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REVIEW ARTICLE ON *SANDHIGATA VATA* W.S.R TO OSTEOARTHRITIS

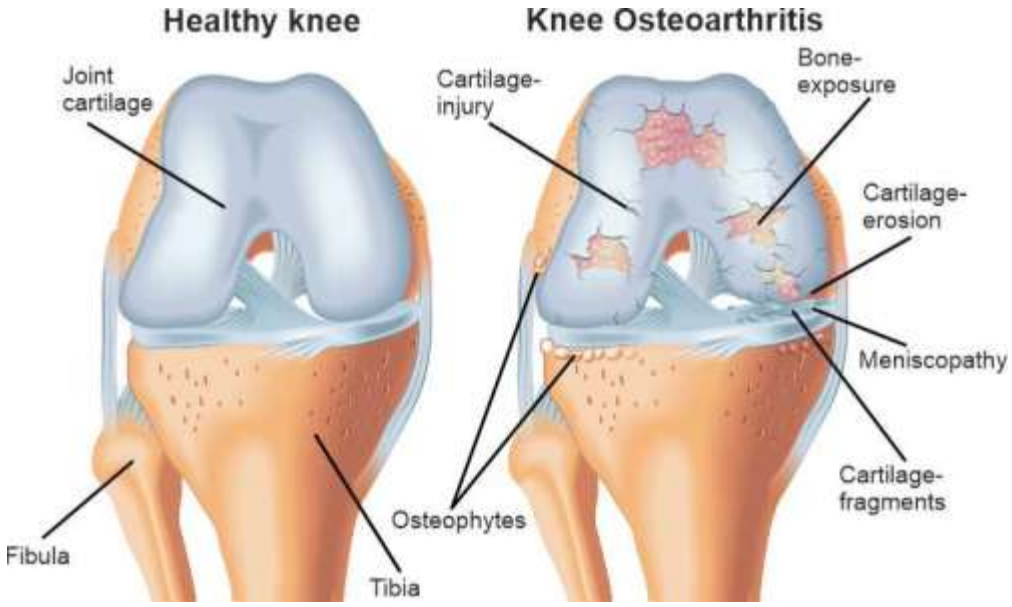
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ABSTRACT
Background: *Sandhigata Vata is a prevalent degenerative joint disorder described under Vatavyadhi in Ayurvedic literature. It closely resembles osteoarthritis (OA) in modern medicine, characterized by joint pain, stiffness, and restricted mobility, especially in weight-bearing joints such as the knees and hips. The disease primarily occurs due to Dhatukshaya (tissue depletion), aggravated Vata Dosha, and is influenced by age, trauma, and lifestyle factors.* ***Objective:*** *To systematically review Ayurvedic perspectives on the etiology, pathology, clinical features, and management of Sandhigata Vata in relation to osteoarthritis.* ***Materials and Methods:*** *A qualitative review was conducted using classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, etc.) along with contemporary research and online databases including PubMed, Google Scholar, and Medline. Relevant references related to the causes, symptoms, differential diagnosis, and treatment modalities of Sandhigata Vata were compiled and analyzed.* ***Results:*** *Sandhigata Vata develops due to the vitiation of Vata Dosha and depletion of Kapha and Dhatus, leading to pain, swelling, and limited joint function. The disease lacks a dedicated chapter in Samhitas but is described under Vatavyadhi. Management involves a multifaceted approach including Snehana (oleation), Swedana (fomentation), Basti (medicated enema), Agnikarma (cauterization), and Jalaukavacharana (leech therapy). Herbal medications like Yogaraj Guggulu, Rasnasaptak Kwath, and Dashmool preparations are effective. Dietary and lifestyle modifications, along with yoga, support long-term disease control.* ***Conclusion:*** *Ayurveda offers a comprehensive and individualized approach to managing Sandhigata Vata through both preventive and curative strategies. Integration of classical therapies with modern insights provides sustainable and holistic care for osteoarthritis patients. Early diagnosis and a tailored combination of internal, external, and behavioral therapies can significantly enhance patient outcomes and quality of life.*

KEYWORDS: *Sandhigata Vata*, *Osteoarthritis*, *Vatavyadhi*

INTRODUCTION
Sandhigata Vata is one of the most common diseases seen in society and is classified under *Vatavyadhi* by various *Acharyas. Vata* plays a crucial role in maintaining the balance of *Dosha, Dhatu*, and *Agni,* while also being essential for movement. When *Vata* becomes vitiated and localizes in the joints (*Sandhi*), it leads to the condition known as *Sandhigata Vata*. This condition commonly arises due to *Dhathukshaya* (the depletion of bodily tissues) during old age (*Vridhavastha*) or due to injuries (*Abhighata*). *Sandhigata Vata* primarily affects weight-bearing joints, such as the knee joints,hip joint,ankle joints and it significantly restricts daily activities like walking, climbing stairs, and running. The vitiated *Vata Dosha* localizes in the joints and can produce symptoms such as pain, swelling, and difficulty in joint movement. *Sandhivata* is a broad term for all the joint disorders involving *Vata* and may include other doshas, while *Sandhigata Vata* is a specific Ayurvedic condition where *Vata dosha* affects the joints, typically weight bearing joints correlating with osteoarthritis.

