



A REVIEW ON ROLE OF ABHYANGA (MASSAGE) FOR OSTEOARTHRITIS IN GERIATRICS

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ABSTRACT Geriatrics is a branch of medicine deals with providing care for the unique health needs of the senior. Due to degenerative changes in connective tissue and bone present in joint causes arthritis. Osteoarthritis is the most common form of arthritis in old age people. Prevalence of Bone and joint diseases 19.71% in older population, higher among Ladies (22.79%) than men (16.25%). In *Ayurveda* Osteoarthritis can be related with *Sandhivata* (Osteoarthritis). *Sandhivata* term is made from “*Sandhi*” and “*Vata*” which means when individual take *Vata prakopaka ahara vihara* than *Vata* get vitiated and they located in *Sandhi* and causes pain, swelling, restriction of joint movements. In *Ayurveda* mentioned that *Sandhivata* is a type of *Vatavyadhi* which generally occurs in *Vridhavastha* (Old age). *Sandhivata* generally affects knee ,hip joint, and it is more common in weight wearing joint among all joints. If arthritis occur in the knee joint than it become more painful. In present time *Sandhivata* become a challenging disease due to its having long duration, difficult to treat and complication. Ayurveda have potential to maintain joint health, prevent and cure the osteoarthritis by using *Abhyanga*. **OBJECTIVE-** This paper will be highlight the *Abhyanga* with their probable mode of action on Osteoarthritis in detail. **RESULT-** After detail study and reviewing of this paper found that *Abhyanga* could be effective in Osteoarthritis and improve the Quality of life of patients.

Keywords: *Sandhivata*, Osteoarthritis, *Abhyanga*, *Vata Dosh*, *Vridhhavastha*

INTRODUCTION: Osteoarthritis (OA) is a pathological condition in which gradually joint failure occurs in which all composition of the joint has experienced pathologic change. The sign of OA is hyaline articular cartilage loss followed by increasing thickness and sclerosis of the subchondral bone plate, prominence of osteophytes at the margin of joint, stretching of the joint structure, and decrease the power of muscles which connect the joint. Osteoarthritis is the most common form of arthritis among all type of Arthritis in old age person. The prevalence of OA is relates to especially with age, and it is more

common in women than in men. [1] In the old age person joint movement becomes stiffer and reduces flexibility because of reduction in synovial fluid and thinning of cartilage. [2]

Osteoarthritis called *Sandhivata* in Ayurveda. It means a pathological condition in which morbid *Vata* is located in the joint and damage of the joint. *Sandhivata Vyadhi* is a type of *Vatavyadhi* which are generally occurs in *Vridhavastha* (Old age) due to *Dhatukshaya janya* (Emaciation of *Dhatus*) condition in the body.

Clinical manifestations - Osteoarthritis can affect any joint in the body but usually

occurs in weight bearing and frequently used joints such as the knee, spine, hip, and hands. The hand joints that are typically affected are the distal inter phalangeal (DIP), proximal inter phalangeal (PIP), or first carpometacarpal (thumb base), metacarpophalangeal joint involvement is rare.

Symptoms

- *Shula* (Pain in the joint)
- *Atopa* (Abnormal or Crapitus sound in the joint due to damage of joint)
- *Vata purna driti sparsha* (On touch feels like Transparent vessel filled with air) , *Shotha* (Swelling)
- *Prasarana Akunchanayahopravritti savedana* (Loss of joint movement or functional limitation or pain during joint movement)
- Feeling stiffness after rest or in the morning may occur but is usually brief (<30 min) ^[3]

OBJECTIVE

- To highlight the *Abhaynga* and their use in osteoarthritis .
- To find out the Probable mode of action of *Abhyanga* on osteoarthritis in geriatrics.

MATERIALS AND METHODS: This review paper the available literature *Samhitas* like *Charaka*, *Susruta* and *Ashtanga Hridayam*, Harrison's Manual of Medicine, different journals were explored for the disease and relevant information was collected and presented in organized manner.

CONCEPT OF ABHYANGA

In *Dincharyaadhya* Acharya Vagbhata quoted that *Abhyanga Aachareanitya* means *Abhyanga* should be Apply daily in

the body and also mentioned apply specially head, ear and feet.^[4] *Abhyanga* is indicated as part of *Dincharya* to promote the health and prevention of disease. Regular practice of *Abhyanga* provides benefits like *Jarahara*, *Shramahara*, *Vatahara*. *Abhyanga* by *Tila taila* (*Sesamum indicum*, Linn) oil is mainly indicated in *Vata* predominant states of diseases because of its *Vatashamaka* property. *Abhyanga* should be practice in *Anuloma Gati* (Direction toward the hair growth) in the limb, when we apply *Pratiloma gati* (Opposite direction to hair growth), then it may cause braking of hair and it will do discomfort to patient. Circular movement of *Abhyanga* done over the joint because of presence of lymph node and co-lateral venous network around the joint when apply *Abhyanga* in circular movement, then it can improve the drainage system of lymph and blood present in the joint capsule. Stagnation of lymph and blood in the joint capsule can cause inflammation of the joint. The skin is a relatively pervious to fat soluble substances. When oil applies in the skin they cross through dermis, into the capillaries and into bloodstream. Absorption also occurs through hair follicle and sweat ducts. ^[5]

