

A BRIEF CASE HISTORY OF SANDHIGATA VATA MANAGED WITH AYURVEDA TREATMENT

Prasanna K.G,¹ Arif Khan J.S², Gayathri R,³ Ann Rose P.A,⁴

¹Associate professor,department of kayachikitsa,A.L.N Rao Ayurveda Medical College ,Koppa.

²P.G scholars,department of kayachikitsa,,A.L.N Rao Ayurveda Medical College Koppa.

³P.G scholars,department of kayachikitsa,,A.L.N Rao Ayurveda Medical College Koppa

⁴P.G scholar,department of kayachikitsa ,Karnataka Ayurveda Medical College ,Mangalore,

ABSTRACT

A 59 year old male patient of *sandhigata vata* came to ayurveda hospital with complaints of bilateral knee joint pain,tenderness,difficulty in walking with swelling,crackle sounds of the joints and warmth for 4 years but severe since 5 months. Patient increased the symptoms because of long standing and straining. Patient was treated as indoor patient for 21 days with internal medicines including *maharasnadi kashayam* , *trayodasanga guggulu* , *ksheerabala tailam* along with *abhyagam* , *bandhanam* and *vasti* therapy. Patient responded to the ayurvedic treatment .After the therapy patient felt improvement.

Keywords: *Sandhigata vatam* ,osteoarthritis, *abhyagam*, *bandhanam*, *vasti*, *janu vasti*.

INTRODUCTION:

In Ayurveda osteoarthritis is correlated to *sandhigata vata* .From the period of Charaka onwards ,the disease *sandhigata vata* has identified separately in clinical entity. Acharya Charaka described the disease under *vata vyadhis*. Charaka described the disease with the symptoms such as *shotha*, *akunchana prasaranae vedana* , *vata purna driti sparsha*¹ .

Acharya Susrutha described as *shoola*(pain), *shotha*(swelling), *hanti sandhigata*(diminition of the movements of the joints) as the symptoms of *sandhigata vata*.²

Due to *nidana sevana vata prakopa* take place in the joints and give rise to the symptoms such as swelling in the joints,pain on contraction and extension on palpation it appears as if it is a leather bag filled with air³ .

Osteoarthritis is a middle age common joint disorder which is due to aging and wear and tear of joints. Pain and stiffness which gets worsened after exercise or

pressure on joints are the most common symptoms and the other symptoms includes stiffness of joints,difficulty in moving joints and crepitus during movement of joints .Pain and stiffness usually felt during morning hours,after waking up and often last for 30 minutes or less , which can be said as morning stiffness .Pain usually worsen during activity and comes down on rest . In severe form of OA patient gets pain even at rest⁴ . For osteoarthritis,contemporary science have certain limitation for managing the disease. They mostly go for the conservative treatment and it may have some adverse effects .In Ayurveda there are many treatment options for managing the disease.

Local *Abhyanga* and *Nadi Sweda* were selected for the present study as it has shown good effects for the *Vata Vyadhis*.

CASE REPORT:

Patient of age 59 years suffering with both knee joint pain since 4 years, consulted our hospital .Patient was suffering with

bilateral knee joint pain along with swelling since 4 years .He is a lecturer by profession and has the history of long standing also patient is overweight too.

Patient noticed symptoms like pain while long standing 4 years ago .Initially he felt mild pain ,which later increased when he used to ride vehicle and when he used to stand long after 1 year ,his pain increased and noticed swelling around the joints.

He found mild crepitation while walking for long .His daily activities like long standing, eating fast foods etc. made to increase the symptoms.

He consulted a doctor nearby his home and started taking some pain killers as per doctor's advice .This gave him only temporary relief .Over the time pain and swelling increased. He was advised to take an X-ray of both knee joint in standing view by his doctor ,which showed osteoarthritis of both knees ,in which right knee is severe compared to left knee.

Patient was admitted in the hospital on 3rd June 2017 because of severe pain.

JOB OF THE PATIENT: Lecturer

STUDY CENTRE: A.L.N Rao Ayurvedic Hospital college koppa.

OPD NUMBER: 5197

IPD NUMBER : 84573

ASHTA STHANA PAREEKSHA:

1. **NADI:** *vata kapha*, Pulse:-73/minute

2. **MOOTRAM:** 4-5 times / day

3. **MALAM:** 1 time

4. **SPARSHA:**-normal

5. **DRIK:** normal

6. **JIHVA:** uncoated

7. **SABDHA:** normal

Erandamuladi vasti dravyas :-⁵

Dravyam	Quantity
<i>Maksikam</i>	100 ml
<i>Lavanam</i>	10 gm

8. **AKRITHI:-normal**

CLINICAL FINDINGS:

Subjective Findings:

Patient was having severe pain in the both knee joint with swelling.

Objective Findings:

X-ray of both knee joints in standing view:

Osteoarthritis of the right knee joint is severe than left knee joint.

