

SANDHI ROGAS - Clinical Relation with Dosh-Dushya Kriyatmak Vivaran

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Abstract: Anatomically joint is *kapha* dominant because *kapha dosha* has got binding property with *snigdha* and *slakshna* guna which keeps articulating structures together. '*Slish aalingane*' is the basic nature of *Kapha*. Moreover *sandhi* is *Kapha sthanas*. *Sleshaka Kapha* is located in *sandhi*. Due to *chala guna* *sandhi* are *vata* dominant. A healthy joint has a normal *Vata- Kapha* equilibrium. Most of the joint diseases are the result of *Vata-Kapha* vitiation. *Sandhigat vata* is form of articular disorder. It mostly found in old age people due to the dryness of the tissues. As it is *vata* type of disease *shula* is the cardinal *lakshana* with *sandhishotha*, lack of movements of the joints sometimes loss of function or dislocations are possible.

In some cases of Sandhirogas, especially when there are chronic dhatugata rogas, there will be dhatupaka with *pitta* involvement. *Dhatupaka* with *pitta* involvement. *Dhatupaka* will lead to destruction of the joint structures. Autoimmune mediated joint diseases invariably have *dhatupaka*. *Dhatupaka* will gradually and eventually lead to *dhatukshaya* with *vata* dominant degenerative joint conditions.

Keywords: joint, sandhirogas, sharirkriya, doshdushya, Dhatupaka.

INTRODUCTION

In Ayurveda, involvements of Doshas in the joint diseases were mainly *Vata* and *Kapha*. These are the few examples of diseases i.e.

Sandigatha Vatha

Amavatha

kostukashirsha ^[1]

Sandhigat vata is form of articular disorder. It mostly found in old age people due to the dryness of the tissues. As it is *vata* type of disease *shula* is the cardinal *lakshana* with *sandhishotha*, lack of movements of the joints sometimes loss of function or dislocations are possible.

Vataraktha is a condition give rise to symptoms of pain, dryness, swelling of the affected part with discoloration, itching, contraction are seen, predominantly in larger joints, but begins from the smaller joints both the *vata* and *rakta* are in predominant positions. This condition influenced by *ama* combined with *pita dosha* that known as *sama-pitha* and manifest the symptoms accordingly.

Kostukashirsha is the form of disease named because of its appearance of the knee joint after affected knee joint of the person known jackals head due to the swelling and same time person feels sever pain and swelling.

As we know structure–function relationship and *dosha* involvement

We need to understand 5 varieties of three *doshas* ^[2,3]

Verities of *Vata Dosha*

Pran vata, *vyan vata*, *udan vata*, *saman vata*, *apan vata*.

Verities of *Pitta Dosha*

Pachaka pitta, *Alochaka pitta*, *Ranjaka pitta*, *Brajaka pitta*, *Sadhaka pitta*

Verities of *Kapha Dosha*

Bodhaka kapha, *Kledaka kapha*, *Shleshaka kapha*, *Avalambhaka kapha*, *Tharpaka kapha*.

Symptoms related to doshas

1. *Vata* related *lakshana*

- *Sandhishool* especially of *toda* and *bheda* type
- *Sandhirukshata*
- *Sandhikrishnata*
- *Sandhisphurana*
- *Sandhisankocha*
- Unstable *Shopha*

2. Pitta related Lakshana
 - *Sparshakshamatva*
 - *Shoola* and *Daha*
 - *Raagvarna* in *sandhi*
 - *Sandhipaka*
 - *Sandhi ushmatha*
3. Kapha related Lakshanas
 - *Sandhistaimitya*
 - *Sandhiguarav*
 - *Supti*
 - *Sandhisnigdhatta*
 - *Alparuka*
 - *Kandu*

Major causes of Sandhirogas

- *Ama*, associated with underlining *Kapha* vitiation. *Ama* in the form of *malasanchaya* and *krimivisha* also leads to *sandhi rogas*.
- *Sheeta guna* which works mainly as a *Vyanjaka hetu* thereby aggravating the joint pain and stiffness. *Sheetguna* is *sthambhana* in nature which is opposite of *Chala guna*.
- *Marmabhighata* – Mild and severe type of trauma and strain to joints.
- *Vatala Aharas* increasing *Ruksha guna* in *Kapha Sthana-Sandhi*.
- *Vidahi Aharas* leading to *Pitta-Raktdushti*.
- *Viruddha Aharas* leading to *Agnidushti* at dhatu level and *Majjadushti*.

