

REVIEW OF ETIOPATHOGENESIS AND DIAGNOSTIC APPROCH OF SANDHIGATAVATA W.S.R TO OSTEOARTHRITIS

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ABSTRACT

According to ayurveda, Sandhigatavata is described under vatavyadhi in all samhita & sangraha grantha. The prakopa of vata may be due to two causes (a) Avaran (b) Dhathu kshaya. Avaran is one of the most important factor which is responsible for the superiority of vata. In vriddhavastha all dhatus undergo kshaya, thus leading to vata prakopa making Sandhigatavata. According to ayurvedic literature, there are no specific etiological factors for sandhigatavata. However, the aggregative factor for vata can be adopted for it. This may be apanya aahar vihar, chinta, krodha, shoka, bhaya, abhighat etc. If prakopit vata comes at particular space (like asthi, sandhi) which may be weak point or kha vagunya, where sthan – samshray occurs & it continues with dosh dushya sammurchana. The entire above phenomenon forms, the etiopathogenesis of sandhigatavata. Thus, involvement of marma, madhyama roga marga, vata dosha & dhatukshaya make disease krachasadhya. From the modern point of view, the disease Osteoarthritis is identical to sandhigatavata. Here in this paper I am trying to describe the diagnostical approach of sandhigatavata (osteoarthritis) because diagnosis is an important parameter for the proper management & also to define the prognosis of any disease. For fulfilling the criteria three important factor are responsible.

- 1) Clinically assessments factors.
- 2) Pathologically assessment factors.
- 3) Differential diagnosis

Above both are the key point to rule out, actual diagnosis of any disease.

KEYWORDS: Sandhigatavata, Osteoarthritis.

INTRODUCTION

According to Ayurveda, simple freedom from disease is not only health for a person to be healthy, he should be mentally and spiritually happy and imbalance of doshika equilibrium is termed as roga. Vata also control the mind, senses & perception. When this vata gets disturbed it drives the body crazy. It disturbs all events in our body and causes many sorts of damages and diseases.

Among tridosha vata is responsible for all cheshta and all diseases. Vata is one among the three Doshas. It is a prime driving force behind all the body activities. The pitta and kapha, dhatus(tissues) and malas(excreta) are also all dependent on vata. So vata is a very important factor in our body, its importance is described by this shlok:

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There are many diseases which occur due to the vitiation of vata, those group of disease are considered under the heading vatavyadhi. In other words vatavyadhi is a set of disease caused by vitiated vata:

In vriddhavastha all dhatus undergo kshaya, thus leading to vata prakopa and making individual prone to many disease. Among them Sandhigatavata stands top in the list.

**‘forokrtfurks-lk/kkj.kO;kf/kokZrO;kf/kfjfr’
(e|qd”k O;k;k-22)**

Sandhis are a type of Marma and form a part of Madhyama Roga Marga, the affiliation of sandhis by prakupita vata and the vitiation of vata occurs due to

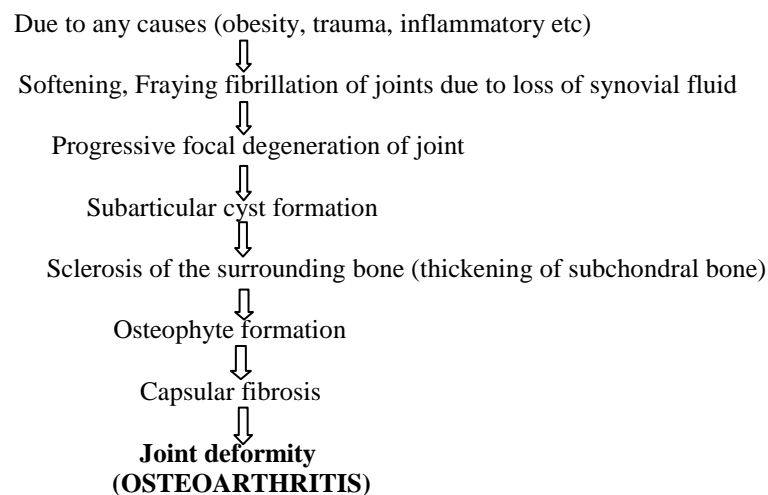
MODERN REVIEW: Osteoarthritis is a degenerative disease involving articular cartilage of diarthrodial joints. It is usually secondary following predisposing cause & primary (rare) in the absence of such a predisposing cause.

Etiology-

- Excessive load in normal cartilage.
- Normal load in damaged cartilage.
- Injury, bad life style.
- Congenital causes, metabolic disorders

Defination- Osteoarthritis is a degenerative, non inflammatory joint disorder characterised by destruction of articular cartilage & formation of new bone (bone spru) at the joint surface & bone margins.

Pathogenesis:



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Complication- Major Complications of O.A is pain the degree of pain can vary greatly from a mild inconvenience to being debilitating.

Investigations: X-ray of affected joint, R.A Factor, Sesum uric acid, ASO Titer.

Treatment: There is no specific treatment. Hot bath, Hot vapours, Ice product anaesthesia.

- Various analgesics like Aspiein, Paracetamol, Ibuprofen, Cefecoxib etc. may be used.
- Physiotherapy is of help to keep joint moving and built up muscular strength.
- Weight loss by reducing diet is of extreme help.
- Operative (Surgical) Treatment.

