

**A CLINICAL STUDY ON AYURVEDIC MANAGEMENT OF SANDHIGATVATA W.S.R.
TO OSTEOARTHRITIS****Dr. Manoj Kumar Sharma^{1*}, Dr. Venu Sharma² and Dr. Chhavi Jadoun³**¹B.A.M.S. Rashtriya Guru, Ayurvedacharya, Founder of Ayurvedic Neuro Therapy, Elanza Apartment, Shreenathpuram Sector- C, Kota (Raj.) India.²B.A.M.S., M.O., Daudayal Joshi Ayurvedic Chikitsalay, Talwandi, Kota, Rajasthan, India.³B.A.M.S., Kota (Rajasthan), India.***Corresponding Author: Dr. Manoj Kumar Sharma**

B.A.M.S. Rashtriya Guru, Ayurvedacharya, Founder of Ayurvedic Neuro Therapy, Elanza Apartment, Shreenathpuram Sector- C, Kota (Raj.) India.

Article Received on 29/07/2024

Article Revised on 19/08/2024

Article Accepted on 09/09/2024

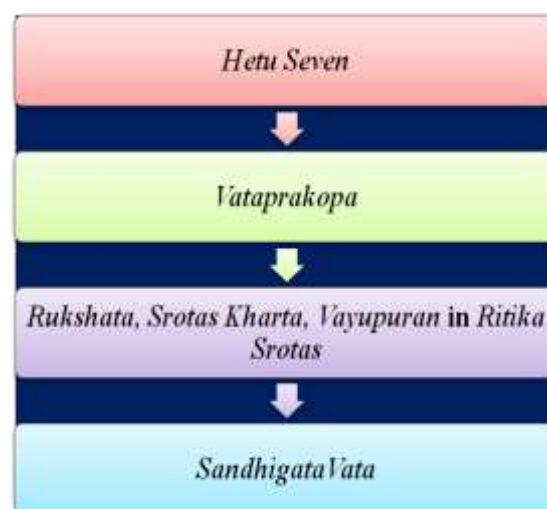
ABSTRACT

Sandhigata Vata is pathological condition of *Sandhi*, in which joints are affected by vitiated *Vata* leading to the many painful manifestations. It is articular disorder mainly found in elderly people, since this age witnesses *Kshaya* of *Dhatus*. This disease affects routine activities including sitting, walking and any functions involving joint movements, etc. The potential deformity of joints occurs in *Sandhigata Vata* mainly knee joints. The condition resembles symptoms of osteoarthritis according to modern science. Osteoarthritis is a degenerative disease which also affects weight-bearing joints. *Vata Dosha* plays a major role in the symptoms of disease amongst many features *Shool Pradhana Vedana* is the primary clinical feature of *Sandhigata Vata*. This article presents a study involving successful management of *Sandhigatavata* using Ayurvedic Neuro Therapy. Study aimed to improve the range of motion in the knee joint and alleviate the severity of the condition. Ayurvedic Neuro Therapy; administered twice daily which included *Alabu*, *Ghatyantra*, *Suksham Agnikarma*, *Janu Basti*, *Swedan* and *Abhyang*. Therapy improved disease symptoms appreciably affirming the success of Ayurvedic Neuro Therapy in *Sandhigatavata*.

KEYWORDS: *Ayurveda, Sandhigatavata, Osteoarthritis, Neuro Therapy, Joint.***INTRODUCTION**

Sandhigata Vata is common *Vyadhi* which related to *Vata* can be correlated with osteoarthritis according to the clinical features. In *Vridhavastha*, *Dhatus Kshaya* is very common and when this condition associated with *Vata Prakopa*, then it produces various diseases like; *Sandhigata Vata*. The prevalence of *Sandhigata Vata* is very common since individuals of higher age groups mostly suffer by this condition especially in developing countries. Ayurveda provides effective management of this condition, in this context Ayurvedic Neuro Therapy play vital role to manage painful condition like *Sandhigata Vata*.^[1-3]

Sandhigata Vata being *Vataja Nanatmaja Vyadhi* mainly involves depletion of *Asthi Dhātu* associated with vitiated *Vata*. *Samprapti* of *Sandhigatavata* mainly involves factors associated with *Vata* vitiation as depicted in **Figure 1**.

**Figure 1: Samprapti of Sandhigatavata.**

Vitiation of *Vata* in joints causes *Sandhigata Vata*, thus major symptoms arises which are associated with *Vata* vitiation like; pain, swelling and difficulty in movement. The major symptoms according to Ayurveda are as follows:

- *Sandhi Shoola*
- *Sandhi Shotha*
- *Akunchana*
- *Prasarana*

Sandhigata Vata is more prevalent in women than men. *Acharya Charaka* mentioned common *Hetus* of *Vatavyadhi*, these can also be considered as causative factors for *Sandhigata Vata*.^[4-7]

- ✓ **Aharaja:** *Ruksha, Sheet, Alpa, Laghu* and *Abhojana*.
- ✓ **Viharaja:** *Atiprajagarana, Divasvapna, Ativyavaya, Vega Dharana* and *Atiadhva*
- ✓ **Manasika:** *Atichinta, Atishoka, Atikrodha* and *Atibhaya*.

The causative factors of osteoarthritis may include age, trauma, such as fractures and injuries, occupation, heavy physical labor, postmenopausal women are more likely to develop symptoms of disease. Obesity also increases the risk due to the involvement of weight-bearing joints. Diet low in vitamin D may also develop osteoarthritis.^[8] ^{9]} Ayurveda offers variety of approaches including Neuro Therapy for managing this condition, present article described evidence based role of Neuro Therapy in *Sandhigatvata* W.S.R. to Osteoarthritis.

