



**ANALYTICAL STUDY OF PREVALENCE OF SANDHIVATA LAKSHANA WITH REFERENCE TO DOSHAJ PRAKRITI.**

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**ABSTRACT**

*Prakriti* is conductive state of the *Dosha*, formed at the time of formation and development of *Garbha* due to self-excitatory causes and which runs from birth to death. *Prakriti* is sum total of morphological, physiological and psychological traits in human beings. *Prakriti* of a man has genetic and acquired aspect. The genetic aspect depends upon *Shukra* and *Shonita*<sup>30</sup>, while acquired constitution develops in relation to environmental factors like climate, season, time factor, age, race, familial inheritance. *Prakriti* is a deciding factor during prognosis and treatment of diseases. *Prakriti* of human being is decided in intra uterine life according to predominance of *Dosha* and never can be changed throughout life. *Prakriti* plays an important role in the development of anatomical, physiological and psychological aspects of body and it determines individuals complexion, behaviour, resistance power i.e. immunity, reproductive capacity etc. *Prakriti* is first *Pariksha* mentioned in *Charaka Samhita* among *Dashavidha Pariksha* for investigating the patients. For a physician the knowledge of *Prakriti* is very much important to get the success in *Chikitsa Karma*. *Prakriti* determination of an individual plays an important role not only for preventive, indeed it's a direction for the management plan. In present study, 100 prediagnosed patients of sandhivata were considered from O.P.D of V.Y.D.S.A.M Khurja , Bulandshahr, U.P according to inclusion and exclusion criterion. *Prakriti* analysis of sandhivata patients was done using standard *prakriti* analysis format. Sandhivata was found to be more prominent in Vata predominant *prakriti*.

**KEYWORDS :** Sandhivata, *Prakriti*, sandhivata Lakshana.

**INTRODUCTION**

The approach of Ayurveda towards health stands different from the rest of the medicines in practice. The comprehensive dimensions of health starting from an Individual to his society included under the purview of Ayurveda, which aims to establish the harmony of physical, sensory, psychic & spiritual well being of an individual. Prevention of disease by maintaining the status of sound health and healing the ailments are the main objectives of Ayurveda. *Sandhigata vata* is described under *Vatavyadhi* in all the *Samhita* and *Sangraha Grantha*. In *Vridhdhavastha*, all *Dhatu*s undergo *Kshya*, Thus leading to *Vataprakopa* and making individual prone to many diseases. Among them *Sandhigata vata* stands top in the list. Osteoarthritis is the most common articular disorder begins asymptotically in the 2nd and 3rd decades and is extremely common by age of 70 years. *Acharya Charaka* has first described the disease separately named *Sandhigata Anila*, but has not included under 80 types of *Nanatmaja Vyadhi*. The trouble of *Sandhi* by *Prakupita Vata* is the main phenomena in *Samprapti* of *Sandhigata Vata*. *Sandhi* come under the *Madhyama Roga Marg*a and thus, involvement of *Madhyama Roga Marg*a, *Vata Dosha* and *Dhatukshaya* figures disease *Kashta Sadhya*.

**NEED OF STUDY:**

In order to assess the variation of symptom presentation in patient of various *prakriti* type there is need to make an effort to find out the relation between *doshaj prakriti* in *sandhivata* and to conclude with probable logics and concepts mentioned in our texts.

**MATERIAL AND METHOD:**

Analytical study of *doshaj prakriti* of diagnosed *sandhivata* patient in *Kaya Chikitsa* and *Panchkarma* O.P.D of V.Y.D.S Ayurveda Mahavidyalaya, Khurja. Further prevalence of symptoms in these patients will be studied as per the prepared format.

**SAMPLE SIZE**

Previously diagnosed 100 patients of sandhivata from the O.P.D of V.Y.D.S.A.M, Khurja Bulandshahr U.P

**INCLUSION CRITERION**

1. Patients of either sex, between 30 to 70 years of age.
2. Subjects will be selected from O.P.D. of *Kaya Chikitsa* and *Panchkarma*.
3. Person who are ready to give consent for study.

