



A REVIEW ARTICLE ON SANDHIGATVATA W.S.R. TO OSTEOARTHRITIS

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ABSTRACT

Sandhigata Vata is one of the most common Vatavyadhi, which can be co-related with Osteoarthritis. Saandhigatavata (Osteoarthritis) is a disease due to vitiated Vata in various sandhi or joints in the body. It is described under Vatavyadhi in almost every literature of Ayurveda. When the vitiated Vata increased, the dhatus (body tissues) undergoes Kshayaavatha. In Vriddhavastha, all Dhātu undergo Kshaya, thus leading to Vataprakopa and making individual prone to many diseases. Among them Sandhigata Vata stands top in the list. The prevalence of Sandhigata Vata has been found to increase with the advancing age and possibility of women being affected by the disease is greater than men. It affects the hips and knees more often than other joints. Osteoarthritis co- relate with Sandhigata Vata described in Ayurvedic classical texts, which is a disease of Sandhi (joint) characterized by symptoms of Sandhi shoola (pain), Sandhi Shotha (swelling), Akunchana, Prasarana. Sandhigatavata (Osteoarthritis) is the topmost disease of the modern era and becomes a challenging disease. It is the number one cause of disability in industrialized countries. In modern sciences, it is called osteoarthritis. Osteoarthritis is the most common joint disorder that begins in around the third decade of life asymptotically and showed the symptoms mostly in old age.

KEYWORDS: Sandhigatavata, Osteoarthritis, Joint, Vata Vyadhi.

INTRODUCTION

In the present era, sandhivata is one of the most common diseases affecting a large population. The word Sandhivata is derived from "Sandhi" and "Vata". When the vitiated vata localizes in sandhi i.e. joint, it is termed classically as sandhigata vata. It is one, among the eighty nanatmaja vata vyadhis. It has been studied in close proximity to Osteoarthritis. Sandhivata most commonly occurs in vridhaavastha due to dhatukshaya. mostly affecting the weight bearing ones. Here, vata afflicted due to nidān sewana, localizes in kha baigunya; sandhi, manifesting pain, swelling and restriction of movement locally.

All Acharya of Ayurveda mentioned Sandhigatavata (Osteoarthritis) under Vatavyadhi. Sandhigatavata (Osteoarthritis) is not described under Vataja Nanatmaja vikara but Acharya Charaka described a separate chapter on Vatavyadhi chikitsa and mentioned Sandhigatavata (Osteoarthritis) there. Among various disorders of Vatavyadhi, sandhigatavata (Osteoarthritis) is at the top most in the current era. When due to vatajaahara and vihara (dietary and lifestyle modifications), Vatadosha is increased and undergoes Prakopa (aggravation) leads to affect and host different Sandhis (joints) the symptoms

are explained as Sandhishula (Pain in joint), Sandhishotha (Swelling in joints), and Akunchana Prasarana (pain during movements), Pravritti Svedana (pain especially during movements) and in the later stage Hanti Sandhigatah (Disability) occurred. The condition is much similar to osteoarthritis, the degenerative joint disease in modern counter part. Osteoarthritis is the clinical and pathological outcome of a range of disorders that result in structural and functional failure of synovial joint. Osteoarthritis is a degenerative joint disorder with the symptoms of Joint Pain, Joint Swelling, Restricted and Painful Movements of the Joints, and Joint Instability. Osteoarthritis is a disease of the whole joint not only the cartilage. It is a slowly progressive disorder and occurs usually after the age of 40 years. It is the most common joint disorder in India with a prevalence of around 25-40%. Thus due to these similarities, Sandhigatavata and Osteoarthritis can be taken as a similar disease condition.

ETYMOLOGY

The term Sandhigatavata (Osteoarthritis) has its origin from a combination of three words: First Sandhi means Joints, the second one is gata means located and the third one is vata means Vatadosha. So sandhigatavata

(Osteoarthritis) is the provoked Vata located in sandhi. Osteoarthritis is derived from the prefix osteo means "bone" combined with arthr means "joint" and itis the latter suffix having come to be associated with inflammation.

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. In classical Ayurvedic texts no specific Nidana has been explained for Sandhigata Vata. Therefore, general Hetu of Vatavyadhi can be considered as etiological factors responsible for causing 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).

OSTEOARTHRITIS

"Osteoarthritis" is derived from the Greek word "osteo", meaning "of the bone", "arthro", meaning "joint", and "itis", meaning inflammation, although the "itis" of osteo arthritis is somewhat of a misnomer, inflammation is not a conspicuous feature of the disease.