AIMS AND OBJECTIVES

- To evaluate the efficacy of Ayurvedic Neuro Therapy along with medicine in the management of *Sandhigatvata* W.S.R. to Osteoarthritis.

MATERIAL AND METHODS

- ✚ Study Design: Interventional clinical study

Improvement in Assessment Parameters

Parameter	Before Treatment	After Treatment
<i>Sandhi Shool</i>	Severe	Mild
Stiffness (<i>Grah</i>)	Observed	Not Observed
Range of Movement	Restricted	Not Restricted

Janubasti with oil is an effective therapy for alleviating symptoms of *Sandhigatavata*. It has properties such as *Snigdha* and *Guru*, which counteract *Ruksha* and *Laghu* qualities of *Vata dosha*. *Janubasti* nourishes *Mamsa*, *Asthi* and *Majja Dhatus*, restores lubrication of joint and maintains integrity of the joint.

Abhyanga (oil massage) relaxes stiffness, enhances blood flow and strengthens muscles, etc. Hot cupping (*Alabu*), ease knee pain and relived stiffness associated with osteoarthritis.

Ghati Yantra reduced stiffness and pain in *Vata* condition, while needle therapy applied to reduce pain and improve joint function. These therapies together alleviate symptoms and rejuvenate *Janu Marma*. The *Sukshma*, *Sara*, *Snigdha*, *Picchil* and *Guru* properties of drugs used in therapy counteract *Ruksha* and *Laghu*

- ✚ Study Area: OPD of Ayurvedic Neuro Therapy Centre, Kota, India
- ✚ Sampling: Simple random method

Inclusion Criteria

- ✚ Patients have symptoms of knee pain, swelling, stiffness, cardinal symptoms of *Sandhigatvata*.
- ✚ Patient selected irrespectively without their religion, cast and occupation.

Exclusion Criteria

- ✚ Any significant history of fracture, operational interventions & carcinoma.

Assessment Criteria

Parameter	Grading
<i>Sandhi Shool</i>	Severe/Moderate/ Mild
Stiffness (<i>Grah</i>)	Observed / Not Observed
Range of Movement	Restricted/ Not Restricted

THERAPEUTIC PROTOCOL (TREATMENT PLAN)

1. *Nidan Parivarsan & Pathya-Apathya* at initial stage.
2. Therapy includes *Alabu* (Hot Cupping), *Ghatiantra* (Vacuum Cupping), *Suksham-Agnikarma* (Hot Needle Therapy), *Janu-Basti*, *Swedan* and *Abhyang*.

RESULT AND DISCUSSION

Osteoarthritis, being a *Vata* disease, can benefit from treatments that counteract the qualities of *Vata dosha*. Prescribed Ayurvedic Neuro Therapy relieved symptoms of disease by alleviating vitiated *Vata*. The improvement in symptoms was assessed on the basis of assessment parameters as follows:

qualities of *Vata dosha*. Therapy provides nourishment to *Mamsa*, *Meda*, *Asthi* and *Majja Dhatus*.

Swedana provides a hypo-analgesic effect by diverting stimuli, thus alleviated pain, relaxing muscles and reduced joint stiffness. In present study *Vata* treatment principles were involved for managing *Sandhigatavata*. The protocol included mainly *Shodhana Chikitsa*, after the therapy significant relief and notable improvement in disease's symptoms was observed.^[4-7]

CONCLUSION

In present study, the diagnosis of *Sandhigatavata* was established through Ayurvedic methods. The treatment involved a seven-day regimen of Ayurvedic Neuro Therapy, administered twice daily. The therapy included *Abhyanga*, *Ghatiantra*, *Alabu*, *Raktamokshana*, *Agnikarma* and Traction. These all approaches appreciably improved symptoms such as; stiffness,

heaviness and swelling, etc. On the final day of the seven-day therapy, *Agnikarma* was applied, which provided relief from pain. *Agnikarma* balanced local *Vata* and *Kapha doshas* thus reduces intensity of pain remarkable without causing any adverse effects.

REFERENCES

1. Acharya Vaidya Jadavji Trikamji, Editor Chaukhamba Sanskrit Sansthan 37 Vol. 26 Varanasi: Chikitsasthan, Agnivesha Chakra Samhita with Chakrapanidatta, P 618.
2. Charak Samhita with “Ayurved Dipika” sanskrita commentary, Sutrasthan 20/11 by Vaidya Trikamji Acharya, 2009, Chaukhamba.
3. Charak Samhita Vol.2 Chikitsa Sthan Brahmanand tripati Ref. Ch. Chikitsa Sthan 28/134.
4. Bortoluzzi A, Furini F, Scirè CA. Osteoarthritis and its management - Epidemiology, nutritional aspects and environmental factors. *Autoimmun Rev.* 2018 Nov; 17(11): 1097-1104.
5. Sushrutasamhita sutra sthan Ayurveda tatvasandipika, hindi vyakhya Kaviraj Dr. Ambika Datta Shastri, 13-8.
6. Sushrutasamhita sutra sthan Ayurveda tatvasandipika, hindi vyakhya Kaviraj Ambika Datta Shastri, 12-7.
7. Charak Samhita; Vidhyotini hindi vyakhya Chaukhambha bharti academy Chikitsasthan, 28-57.
8. Sushruta samhita sutra sthan Ayurveda tatvasandipika, hindi vyakhya Kaviraj Dr. Ambika Datta Shastri, 13-7.
9. Hunter DJ, Felson DT. Osteoarthritis. *BMJ.*, 2006 Mar 18; 332(7542): 639-42.