Major Samprapti stages in Sandhirogas

- *Ama* inhibiting *vata* in *koshtha* and *shakha*.
- Mutual *Avarana* by *Rakta* and *Vata* with underlining *raktadushti* and *vatakopa*.
- *Sanga* in *Raktavahastrotas* manifested as ischemia to *asthidhatu* leading to *asthikshaya*.
- *Vimargagamana* of *asthivahastrotas* as manifested as osteophytes in degeneration.
- *Abhighata* with underling *vata* and *raktadushti*.
- *Kaphakshaya* and *Vatakopa* in *sandhi*.
- *Ashtigatavat* and *majjadushti*
- *Dhatupaka* with leading to destruction of joint structure.
- *Upadhatudushti*- Pathological involvement of *snayu*, *sira* and *kandara* like soft structures.
- *Dhatukshaya*.

Signs and Symptoms of Joint diseases.

- Pain
- Dull ache
- Tenderness
- Swelling

Localization of the site of articular and extra-articular features.

1. Joint
 - Diffuse pain and tenderness
 - Generalized joint swelling
 - Restriction of movement, usually in all direction of movement
2. Tendon
 - Localized pain/ tenderness at attachment or in ligament substance.
 - Swelling
 - Pain on resisted action
3. Ligament
 - Ligament pain
 - Pain in stretch
 - Instability
4. Bursa
 - Localised tenderness
 - Pain on stretching

Pain

Main presenting problems in musculoskeletal diseases is joint pain

Causes of joint pain are.

- Generalized pain
- Localized pain

There are few categories

- Monoarthritis
- Oligoarthritis
- Polyarthritis

Ayurvedic interpretation of modern investigation in joint diseases

Most of the investigation done in joint diseases reflects the nature of Ayurvedic *Samprapti*. Changes occurring in rakta dhatu can be identified by acute phase reactants tests. *Paka* oriented *samprapti* is easily identified by investigations like ESR and CRP which give direct evidences regarding extend of *dhatupaka*. Increased ESR and CRP support *gambheera* state of joint diseases. *Raktadushti* in terms of autoimmune relation can be identified by

other serological tests. Acute phase reactants are good laboratory markers of *Ama*, present in joint diseases. RA Factor, ASO, ACCP Like investigations indirectly reveal the damage occurring at specific *dhatu*s due to misbehaving *ojas*.

The physiological states related with *vyadhikshamatvahanata* or *Ojodushti* can also be identified by immunological investigations.

Radiological tests often give a clear idea regarding the *Asthi saraheenata* in degenerative cases *Gambheera* stages of the diseases with *asthivikruthi* are easily diagnosed by imaging techniques. *Asthikshaya* with compensatory *asthivridhi* as osteophytes are the good evidences of *vimargagamana*. In *asthivahastrotas*, vascular lesions with *raktvaha shtrotodushti* as in the cases of *vatarakta* are better explored by radiological studies. BMD is also an evidence of problems in *Asthisara*.

Agantu factors like *krimivisha* which behaves as *Ama* can be identified by synovial fluid analysis. In septic conditions these investigations reveal *Aashukari* stage of the *vyadhi* with a *pitta- rakta samsarga*.

Joint diseases are among the most disabling of many conditions. They cause serious morbidity to the affected individual and the same way major economic importance to both the society and patients^{4,5}.

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