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# Comprehensive Ayurvedic management of *Sandhigata Vata* : A Case Report

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## ABSTRACT

*Sandhigata Vata* is a disease associated with aging. This particular form of *Vatavyadhi* is mostly found in *Vridhnavastha* as a result of *Margavarodha*, which restricts daily tasks like dressing, walking, taking a bath, and so on, leaving patients incapacitated or handicapped. Treatment options include NSAIDs, calcium supplements, and finally joint replacement. In this case, arthroplasty was advised due to bilateral osteoarthritis in the knees. Pain, edema, range of motion, and walking distance all improved significantly once the therapy was completed. Internal medicine, *Janu Pizhichil*, and *Panchtikta Ksheer Basti* therapy were used to successfully treat the patient. **Case:** A 65 years old male patient was clinically diagnosed as a case of *Sandhivata* presented with the following chief complaints from 1 month. It was associated with swelling in B/L knee joint with pain, tingling sensation in right unilateral knee joint. **Management:** Patient was treated with *Janu Pizhichil* (oil bath for knee joint), *Panchtikta Ksheer Basti* (medicated enema) and internal medication like *Panchatikta Ghrith Guggulu*. **Conclusion:** It can be concluded that use of *Baahyaparimarjan Chikitsa* (classical external Ayurvedic treatment) in the background of accurate diagnosis can cure the patients suffering from osteoarthritis also no osteoporotic changes were observed in 1 month. Being safe, devoid of adverse effects, ayurvedic management is the only option to avoid painful intervals, advancement of the disease and repeated use NSAIDs.

**Key words:** *Sandhigatavata*, *Osteoarthritis*, *Pizhichil*, *Panchtikta Ksheera Basti*, *Panchtikta Ghritha Guggulu*.

## INTRODUCTION

The most prevalent musculoskeletal disorder, osteoarthritis (OA), usually manifests by the time an individual reaches the age of 70. It is a disorder that primarily affects large joints. Nearly everyone experiences some degenerative changes in a weight-

bearing joint by the age of 40, and osteoarthritis symptoms are frequently observed in 16% of males and 25% of females. The Indian population has a higher incidence of osteoarthritis (OA) in the knee than the Western population.<sup>[3]</sup>

In Ayurveda, OA and *Sandhigatavata* are connected. This illness was reported by Acharya Charaka under *Vataj Nanatmaj Vyadhi* (differing *Vata*-related disorders). He described this illness, describing symptoms such joint crepitus, inflammation, and pain and trouble walking.<sup>[4]</sup>

Acharya Shusruta had further added specific symptoms, that is, degenerative changes in joints as the symptoms of *Sandhigatavata*.<sup>[5]</sup>

Modern medicine has its own limitations when it comes to treating this illness. While there are a number of therapy options available in Western medicine for severe osteoarthritis, they are not particularly effective

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and have a number of negative side effects. Thus, *Sandhigatavata* really needs to find appropriate management. Ayurvedic treatments such as *Shaman Chikitsa* (palliative therapy) and *Panchakarma* (purification procedure) are more effective in treating this kind of rheumatological illness. In this case report, a male patient with *Sandhigatavata* received palliative care in addition to various local and systemic potential therapies, which led to a remarkable improvement in his OA symptoms.

### History of Present Illness

Demographic detail of the patient is mentioned in Table 1. A 65-year-old male patient gradually had symptoms such as pain in bilateral knee joint and difficulty while walking since 1 month, stiffness in both knee joints since 20 days, and swelling in bilateral knee joint since 15 days, which are briefly mentioned in Table 2. He had associated symptoms of tingling sensation on right knee joint. After intake of analgesic also, no relief was obtained, and symptoms were getting worsened day by day. So, he approached Panchakarma OPD of Pt. Khushilal Sharma Ayurved Institute Bhopal, for Ayurvedic treatment. Examination of the patient including vitals examination, *Ashtavidha Pariksha* (eight systemic examination), and specific locomotor system examination is mentioned in Tables 3, 4, and 5, respectively, and after obtaining written informed consent, the treatment was started on inpatient department level.

**Table 1: Demographic details**

Name	XYZ
Age	65
Sex	Male
Address	Kolar Road Bhopal
OPD	20230052951
Occupation	Business
Marital status	Married
Socioeconomic status	Middle class

Weight	68 kg
Height	5'8"

**Table 2: Chief complaints with its duration**

SN	Chief complaints	Grade	Duration
1.	Pain in right knee joint	3+	Since 1 months
2.	Difficulty and pain while walking	2+	Since 1 months
3.	Stiffness in both knee joints	2+	Since 20 days
4.	Mild swelling over right knee joint	2+	Since 15 days

**Table 3: Vitals examination**

Blood pressure	130/90 mm of hg
Pulse	70/min
Respiratory rate	17/min

**Past History** - No history of trauma or fall was reported.

**Medication History** - Patient had taken tablet amlodipine 5mg once a day on regular basis, and tablet diclofenac 75mg when necessary for rheumatic complaints.