METERIAL AND METHOD

Sandhigata vata is a major social problem as large percent of population suffers from this affliction. This being a degenerative type of disease, its progress is more in geriatric age, posing difficulty in day-to-day life of the person. This is the age in which all Dhatu begin to degenerate, ultimately leading to Vata Prakopa. When this prakupita Vata gets lodged in sandhi, it gives rise to the disease Sandhigata Vata. In this part, literary review about Sandhigatavata will be collected from classical text

Type- they are two type (1) primary O.A (2) secondary O.A.

Sign & symptoms-

- Primary O.A occurs after 50 year age & more common in obese female.
- Very slowly increasing to a constant pain relieved with exercise & may be severe at rest or sleep.
- Stiffness appears slowly & steadily followed by deformity.
- Limp due to pain, stiffness & deformity may appear, locking due to loose bodies may be present.
- Marked synovial thickening & muscle spasm are absent, local warmth, tenderness are minimal & joint crepitus.

of Ayurveda thesis of previous research work, scientific journal, periodic magazines, monographs & other available source. Similarly modern review of the disease Sandhigatavata will be collected from modern medicine books & various websites on internet.

AIMS & OBJECTIVES

- To evaluate the clinical sign & symptoms according to ayurveda as well as Modern medical science.
- To make out sapekshaa nidana.
- To evaluate the laboratory test.

OBSERVATION & RESULTS

A) sign & symptoms- According to ayurveda

- vatapooran druti sparsha
- prasarana aakunchanyo vedana.
- Atopa
- shoth
- Stabdata
- Hanti sandhi

According to modern science sign & symptoms-

- Joints pain
- Stiffness
- Crepitus
- Swelling

- Local warmthness
- Muscle atrophy.

B) Sapeksha Nidana

C) Laboratory & Radiological finding

DISCUSSION

In sandhigatavata etiological factors are aharaaja, viharaj, manasa, & other vata prakopaka nidana which are mentioned in vatavyadhi. In Sandhigatavata pathology starts with vyan vayu which is aggravated by nidana sevana. The kha-vagunya of sandhi leads to sthanasanshraya. During the process of pathogenesis kaphavrita vyan vayu obstructs the circulation of Rasa & Rakta Dhatu & gradual structural changes are seen in weight bearing joints.

The symptoms like shoola, shophya & stambha etc.

Osteoarthritis are similar as of sandhigatavata is joint pain, swelling, stiffness, disability & crepitation over joints. It is a degenerative type of arthritis which mainly occurs in old age.

- In sandhigatavata, prakupita vata gets enlodged in sandhi where srotoriktata already exists. So there is wide scope of vata to get accumulated these resulting sotha. Acharya Charak has quoted that vatapurana druti sparsha type of shotha is seen in Sandhigatavata.
- Shoola is the chief symptom of prakupita vata. It is stated that without vata shula does not occur. It is obvious to experience shula in the diseases which are dominated by vata.

- Atopa is the sound produced by the movement of joints i.e creptus.
- Sandhis are made to perform the function of Akunchana Prasarana. When prakupita vata gets located in sandhi which disturbed the normal function of sandhi which results in vedana during Akunchana & Prasarana.
- Stabdghata is seen in early stage. When the disease aggravates the vitiated vata may produce in ability of movement.
- Hanti sandhi means destruction of the joint.
- The pain of O.A is aggravated by joint use & relieved by rest, but as the disease progressive, it may become persistent.
- Progressive stiffness of the involved joint upon arising in the morning or after a period of inactivity may be prominent but usually lasts less than 20 minutes; it is due to spasm of muscles.
- Physical examination of the O.A joint reveals located soft tissue swelling of mild degree. It is due to the changes in articular ends themselves particularly peri-articular lipping.
- The sensation of bone rubbing against bone evoked by joint movement is called as crepitus. It is one of the characteristic sign of O.A joint. It occurs due to rubbing of bone to bone.
- On palpation of the joint locale rise in temperature (local warmthness) is an indicative of sign of inflammation.
- Peri-articular muscles atrophy may be due to disuse or due to reflex inhibition of muscles contraction.

Sapeksha Nidana

S.No.	Rheumatoid Arthritis	Gout	Osteoarthritis
1	Inflammatory disease	Metabolic disorder	Degenerative disease
2	Proliferation of synovial membrane	Impaired purine metabolism	Degeneration of articular cartilage
3	Atleast 3 joints are involved	Monoarticular	Weight bearing joints
4	Morning stiffness 1 hours	Morning stiffness-NA	Morning stiffness-15
5	Pain- Extreme	Pain- mild	Pain-mild

Laboratory & Radiological finding: The diagnosis of O.A is usually based on clinical & Radiological feature. In the early, the radiograph may be normal, but joint space narrowing become evident, as articular cartilage is lost, other characteristic radiographic finding included sub-chondral cists & osteophytosis.

No laboratory studies are diagnostic for O.A but specific laboratory testing may help in identifying one of the underlying causes of secondary O.A. R.A factor test use to make D/D of aamvata with respect to Sandhigatavata, serum uric acid use to make D/D of vatarakta with respect to Sandhigatavata and ASO Titer use as systemic marker in sandhigatavata.

CONCLUSION

The study of symptomatology of Sandhigatavata and the corresponding explanation found in contemporary

medicine pertaining to articular, chronic, Non-inflammatory, Primary osteo-arthritis, showed that both these entities are co-related to great extent.

- The clinical assessment of the subjects of study showed that Sandhi-Shoola, Sandhi-Shotha and Atopa are the parthyatma lakshana of sandhigatavata.
- There is no specific laboratory test to find out sandhigatavata, they were use only for preparation of D/D for other diseases like rheumatoid arthritis, gout etc.

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