayate Purvam". The main site of Sandhigata Vata is Sandhi which is the site of Shleshmaka Kapha. So, by decreasing the Kapha Dosha Tikta Rasafulfils the principle. Most of ingredients of Panchtikta Ghrita Guggulu have Tikta Rasa, Ushna Virya and Madhura and Katu Vipaka. The Tikta Rasa increase the Dhatuagni (metabolic stage). As Dhatuagni increase, nutrition of all the Dhatus will be increased. As a result, Asthi Dhatu, Majja Dhatu may get stable and Asthi Dhatu and Majja Dhatu Kshaya will be decreased. So degeneration in the Asthi

Dhatu may not occur rapidly. It can be said, it slows down the degeneration processes. On the overall effect of the Panchatikta Ghrita Guggulu, it has been found that drug is predominant in Ushna Virya which helps in pacification of aggravated Vata and subside the pain.

CONCLUSION

Sandhigata Vata is one of the most specific articular illnesses, making it extremely difficult for the affected individual to do even basic daily tasks. Even though it's typically seen as an illness of the elderly, middle-aged people can also be affected. It mostly affects the knee and other major weight-bearing joints in the body. It manifests as Vatapoornadrutisparsha, Shula, Sotha, and trouble extending and flexing the Sandhi, according to Ayurveda. The findings showed that Sandhigata Vata (OA) can be successfully treated by combining several Shodhanatechniques, such as Shamana Chikitsa, Pizhichil, and Panchtikta Ksheera Basti. Because this study only includes one case report, the findings must be reexamined using a larger sample size and comparable research.

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