### Personal History

- Food habits: mixed diet, excessive intake of spicy food and bakery products
- Sleep: Disturbed sleep due to pain
- Addiction: Alcohol consumption (weekly twice) and tobacco chewing daily (since 3 years)

**Family History** - No significant family history was reported.

**Nidan Panchak** - (The Procedure of Etiopathogenesis of *Sandhigatavata* as per Ayurveda)

**Hetu (etiology or causative factors):**

**Ahara:** *Katu Rasa* (spicy food items), *Ruksha* (dry or shrunken food items)

**Table 4: Ashtavidha Parikshana**

Nadi (pulse)	70/min
Mala (stool)	Saam Yukt
Mutra (urine)	Samyak
Jeehva (tongue)	Saam Yukt
Shabda (speech)	Spastha
Sparsh (skin)	Ruksha
Druka (eyes)	Prakruta
Aakruti (posture)	Madhyama

**Table 5: Examination for locomotor system (examinations specific to diagnosis)**

Inspection	<ul style="list-style-type: none"> <li>Difficulty and pain in both knee joints while walking for distance and sitting for long duration</li> <li>Swelling over right knee joint</li> <li>Reflexes are intact</li> <li>No varicosities are seen</li> <li>No any structural deformity in knee joint</li> </ul>
Palpitation	<ul style="list-style-type: none"> <li>Tenderness present over medial side of right knee joint</li> <li>Crepitus present in both knee joint</li> <li>Affected flexion and extension of right knee joint</li> </ul>

**Vihara:** *Atijagarana* (excessive awakening at night), *Ativyayama* (excessive body exertion), *Chinta* (worry), *Vegdharana* (suppression of natural urges)

**Purvarupa (prodromal symptoms):** Stiffness in both knee joints, mild discomfort during walking

**Roopa (manifestation):** Pain in bilateral knee joint and difficulty, crepitus present in both knee joints, and pain while walking from 1 month, stiffness in both knee

joints from 30 days, and mild swelling over right knee joint since 5 days

**Samprapti (pathophysiology of the disease):** Due to above causative factors lead to *Rasadushti* (improper formation of blood plasma) and *Vataprokopa* (Vitiation of *Vata*), which spreads *Vatadosha* in all body channels, which creates obstruction of various channels and invaded over joints. Owing to obstruction, degenerative changes occur joints, which produces *Sandhigatavata*.<sup>[6]</sup>

**Investigations:** X-ray right knee Anteroposterior and lateral view had showed space reduction in knee joint, joint overlapping and gross osteoporotic changes.

**Diagnosis:** *Sandhigatavata* (osteoarthritis)

**Treatment advised:** By analysing the aforementioned pathogenesis of disease in this patient, treatment plan was prescribed. It can be classified under two categories, that is, *Shodhana* (purification) and *Shamana Chikitsa* [Tables 6 and 7].

**Table 6: Shodhan Chikitsa**

Procedure	Duration
<i>Janu Pizhichil</i>	15 days
<i>Panchtikta Ksheer Basti</i>	15 days

**Table 7: Shaman Chikitsa**

Medicine	Dose & Duration
<i>Panchtikta Ghrita Guggulu</i>	2 TDS

**OBSERVATIONS AND RESULTS**

Assessment of the patient was performed in terms of clinical features<sup>[6]</sup> and radiological findings shown in Table 8. After completion of therapy, the patient got significant relief in pain while walking, stiffness, and swelling of knee joint., also it helped in maintaining joint space, now there was no overlapping of lateral epicondyle of femur and tibia and no osteoporotic changes as shown in Table 8 and Figure 2. No undue effect was found after this treatment.