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Osteoarthritis, a degenerative "wear-and-tear" type of arthritis, can affect any joint but is most prevalent in weight-bearing joints. It typically occurs in individuals aged 40yrs and older, though it can also affect younger people, especially women during menopause.

In cases of osteoarthritis, there can be varying degrees of inflammation without systemic effects. Over time, the cartilage in the joints gradually wears away. As this cartilage becomes frayed and rough, the protective space between the bones decreases, leading to bone rubbing against bone, which can produce painful bone spurs. Symptoms may include joint pain, limited movement, tenderness, crepitus (a crackling sensation), and occasionally joint effusion (swelling due to excess fluid). Knee arthritis, in particular, can make everyday activities such as walking or climbing stairs difficult, resulting in significant lost work time and serious disability for many individuals.[1]

AIM & OBJECTIVE

To study the review article of *Sandhigata Vata* through Ayurveda.

MATERIALS & METHODS

All references for *Sandhigata Vata* were gathered from Ayurvedic *Samhitas* as well as contemporary literature and online resources (such as Google Scholar, Medline, PubMed,and others) that were utilized to examine the suggested applications of treatment for *Sandhigata Vata* or OA.

Etiology

Although there is no specific chapter mentioned in *Samhitas* for *Sandhigata Vata*. It is described under *Vatavyadhi.**Nidana***[2] (Causative Factors)-

Aharaja Nidan	***Viharaja Nidan***	***Agantuja Nidan***	***Manasika Nidan***	***Kalaja Nidan(*Vitiated *Vata)***	***AnyaHetuja***
Rooksha Ahara	*Ratri jagarana*	*Abhighata*	*Atichinta*	*Greeshma Pravrit*	*Langhana*
Sheeta Ahara	*Vishama Chesta*	*Marmaghata*	*Atishoka*	*Varsha Ritu*	*Ama*
Alpa Ahara	*Atimaithuna*	*Patana*	*Atibhaya*	*Sharat Ritu*	*Vishama upachara*
Laghu Ahara	*Vegadharana*	*Pidana*	*Atiersya*	*Aparanha* (Last part of day)	*Dhatunam Sankshyad*
Virudha Ahara	*Atyadhavan*	*Seeghrayana*	-	*Pratyusha*(Last part of night)	*Rogatikarsh*
Tikta,Katu Ahara	*Divaswapnam*	-	-	Last part of digestion	*Dhatukshaya*
Pramitha Ahara	*Ativyayama*	-	-	-	*Atikshataja*

Purvaroopa

Purvaroopa refers to the early signs of a disease that may manifest in the future. This stage occurs during the *Sthanasanshraya* phase *of Satkriyakala*. Similar to *Hetus* (causes), there is no specific *Purvarupa* outlined for the disease *Sandhigata Vata* in classical texts. Therefore, the *Purvaroopa* of *Vatavyadhi* can be considered as the *Purvaroopa* for *Sandhigata Vata*.

Acharya Charaka mentions that the *Avyakta Lakshanas*[3] (unmanifested characteristics) of *Vata Vyadhi* should be

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regarded as its *Purvaroopa*. Commentator *Vijayarakshita* explains the term "*Avyakta*"[4] as referring to symptoms that are not clearly expressed. This includes the mild and occasional occurrence of *Sandhi Shoola* (joint pain) or *Shotha* (swelling) before the full manifestation of the disease *Sandhigata Vata.*

Roopa

- *वातपूर्णद्रतिस्पर्शः शोथः सन्धिगतेऽनिले|*
  प्रसारणाकुञ्चनयोः प्रवृत्तिश्च सवेदना|| Cha.chi 28/37||
- *हन्ति सन्धिगतः सन्धीन् शूलशोफौ करोति च। (Su.Ni.1/28)*

	Symptoms	Ch.Sa	Su.Sa[5]	A.S	A.H[6]	B.P	M.N
1.	*Sandhi Shula*	+	+	+	+	+	+
2.	*Sandhi Shotha*	+	+	+	+	+	-
3.	*Vatapurnaduti sparsa*	+	-	+	+	-	-
4.	*Prasarana-akunchanayo pravutti cha vedana*	+	-	+	+	-	-
5.	*Hanti Sandhi*	-	+	-	-	+	+
6.	*Atopa*	-	-	-	-	-	+

Samprapti: No specific *samprapti* has been explained for *Sandhigatavata*. So, the *samprapti* of *sandhigatavata* is assumed to be the same as that of general *samprapti of Vatavyadhi*.

