



A CRITICAL REVIEW ON JANUSANDHIGATA VATA (OSTEOARTHRITIS OF KNEES)

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ABSTRACT Janusandhigata Vata is one among the most common Vata Vyadhi. This disease affects the joints with its signs and symptoms like pain, swelling, tenderness, stiffness and restriction of joint movements. Commonly this Sandhigata Vata is presented in Janusandhi, which is one among the most important weight bearing joint in body. Due to similarities in signs and symptoms, Osteoarthritis of knee can be very much correlated to Janusandhigata Vata. According to Ayurveda Snehana, Swedana, Dahana and Upanaha are the prime modalities of treatment in the management of Sandhigata Vata, which are mostly aimed at Bramhana. Potent analgesics and anti-inflammatory drugs are available in the society, which can cause many risks of producing side effects like gastric erosion, hepatic and nephro toxicity etc, even surgery also recommended by doctors. For prevention and cure of the Sandhigata vata, treatments and medicines are mentioned in Ayurveda classics which serve a healthy life.

KEYWORDS : Janusandhigata, Osteoarthritis, Vata vyadhi, Sandhigata Vata.

INTRODUCTION

Sandhigata Vata is one of the diseases in which Sandhi Shoola, Ankunchan Prasaranayo Shoola, Shotha, Graha and Pidanasahatva are there. Acharya Bhavamishra while explaining Vataavyadhi explained about Sandhigata Vata¹. Acharya Sushruta and Madhavakara have added Sandhi Shoola, Atopa, Sandhi Hanti². In Vriddhavaastha, all Dhatus undergo Kshaya thus leading to Vataprakopa and making the individual prone to many diseases. Among them, Sandhivata stands top in the list. Sandhi comes under the Madhyama Roga Marga and thus, involvement of Madhyama Roga Marga, Vata Dosha and Dhatuskshaya figures this disease Kashta Sadhya. Acharya Vagbhata has also considered Vata Vyadhi as a Maharoga. The trouble of Sandhi by Prakupita Vata is the main phenomena in Samprapti of Sandhivata. Acharya Sushruta has mentioned Sandhishopha, Sandhishoola and Hanti Sandhin as symptoms³.

Sandhigata vata is a big problem in society that affects the joints that carry our weight, like the knees. It's often called "wear and tear" arthritis. In Ayurveda, it's considered a major issue related to the Vata dosha. When Sandhigata vata starts, it usually begins in the main weight-bearing joints, like the knees. Various factors, like imbalances in the Vata dosha, contribute to its development. As Sandhigata vata worsens, it affects the pathways in the body where Vata flows, leading to different joint-related problems, with Sandhigata vata being one of them.

Osteoarthritis is a degenerative non-inflammatory joint disease that results in pain and restricted movement of affected joints. It is a condition involving the breakdown of the protective cushion of the cartilage covering the ends of the bones where two bones meet to form a joint. In America up to 70% of population over age 65 has some radiographic evidence of this disease. It may also occur in joints that have suffered previous injury, been subjected to prolonged heavy use or damaged by prior infection of inflammatory arthritis.

Historical Review

Study of these ancient literatures reveals that Charaka Samhita, Sushruta Samhita, Ashtang Sangraha and Ashtang Hridaya are major source material available in the form of text. Some others were also there. For instance, some of them which are available in the present era are mentioned herewith as follows.

Aim and Objectives

1. To understand Sandhigata vata in detail in comparison osteoarthritis of knee.
2. To understand the pathophysiology & symptomatology of Sandhigata vata.

MATERIALS AND METHOD

As this study is a review type of study, we have collected information from the available Ayurvedic Samhitas and few elementary text books to get comprehensive knowledge about the disease Sandhigata vata as well its line of management.

Definition

In classics, Sandhigata vata is characterized by the symptoms such as Sandhi Shula, Sandhi Sopha, Sandhi Hanti, Atopa etc.