According to Graham - Massage define as a group of procedure which are usually done by hand on the skin of the body in a different way either with a preventive, curative, palliative or hygienic point of view.

Effect of Abhyanga on various Dhātu

The commentator of *Sushruta*, *Dalhana* has describes the Effect of *Abhyanga* on various *Dhātu* according to its duration which is mention in table below: ^[6]

Table -1 Effect of Abhyanga or reaching time of Taila in different Dhātu

DHATU	KALA	
	MATRA	TIME/SECOND
Romkupa	300	95
Twacha	400	127
Rakta	500	159
Mamsa	600	190
Meda	700	220
Asthi	800	254
Majja	900	285

Probable Mode of action of Abhyanga on osteoarthritis : Probable mode of action of Abhyanga on Sandhivata (osteoarthritis) explained below:

1. Dalhana has described the absorption of Sneha used in Abhyanga or reaching time of oil in the different Dhatus when it applied for the Specific time. Thus, Abhyanga should be perform for at least 800 to 900 Matra the Dravya used in Abhyanga get absorbed through skin and it reaches to the Asthi Majja and it subside the diseases of Asthi-majja gata Vyadhi.
2. Vata Shaman is the main aim of Chikitsa, Which is done through Abhyanga. Vata has Ruksha, Laghu, Sheeta property and Taila has Guru, Ushna, Snigdha Property opposite to the property of Vata, hence using Taila help in Vata shaman and curing joint pain caused by vitiated Vata in Vriddhavastha.
3. Acharya Charaka stated that Vayu is dominates in Sparshanendriya which is located in Twacha, further he also describes the important link between Mana, and all senses. if Abhyanga apply in the skin it pacified the Vata and cure the Vata related joint pain in Vriddhavastha^[7]
4. Massage also stimulates the production of Beta-endorphins and can help relax tense muscles and act as a pain relief.^[8]
5. Massage loosens contracted, shortened, hardened muscles and soft tissue

present in the joint and enhances plasticity, elasticity and mobility of soft tissue. If massage apply in the joint, then it Increased Mobility and Range of Motion of Joints.^[9]

6. When massage apply in the joint it increases blood flow, Along with blood flow it increases the flow of lymph. Stagnated lymph in the joint can cause inflammation. Massage relieves stagnation in our lymph node and re-circulating the fluid which help to subside the inflammation in the joint.^[10]

DISCUSSION : In Ayurvedic classical text it was stated that Vatadosha is dominant in Vriddhavastha and Geriatric Disorders. Snehadravya used for Abhyanga has opposite properties that of Vata, so it alleviates the Vata and reduces the symptom of Arthritis. Sandhivata occur mainly due to Dhatukshaya janya after Applying of oil, potency and active principal of drug present in oil can get absorb through skin and reach in muscles, connective tissue and joint which nourish them, increase mobility of joint and reduce the pain in joint. Oil get absorb by Abhyanga and reach in the joint, lubricate them and reduce the crapitation sound. Due to the pain in arthritis, patients are not able to sleep well. During Abhyanga amino acids like tryptophan increase in blood then it covert in to the neuron transmitter serotonin

which promote good sleep and subside the anxiety and depression.

CONCLUSION: Osteoarthritis is a degenerative joint disorder that causes pain, stiffness, and swelling in the joints. In old age osteoarthritis occurs due to protective cartilage that cushions the ends of the bones wear down over time. When this condition occurs, it cannot be reversed but can be managed symptomatically. *Abhyanga* is one of the procedures to be practiced in daily life in *Ayurveda*. *Tila taila* use for *Abhyanga* considered as best oil among all vegetable oil. *Sandhivata* comes under *Vatavyadhi* and *Vatashamana* is main motto of treatment in *Ayurveda*. It is mentioned in *Bhavaprakasha* that *Tila Taila* has properties opposite to the *Vata dosha*, hence when it is applied as *Abhyanga*, it pacified the *Vata dosha*. The advantages and beneficial in the management of *Jara* related osteoarthritis. *Abhyanga* is easy procedure, economic and effective. So we can apply *Abhyanga* daily at home and get benefit in the symptom of Osteoarthritis and improve the quality of life of the patients.

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