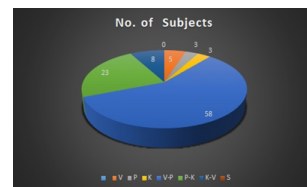
**EXCLUSION CRITERION**

1. Person of either sex below 30 yrs and greater than 70 years.
2. Person with long term steroid therapy
3. Person suffering from diseases like D.M and all other types of arthritis

**OBSERVATIONS:**

For this study 100 diagnosed patients of Sandhivata fulfilling the criteria of diagnosis were considered irrespective of their sex, religion etc. All the patients were analysed at O.P.D. level.

**1.DISTRIBUTION OF PATIENTS ACCORDING TO PRAKRITI:**



Of 100 patients considered for study following result was drawn in terms of number of patients analysed

S.No	Type Of Prakriti	No.Of Patients	Percentage (%)
1	Vataja (V)	05	05
2	Pittaja (P)	03	03
3	Kaphaj (K)	03	03
4	Vataj-Pittaj (V-P)	58	58
5	Pittaj-Kaphaj (P-K)	23	23
6	Vataj-Kaphaj (V-K)	08	08
7	Sannipataj (V-P-K)	00	00

- V-P prakriti was found to be mostly affected by sandhigata vata, 58% of the sandhivata patient were of vata-pitta prakriti.
- P-K prakriti was second to V-P, with 23% of the observed sandhivata patients.

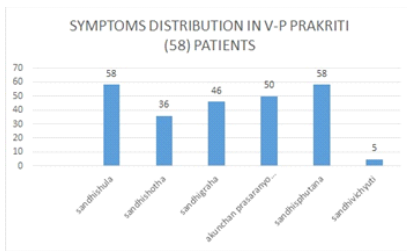
- K-V prakriti had 8% of the sandhivata patients.
- V prakriti had 5% patients of sandhivata, while P and K prakriti had 3% each of the sandhivata patients.
- None of the patients under study were found to be of sannipataj prakriti.

**2. ANALYSIS OF SYMPTOMS IN V-P PRAKRITI SUBJECTS**

S.No.	Symptoms	No. Of Patients	Percentage (%)				
1.	Sandhishhula	58	100	sandhigraha	Akunchan prasaranyo vedana	Sandhi sphutana	sandhivichyuti
2.	Sandhishotha	36	62.06	Akunchan prasaranyo vedana	Sandhi sphutana	sandhivichyuti	
3.	Sandhigraha	46	79.31				
4.	Akunchan prasaranyo vedana	50	86.20				
5.	Sandhi sphutana	58	100				
6.	Sandhi vichyuti	05	8.62				

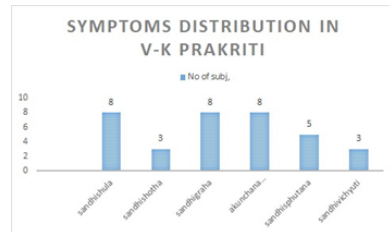
**2. ANALYSIS OF SYMPTOMS IN V-P PRAKRITI SUBJECTS**

Of 58 V-P prakriti patients analysed sandhishhula was present in 100% (58) patients, while sandhishotha was present in 62.06% (36) patients, sandhigraha (stiffness of joints) was present in 79.31%(46) patients. Akunchana prasaranyo vedana (painful flexion and extension) was found in 86.20% (50) patients, sandhisphutana (crepitus) was present in 100% (58) patients. sandhivichyuti (joint deformity) was present in 8.62%(5) patients.



3.	Sandhigraha	08	100
4.	Akunchan prasaranyo vedana	08	100
5.	Sandhi sphutana	05	62.5
6.	Sandhi vichyuti	03	37.5

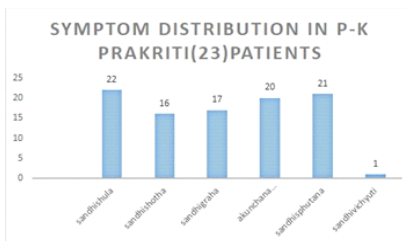
Of the total 8 patients studied all the 100% patients experienced the symptoms of sandhishhula, sandhigraha and akunchan prasaranyo vedana. 37.5% (3) of the patients suffered from sandhishotha and sandhivichyuti, while 62.5% (5) of the patients suffered from sandhisphutana.



