

AYURVEDIC APPROACH TOWARDS THE EVALUATION OF DOSHAS IN
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ABSTRACT

The word "Arthritis" is derived from greek word 'Artho' meaning joint and 'Itis' meaning inflammation. It is a form of joint disorder. It involve inflammation in one or more joints. Eg.- osteoarthritis, Rheumatoid arthritis, Psoriatic arthritis, Septic arthritis, SLE. It limits day to day life as it is major debilitating health problem. Classification of Arthritis include *Nija*, *Agantu* and *Manas*. In *nija* type of Arthritis is caused due to vitiation of three *doshas* namely *vata*, *pitta*, *kapha*. In normal condition three *doshas* maintain all the function of joints, but when *doshadushti* occur in *shtansanshraya* in the weakend tissue, bone, muscle, soft tissue, ligaments etc. there will be seen sign and symptom of *doshadushti* in the joint like *kaphakshya*, *kapahvrudhi*, *vatakhaya* etc. Eg.-in *vata* type of arthritis pain is severe, mild to moderate swelling, crepitus in the joint. There will be possibility of different *anshashkalpana* of arthritis, eg- *vatapradhan pittanubandhi* where pain is greater than burning sensation etc. By permutation and combination we will find various kinds of Arthritis. So it is essential to evaluate *doshas* involvement in arthritis for the specific treatment of arthritis.

KEYWORDS: *Doshadushti*, *shtansanshraya*, RA, SLE, OA.**INTRODUCTION**

According to *ayurveda* arthritis is a like syndrome which involve rheumatic disorder eg-*sandhigat vata*, *amvata*, *kroshukshirshya* etc. in which inflammation of joints is the main complaint of the patient. There are also some systemic disease in which *asthi* and *sandhi* involve, most common cause of joint pain in arthritis is inflammation, joint damage, degeneration, infection, destruction, collagen vascular disorder, fatigue etc. clinical feature include-joint pain, joint stiffness, joint swelling, tenderness, loss of flexibility of joints.

AIM

To Study Arthritis Vyadhi according to Modern and Ayurvedic science and Evaluate Doshas involvement in it.

MATERIAL AND METHOD

Arthritis limits day to day activities and leading to sickness and make us helpless. It also has impact on the emotional status of individual. If arthritis become chronic it leads to Obesity and later to various disorders.in this modern lifestyle. Osteoarthritis is a major debilitating health problem.

Some Systemic Disease In Which Asthi And Sandhi Involve

- ❖ *Asthi sandhi shul* :- *Antarvegi jwar*^[2]
- ❖ *Asthi kujana/bhed*:- *Asthigat jwar*^[3]
- ❖ *Asthi parva bheda*:- *Asthimajjagata vata*^[4]
- ❖ *Sandhishula* :- *Asthimajjagata vata*^[5]
- ❖ *Asthi sandhi shotha / vedana*:- *firang*^[6]
- ❖ *Asthi shosha/vakrata*:- *firang upadrava*^[7]
- ❖ *Asthi shula*:- *Asadhyalakshan atisar*^[8]
- ❖ *Uruvankashan ruk* :- *Vataj grahani lakshan*^[9]
- ❖ *Janu madhe shopha* :- *Koshukshirshya lakshan*^[10]
- ❖ *Sfutantivasya sandhaya*:- *Sarvangkupit vata*^[11]
- ❖ *Trikvedana* :- *Pakwashaygat vata*^[12]
- ❖ *Prasarana akunchan ugra ruja*:- *Sandhi bhagna lakshan*^[13]
- ❖ *Sarva vimukta sandhi*:- *Asadhya lakshan alasa*^[14]
- ❖ *Sadhibandhan vimoksha*:- *Pakshavadh lakshan*^[15]
- ❖ *Trik sandhi stabdhata*:- *Amvata lakshan*^[16]
- ❖ *Hasta sandhi ruja/shotha*:- *Amvata lakshan*^[17]
- ❖ *Padsandhiruja/shotha*:- *Amvata lakshan*^[18]
- ❖ *Shirosandhiruja/shotha*:- *Amvata lakshan*^[19]
- ❖ *Gulphasandhiruja /shotha*:- *Amvata lakshan*^[20]
- ❖ *Janusandhiruja/shotha*:- *Amvata lakshan*^[21]
- ❖ *Sandhishool*:- *Sandhigat vata*^[22]
- ❖ *Sandhiatop*:- *Sandhigat vata*^[23]
- ❖ *Vatapurnadrutisparsha shotha*:- *Sandhigat vata*^[24]

