



A PATH TO EXPLORE - वेदनाशमन IN सन्धिगतवात W.S.R TO OSTEOARTHRITIS

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Article Received on 25/10/2018

Article Revised on 15/11/2018

Article Accepted on 05/12/2018

Need for the Study

Incidence and Prevalence

Osteoarthritis indeterminately occurs in elderly age group. Osteoarthritis is uncommon in adults under the age of 40 years and highly prevalent in those over the age of 60 year. Osteoarthritis is an important cause of disability and second most common musculoskeletal problem in world (30%) after back pain (50%).

Sandhigatavata correlated with Osteoarthritis is one such chronic, degenerative, inflammatory disease which has a great impact on the quality of the life of an individual. *Ayurvedic* medicinal plants have demonstrated remarkable biological effects, especially those of anti-inflammatory and immunomodulatory activities that are relevant and potentially useful even to treat chronic musculoskeletal disorders.

Hence contemplative literary review of *Ayurveda* classics and exploring the possible pharmacodynamics of treatment mentioned has to be analysed to tackle the disease effectively.

Methods

Contemplative literary review of *Sandhigatava* & *Vedana Shamana* in *Sandhigatavata* as per *Ayurveda* on basis of:

- ❖ *Nirukti, Nidana, Lakshana*
- ❖ *Vata importance in Shoola.*
- ❖ *Samprapti ghataka, Samprapti vighatana*
- ❖ *Chikitsa Sutra*
- ❖ *Yogas specific to सन्धिगतवात*
- ❖ *Karmukata of Bahya Chikitsa*



Analysis

स्नेह उपनाह अग्निकर्म बन्धन उन्मर्दनानि च ।

स्नायु संध्यस्थि संप्राप्ते कुर्याद्वायावतन्द्रितः ॥ सु . चि ४/८

Niroopastambha....Sneha upachara [antaha & bahya sneha]. Mahasneha upachara [dashamoola kwatha sidda]. Nivatam sthanam.

- *Snehaklanta- Ashwasana, paya with sneha.*
- After complete *snehana* & *swedana* procedure, *Anuvasana, navana* done which acts like *santarpana*.
- *Salvana upanaha, Pinda sweda – Charmabhandha* by any of these *Vidala, nakula, ushtra, shrugala*.
- *Sira Snayu Sandhi prapte- Abhyanga, mardana, swedana, upanaha, bandhana, agnikarma.*
- *Sankocha anga- masha, saindhava taila abhyanga.*
- *Swapa- Raktavasechana*, followed by *Taila lavana aagara dhuma, Pradeha.*

Cha. Su chi 28/83-88, A. H chi 21/1-14, A.S Chi 23/2, 23/17

Y.R- Vatavyadhi Chikitsa.

- *Pittasya aavarana- Sheeta, Ushna bsheshajam.*
- *Kaphasya aavarana- rooksha ushna bhakshya & bsheshaja.*
- *Kevala Pavana- snigdha ushna bhakshya & bsheshaja.*

B.Pra Ma 24/259

- *Daha, sneha, upanaha.*
- *Indravaruni moola + Magadhi guda (karsha pramana).*

Sandhigataavata with aama generalized	Aamapachana relieves disease and Virechana expels out the Malabhuta dosha, after that local Upakramas like Upanaha-Agnikarma due to their Ushna property pacifies pain and swelling.
Sandhigataavata with obesity	Teekshna Virechana helps to reduce excessive fat from the body(which was causing excessive mechanical pressure over weight bearing joints), Vyayama & Asanas helps to bring back Dhatvagni into normalcy.
Sandhigataavata + obesity + menopause	Teekshna Virechana helps to reduce excessive fat from the body. Dhaatukshaya leads to various Vata vikara- Osteoporosis so to pacify these Satvavajaya & Rasayana is beneficial.
Sandhigataavata + menopause without obesity	Mrudu virechana removes Malabhuta Dosha. Satvavajaya & Rasyana is beneficial dhatukshaya.
Sandhigataavata due to Vata Vruddi	Mrudu Virechana helps to remove Malabhuta Dosha and bring back the normalcy of dosha (proper Vaatanulomana takes place).
Sandhigataavata + jara	Mrudu Virechana helps to remove Malabhuta Dosha and bring back the normalcy of dosha functions(proper Vaatanulomana takes place) + Rasayana best for tissue damage. ^[1]

Yogas(Sandhigataavata)**Yogaratanakara (Vidyothini)**

1. Mashadya Taila (Y.R)- Hanyatkatijanghajanushira sameeran.
2. Maharasnadi Kwatha(Sha)- Janghajanugade ardite.
3. Abhadi Churna(Vrunda)- Asthi Sandhigata, etc.

Chakradatta

1. Adithya paaka guggulu- Sandhi ashti majjasthana.
2. Vividhavata Roga Tritiya Mashataila- Januruja.
3. Trimshati Prasarini Taila- Sandhigata cha Janu Sandhi, etc.