**3. Analysis of symptoms in P-K prakriti Subjects**

S.No.	Symptoms	No. of Patients	Percentage (%)
1.	Sandhishhula	22	95.65
2.	Sandhishotha	16	69.56
3.	Sandhigraha	17	73.91
4.	Akunchan prasaranyo vedana	20	86.95
5.	Sandhi sphutana	21	91.30
6.	Sandhi vichyuti	01	4.34

Of 23 P-K prakriti patients observed 95.65% (22) presented with sandhishhula, 69.56%(16) of the patients were suffering from sandhishotha, while 73.91%(17) were suffering from sandhigraha. 86.95%(20) of the patients suffered from akunchan prasaranyo vedana, 91.30% (21) from sandhisphutana and only 4.34% (1) suffered from sandhi vichyuti



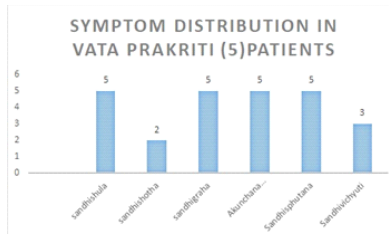
**4. Analysis of symptoms in V-K Prakriti Subjects:**

S.No.	Symptoms	No. Of Patients	Percentage (%)
1.	Sandhishhula	08	100
2.	Sandhishotha	03	37.5

**5. Analysis of Symptoms in Vata Prakriti Subjects-**

S.No.	Symptoms	No. of Patients	Percentage (%)
1.	Sandhishhula	05	100
2.	Sandhishotha	02	40
3.	Sandhigraha	05	100
4.	Akunchan prasaranyo vedana	05	100
5.	Sandhi sphutana	05	100
6.	Sandhi vichyuti	03	60

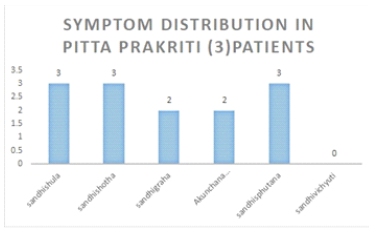
Of the 5 patients studied all the 100% patients presented with the symptoms of sandhishhula, sandhigraha, akunchan prasaranyo vedana and sandhisphutana. While 60%(3) of the patients suffered from sandhivichyuti, 40%(2) patients presented with sandhishotha.



**6. Analysis Of Pitta Prakriti Patients-**

S.No	Symptoms	No. Of Patients	Percentage (%)
1.	Sandhishhula	03	100
2.	Sandhishotha	03	100

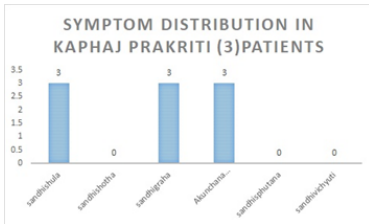
3.	<i>Sandhigraha</i>	02	66.67
4.	<i>Akunchan prasaranyo vedana</i>	02	66.67
5.	<i>Sandhi sphutana</i>	03	100
6.	<i>Sandhi vichyuti</i>	00	00



**7. Analysis Of Symptoms in Kapha Prakriti Subjects-**

S.No.	Symptoms	No. of Patients	Percentage (%)
1.	<i>Sandhishhula</i>	03	100
2.	<i>Sandhishhotha</i>	00	00
3.	<i>Sandhigraha</i>	03	100
4.	<i>Akunchan prasaranyo vedana</i>	03	100
5.	<i>Sandhi sphutana</i>	00	00
6.	<i>Sandhi vichyuti</i>	00	00

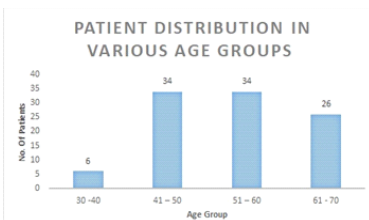
Of the 3 patients studied 100% patients presented with the symptoms of *sandhishhula, sandhigraha* and *akunchana prasaranyo vedana*. While none of the patients with *kapha prakriti* developed the symptoms of *sandhishhula, sandhi sphutana* or *sandhivichyuti*.



