



JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH (JETIR)

An International Scholarly Open Access, Peer-reviewed, Refereed Journal

क्षीरघृताभ्यासो रसायनानां -WRT The Management of Sandhi Gata Vata(A Case Study).

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Abstract:

Sandhigata Vata is the most common joint disorder of Vata and affecting millions of people worldwide. It closely resembles to Osteoarthritis of swelling, pain, joint stiffness, grating sensation and tenderness. The risks are more in Vriddhavastha due to deterioration of Dhatus. It ultimately creates disturbance in performing daily activities like walking, sitting, cooking etc. Vata Dosha plays main role in this disease. It is a Marmasthi Sandhi Vyadhi which becomes Kashta Sadhya due to Vriddhavastha. Cardinal features are : Vata Purana Druti Sparsha associated with Shula Pradhana Vedana and Sandhi Shotha.

This is a patient aged 59 year old who is diagnosed with Janu Sandhigata Vata where he took tablet Chymoral for 5 days to subside the pain and swelling. It was a temporary relief. Later he took Ayurvedic Treatment for few days which included Sthanika Snehana and Swedana and then Janu Basti with Mahanarayana Taila for few days.

Keywords: Sandhigata Vata, Osteoarthritis, Abhyanga, Nadi Sweda, Mahanarayana Taila.

Introduction:

The patient is sports director in College since 25 years and also used to play sports. Currently the patient does daily cycling, play volleyball and walking as a part of daily regimen. Also, other factors including Bhaya, Chinta, Stress and driving a car for long period aggravated Vata dosha. In Vriddhavastha, all Dhatus undergo Kshaya, thus leading to Vata Prakopa. Ultimately leading to Rukshata, Parushata and Kharata and gets Sthansanshrita/Purana at Srotas causing Dosha-Dushya Samurchhana leading to Sandhigata Vata. The cardinal symptoms are Vata Purna Druti Sparsha associated with Shula Pradhana Vedana and Sandhishotha, Prasarana and Akunchana of joints causes extreme pain. Shotha appears mostly due to Ama.

In osteoarthritis occurs when the cartilage that is present between the ends of the bones in joints starts deteriorating. The Meniscii, ligaments which enables a movement without any friction starts degenerating. Eventually, if the cartilage degenerates completely, bone will rub on bone creating grating sound. Contemporary treatment is either by giving vitamins or tab chymoral working as a pain killer giving temporary relief and another treatment is surgery which may lead to side effects.

Sthanika Snehana with Maha Narayan Taila and Nadi Sweda and Janu Basti with same oil may be applied for better results. Patient was given tab like O-sheal, Lakshaadi Guggulu, Dashang Lepa for local application. These are having Vata Shamaka properties.

Material and Methods: It is a single case study. Informed consent was taken from the patient.

History of Present Illness:

The 59 years old had slipped from a bike which contributed to a knee injury during rainy season. He also had history of road accident dating 20 years back which exacerbated the knee injury. The patient started complaining of pain, swelling and tenderness at night. He also complained about grating sensation from 10 years. He faces difficulty when he has to drive for long time.

Patient took Allopathic medicine Tab Chymoral for 5 days which gave him temporary relief but not satisfactory results. Then he approached for ayurvedic treatment. All previous medicines were gradually stopped and Shamana and Shodhana Chikitsa was prescribed. All vitals were checked and Dashavidha Pariksha was done and recorded.

Past History: No significant surgical history

Medical history: Tab chymoral for 5 days.

Personal History: Food habits: Dal-bhat, chapati, bhaji, chicken, mutton, etc. Disturbed sleep

Family History: Not significant.

Nidana Panchaka: Ahara: Ruksha and Katu Rasatmaka Ahara.

Vihara: Due to workout, volleyball, cycling and running.

Purvarupa: Janu Sandhigata Shula , grating sensation.

Rupa: Vata Purna Druti Sparsha associated with Shula Pradhana Vedana and Sandhi Shotha

Upashaya: After applying hot Narikela Taila, Tila Taila and by hot steam bath.

Samprapti: Due to Vata Prakopa Ahara and Vihara (Vata vitiating food items) and Marmabhighata at Janu Pradesh (Age related degeneration) due to travelling and driving car for long time which leads to vitiation of Vata. Prasarana of Prakupita Vata in Sira, Snayu, Kandara and Asthi of Janu and gets Sthansanshrit in Janu and causes degeneration of the structures causing Shula, Shotha and tenderness.

Samprapti Ghataka:

Dosha:Vata; Dushya: Rasa, Rakta, Majja, Sira, Kandara and Snayu; Srotas:Rasavaha, Asthivaha, Majjavaha; Srotodushti: Sanga; Rogamarga:Madhyama; Agni Mandya:Jatharagni Mmandya, Dhatvagnimandya; Adhishthana: Janu Sandhi; Udbhavasthan:Asthi Sandhi; Vyakta-sthan: Janu Sandhi.

Diagnosis: Sandhigata Vata.

Treatment: Shamana Chikitsa.

Aushadhi	Matra	Kala	Anupana
Lakshadi Guggulu	250 mg	Vyanodane	Ushnodaka
O-sheal	300 mg	Vyanodane	Ushnodaka
Dashamula Rasna Bala Eranda Ashwagandha Shunthi	500 mg 250mg 250mg 250mg 500mg 500mg } 30 ml	Sakala-Sayankala	-

Shodhanachikitsa-Ubhaya Janu Basti – Mahanarayana Taila.

Local application-Dashanga Lepa.

Observation and Result:

After completion of 15 days treatment, the patient is relieved from Vata Purana Druti Sparsha associated with Shula Pradhana Vedana and Sandhi Shotha and there is no more stress and can do all the movements without any grating sensation.

Discussion:

Taila Abhyanga with Vata Nashaka Ghruta and Taila. Parisheka, Abhyanga, Basti, Snigdha Swedana with Vatahara Dravya.

Ahara- Mamsa Rasa, Dugdha, Madhura, Amla and Lavana Rasatmaka Padartha which leads to Bruhan of Sharir. This treatment is Shotha-Hara, Vedana Sthapana.

Conclusion:

The pain and tenderness was relieved after 7 days of Janu Sandhi. He was able to do movements without any grating sensation and friction. There is no need of surgical intervention in Osteoarthritis as it can be handled by Shamana and ShodhanaChikitsa.

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