



## AN OBSERVATIONAL STUDY ON TREATMENT LINE OF *SANDHIGATAVATA* (OSTEOARTHRITIS) - A CASE REPORT

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### ABSTRACT

Osteoarthritis is the commonest form of arthritis. It is a common disorder which affects millions of people worldwide. Osteoarthritis is condition similar to *Sandhigataavata* in *Ayurveda* Medicine. *Sandhigataavata* is one of the *Vata Vyadhis*. In this Observational study aged 50 years, one female patient selected from ward 07, Provincial *Ayurvedic* Hospital, Pallekele. Clinical examinations were done according to the available clinical facilities. It can be concluded a total 6 types of preparations of drugs were used as treatment procedure of disease during 6 weeks. In this preparations, 3 types of *Kashaya* (21.43%), 1 type of *Vati* (7.14%), 1 type of *Kalka* (7.14%), 3 types of *Thaila* (21.43%), 3 types of *Pattu*(Paste)/*Mallum*(Wilted)/Plaster (21.43%) were included. The signs and symptoms of neck region, lower back and left knee joint were reduced after 6 weeks time duration. It could be recommended, the pharmaceutical analysis of the selected *Kashaya* will be evaluated in further studies.

**Key Words:** Case Report , *Sandhigataavata* , Osteoarthritis

**INTRODUCTION:** In *Ayurvedic* review, *Sandhigataavata* is one of the *Vata Vyadhis* mentioned in *Ayurveda*. It mentioned, joint looks like a bag filled up with air and swollen. The movements like *Prasarana* (extension) and *Akunchana* (Flexion) become difficult and very painful. In *Sandhigataavata Nidhana*, *Purvarupa*, *Samprapti* not mentioned separately and *Rupa* (signs & symptoms) and *Chikitsa* mentioned directly in this condition. *Chikitsa* mentioned in *Podu Vata Vyadhis*(Common *Vata* diseases ) also applicable for this condition.

In modern review, osteoarthritis is degenerative joint disease arthritis. It affects mostly in the hands, hips and knees. The cartilage within the joints begins to breakdown can cause, pain, stiffness, swelling, deformities and decreased range of motion. It caused by damage of joint cartilage between bones. These are the risk factors , joint injury or

overuse, age, gender, obesity ,genetics and race. Osteoarthritis is the most common chronic joint disease.

### Case Report

#### 1. Personal data

- |                       |                         |
|-----------------------|-------------------------|
| 1.Name of the patient | : Mrs.K.G. Chandralatha |
| 2.Address             | : Theldeniya            |
| 3.Gender              | : Female                |
| 4.Age                 | : 50 yrs                |
| 5.Religion            | : Buddhism              |
| 6.Marital Status      | : Married               |
| 7.Occupation          | : House wife            |
| 8.Ward No             | : 7-C                   |
| 9.Bed No              | : 24                    |
| 10.Bed Head Ticket No | : 980 /7-C              |
| 11.Date of admission  | : 01.09.2022            |

**2. Chief Complaints :** Pain in neck region ,lower back area and left knee joint in the body since one year.

**3. Other Complaint** : No any other complaints.

**4. History of Chief Complaint :**

According to the patient gradually occurred this condition before one year.

**5. Past Illness:**

- Hypertension : not detected
- Diabetes Mellitus : not detected
- Hyperlipidemia : not detected

**6. Treatment History:** She has taken western treatments for this condition then she was admitted to Provincial Ayurvedic Hospital Pallekele.

**7. Family History :** Not related with family

**8. Personal History:**

1. Diet : intake of oily and spicy foods.

2. Sleep : sound sleep, 8 hours per day.

3. Exercise : No exercises.

4. Desha : Anupa desha

5. Habit and addiction : No any habits and addictions.

**9. Examination:***1. Ashta vida pariksha*

- Nadi – Gathi : 76 bpm

Yathi : Samantara

Akrithi : Purna

Sanhathi : Mrudu

- Muthra : Normal

- Mala : day- 1 / night - 0

- Jiwaha : Normal

- Shabda : heart – Normal  
lungs - Normal

- Druk : Normal vision

- Akriti : Normal

**2. Vital Examination**

- Temperature - 37 °C

- Pulse - 76 bpm

- Respiratory rate - 17 / min

- Blood Pressure - 120/80 mmHg

- Height - 145cm

- Weight - 45 kg

Observations in clinical examination of patient were documented in detailed case report with treatments during total 6 weeks.