Hetu Sevan

Vata Prakopa

Vata vitiated in Asthi(Asthi Ashraya Ashrai Sambandha)

Asthi kshaya due to *Vata Prakopa*

Sandhistha Sleshaka Kapha Kshaya

Kha Vaigunya

Sthana Samshraya at Sandhi Pradesha

Shoola, Shopha,Aatopa

Sandhigata Vata

Samprapti Ghataka

- *Dosha- Vata esp. Vyanavayu, Shleshaka Kapha*
- *Dosha- Vata esp. Vyanavayu, Shleshaka Kapha*
- *Agni-Manda*
- *Dosha Marga-Marmasthi Sandhi*
- *Roga Marga-Madhyam*
- *Vyaktisthana Asthi-Sandhi*
- *Udbhavasthana-Pakvashaya*

Prognosis (*Sadhya-Asadhyata*)

If *sandhigata vata* is of acute onset, affected person has strong immunity, is having no complication, then it is *sadhya*. Otherwise, it is *Krichha Sadhya*. Moreover, if there is dominance of the *Vata dosha* & patient has developed complication of *Vatvyadhi,* then it is *Yapya.*

Differential Diagnosis

As the symptoms of other disorders which affect Sandhi are Amavata,Vatarakta,Koshtrukashirsha,Janu Sandhigata Vata are most probably some as Sandhivata,it creates confusion a many disorders.So it differential diagnosis.

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Factors	*Janu sandhigata vata*	*Amavata*	*Vatarakta*	*Koshtrukashirsha*
Amapradhanya	Absent	Present	Absent	Absent
Jvara	Absent/Present	Present	Absent	Absent
Hridgaurava	Absent	Present	Absent	Absent
Prone age	Old age after 40yrs	Any age	-	-
Vedana	*At prasarana Akunchana Pravriti Vedana*	*Vrischik Danshavat Vedana*	*Mushika Danshavat Vedana*	*Tivra*
Shotha	*Vatapurna dhriti sparsha*	*Sarvang and Sandhigata*	*Mandala yukta*	*Koshtruka Shirshvat*
Sandhi	*Weight bearing joint (Knee joint)*	*Starts from small joint.Later effects big sandhi*	*Small sandhi*	*Only Janu*
Upashaya	*Abhyanga*	*Ruksha svedana*	*Rakta shodhana*	*Rakta shodhana*

Chikitsa of Sandhigata Vata

In Ayurveda the primary goal should be *Nidana Paribaryana* because is the first line of treatment.This can be accomplished by dietary modification, regular exercise, and therapeutic procedure.

***Chikitsa* of *Sandhigata Vata* according to different *Acharya*.**

Tretment	A.H[8]	A.S[9]	Su.Sa[10]	*Yo.Ra*[11]	*Bh.Pr*[12]
Snehana	+	-	+	+	+
Abhyanga	-	+	-	-	-
Mardana	-	+	+	+	-
Swedana	-	+	-	+	-
Upanaha	+	+	+	+	-
Bandhana	-	+	+	-	-
Agnikarma	+	+	+	-	-

Jalaukavacharana

Jalaukavacharana is a treatment for joint discomfort mentioned by *Acharya Charaka*[13] . This method has been clinically shown to improve symptoms of *Sandhigata Vata*, including *Shoola* (pain), *Shotha* (swelling), and *Prasaranakunchana Vedana*[14] (restricted movement). Bloodletting using leeches (*Jalauka)* is employed for various inflammatory conditions. As the leech feeds on blood, it introduces its saliva into the patient's tissues, which can help in the healing process.There are two main approaches to *Snehana* (oleation): 1) Internal application (*Snehapana)* and 2) External application *(Abhyanga*). Both techniques are effective in treating *Sandhi Vata*. One of *Acharya Sushruta's* four categories of *Sweda* (fomentation) is *Upanaha*. This method serves as a preparatory measure, promoting sweating and relieving stiffness and heaviness in the joints.

