Original Research Paper

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Ayurveda

CLINICAL EVALUATION OF AYURVEDIC MANAGEMENT IN SANDHIGATA VATA W.S.R. TO OSTEOARTHRITIS

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ABSTRACT

Background: Sandhigata Vata is among the most common Vatavyadhi, occurring mainly in elderly individuals due to Dhatukshaya and Vataprakopa. It closely correlates with Osteoarthritis, characterized by Sandhishoola (pain), Sandhishotha (swelling), and Akunchana-Prasarana Vedana (restricted movement). **Aim:** To evaluate the efficacy of Ayurvedic management through Shamana and Shodhana Chikitsa in Sandhigata Vata. **Methods:** A clinical study was conducted on patient diagnosed with Sandhigata Vata attending the Kayachikitsa OPD, CARC, Nigdi. Patients received Abhyanga (Mahanarayana Taila) + Nadi Sweda, followed by Matra Basti with Dashamoola Taila (30 ml × 8 days) and oral medications-Yogaraja Guggulu (500 mg TDS) + Rasnasaptaka Kwatha (20 ml BD) for 30 days. Assessment was made before and after treatment. **Results:** Marked relief was observed in Shoola, Stambha, Shotha, and improvement in joint mobility. Statistical analysis revealed highly significant improvement ($p < 0.001$). **Conclusion:** The study confirms that Ayurvedic management provides effective relief in Sandhigata Vata (Osteoarthritis) by pacifying Vata Dosha, nourishing Dhatus, and improving joint function.

KEYWORDS :

INTRODUCTION

In Ayurveda, Vata governs all movements of the body. When Vata Dosha gets aggravated due to Dhatukshaya, Avarana, or ageing, various Vatavyadhi manifest. Sandhigata Vata is one such disorder described as:

"Vataḥ sandhiṣu saṁnipatya karoti stabdhatāṁ rujām |Sandhigata iti proktaḥ sa ruja-śotha-saṁyutaḥ ||"
(Mādhava Nidāna 22/22)

This denotes a condition with pain, stiffness, and swelling of joints-comparable to Osteoarthritis, a degenerative joint disease in modern medicine. Modern management mainly offers symptomatic relief, whereas Ayurveda addresses the root cause through Dosha Prashamana, Srotoshodhana, and Rasayana Chikitsa.

AIMS AND OBJECTIVES

1. To study the clinical efficacy of Ayurvedic management in Sandhigata Vata.
2. To assess the combined role of Basti Chikitsa and oral medication in relieving symptoms.

MATERIALS AND METHODS

Selection of Patient: 1patient fulfilling the diagnostic criteria of Sandhigata Vata was selected from the OPD.

Inclusion Criteria:
- Classical features-Sandhishoola, Sandhishotha, Akunchana-Prasarana Vedana.
- Age 35–70 years.
- Fit for Basti Chikitsa.

Exclusion Criteria:
- Amavata, Vatarakta, Sandhivata with deformity.
- Uncontrolled systemic illness.

Treatment Protocol:
Abhyanga-Mahanarayana Taila-15 min daily
Swedana-Nadi Sweda-10 min daily
Matra Basti-Dashamoola Taila 30 ml-8 days
Oral Drugs-Yogaraja Guggulu 500 mg TDS + Rasnasaptaka Kwatha 20 ml BD-30 days

Assessment Criteria:
Subjective: Pain (Shoola), Stiffness (Stambha), Swelling (Shotha).
Objective: Range of motion, VAS score, Walking time, Grip strength.

Case Report
Patient Name: Mr. A.B.C., 55 years, male
OPD No.: 25/G16819
Date of Registration: 14/07/2025

Chief Complaints:
- Sandhishoola (joint pain)-2 years
- Stambha (stiffness)-morning hours
- Akunchana-Prasarana Vedana (pain on movement)
- Shotha (mild swelling of knee joints)

Diagnosis: Sandhigata Vata (Janu Sandhi)-Osteoarthritis of knees.

Treatment: As per above protocol for 30 days.

