

## Ayurveda management of sandhigatavata a Case Report

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### ABSTRACT

Joint pain is very much prevalent among elderly people. In Ayurveda osteoarthritis correlate to Sandhigat Vata. The common sign and symptoms of this disease is present in the form of Shoola, Shotha, Vatapournadriti Sparsha and difficulty in flexion and extension of Sandhi. Sandhigatavata is a type of Vata disorder in Ayurveda that affects the joints. It is caused by the aggravation of Vata dosha, leading to the degeneration of the joints and surrounding tissues. A 65-year-old female patient with Janu Sandhigatavata came to our Ayurved Hospital with complaints of Right knee joint pain, crackling sound in joints since 5 months. This patient was treated with ayurvedic shamana Aushadhi.

**Keywords** Ayurveda, Sandhigatavata, Shamana, Vata

### I. INTRODUCTION

Sandhigat-Vata is one of the most common Vatavyadhi. which can be co-related with osteoarthritis, the prevalence rate of osteoarthritis is total 14.8% in which knee osteoarthritis prevalence rate is 10.8% which is more than other. [1] In this Vata get vitiated due to various causes, as mentioned in Charak Samhita. Acharya Charaka described as "sandhigata anila" [2] means vata gets located in the Sandhi and result in Sandhigatavata. Charaka identified the illness with symptoms like Shotha, Akunchana, Prasarana, Vedana, Vatapurnadriti Sparsha [3]. Acharya Sushruta defined as Shoola (pain), Shotha (swelling), Janu Sandhigata (decreasing of hinge joint

movements) as an indication of Sandhigatavata [4] due to Vata Prakopa arising within the joints and giving rise to symptoms like swelling within the joints [5]

### II. CASE STUDY:

A 65-year-old female patient who presents with complaints of chronic knee pain that has been gradually worsening over the past several years. She reports that the pain is worse with prolonged standing, walking, or climbing stairs. She also reports stiffness in the knee joint in the mornings, which improves with movement.

**Medical history:** No h/o hypertension, diabetes and other illness.

**Physical examination:** On physical examination, the patient has tenderness to palpation over the medial and lateral joint lines of the right knee. She has crepitus with range of motion of the right knee, and there is a mild effusion present.

**Diagnosis:** Based on the patient's history and physical examination findings, the diagnosis of osteoarthritis of the right knee is made.

**Treatment history:** Pharmacological interventions include analgesics and nonsteroidal anti-inflammatory drugs (NSAIDs). Patient is prescribed acetaminophen for pain relief and an NSAID, such as ibuprofen, to reduce inflammation. The patient is advised to take the NSAID with food to reduce the risk of gastrointestinal side effects. In addition, the patient is prescribed topical analgesics, such as lidocaine patches or capsaicin cream, to apply to the affected knee as needed for pain relief.

### Treatment given for 15 days

Shaman Aushadhi	Matra
Amruta guggul	250mg BD
Punarnava Ghana	125 mg BD
Maharasnadi Kadha	20 MI BD
Panchkarma – yogabastikrama for 8 days	

**CONTENTS OF YOG BASTI:**

<i>Madanaphala</i>	<i>Shatahva</i>	<i>Priyangu</i>
<i>Pippali</i>	<i>Maduka</i>	<i>Bala</i>
<i>Daruharidra</i>	<i>Kutaja</i>	<i>Mustaka</i>
<i>Shatapushpa</i>	<i>Hapusha</i>	<i>Til Taila</i>
<i>Madhu</i>	<i>Saindhva</i>	<i>Gomutra</i>
<i>Bilva</i>	<i>Agnimantha</i>	<i>Syonaka</i>
<i>Patala</i>	<i>Gambhari</i>	<i>Shalaparani</i>
<i>Prishnaparni</i>	<i>Gokshura</i>	<i>Brihati</i>
<i>Kanthakari</i>	<i>Rasana</i>	<i>Nirgundi</i>
<i>Sarshapa</i>	<i>Erandamula</i>	<i>Palasha</i>
<i>Ashwagandha</i>	<i>Atibala</i>	<i>Guduchi</i>
<i>Punarnava</i>	<i>Aragvadha</i>	<i>Devadaru</i>
<i>Madanaphala</i>	<i>Shatahva</i>	<i>Priyangu</i>
<i>Pippali</i>	<i>Maduka</i>	<i>Bala</i>
<i>Daruharidra</i>	<i>Kutaja</i>	<i>Mustaka</i>
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<i>Punarnava</i>	<i>Aragvadha</i>	<i>Devadaru</i>

Steps in Basti 1.

**Poorvakarma (Pre therapeutic preparation)** – these are the preliminary steps done before undertaking the basti therapy :- Deepan – it ignites the digestive fire which has weakened in the disease process Pachan – it tries to digest the accumulated toxins Snehan – it involves oil application externally. Swedan – it is steam induced sweating for toxin clearance. Snehan and swedana Snehan and swedana provides lubrication and strength to the body for the upcoming detox therapy. Snehan helps in loosening of toxins from

their sites which are then dislodged by swedana. These dislodged toxins are then easily expelled out of the body by the bastitherapy . Here proper counselling done to patient and by taking the procedural consent the procedure begins. Before starting the procedure sthanika – local abhyanga done with tilataila followed by nadiswedana.

**Pradhan karma (Main therapeutic administration of medicine)**

This includes the actual process of administering basti Procedure: 1. Anuvasanabasti: Local snehana and swadana is done for patient and asked to have the food. Immediately after taking food the patient is advised to lay on left lateral position and medicine is administered through anal route similarly like enema slowly. 2. Niruhabasti:

Local snehana and swadana is done for patient and medicine is administered anal route on empty stomach. The course of instillation of medicine is followed classically **Paschat karma (Post therapeutic measures)** Is to help in regaining the normal functioning of body and agni. This includes various rules to be followed after having Panchakarma-. Diet, Behavioural, Physical Psychological rules.