- ❖ *Prasarnakunchanpravrutich sanvedna :- Sandhigat vata*^[25]
- ❖ *Sandhi shaithilya:- Vatarakta purvaroopa*^[26]
- ❖ *Sandhi sphuran:- Vatarakta purvaroopa*^[27]
- ❖ *Sandhi bhed:- Vatarakta purvaroopa*^[28]
- ❖ *Sandhi gurutwa:- Vatarakta purvaroopa*^[29]
- ❖ *Sandhi supti:- Vatarakta purvaroopa*^[30]
- ❖ *Sandhi kandu:- Vatarakta purvaroopa*^[31]
- ❖ *Janu sandhi shotha:- Vatarakta lakshan*^[32]
- ❖ *Sandhiruk :-Kkaphadhik vatrakta lakshan*^[33]
- ❖ *Sandhi shula:- Vataadhik vatrakta lakshan*^[34]
- ❖ *Sandhi sphuran:- Vataadhik vatrakta lakshan*^[35]
- ❖ *Sandhi bhanjan- Vataadhik vatrakta lakshan*^[36]
- ❖ *Sandhi shotha:- Vataadhik vatrakta lakshan*^[37]
- ❖ *Sandhi rukshata:- Vataadhik vatrakta lakshan*^[38]
- ❖ *Sandhi karshnya:- Vataadhik vatrakta lakshan*^[39]
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- ❖ *Sandhi vepathu:- Vataadhik vatrakta lakshan*^[42]
- ❖ *Sandhi stambha:- Vataadhik vatrakta lakshan*^[43]
- ❖ *Sandhi shotha:-Raktadhik vatrakta lakshan*^[44]
- ❖ *Sandhi atiruk:- Raktadhik vatrakta lakshan*^[45]
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- ❖ *Sandhishu tamravarna:- Raktadhik vatrakta lakshan*^[47]
- ❖ *Sandhishu chimchimayan :- Raktadhik vatrakta lakshan*^[48]
- ❖ *Sandhi kleda:- Raktadhik vatrakta lakshan*^[49]
- ❖ *Sandhi vidah:- Pittadhik vatrakta lakshan*^[50]

COMMON CAUSES OF JOINT PAIN AND ARTHRITIS^[51]

- 1) Inflammation of joint :- Eg. Rheumatoid arthritis.
- 2) Joint damage :- Eg. Trauma, Accident, Occupation.
- 3) Degeneration :- Eg. Osteoarthritis
- 4) Infection :- Eg. Septic arthritis
- 5) Accumulation of crystal :- Eg. Gout
- 6) Destructive mechanism :- Eg. Rheumatoid arthritis.
- 7) Muscle strain
- 8) Fatigue
- 9) Collagen vascular disorders :- Eg. SLE

CLINICAL FEATURES OF ARTHRITIS^[52]

- 1) Joint pain:- Due to inflammation, fatigue, muscle strain, daily routine.
- 2) Joint Stiffness
- 3) Joint swelling
- 4) Aching around the joint

Specific symptom predominantly found in SLE and RA

- 1) Stiffness- Worsening at morning or after mobility
- 2) Inability to walk or to hold objects
- 3) Joint tenderness
- 4) Muscle Pain and Weakness
- 5) Fatigue
- 6) Loss of flexibility of joints.

CLASSIFICATION OF ARTHRITIS ACCORDING TO AYURVEDA

Ayurveda has classified disease as 1) *Nija* 2) *Agantu* 3) *Manas*

ROLE OF TRIDOSHA IN PHYSIOLOGY OF JOINTS

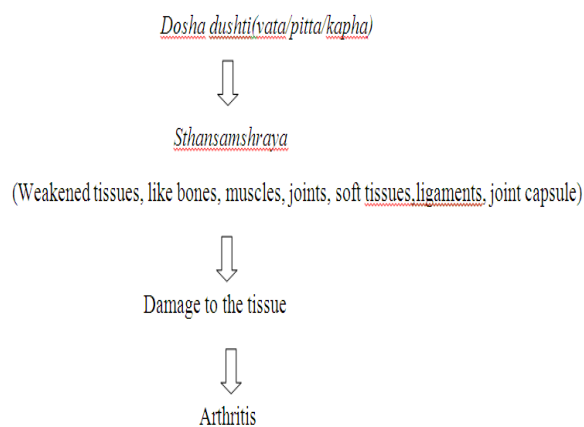
- 1) **VATA**^[53]:-a) Which maintain all movement of joint
b) Sequential functioning of multiple joints.
c) Easy movement of joint.
d) In balanced condition of *vata* it functions properly.

- 2) **PITTA**^[54]:-a) Maintaining blood flows to the joints and keeping the joints warmth.
b) To defend the joint against infection.

- 3) **KAPHA**^[55]:-a) It binds the joint and maintains its integrity and Stability.
b) It helps in lubrication of joints.
c) Provides strength and nutrition to the joint.

INVOLVEMENT OF INDIVIDUAL DOSHA IN ARTHRITIS

According to *ayurveda*, involvement of *kupita* (*Vata*, *Pitta*, *Kapha*) *doshas*, either individually or in combination is mandatory in the manifestation of any disease pathology.



