

Conceptual Study of Osteoarthritis and Sandhigatavata in the Light of Brihan Chikitsa (Karma)

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Abstract:

Osteoarthritis and sandhigatavata both are degenerative disease of joints. Mostly affects weight bearing joint-knee joint and hip joint. This is the potent cause of disability. Osteoarthritis is a terminology used in modern science and sandhigatavata is a terminology used in Ayurveda. In osteoarthritis there is lose of articular cartilage and synovial inflammation. Symptoms are Joint stiffness, swelling, pain and loss of mobility. According to ayurveda in sandhigatavata there is dryness (rukshata) in joint ultimately there is formation of vayu sang (accumulation of vata) in joint result in painful movements of joint. According to modern, treatment for osteoarthritis is only conservative and surgical, there is no proper disease modifying drug. In ayurveda acharyas (charaka, vagbhata, sushruta, Madhavakara) are lighting on such type of conservative treatment that is repair the damage of joint and minimize the occurrence of disease. Acharya charaka include degenerative disease in apatarpanjanya vyadhi or dhatukshayajanya vyadhi and explain brihan karma is the treatment for this; brihan karma is one of the shavidha chikitsa karma (six types of treatment for any kind of disease). Acharya vagbhata include this brihan karma in santarpanjanya chikitsa. Brihan karma is dhatuvridhikar chikitsa, it is also used to repair the sandhidushti (damage occur in joint) and to minimize the occurrence of disease.

Key Words –brihan karma, dhatukshayajanya, osteoarthritis, sandhigatavata, santarpan chikitsa

Introduction:

According to ayurveda changes in day night, environment, diet, age are directly affected on metabolism of body. During daily routine some degenerative changes occur in body, in young age in some extend body itself regain it but in old age body is not able to regain this degenerative changes occur in body. Osteoarthritis, sandhigatavata are degenerative diseases which are commonly found in old age. According to modern, osteoarthritis is a degenerative disease characterized by loss of articular cartilage and synovial inflammation, joint stiffness, swelling, pain and loss of mobility being its hallmark symptoms found in old age only. Treatment for osteoarthritis is only conservative and surgical there is no proper disease modifying drug. The symptoms of osteoarthritis is correlated with sandhigatavata explained under vatavyadhi in ayurveda .acharya charak explain brihan karma for degenerative disease. It is also used to repair the

sandhidushti and to minimize the occurrence of disease. Acharya vagbhat explain santarpan treatment, santarpana means nourishing treatment, and it is correlated to brihan.

Also santarpan is two types –sadya santarpana and abhyas santarpana . Sadya santarpan given for short duration disease and abhyas santarpan is given for long duration disease. sandhigatavata is progressive long duration disease so abhyas santarpan is given in sandhigatavata .

Sandhigatavata :

first described by acharya charaka as sandhigatavata anila(vayu) with symptoms of shotha (swelling) which on palpation feels like a bag filled with air and Shula (pain) on prasarana(relaxation) and ankuchana (flexion).Acharya Shushruta also mentioned shula(pain) and shotha(swelling) in this disease leading to the diminution of movement of joint involved . Madhavkara adds atopa (crepitation) in joint as additional feature of joint .sandhigatavata is of two types – margavrodhjanya and dhatukshayajanya. it is a

degenerative disease .dhatukshayjanya sandhigatavata formed when strotasa becomes ruksha (dry) ,ultimately vayu enter in that strotasa and symptoms of pain , restriction of movement occur . Margavarodhjanya sandhivata formed when there is strotorodh due to aamotpati in body in any cause and vayu become sam , symptoms like inflammation ,redness ,pain in joint .so first in margavrodhjanya sandhigatavata we have to give deepan, pachan , shoth-har treatment and then brihan treatment .In dhatukshayjanya sandigatavata brihan karma gives better result .

Osteoarthritis –

it is a condition of synovial joints characterized by focal lose of articular hyaline cartilage simultaneous proliferation of new bone with remodeling of joint contour .a variety of mechanical metabolic, genetic, or constitutional insults may damage synovial joint and trigger the need for repair. All the joint tissue (cartilage ,bone , synovium , capsule ,ligaments , muscle ,) depends on each other for health and function .osteoarthritis process is metabolically active , involving new tissue production and remodeling of joint shape sometimes because of either overwhelming of chronic insult or an inherently poor repair response it falls to repair resulting in progressive tissue damage .changes in joint cartilage encourage deposition of calcium pyrophosphate and apatitic crystals . Specially in mid end and superficial zone results in superimposed acute attacks of synovitis. The muscles that act over the joint commonly show non specific type 1 1 fibre atrophy .treatment aims are to educate the patient, control pain, minimize disability and handicap and reduce further structural progression. Established structural changes are permanent but pain and function can improve .conservative treatment as analgesics, and oral NSAIDS given. Intra articular injection of steroid and hyaluronan given in joint but repetitive large dose injection are associate with decreased repair and may lead to more cartilage damage. Surgery should be considered if conservative measures fail such as osteotomy, joint replacement .chondroitin sulphate glucosamine sulphate are being routinely used in many countries either as pharmacological agents or as nutrition agent for pain relief and prevention of cartilage damage in osteo arthritis both have been shown to

have slow acting symptoms modifying effect and disease modifying effects.

Brihan chikita (karma):

Acharya charaka explained shadavidha upakarmas for treatment. Brihan karma is one of this shadavidha upakarmas .it means to increase something in body. Brihan karma is balavidhikar; dhatupushtikara karma .it removes weakness of body. it cures all deformities formed by degeneration of dhatus .qualities of brihan dravyas are guru (heavy), mrudu (flaby) , snigdha (oily) ,pichhil (sticky) , shlashna (smooth) .it diminishes intolerance of body towards heat ,cold ,heavy exercise . bath, application of herbal paste mixed with oil ,basti made by madhur gan aushadhi , milk, sugar , and ghee these are general brihan . Brihan druyas increases bulkiness of dhatu and body, it is responsible for structural maintenance of the dhatu. Acharya vagbhata explain dwividhopakrama of chikitsa (two types of treatment) - santarpana and apatarpan chikitsa .acharya vagbhata include brihan karma in santarpana chikitsa.

Discussion:

Osteoarthritis and sandhigatavata both are degenerative disease and found in mostly in old age. Inflammation, joint pain, restricted movement, change in gait, these are the symptoms. current therapuratic regimen for osteoarthritis are only partially effective and often have significant associated toxicities .there are no proper disease modifying drugs approved by the regulatory body . When therapeutic treatment fails, only joint replacement indicated .in ayurveda brihan treatment (according to charaka) is recommended in dhatukshayjanya vyadhi. Snan (bath) utsadan (oily herbal paste) milk, ghee, sugar, various basti made by madhur gan aushadhi are brihan druyva. Brihan druyvas given in long period, acharya vgbhata explained abhyas santarpana for sandhigatavata.sandigatavata is progressive long duration disease so abhyas santarpan is given in sandhigatvata . Asthidhatu, asthivah shrotas become strong, vata dose normalize due to brihan karma so pain, restricted movement diminished . one can able to do normal daily work without any support and surgery can be avoided .

Conclusion:

Osteoarthritis and sandhigatavata both are degenerative disease mostly found in old age. Symptoms of both are joint pain, restricted movement, local swelling, are mostly same.

In modern treatment osteoarthritis has conservative treatment, intra articular injections if not get relief lastly surgery recommended as joint replacement. There is no proper disease modifying drugs.

In ayurveda sandhigatavata get better relief due to use of brihan karma .it increase bone strength ligament tendon, muscle weakness. So further degenerative process of sandhi stopped.

Refferances:

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