**3. General / On examinations (OE)**

- Physical appearance – Normal

- Mental state – Normal

- Nourishment – Normal

- Ab normal smells – Normal

- Height – 145 cm

- Weight – 45 kg

- Skin – Normal

- Hands – Normal

- Lymph nodes – Normal

**Table 01. Systemic examination of the patient**

System	Inspection	Palpation	Percussion	Auscultation
Cardiovascular system	0	0	0	0
Respiratory system	0	0	0	0
Gastrointestinal system	0	0	0	0
Genitourinary system	0	0	0	0

3 -severe disability 2-moderate disability 1-mild disability 0-Normal

**10. Treatment Protocol 02. Kashaya**

Name	Dose	Route of administration	Anupana	Duration
Rasna Sapthkaya Kashaya	120 ml BD	Oral	Bee's honey 2tsp	01 <sup>st</sup> Sep – 04 <sup>th</sup> Sep
Eranda	120 ml BD	Oral	Bee's honey	05 <sup>th</sup> Sep -18 <sup>th</sup>

<i>Sapthakaya kashaya</i>			2tsp	Sep
<i>Vasa Guduchi Kashaya</i>	120 ml BD	Oral	<i>Eranda oil</i> 1tsp	19 <sup>th</sup> Sep -02 <sup>nd</sup> Oct

**03.Vati**

Name	Dose	Anupana	Route of administration	Duration
<i>Gokshuradhi Guggulu</i>	2 BD	Hot water	Oral	04 <sup>th</sup> Sep -02 <sup>nd</sup> Oct

**04. Kalka**

Name	Dose	Anupana	Route of administration	Duration
<i>Nwarathna Kalka</i>	1 g BD	Garlic and coriander seeds boiled water	Oral	04 <sup>th</sup> Sep -2 <sup>nd</sup> Oct

**05 Thaila**

Name	Dose	Route of administration	Duration
<i>Sarshapadhi Thaila</i>	120 ml	External	01 <sup>st</sup> Sep -04 <sup>th</sup> Sep
<i>Narayana Tahaila</i>	600 ml	External	05 <sup>th</sup> Sep -02 <sup>nd</sup> Oct
<i>Thripala Thaila</i>	30 ml	External	27 <sup>th</sup> Sep - 17 <sup>th</sup> Oct

**6. Pattu/Mallum/Plaster**

Name	Site	Duration
<i>Aba with udhu plaster</i>	Applied lower back area	01 <sup>st</sup> Oct – 04 <sup>th</sup> Sep
<i>Bittara paste</i>	Applied lower back area	05 <sup>th</sup> Oct- 17 <sup>th</sup> Sep
<i>Lakshadhi paste</i>	Applied lower back area	18 <sup>th</sup> Sep – 17 <sup>th</sup> Oct

**7. Churna**

Name	Dose	Anupana	Route of administration	Duration
<i>Dhathri Churna</i>	5 g	Hot water	Oral	01 <sup>st</sup> Sep -01 <sup>st</sup> Oct
<i>Avipaththikara Churna</i>	5 g	Hot water	Oral	05 <sup>th</sup> Sep – 17 <sup>th</sup> Sep
<i>Vajakshara</i>	5 g	Hot water	Oral	9 <sup>th</sup> Sep

**8. Pancha Karma & External Treatments**

Name	Ingredients	Site	Duration
<i>Nadi Sweda</i>	<i>Dhashamul Kashaya</i>	Lower back	05 <sup>th</sup> Sep- 17 <sup>th</sup> Oct (43 days)
<i>Shirodhara -7</i>	<i>Maha narayana thaila</i> - 1 ½ bottles	Head	05 <sup>th</sup> Sep-11 <sup>th</sup> Sep( 7 days)
<i>Sarwangadhara - 7</i>	<i>Maha narayana thaila</i> -2 bottles	Whole body	13 <sup>th</sup> Sep-19 <sup>th</sup> Sep (7 days)

Kati Vasti -7	Maha narayana thaila ½ bottle and Udhu 500g	Lower back	21 <sup>st</sup> Sep-27 <sup>th</sup> Sep ( 7 days)
Sarwanga Swedha -3	Maha narayana thaila	Whole body	28 <sup>th</sup> Sep- 30 <sup>th</sup> Sep (7days)
Virechna Karma -3	Thrivrith Dhraksha Baya dhathri Kashaya-120ml and Eranda thaila 1tbsp	Whole body	02 <sup>nd</sup> Oct-04 <sup>th</sup> Oct ( 3 days)
Sansarjana Karma-5	-	Whole body	05 <sup>th</sup> Oct-9 <sup>th</sup> Oct ( 5 days)
Yoga Vasti-8	Maha narayana thaila and Eranda mula Kashaya	Whole body	10 <sup>th</sup> Oct-17 <sup>th</sup> Oct ( 8 days)

**METHODOLOGY:** This was an Observational study conducted at Provincial Ayurveda Hospital, Pallekele from 6 weeks (01<sup>st</sup> Sep 2022 – 17<sup>th</sup> Oct 2022) time duration. Inclusion criteria was enrolled in this case study, aged 50 years old osteoarthritis female patient was selected onset within one years of time duration. The clinical examination and investigations done by the researcher and all the data were collected based on available clinical facilities. The detailed medical history was taken and examinations were done weekly wise in detail according to both Ayurveda and modern clinical methods. Referred

authentic textbooks and collected literature and used web sites related to study. Informed consent was taken from the patient and confidentiality of collected data was maintained alone with period of survey only. Then all collected data was disposed.