- 1) Primary arthritis:- Due to vitiation of one or more *dosha*.
- 2) Secondary arthritis:- Develops due to complications(In this type of arthritis *doshas* of main disease treats, eventually it treats the arthritis as well.

SYMPTOMS DUE TO DOSHADUSHTI

1) KAPHA

• KAPHA^[56]

- a) Decrease the stability and integrity of the joint
- b) Lubrication of the joint Reduced, in this condition *Vata* and *pitta dosha* will increase, if *vata dosha* Increase it increase the dryness of joint
- c) Increase in *vata dosha* due to *kaphakshaya* it leads to
 1. Structural damage
 2. Degeneration
 3. Pathological fracture

4. Crepitus in the joint
5. Swelling.
- d) If increase in *pitta dosha* along with *kaphakshya* inflammation of joint get worsen.

• KAPHAVIDHI

- a) Fluid accumulation within the joint space cause effusion and swelling.
- b) Excessive fluidity exert constant pressure on joint and soft tissue around joints.

2) PITTA

- a) *Pitta* provide lubrication to the joint along with *kapha*.
- b) *Pitta* balance between *vata* and *kapha*.

3) VATA

Kapha and *vata dosha* are antagonistic.

There are two types of *samprapti* -

1. *Dhatukshyajnya*- Due to only *vatavidhi*^[57]
2. *Strotorodhjanya*:- *Vata dosha* along with *kapha pitta*.^[58]

• VATAVIDHI

1. Dry the fluidity of *kapha*
2. Excessive dryness of joint lead to degeneration
3. Joint quickly get damaged.

• KAPHAVIDHI

Lesion the activity of *vata* due to *strotorodha* and due to accumulation of fluid in the joint space.

Involvement of *doshas* in joint pathology are known by the sign and symptom, by looking sign and symptom in arthritis we can describe which *doshas* involvement in the cause of arthritis.

SIGN AND SYMPTOM OF DOSHAS INVOLVEMENT IN ARTHRITIS

1. VATA TYPE OF ARTHRITIS

- (a) **Pain**^[59]
- 2) *Vata dosha vrudhi* in the joint cause damage of the joint and soft tissue.
- 3) Degeneration of joint lead to very higher intensity pain.
- 4) Intensity varies with involvement of different *doshas*.
- 5) Intensity of the pain is severe.

(a) Swelling

1. Mild to moderate
2. *Vatapurnadrutisparshya shotha*^[60]

(b) Crepitus^[61]:-

Due to severe degeneration, damage and dryness Sound in the joint will be highest.

(c) Mobility:-

Movement may be severely impaired and restricted due to damage.

(d) Time of pain^[62]:-

Pain highest in evening and night.

(e) Season^[63]:-

Pain increases in *varsha rutu*, cold and cloudy environment, and decreases in hot and summer season.

- (f) **Vegavrodha**:- *mutravegavarodha* and *Purishavegavrodha*, *kshudhavegavrodha* symptom increases.

(g) Ahar^[64]

1. Worsen on empty stomach
2. *Katu, tikta, kashaya seven*
3. Cold and dry and fried food.

(h) Vihar^[65]:-

Excessive exercise.

(i) Treatment^[66]

1. Hot and warm treatment
2. *Abhyanga*
3. *Swedan*
4. *Janu basti*
5. *Katibasti*
6. *Panda sweda*
7. *Basti chikitsa*
8. *Ushna ahara*
9. *Madhur, amla, lavan ras sewan.*
10. *Vishranti.*



VATA TYPE OF ARTHRITIS

6) PITTA TYPE OF ARTHRITIS

- a) **Burning pain**^[67]:- When *pitta dosha* affects the joint causes inflammation leads to burning sensation in the joint, feel of fire
- b) **Warmth**^[67]:- It is the property of *pitta dosha* and affected joints will hot on touch.
- c) **Swelling**:- Swelling will reflect the inflammation, moderate to severe swelling associated with warmth and redness can be seen.
- d) **Redness**:- Inflamed joints will be red in colour, redness reflects -inflammation, more redness-more inflammation.
- e) **Mobility**:- Movement restricted depend upon inflammation, movement is not severe as in *vata* type
- f) **Time of pain**^[68]:- Pain is more during afternoon and get reduced in evening.
- g) **Season**^[69]:- More in *sharad rutu*, severity increases during humid weather and regress in cold season.
- h) **Ahara**^[70]
1. Symptom worsen after 1-2 hr of food intake
2. *Katu, amla, lavana rasa aahar* increases symptom.
3. Hot and spicy food.