Agnikarma

When applied to the affected joint, *Agnikarma* significantly reduces pain. Current research indicates that *Agnikarma* has a notable analgesic effect on pain[15] by pacifying Vata-Kapha Doshas improving local circulation,reducing inflammation and enhancing tissue healing [16]. The use of electrocautery in *Agnikarma* has shown satisfactory results in alleviating the signs and symptoms of *Sandhigata Vata*.[17]

Bandhana involves applying *Vatashamaka* herb leaves firmly to the injured joint. This method helps reduce swelling, which can resemble an inflated bag, by preventing aggravation of *Vata.*[17]

Unmardana is a massage technique that applies pressure to the injured joint, aiming to relieve swelling and enhance blood circulation. It specifically targets issues in the medium channel of the disease.[17]

Basti

Basti is considered the most effective treatment for *Sandhivata*. Due to the patient's advanced age and reduced tissue quality, *Sneha Basti* is often preferred in cases of *Sandhivata.*[18]

Yogasana

Practicing regular *yogasana* (Tadasana,Vrikshasana,Setu Bandhasana,Balasana)can help to prevent and manage *Sandhivata* by aiding in weight loss and improving posture.

Shamana Aushadha

- Single herbs like *Ashwagandha, Guggulu,Rasna, Shallaki*, *Bala, Shunthi*, and *Haridra* have shown positive results in treatment.It is researched and found effective.

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- There are several effective formulas for treating *Sandhivata*. Notably, *Guggulu* preparations such as *Vatariguggulu*, *Yograj Guggul, Trayodashang Guggulu*, and *Rasnadi Guggulu* are particularly beneficial.
- Furthermore, *Kwath* preparations such as *Rasnasaptak Kwath, Erandmuladi Kwath, Maharasnadi Kwath*, and *Dashmool Kwath* are also advantage for therapy.

Pathya Ahara

Category	***Pathya***
Rasa	*kshira,Amalaki,Saidhav*
Dhanya verga	*Godhuma, Masha, Raktashali,Kulattha*
Saaka Varga	*1.Phala saaka: Kushmanda, Varthaka, Brihathi, Karavellaka, Sigru*
	2.Patra saaka: Purnanava, Mundi, Kabana rda,
Phala	*Dadima, Parushaka,Draksha*
Mamsa	*Jangala mamsa,Kukkuta, Chataka, Tititri, Ajja*
Gorasa	*Goksheeram,Goghritham*

Apathya Aahara

Category	***Apathya***
Rasa	*Maricha,Karavellaka, Dalimba*
Dhanya	*Yava, chanaka, kodrava, shyamaka*
Saka	*Bimbi,trapusa, sarshapa, kanda saka,alabu*
Phala	*Jambu, puga, udumbara, tala phala*
Mamsa	*Matsya, bileshaya,prasaha*
Apathya vihara	*Atimarga gamana, vegadharana, vyayama, srama,pathana, virudha chestha, chinta, bhaya,shoka*

DISCUSSION

Sandhigata Vata is a classic manifestation of *Vata* imbalance, primarily due to *Dhatukshaya* and Marga*avarana*, leading to degenerative changes in the joints. The condition parallels osteoarthritis in modern medicine, which is marked by the breakdown of articular cartilage and resultant pain, stiffness, and reduced function. From an Ayurvedic perspective, the role of *Vata Dosha*, especially *Vyanavayu* and *Shleshaka Kapha*, is central in the pathogenesis, with contributing factors including age, trauma, dietary habits, and lifestyle irregularities.

Ayurvedic texts offer a detailed understanding of the disease and provide a several treatment approach. *Snehana* (oleation) and *Swedana* (sudation) prepare the body for *Panchakarma* procedures like *Basti,* which is considered the most effective therapy due to its direct action on *Vata Dosha*. External therapies like *Agnikarma* and *Jalaukavacharana* offer symptomatic relief, especially in reducing pain and inflammation.

The use of herbal formulations such as *Yogaraj Guggulu, RasnadiGuggulu*, and decoctions like *Dashmool* and *Rasnasaptakkwath* demonstrate efficacy in long-term management. Additionally, lifestyle and dietary modifications including regular exercise, weight control, avoidance of *Vata*-aggravating foods, and incorporation of yoga can enhance treatment outcomes. Thus, a holistic management strategy combining internal, external, and behavioral therapies can provide significant relief and improve the quality of life for individuals suffering from *Sandhigata Vata*.

CONCLUSION

Sandhigata Vata, akin to osteoarthritis, is a chronic and progressive condition that significantly impairs mobility and quality of life. The *Ayurvedic* approach offers a comprehensive understanding and effective management strategy through the integration of classical therapies, herbal medicines, and lifestyle interventions. Emphasis on personalized treatment based on *Doshic* imbalance, stage of disease, and individual constitution makes the *Ayurvedic* management dynamic and patient-centered. When applied appropriately, these interventions not only alleviate symptoms but also help prevent further degeneration, there by offering a sustainable solution for this age-related disorder.

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