Hetu/ Etiology⁴

1. Aharaja (dietetic factors): Excessive intake of food substances which are having Tikta, Katu, Kashaya Rasa predominantly and Gunas which are predominantly Ruksha, Laghu and Sheeta cause the vitiation of Vata. Aharas like Kalaya, Chanaka, Mudga, Adaki, and Pramana like Alpa Bhojana, Hina Bhojana and Kala factors like Anasana, Vishamasana also results in the provocation of Vata Dosha.
2. Viharaja (habits and regimen): Vega Dharana and Udeerna, Ratrijagarana, Uchairbhashya (speaking loudly), Atyadhva (excessive walking), Atiyana (excessive traveling) etc are considered as the Viharaja factors for Vataprakopa. Also excessive indulgence in Vyayama, Vyavaya, Dhavana, Pidana, Plavana, Bharavahana (lifting heavy weight) etc also result in the provocation of Vata.
3. Agantuja factors (External factors): Agantuja factors like Patana, Pidana, Abhigata, Marmaghata, Seeghrayanaare considered as external causative factors for the provocation of Vata.
4. Manasika factors (Mental factors): Atichinta, Atishoka, Atikrodha, Atibhaya. Factors like Chinta, Shoka, Bhaya result in Vataprakopa.
5. Kalaja (Seasonal factors): Greeshma Pravrit Varsha Shishira Ritu, last part of day and night and in the last part of process of digestion Vata get increased.
6. Anya Hetuja (Others): Langhan, Ama, Vishama Upachara, Dhatunam Sankshyad, Doshashruk Sravanad, Rogatikarshanad, Marmaghata and Dhatuskshaya. Atikshataja Mokshnat, Dandadi Praharanat.

Samprapti Chakra



Samprapti Ghataka

A vast number of factors invariably take part in the manifestation of disease and are collectively known as Samprapti Ghatakas.

The Samprapti Ghatakas of Sandhigata Vata are

Dosha: Vata

Dushya: Rasa, Rakta, Asthi

Adhisthan: Sandhi, Asthi

Srotas: Asthivaha, Majjavaha

Srotodushti: Sanga, Granthi, Vimargagamana

Agni: Vishamagni

Vyadhi Swabhav: Chirkari

Sadhyasadhyta: Krichha Sadhya / Yasya

Purva Roopa⁵

The Poorvarupa of Vata Vyadhi is described to be Avyakta by many Acharyas. Since Sandhivata is considered to be one among Vata Vyadhi, hence the Poorva Rupa is Avyakta.

RUPA (Sign and Symptoms)⁶

The symptoms of Sandhigata Vata in classical text are: -

Vatapurnadritisparsha

Sandhi Sotha

Prasarana Akunchanpravriti Savedana

Hanti Sandhi

Sandhi Shula

Sandhi Atopa

Sapeksha Nidana (Differential Diagnosis)

The diseases such as Vatarakta, Aamvata, which look similar to Sandhigata Vata are to be differentiated from it.

UPASHAYANUPSHAYA

The factors which provocative for Sandhigata vata such as Ruksha Aahar Sevan, Adhyasana, Sheeta Aahar Sevan, Upvasa, Vegadharan Varsha Ritu etc are considered as Anupshaya for disease.

And Ushnoupchara, Abhyanga, Pathyaahara, etc factors which bring vitiated Vata in to normal state known as Upshaya.

CHIKITSA⁷

Daha Karma

Snehana Karma

Upnaha Chikitsa

Commonly Prescribed Medicine In Sandhigata Vata

Triyodashang guggulu

Rasnadi guggulu

Vata vidhwanshak rasa

Haritaki churna

Dashmoolarishta

DISCUSSION & CONCLUSION

The whole body contains three Doshas. When these Doshas are in balance, you stay healthy. But if they get out of balance, you might get sick. It is clear from the foregoing that vitiation of Vayu affects the joints. This may cause diminution of Asthi and Kapha which may again provoke Vayu. There are some Hetu which are responsible for the vitiation of Vayu only. However some other Hetu are also there, which are responsible for Kha-Vaigunya i.e. they produce some sort of Dushti in Dhatu. In short Hetu responsible for Dosha Prakop and Dhatu Dushti should be considered with this context. The vitiation of Vyana Vayu (Pathological condition) along with Kha-Vaigunya at Sandhi place in general, may be primary or secondary, manifests Sandhigata Vata. In routine practice 'Sandhigata Vata' is also termed as 'Sandhivata'.

Ayurveda formulations such as; Triyodashang guggulu, Rasnadi guggulu, Vata vidhwanshak rasa, Haritaki churna, Dashmoolarishta, etc. are offers remarkable improvement in Sandhigata Vata. Single herbs like Rasna, Haridra, Ashwagandha and Haritaki, etc. are also given to manage symptoms of Vata Roga.

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