**RESULTS AND DISCUSSION:** Total 6 types of preparations of drugs *Kasaya*, *Vati*, *Kalka*, *Thaila*, *Pattu/mallum/plaster*, *Churna* were used in treatment line for the patient within 6 weeks duration and these drugs were listed out. In clinical examinations and all the observations of results were tabled as follows.

**Table 09 – Classification of different types of used preparations of drugs**

Name of the preparations of drugs	Type of The Preparation of drugs	Total (days)
<i>Rasna Saphthakaya</i>	<i>Kashaya</i>	04
<i>Eranda Saphthakaya</i>	<i>Kashaya</i>	14
<i>Vasa Guduchi</i>	<i>Kashaya</i>	14
<i>Gokshuradi</i>	<i>Vati</i>	29
<i>Nwarathna</i>	<i>Kalka</i>	29
<i>Sarsapadhi</i>	<i>Thaila</i>	04
<i>Narayana</i>	<i>Thaila</i>	28
<i>Thripala</i>	<i>Thaila</i>	20
<i>Aba Udhu Pattuwa</i>	<i>Palasthara or Alepa</i>	04

<i>Bittara Pattuwa</i>	<i>Palasthara or Alepa</i>	13
<i>Lakshadhi Paatuwa</i>	<i>Palasthara or Alepa</i>	30
<i>Dhathri</i>	<i>Churna</i>	31
<i>Avipaththikara</i>	<i>Churna</i>	13
<i>Vajrakshara</i>	<i>Churna</i>	01

**Table 10 – Classification of different types of used preparation of drugs**

No	Types of the preparation of drugs	Number of used types of the preparation of drugs	Percentage of used types of the preparation of drugs %
01	<i>Kashaya</i>	03	21.43
02	<i>Vati</i>	01	07.14
03	<i>Kalka</i>	01	07.14
04	<i>Thaila</i>	03	21.43
05	<i>Pattu/Mallun/Plaster</i>	03	21.43
06	<i>Churna</i>	03	21.43

**Table 11- Variation of signs and symptoms of Sandhigatavata according to the weeks**

Week	Criteria	Neck Region	Lower Back	Left Knee Joint
1 <sup>st</sup> two week	Pain	2	3	2
	Swelling	0	0	1
	Crepitation	0	0	2
	Deformity	2	3	2
	Stiffness	2	3	2
2 <sup>nd</sup> two week	Pain	2	2	2
	Swelling	0	0	1
	Crepitation	0	0	2
	Deformity	2	2	2
	Stiffness	1	1	1
3 <sup>rd</sup> two week	Pain	1	1	0
	Swelling	0	0	0
	Crepitation	0	0	1
	Deformity	1	1	1
	Stiffness	1	1	0

3- Severe disability 2-Moderate disability 1- Mild disability 0 -Normal

**Table 12- Final comparison of signs and symptoms of Sandhigatavata - before and after treatment**

Duration	Criteria	Parts of the Body		
		Neck pain	Lower Back	Left Knee Joint
Before	Pain	2	3	2
	Swelling	0	0	1
	Crepitation	0	0	2
	Deformity	2	3	2
	Stiffness	2	3	2
After	Pain	1	1	0
	Swelling	0	0	0
	Crepitation	0	0	1
	Deformity	1	1	1

3- Severe disability 2-Moderate disability 1- Mild disability 0 -Normal

**OBSERVATIONS****AND**

**CONCLUSION:** It has observed, severity of pain, deformity and stiffness of neck region was reduced grade 2 to 1. Severity of pain, Deformity and stiffness of lower back was reduced grade 3 to 1. Severity of pain and stiffness of left knee joint was reduced grade 2 to 0, swelling of the left knee joint was reduced grade 1 to 0 and crepitation, deformity of the left knee joint was reduced grade 2 to 1. Total 6 types of preparation of medicines were used as treatment. It were included 3 types of *Kashaya* (21.43%), 1 type of *Vati* (7.14%), 1 type of *Kalka* (7.14%), 3 types of *Pattu/Mallum/Plaster*, 3 types of *Thaila* (21.43%) and 3 types of *Churna* (21.43%). Severity of the pain, deformity and stiffness of the neck region was reduced. Severity of the pain, deformity and stiffness of the lower back was reduced. Severity of the pain, stiffness, swelling, crepitations and deformity of the left knee joint was reduced.

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Source of support: Nil Conflict of interest:  
None Declared

Cite this Article as : [Kumari S.M.M.W : An Observational Study on Treatment Line of Sandhigataavata ( Osteoarthritis)- A Case Report] [www.ijaar.in](http://www.ijaar.in) : IJAAR VOL V ISSUE XI NOV-DEC2022 Page No:900 -906