Clinically, it is represented as

- (A) Pain in joints during movements.
- (B) Stiffness in joints especially after prolong rest and at the onset of movement.
- (C) Tenderness in joints.
- (D) Crepitus fine/coarse.
- (E) Restricted joint movements.

Radiologically, Osteoarthritis is characterized by narrowing of joint spaces, osteophytic changes and deformities in contour of joints.

RISK FACTORS FOR OSTEOARTHRITIS

Exact etiology of osteoarthritis is not clear. The incidence of the disease increases with the age.

RISK FACTOR	EFFECT
AGE	Increase with age, maximum incidence after age of 80
TRAUMA	Joint fracture and injuries lead to increased risk for osteoarthritis
OCCUPATION	Incidence is more in person doing heavy physical work like labours
EXERCISE	OA is common in sportsperson
GENDER	Men under age of 50, women after menopause
GENETICS	Increased in children of parents with early onset of OA
OBESITY	Increases the risk of OA
DIET	Increased risk in people with lower vit-C and vit-D blood levels

SAMPRAPTI OF SANDHIGATA VATA



SAMPRAPTI (PATHOGENESIS)

No specific Samprapti has been explained for Sandhigatavata (OA). So the Samprapti (Pathogenesis) of Sandhigatavata is assumed to be the same as that of general Samprapti of Vatavyadhi. Firstly, the Vata Dosha is aggravated due to various dietary and lifestyle factor, and the vitiated Vata flows out of its Ashaya and circulates in the entire body for the search of Khavaigunya (vacant place). During circulation, it gets to stay and accumulated in the roots of Majjavaha Srotas i.e. Asthi Sandhi because Khavaigunya (vacant place) may already presents in there. When aggravated Vata

gets localized in Sandhi (joint), it leads to hampering all the qualities of Kapha specially Sleshmakakapha. The chief function of Kapha is to sustain or Dharana is destroyed by the aggravated Vata. When aggravated Vata is localized into a single joint, the disease will be reflected in only one Joint but if Vata is present in many joints, the disease may be presented by multiple joint involvements.

PURVARUPA (PRODORMAL SIGNS)

Purvarupa indicates the disease which is going to occur in the future. It occurs in the Sthanasanshraya (localization) stage of Satkriyakala. No clear Purvarupa (Prodormal Signs) of disease was mentioned in the Ayurvedic literature. Just like the hetu, Purvarupa of Vatavyadhi can also is taken as Purvarupa of Sandhigatavata (Osteoarthritis). Acharyas described Avayakta as the Purvarupa of Vata Vyadhi. Avayakta means which is not manifested clearly. Hence mild Sandhi Shula (joint pain) or Shotha (inflammation) which occurred before the clear-cut manifestation of disease may be taken as Purvarupa of Sandhigatavata

(Osteoarthritis). A prodrome is “an early symptom which starts much before the actual disease and indicating the onset of a disease or illness”. A previously published case-control study on the prodromal symptoms of OA found that pain, stiffness, and functional limitation that appears to begin, on average, at least two to three years before this disease stage is reached.

SIGNS AND SYMPTOMS OF OSTEOARTHRITIS

The following signs and symptoms appear in OA:

- Pain: Affected joints give pain during or after movement.
- Stiffness: Joint stiffness is the most common feature especially in the morning.
- Tenderness: feel tender when applied pressure on the affected joint.
- Loss of flexibility: Movement of joint is restricted.
- Crackling sensation: During movement of joint, crackling sound appears.
- Bone spurs: Extra piece of bone like a lump felt sometimes.
- Swelling: prominent symptoms of affected joint due to OA. The Ayurvedic literature thousands of years back described the same signs and symptoms which indicate that the disease was also common during that time but recently due to our sedentary lifestyles its prevalence increased so much.

CHIKITSA OF SANDHIGATA VATA

The main aim of the chikitsa is promotion and preservation of health in healthy individual, and elimination of the disease i.e. curative treatment. Although Acharya Charaka has not mentioned about specific Chikitsa, the general Vatavyadhi Chikitsa can be taken into consideration. Acharya Sushruta was the first to mention the treatment principles of Sandhigata vata i.e.

- Snehana
- Upanaha
- Agnikarma
- Bandhana
- Unmardana

CONCLUSION

A panorama of this review has enlightened various fields from historical review to the recent information about the disease of the modern era. Osteoarthritis is the common disease of the current era which needs a preventive as well as a therapeutic approach. Ayurveda Through its holistic approach may be considered as the best approach for osteoarthritis. Through the Literature review, we get a clear idea of the disease and an attempt has been made to understand osteoarthritis according to both Ayurveda and modern science.

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