- i) **Vihara:-** Excessive exposure to heat and sunlight worsen the symptom.
- j) **Treatment^[71]**
 1. *Snehan* (anti-inflammatory and soothing)
 2. *Ksheerodhara*
 3. *Lepa*(anti-inflammatory)
 4. *Virechana*
 5. *Raktamokshan*
 6. *Tiktaghritsevan*
 7. *Madhur, tikta, kashay ras sevan.*



PITTA TYPE OF ARTHRITIS

7) KAPHA TYPE OF ARTHRITIS

- a) **Heaviness^[72]**:- *Kapha* involvement indicate accumulation of some fluid in the joints, this cause heavy pain around the joints, fluid is most often non inflammatory type, excess accumulation of fluid in the joint leads to effusion.
- b) **Stiffness^[72]**:- It is the main feature, stiffness is more due to accumulation of fluid, stiffness is more in the morning and gradually decrease in the afternoon.
- c) **Swelling^[73]**:- Swelling is severe due to accumulation of fluid, some shine around the swelling area.
- d) **Coldness^[73]**:- Affected joints are cold on touch.
- e) **Mobility**:- Movement restricted due to stiffness.
- f) **Time of pain^[74]**:- More in early morning, gradually come down when sunlight increases.
- g) **Season^[75]**:- Increases in *vasant rutu*, during cold and cloudy environment.
- h) **Ahara^[76]**:- *Madhur, amla, lavan rasa sevan*, cold and oily food
- i) **Vihar :-** Lack of exercise.
- j) **Treatment^[77]**
 1. Pain relieved by hot and warm comfort
 2. *Lepa*
 3. *Upanaha*
 4. *Swedan*
 5. *Vaman*
 6. *Laghu ahara*
 7. *Katu, tikta, kashay ras sevan*
 8. *Vyayama.*



KAPHA TYPE OF ARTHRITIS

POSSIBLE ANSHASHAKALPNA OF ARTHRITIS

Again by permutation and combination there are various types of arthritis, but here we state some of arthritis which involve two or more than two *doshas*.

Mix sign and symptom of *Doshas* seen in this type of arthritis.

- 1) **Vatapradhan pittanubandhi:-** *Vata dosha* will be more dominant than *pitta dosha*, pain due to *vata dosha* will be more but burning sensation of *pitta* present in mild form.
Eg:- Pain > burning sensation.
- 2) **Pittapradhan vatanubandhi:-** *Pitta dosha* will be predominant than *vata*, burning sensation of *pitta dosha* will be more than pain caused by *vata*.
Eg:- Burning > Pain
- 3) **Vatapradhan kaphanubandhi:-** *Vata* symptom pain will be more than *kapha* symptom stiffness.
Eg:- Pain > Stiffness
- 4) **Kaphapradhan vatanubandhi:-** *Kapha* symptom will be more than *vata*.
Eg:- Stiffness > Pain
- 5) **Pittapradhan kaphanubandhi:-** *Pitta doshas* will be predominate than *kapha*.
Eg:- Burning pain > Stiffness
- 6) **Kaphapradhan Pittanubandhi:-** *Kapha dosha* predominate *pitta dosha*.
Eg:- Stiffness > Burning pain.
- 7) **Tridoshaja:-** All symptom of *tridosha* will be present.

AGANTUJA SANDHI VIKARA

Joint disorder caused due to trauma or secondary joint disorder:-

- 1) Joint disorder due to Trauma:- in this condition *dosha* not involve from beginning.
- 2) Secondary joint Disorder:- Some joint diseases effect after systemic disorder these secondary joint disorder called as *agantuj sandhi vikara*, infectious joint disease also included in *agantu sandhi rog*.

DISCUSSION

Arthritis is a form of joint related disorder in which one or more joint will be affected, according to *ayurvedic* classic, it has been included in *vata vyadhi*, *amvata*, *vatarakta*, *koshtukshirshya*, where one or more joint will be affected, in this article I have state that how to approach towards the joints and its related disorder and to find which symptom of *doshas* have been involved in joints. Eg. severe pain in *vataj* type of *arthritis*. Again by permutation and combination there will be multiple *dosha* involvement and its disorders. And if u finally find out the *doshas* related and treatment of the disease will be far easy for us.

CONCLUSION

The word artho means joints and it is means inflammation. In day to day life, many patients visit the OPD complaining of joint pain. According to *Ayurveda*, the Arthritis is a disorder of joint, which are formed by *asthi*, when we see the symptoms there are not only symptoms presenting of *vata dosha*, but they also present pitta and *kapha dosha* symptoms like *daha* and *raga* by *pitta* and *gurutwa* and *shopha* by *kapha dosha*. Proper knowledge of *Anshansha kalpna of doshas in different arthritis helps in understanding the samprpati, lakshanas and according to that treatment can be advised*. So, in this article, the *doshaja* evaluation of symptoms in arthritis has been done and from this, one can find how to evaluate the *dosha* in arthritis. It is very much helpful in treatment purposes.

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