Bhavaprakasha (Madhyamakanda)

1. Mahamashadi Taila(Chakradatta prokta)
2. Dwitiya Mashadi Taila
3. Madhyama Narayana Taila etc.

Bhaishajyaratnavali

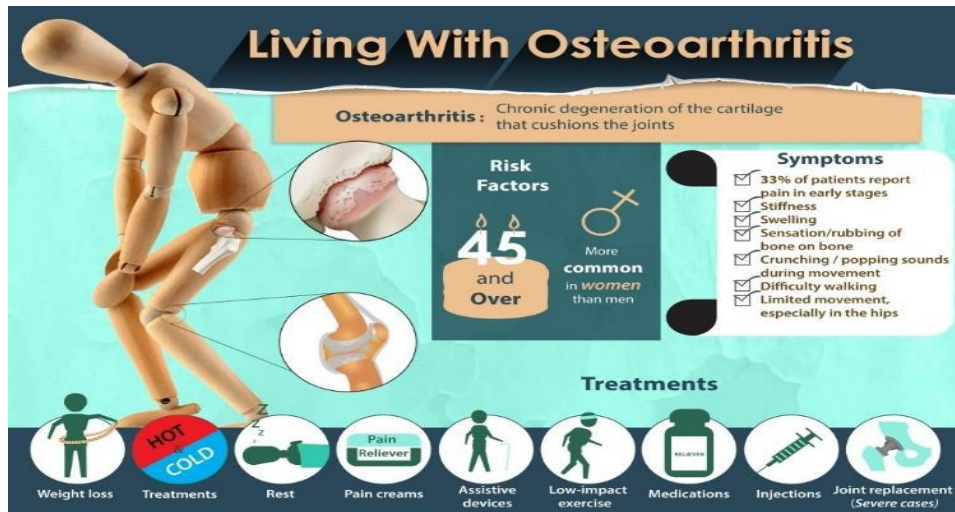
1. Trayodashanga Guggulu- Sandhiasthi.

Sahasrayoga

1. Kharaskara Ghrita (Parishishta Prakarna)- Sandhiaashrita
2. Rasna Shuntyadi Kashaya (Kashya Prakarna)- Sandhipeeda
3. Maharasnadi Kwatha- Janu gatavata etc.

Charaka Samhita: Pippali, Pippali mula, etc 10 drugs in shoola prashemani dravyas.

Sharangadhara Madhyama khanda: Nidigdikadi Kwatha, Dashamoola Kwatha, Katphaladi churna etc.

**RESULTS**

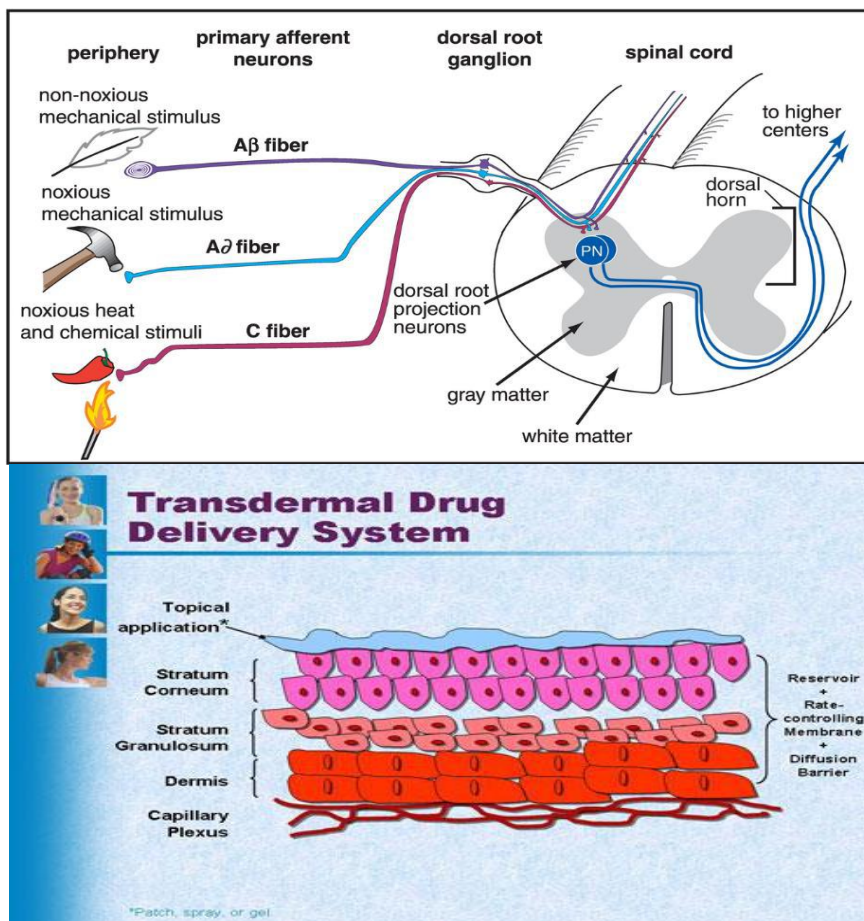
वृद्ध्या विष्यन्दनात पाकात स्रोतो मुख

विशोधनात ।

शाखा मुक्त्वा मलाः कोष्ठंयान्ति वयोच्छ

नियहात ॥ च. सु २८/३३

As per Cha. Su 5/87: Sparshanendriya is the main site for Vata and its Adhishtana is Twacha. Vata is Moola Karana for Vedana, so in Sandhigatava to pacify Vedana Bhaya chikitsa has greater role.



Transdermal Drug Delivery (TDDS)^[2] Is a delivery device which upon application on suitable skin surface will be able to deliver drugs in systemic circulation at sufficient concentration to ensure therapeutic efficacy.

Transdermal Drug Permeation

^[3]

Skin is the most intensive and really accessible organ of body.

DISCUSSION

Nociceptors are found in any area of the body that can sense noxious stimuli. External nociceptors are found in tissue such as the skin (Cutaneous nociceptor), cornea and mucous.

The main *Adhishtana of Vata* is *twacha*, skin becomes the major route of delivery of medicine in *Sandhigatavata*. Thus *Vedana Shamana* in *Sandhigatava* can be achieved when the drug is delivered through *Twacha /Skin*. Thus exploration of transdermal drug delivery route for Ayurveda preparations would help to build the bridge and provide an evidence for effective treatment protocol.

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