



## STUDY THE EFFECT OF ERANDMULADI CHURNA IN SANDHIGATA VATA W.S.R.TO OSTEOARTHRITIS.

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### ABSTRACT

Sandhigata vata is a condition morbid vata located in the joints and destroy it. The vitiated vayu on getting lodged produces symptoms like shoola, Shotha, atop, vata purna druti sparsha, Prasaran ankuchan pravrutti vedana etc. It gradually worsen with time. **Sandhigata Vata** is the commonest form of articular disorder. It is a type of Vatavyadhi which mainly occurs in Vriddhavastha due to Dhatukshaya, which limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled / handicapped. Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time. Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine. 40 Patients of age group 30 to 60, irrespective of sex, religion, socioeconomic status were selected from opd of our institute based on inclusive criteria. All the patients were treated with Indravaruni Choorna 2gm Bd. Indravaruni Choorna advised by Shaligram nighantu and Bharat Bhaishajya Ratnakar for SandhigataVata. All over 40 patients it is seen that average percent improvement is 68.88%. The study shows that Indravaruni Choorna is effective in Sandhigata vata.

**KEYWORDS :** Indravaruni Choorna, Sandhigata Vata.

### INTRODUCTION:

SandhigataVata is one of the NanatmajaVatavyadhi described among 80 NanatmajaVatavyadhi this disease is associated with some special features such as shula (pain), shotha (swelling) and Vata purnadruti sparsha (crepitus) with Prasaranekunchane kashtata (movement difficulty). Nirupastambhita Dhatukshyajanya SandhigataVata can be correlated as degenerative osteoarthritis according to modern science.

Due to VataprakopakAahara, vihara and Vataprakopak hetu sevana there is Vataprakopa which leads to Dhatukshaya and Vata gets accumulate in Asthivaha and Majjavaha strotas it turns into kshya of Shleshak Kapha at sandhi which produces disorders at one or more sandhi and results in to Sandhigata Vata.

World wide estimates is that 9.6% of men and 18.0% of women aged over 55 years have symptomatic Osteoarthritis. 80% of those will have limitations in movement and 25% cannot perform their major daily activities of life this is all about Osteoarthritis by W.H.O and from a study in rural India the prevalence is 5.75%. As per modern science allopathic treatment has its own limitations. Use of NSAID's and steroids provides symptomatic relief not a permanent relief. And if these medicines are taken over a long period it has its own side effects.

In SandhigataVata shothahara, vedanasthapak, shulahara Dravyas are used. Dhatuvardhaka Dravyas are used so Indravaruni choorna is selected as controlled drug for the management of SandhigataVata.

#### • AIM:

To study the effect of Indravaruni choorna in SandhigataVata.

#### • OBJECTIVES:-

- 1) To study in details of SandhigataVata.
- 2) To study the mode of action of Indravaruni choorna in the management of SandhigataVata.

### MATERIALS AND METHODS:

#### SELECTION CRITERIA OF PATIENT :

##### INCLUSION CRITERIA :-

- 1) Age :- 30 to 60 years
- 2) Patients have fulfilling criteria for diagnosis of SandhigataVata.
- 3) Patient were selected irrespective of religion, sex and socioeconomic status.

##### B) EXCLUSION CRITERIA :-

- 1) Gout (Vatarakt) Amavata (Rheumatic arthritis)
- 2) Malignancy, Trauma Cardiac disease, Neurological disorders etc. Associated with SandhigataVata.
- 3) Pregnant and lactating women's etc.

#### SUBJECTIVE CRITERIA:

1. Shoola
2. Sparshashatva
3. Shotha

#### OBJECTIVE CRITERIA:

- 1) Purnadruti sparsha (Crepitus)
- 2) Prasarana akunchana Kashtata (Physical function)

#### INVESTIGATIONS:

The patients were subjected to the following,

1. CBC
3. BSL

#### METHODOLOGY:

##### 1) GROUP A - TRIAL GROUP :-

In this group 40 patients were treated with Indravaruni choorna with dose of 2gm twice a day.

#### FOLLOW-UP:

After every 7 days.

#### OBSERVATIONS AND RESULTS:

S. N.	Symptom	Mean Reduction	SE	T	P Value	% Relief
1	Shoola	1.1	0.16	6.96	P<0.001	69.33

2	Sparshasahatva	1.2	0.15	8.65	P<0.001	73.66
3	Shohta	1.33	0.13	6.50	P<0.001	69.44
4	Crepitus	1.55	0.15	5.78	P<0.001	60.33
5	Prasarankunchan Kashta	0.86	0.17	4.35	P<0.001	71.66

S.N.	Parameters Overall	% mean improvement	
		Group A	
1	Pain	69.33	
2	Swelling	73.66	
3	Shohta	69.44	
4	Crepitus	60.33	
5	Prasarankunchan Kashta	71.66	
6	Total	68.88 %	

**OVERALL IMPROVEMENT:**

In overall improvement, 4 patients were with excellent improvement, 16 patients were with moderate improvement while 12 patients were with marginal improvement and 8 patients were with mild improvement.

**CONCLUSION:**

Indravarni choorna is effective in sandhigata vata.

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