**III. OBSERVATION AND RESULT**

Assessment criteria	Before Treatment	After Treatment
Sandhi Shula	Severe	Moderate
Sandhi grah(Joint Stiffness)	Present	Absent
Sandhi Shotha/ Swelling	Moderate	Mild
Range of movement	Restricted up to 15 degree	No restricted movement
Sandhisphutana/Crepitus	Audible crepitus	Palpable crepitus

**MODE OF ACTION OF BASTI :**

Basti works in the region of the colon, but its impact is so far reaching and deep that simply calling this process an enema does not do it justice. Recall that as the major seat of vata in the GI tract, the colon is critical in keeping vata balanced in the entire body. In the stages of samprapti (Ayurvedic pathogenesis), vata first accumulates in the colon, and then as it begins to “overflow”, it will spread and create imbalanced vata in other susceptible parts of the body. This systemic imbalanced vata can affect almost any system in the body, as vata is a necessary presence throughout the body; it is likely to affect the systems which have some weakness (a khavaigunya).<sup>7</sup> Basti provides herbal cleansing and nourishment directly into the intestines and colon, without having to be digested by the stomach and upper GI tract, as would be the case with anything taken by mouth. Multiple international studies have been done regarding the benefits of basti, and they also show benefits to joint, back, and bone health.

**IV. DISCUSSION:**

Amruta guggulu in sandhigatavata

Amruta Guggulu is a classical Ayurvedic medicine that is commonly used to treat joint-related problems such as Sandhigata Vata (osteoarthritis). Sandhigata Vata is a type of Vata

disorder that affects the joints, causing pain, swelling, and stiffness. Amruta Guggulu is a combination of various natural ingredients such as guggulu resin, amalaki fruit, haritaki fruit, bibhitaki fruit, ginger, and black pepper. These ingredients have anti-inflammatory and analgesic properties that help reduce joint pain and inflammation. Amruta Guggulu is considered to be a very effective medicine for treating Sandhigata Vata. It is believed to reduce joint inflammation, increase joint mobility, and provide relief from joint pain. However, it is always advisable to consult an Ayurvedic doctor before taking any medicine, including Amruta Guggulu, to determine the appropriate dosage and duration of treatment based on your individual health condition.<sup>[6]</sup>

Punarnava Ghana is an Ayurvedic herbal formulation made from the extract of the plant Boerhaviadiffusa. It is commonly used in the management of various diseases, including Sanghigatavata, which is a type of joint disorder. Punarnava Ghana is known to have anti-inflammatory, analgesic, and diuretic properties, which help to reduce the inflammation and pain in the affected joints. It is also believed to improve the mobility of the joints by lubricating them and reducing the stiffness.

Maharasnadikadhais an Ayurvedic medicine that is commonly used to treat joint pain,

stiffness, and inflammation associated with Sandhigatavata, which is a condition related to osteoarthritis. The main ingredients in Maharasnadikadha are herbs such as Rasna (*Pluchea lanceolata*), Guduchi (*Tinospora cordifolia*), Haritaki (*Terminalia chebula*), and Guggulu (*Commiphora mukul*). These herbs are known to have anti-inflammatory, analgesic, and antioxidant properties that help to reduce joint pain and inflammation.

In yoga basti, 8 basti are given in total, in this procedure first anuvasanabasti should be given followed by 3 niruha and anuvasanabasti are given alternatively and at the end again one anuvasanabasti should be given. In the beginning, one Anuvasana Basti and at the end, 3 Anuvasana Basti were given for the purpose of snehana. Dashamoolataila is indicated in vatavyadhi and Erandamooladikwatha and dashamulakwath are useful for niruhabasti in vatavyadhi. Erandamooladiniruhabasti has been classically advised in vitiated Vata condition and especially in Vata vitiated in Janu pradesha and hence the same drug was chosen for present study. Basti Chikitsa is considered to be the best for Vata dosha, which is the main in sandhivata. All of symptoms including joint deformity are mainly due to Vata vitiation. Drugs used here for Basti Karma are mainly acting on Vata dosha and regulates Vata dosha activity all over the body. Seers mentioned qualities of Dashmoola like Shothahara (anti-inflammatory), Vatahara (nullifies vata dosha), ushna (hot), etc. Studies also reported anti-inflammatory, analgesic, and anti-pyretic, effect of Dashamoola.

**Dietary Changes:** The patient is advised to follow a Vata-pacifying diet that includes warm and nourishing foods. She should avoid cold and dry foods that aggravate Vata dosha. Foods like ghee, milk, and sesame oil are recommended to lubricate the joints.

**Lifestyle Changes:** The patient is advised to follow a regular exercise routine that includes gentle stretching exercises and walking. She should also avoid sitting or standing for long periods and take regular breaks to stretch and move around.

**Yoga and Meditation:** The patient is advised to practice Yoga and Meditation regularly to improve joint flexibility and reduce stress.

**Pathya-Apathya:** Pathya Aahar and vihar : sarpi, tail, vasa, majjaseven, snigdha, guruaahar, sek, abhyang (massage), basti (enema), payas, mad-hur, Aamla, lawanrasatmaka Aahar seven. Apathya: katu, tikta, laghu, atichinta, ativyayametc.[7]

## V. CONCLUSION

It can be concluded that Yoga Basti and Shamana Aushadhi for 15 days provided a better relief in the signs and symptoms of Janu Sandhigata Vata mainly in pain, stiffness, tenderness, swelling, and crepitus. Further study needed with large number of patients. Yoga basti, shown good improvement in the management of sandhivata and also improvement in Quality of life is observed.

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