**8. Analysis Of Sandhivata symptoms in Age Group Distribution:**

S.No.	Age Group(yrs)	No. Of Patients
1.	30 - 40	06
2.	41 - 50	34
3.	51 - 60	34
4.	61 - 70	26

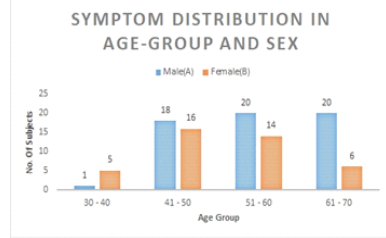
Out of total 100 patients age group of 41-50 yrs and 51-60 yrs had each 34 patients. While the age group 61-70 yrs had 26 patients, only 6 patients belonged to 30-40 yrs age group. Thus it may be concluded that prevalence of *sandhivata* is common in between 41 to 60 yrs. It's occurrence is also significant in extreme of the age group above 60 yrs.



**9. Analysis of Age and Sex Distribution:**

S.No.	Age Group(Yrs)	Male(A)	Female(B)	Total No. Of Pts. (A + B)
1.	30 - 40	01	05	06
2.	41 - 50	18	16	34

3.	51 - 60	20	14	34
4.	61 - 70	20	06	26



Out of 100 patients in the age group 30-40 yrs total of 6 patients were assessed of which 5 were female and only 1 male. In the age group 41-50 yrs, total 34 patients were assessed out of which 18 were male and 16 female. In the age group 51-60 of 34 patients 20 males and 14 females were assessed, in the age group of 61-70, 20 patients were male and only 6 were females. It can be concluded that in the most prone age of 40 to 60 yrs both males and females were almost equally affected by *sandhivata*.

**DISCUSSION AND CONCLUSION:**

- V-P prakriti was found to be mostly affected by *sandhigata vata*, 58% of the *sandhivata* patient were of *vata-pitta prakriti*.
- Of 58 V-P Prakriti patients analysed *Sandhishhula* was present in 100% (58) patients, *Sandhivichyuti* (joint deformity) was present in 8.62% (5). Thus *Sandhishhula* is a prominent symptom in V-P prakriti subjects.
- Of 23 P-K prakriti patients observed 95.65% (22) presented with *Sandhishhula*, 69.56% (16) of the patients were suffering from *Sandhishhotha*, while 73.91% (17) were suffering from *Sandhigraha*. Only 4.34% (1) suffered from *Sandhivichyuti* in P-K prakriti patients.
- Of the total 8 V-K patients studied all the 100% patients experienced the symptoms of *Sandhishhula, Sandhigraha* and *Akunchan prasaranyo vedana*. While 62.5% (5) of the patients suffered from *Sandhisphutana*.
- Of the 5 *Vata prakriti* patients studied all the 100% patients presented with the symptoms of *Sandhishhula, sandhigraha, akunchan prasaranyo vedana* and *sandhisphutana*. 40% (2) patients presented with *sandhishhotha*.
- Of the 3 *Pitta prakriti* patients studied all the 100% suffered from symptoms of *sandhishhula, sandhishhotha* and *sandhisphutana*. none of the patients presented with *sandhi vichyuti*.
- Of the 3 *Kapha prakriti* patients studied 100% patients presented with the symptoms of *sandhishhula, sandhigraha* and *akunchana prasaranyo vedana*. none of the patients with *Kapha prakriti* developed the symptoms of *sandhishhula, sandhisphutana* or *sandhivichyuti*.

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