Blood report:

Hb:-13.2gms%

RBS:-116mgs%

S.URIC ACID:-4.18mgs%

CRP:- negative

RA:-negative

Platelet Count: 2.2lakhs cells/cu mm

ESR:-4/10 mm

Urine Routine: Normal

MATERIAL AND METHODS:

Patient was admitted in IPD where he was treated with external treatment and oral medications for 21 days .

ORAL MEDICATIONS:

1. *Maha rasnadi kashayam*:-50 ml twice daily before food .(self-made *kashayam*).

2. *Trayodasanga guggulu* :- 2 tab daily morning and night after food.(1 tab:- 1 *masha*(0.97 grams)).

3. *Ksheerabala tailam* :- 1 teaspoon with milk at night after food.

4. *.Prabhanjanam tailam*:-external application.

5. *Murivenna*:-*bandhanam* and *janu vasti*.

Niruha vasti:-

Each 650ml of *erandamooladi vasti* was given in alternative days.

Nadi svedana :- lumbar region.

<i>Sneham –murchita tila tailam</i>	100 ml
<i>Kalkam</i>	10gm
<i>Kwatha</i>	400 ml
<i>Gomutram</i>	30 ml
Total quantity	650 ml

In *vasti* we are saying patient to lie in the left lateral position .We give *snehanam* and *swedanam* on back region then lubricate the anal region with fingers .Then we slowly enters the *vasti netra* to anal region and press the medication in the

vasti netra. We take blood Pressure before and after *vasti* .

OBSERVATIONS:

Patient was treated with above treatment from 3rd June to 23rd June. Patient was examined before and after treatment.

Knee examination	Before treatment	After treatment
Crepitus	++	+
Warmth	++	-
Swelling	++	+
Tenderness	++	-

DIET: Specific diet is not mentioned for *sandhigata vata*. But as being a *vata vyadhi* we can adopt the same diet of the general *vata vyadhi*. Foods are recommended Vegetarian diet with less spicy and oily foods.

DISCUSSION: *Sandhigata vata* is mentioned in all classics .Now a days this

disease is very commonly seen in our ayurvedic practice. *Sandhigata vata* develops after the age of 35 now a days. The symptoms are commonly seen in bus drivers, computer operators and school teachers, obese peoples etc.

Symptoms of osteoarthritis can be correlated to *sandhigata vata*.

<i>Sandhigata vatam</i>	Osteoarthritis
<i>Sandhi shoola</i>	Pain in the joints
<i>Aatopa</i>	Crepitations in the joints
<i>Vedanayukta sandhipravriti</i>	Painful movements in the joints
<i>Sandhi sthambha</i>	Stiffness in the joints
<i>Shotha</i>	Swelling of joints

In Ayurvedic view *sandhis* are the seat of *slesaka kapha*.The most of the osteoarthritis is produced by *ruksha guna*. In *sandhigata vata* ,*vata dosha prakopa* occurs in *kapha sthana* .So,it is *ruksha vriddhi* and *kapha kshaya* .*Vata* and *kapha*

are *sita* in nature .So, the medicine must be *ushna brimhana* and *anulomana*.

Sandhigatavata is one of the *Vatavyadhi* described in all *Samhita* and *Sangraha Grantha*. *Acharya Vaghbhatta* and *Sushruta* have considered *Vatavyadhi* as *Mahagada*. It is so called due to the fact that the

treatment is time consuming and prognosis is uncertain. Further *Dhatukshya* is the chief cause of *Vatavyadhi*. *Dhatukshaya* is difficult to treat as Acharya Vaghbhatta has elaborated that since body is accustomed to *Mala*, *Dhatukshaya* is more troublesome than *Dhatu Vriddhi*⁶. *Sandhigatavata* is one of the *Vatavyadhi*, therefore it is *Kastasadhya*.

In our case study we are taken one patient case history, and we are given

1. *Maha rasnadi kashayam* has the property of *vatahara* ,*pachana* , *ushnavirya*, *tiktakatu rasa*⁷.
2. *Trayodasanga guggulu* has the properties of *vatakaphahara* ,*deepanam*, *asthiposhaka*, *ashtimajagata* *vata* ,*sulahara*,*tiktakatu rasa*,*ushna virya*⁸ .
3. *Ksheerabala tailam* has the properties of *vatahara*,
5. *Prabhanjanam tailam* is *ushna virya* .

From this we can understand that to reduces the *shula*,*shopha* we can use *vatahara*,*ushna virya*,*drugs* internally and externally.

CONCLUSION: In this study, we can conclude that the *vatahara aharaviharas* ,*ushna brihana dravyas* reduces the symptoms of the patient. *Bandhanam* treatment reduces the swelling in the knee joint .In *janu vasti* we are using *ushna brihana tailas*.

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Corresponding Author: Dr.Prasanna K G, Associate professor, department of kayachikitsa, A.L.N Rao Ayurveda Medical College ,Koppa
Email: annrosemol@gmail.com

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Declared

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