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Review Article

A CASE STUDY ON SANDHIGATVATA (OESTEOARTHRITIS) THROUGH AYURVEDIC MANAGEMENT

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ABSTRACT

Sandhigata Vata is a condition dominated by the *Vata dosha*, leading to both inflammatory and degenerative changes in the joints. This condition becomes especially painful when it affects mobile joints such as the knee (*Janusandhi*). The knee is particularly susceptible to *Sandhigata Vata* because it is heavily involved in daily activities and serves as a weight-bearing joint, making it more vulnerable, especially in overweight individuals. The pathogenesis of *Sandhigata Vata* is primarily characterized by an imbalance of *Vata dosha*. This study aims to evaluate the effectiveness of *Janu Basti* using oil for managing *Sandhigata Vata*.

Keywords: *Janubasti*, Osteoarthritis, *Sandhigatavata*, *Til tail*.

INTRODUCTION

Sandhigatavata is classified under *Vatavyadhi* in all *Samhitas* and *Sangraha Granthas*. In old age (*Jaravastha*), all *Dhatus* undergo degeneration, leading to an imbalance of *Vata dosha* and increasing susceptibility to various diseases, including *Sandhigatavata*.

Acharya Charaka was the first to describe *Sandhigatavata*, referring to it as "*Sandhigata Anila*," although it was not included among the 80 types of *Nanatmaja Vyadhi*¹. *Acharya Sushruta* discussed *Sandhigatavata* in the *Vatavyadhi* chapter, outlining its symptoms and treatment. He added the symptom "*Hanti Sandhi*" to those previously noted by *Acharya Charaka*². *Acharya Vagbhatta* described *Vatavyadhi* as "*Maharoga*," highlighting its importance, with *Sandhigatavata* being a prominent condition among them. Clinical features

of *Sandhigataavata* include *Vatapurna Druti Sparsha*, *Prasaranakunchana Vedana*³, *Sandhi Shoola*⁴, and *Atopa*⁵.

The term "osteoarthritis" is derived from the Greek words "osteo" (bone), "arthro" (joint), and "itis" (inflammation), referring to inflammatory changes in bone joints. Osteoarthritis, also known as degenerative arthritis or degenerative joint disease, is characterized by low-grade joint inflammation due to abnormal cartilage wear, which acts as a cushion within the joints. The reduction in synovial fluid leads to pain in weight-bearing joints during activities like walking and standing. Reduced movement due to joint pain may also lead to muscle atrophy and increased ligament laxity⁶.

Case report

A case of 55 yrs old female patient presented with chief complaint of B/L knee pain since four months. Walking and climbing the stairs aggravated the pain. The pain was relieved by resting. The knee pain had affected her daily living activities. On examination reveals tenderness, swelling, crepitus and range of movement of left leg is reduced. The patient was taking NSAIDS, but there was no satisfactory relief through the drugs. In Radiographical examination narrow joint space and osteophyte was found.

Criteria For Assessment

- *Sandhi Shula*
- *Sandhigrah* (Joint Stiffness)
- *Sandhi Shotha*/ Swelling
- *Aakunchan Prasaranjanya* Vedana (pain during flexion & extension)
- *Sandhisphutana*/ Crepitus releases pain, relax muscles and increases the absorption of *Sneha* through the skin.

Janu Basti Materials needed are:

- Black gram flour
- *Tila taila*
- *Mahanarayan taila*
- *Nirgundi Kwatha*
- *Nadi Swedana Yantra*

Fine black gram flour is taken in a vessel, mixed with water (preferably warm), and kneaded to form a dough. From this dough, a ring is shaped to fit around the knee joint, ensuring the entire joint is enclosed. The ring should be approximately 5-6 inches in height. Warm *Tila Tail* (sesame oil), *Mahanaryan taila* is poured into the ring until it reaches a depth of about 2 Angula, using a small piece of cotton to pour. The temperature of the oil must be maintained uniformly throughout the procedure. The oil is replaced with warm oil at regular intervals, and the process is continued for 45 minutes. Afterward, the oil is drained, and the flour ring is removed. *Abhyanga* (massage) is performed using the same oil for 10-15 minutes, followed by *Nadi Swedana* (herbal steam therapy) with *Nirgundi Patra Kwatha* for 15 minutes.

Samana Ausadhi

Tab *Chitrakadi* -250 mg BD

Tab *Shimhanadi guggulu* 250 mg BD

Maharasanadi qwath 10 ml BD Before lunch and dinner

Note -Total 5 Shift treatment is given with the interval of 1month *Panchkarma* procedure along with *samana ausadhi*.

RESULT

Assessment criteria	Before Treatment
<i>Sandhi Shula</i>	Severe
<i>Sandhigrah</i> (Joint Stiffness)	Present
<i>Sandhi Shotha</i> / Swelling	Moderate
Range of movement	Restricted up to 15 degree

DISCUSSION

Osteoarthritis is classified as a *Vatavyadhi*. *Janu Basti* with *Til Taila* helps alleviate osteoarthritis symptoms by rejuvenating the *Janu Marma* (knee joint). The properties of *Til Taila*—*Sukshma*, *Sara*, *Snigdha*, *Picchila*, *Guru*, *Mana*, and *Mridu* counteract the qualities of *Vata dosha*. Therefore, *Til Taila* both neutralizes *Vata dosha* and nourishes *Sthanika Kapha dosha*. It also nourishes the *Mamsa*, *Meda*, *Asthi*, and *Majja* Dhatus, restores joint lubrication, and helps maintain the integrity of the joint structures. *Abhyanga* strengthens the muscles, relaxes stiffness, and improves blood flow and metabolism.

Acharya Charaka recommended the use of *Nirgundi* in *Vata Vyadhi*⁸. *Nirgundi* has *Kapha-Vata Shamaka*, *Rasayana*, *Vedanasthapaka*⁹, and anti-inflammatory properties. *Swedana* using *Nirgundi Patra Kwatha* has a hypo-analgesic effect by diverting pain stimuli, reducing stiffness, alleviating pain, relaxing muscles, and enhancing the absorption of *Sneha* (oily substances) through the skin.

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