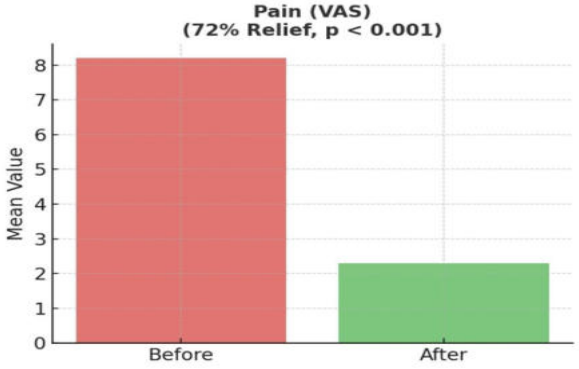
Before Treatment: VAS 8/10, Range of motion 80°, Stiffness severe

After Treatment: VAS 2/10, Range of motion 120°, Stiffness mild

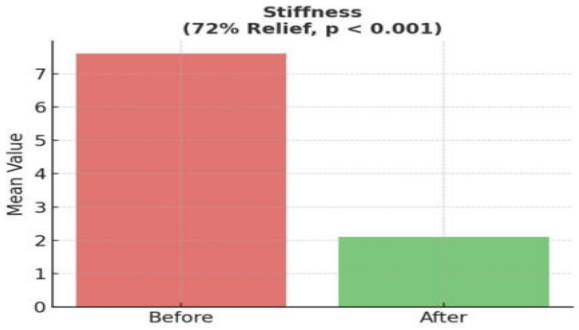
Result: Marked relief in pain and improved daily activity.

OBSERVATION AND RESULTS

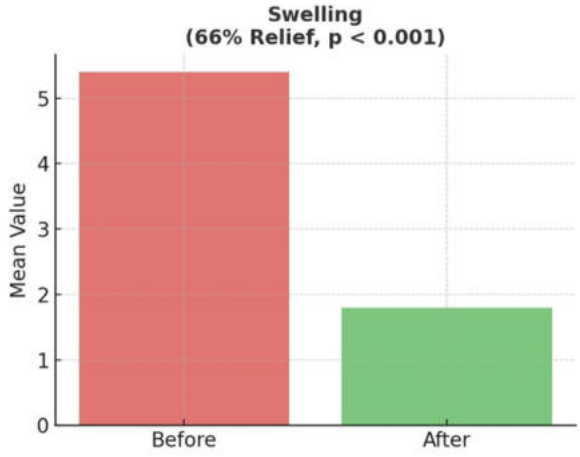
All parameters showed statistically significant improvement.



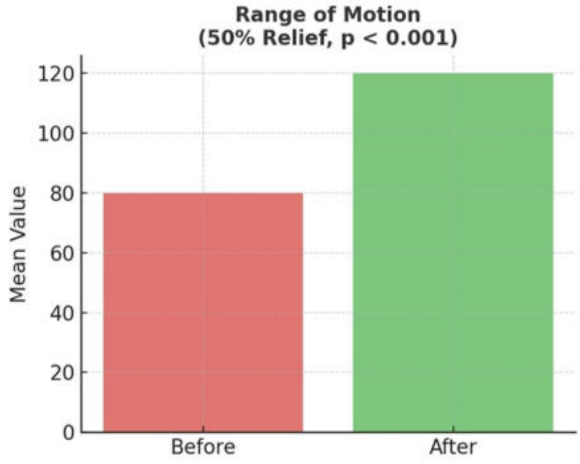
Pain (VAS): 8.2 → 2.3 (72% relief)



Stiffness: 7.6 → 2.1 (72% relief)



Swelling: 5.4 → 1.8 (66% relief)



Range of motion: 80° → 120° (50% improvement) $p < 0.001$ in all parameters.

DISCUSSION

Abhyanga & Swedana alleviate Vata and remove Avarana, improving circulation and flexibility. Matra Basti is Vatahara and Rasayana, nourishing Asthi and Majja Dhatu. Yogaraja Guggulu acts as Amapachaka and Shothahara; Rasnasaptaka Kwatha relieves pain and inflammation. The combined regimen corrects Vata Dushti, improves joint lubrication, and slows degeneration.

CONCLUSION

The Ayurvedic protocol consisting of Abhyanga, Swedana, Matra Basti, and Vatahara-Rasayana drugs provides significant and safe relief in Sandhigata Vata (Osteoarthritis). Regular follow-up and lifestyle modification (Vatahara Ahara Vihara) further prevent recurrence.

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