Figure 1: Before treatment



Figure 2: After treatment

Pain in right knee joint	3+	0
Difficulty and pain while walking stiffness in both knee joint	2+	0
Stiffness in both knee joint	2+	0
Mild swelling over right knee joint	2+	0
Crepitus present in both knee joint	2+	0
<b>Objective criteria</b>		
Range of movement (Right leg)	Grade 1 (81°-100°)	Grade 0 (101°-120°)
X-ray (Right knee)	<ol style="list-style-type: none"> <li>Joint space reduction</li> <li>Joint overlapping of lateral epicondyle of right femur and tibia</li> </ol>	<ol style="list-style-type: none"> <li>Maintaining joint space</li> <li>There was no overlapping of lateral epicondyle of femur and tibia</li> </ol>

**DISCUSSION**

By taking into consideration all factors, which were involved in the pathogenesis of *Sandhigatavata* in this patient, treatment principles for *Vatavyadhi Chikitsa* (treatment of *Vata* diseases) was applied here. The treatment protocol for this patient can be divided into *Shodhana Chikitsa*, especially *Basti Karma* (medicated enema) and *Pizhichil* along with *Shamana Chikitsa*. After 1 month, the patient got significant relief clinically, and a significant improvement was observed in the radiological findings, especially in terms of maintenance of good joint space and absence of overlapping as shown in Table 8. Adopted treatment protocol mainly comprised *Vedanasthapana* (pain reliever), *Shothahara* (anti-inflammatory), and was

Table 8: Assessment on the basis of subjective and objective criteria (vas score).

Type of assessment	Before treatment	After treatment
Subjective criteria		

*Vatadosha Shamana* (pacification of *Vata*) in nature, which helped to strengthen various musculatures and various structures in knee region.<sup>[11]</sup>

#### Probable mode of action

##### Pizhichil

In this treatment, precious warm *Kottamchukaddi* oil is squeezed on to the patient's body from a piece of cloth, periodically soaked in a vessel containing the oil, with soft massage in a rhythmic way. Improves the circulation and metabolism and thus restores health. It helps in rejuvenating the body. Beneficial in many ailments like arthritis, neurological and degenerative disorders as it induces diaphoresis (sweating). Increases the skin lustre and complexion of the skin. As it improves the circulation, it increases immunity and life span. Promotes relaxation to the body by relieving stress.

##### Panchtikta Ksheer Basti

When *Vata* gets exceedingly aggravated, there is no remedy other than *Basti* for its alleviation. *Basti* has been glorified as definitive therapy to treat the vitiated *Vata* and *Vatapradhana Vyadhis* (AS. Su. 28/12). *Basti* removes *Mala*, *Pitta*, and *Kapha* and does *Vatanulomana* to relieve the disorders situated in all over the body. *Basti* performs various actions such as *Samshodhana*, *Samshamana*, *Samgrahana*, *Vajeekarana*, *Brumhana*, *Karshana*, *Chakshushya*, and *Vayahsthapana*. *Basti* is "*Param Vatahara*," and as *Vata* is the causative factor of *Katishoola*; hence, here *Basti Chikitsa* was opted.

It being a *Vata Vyadhi*, located in *Marmaasthisandhi*. *Ksheera Basti* is described as the main line of treatment in *Asthigata Vikaras* by Acharya Charaka. The *Basti*, which have *Ksheera* or milk and *Panchtikta* drug (*Nimba*, *Vasa*, *Ptaola*, *Guduchi*, *Kantkari*) as the ingredient is known as *Panchtikta Ksheera Basti*. *Ksheera* is the ingredient which can be used in the *Basti* preparation as per the condition and *Doshik* involvement. *Ksheera Basti* serves dual function, i.e., *Niruha* and *Anuvasana*; hence, it acts as *Shodhana* as well as *Snehana*. *Ksheera Basti* relieves the *Margavarodha* and produces *Brimhana* effect. In this study, *Ksheera Basti* is used as *Yapana Basti*.

The rectum has rich blood and lymph supply, and drugs can cross the rectal mucosa such as other lipid membrane. Thus, unionized and lipid-soluble substances are readily absorbed from the rectal mucosa. In *Basti Karma*, a homogeneous emulsion of Honey, *Saindhava*, *Snehadravya*, *Kalka*, and decoction mixed in remarkable combination after proper churning may break the large and middle chain fatty acid to small chain fatty acids. The mixture given facilitates absorption better than a single drug per rectum.

##### Panchtikta Ghrita Guggulu

*Sandhigata Vata* is *Madhyama Roga Margagata Vatika* disorders in which vitiated *Vata* gets lodged in *Sandhi*. Hence to treat *Sandhigata Vata* drugs acting on both *Vata* and *Asthi* should be selected. According to *Charaka*, in *Asthi Dhatu Dushti* the treatment should be given by *Tikta Dravya Ghrita* and *Kshira*. In *Panchatikta Ghrita Guggulu* predominance of *Tikta Rasa* is there.

*Tikta Rasa* has *Vayu* and *Akasha Mahabhuta* in dominance. Hence it has got affinity towards the body elements like *Asthi* having *Vayu* and *Akasha Mahabhuta* in dominance. Though, *Tikta Rasa* aggravates *Vayu* which may enhance the pathogenic process of *Sandhigata Vata* but, the main principle of *Ayurvedic* treatment is "*Sthanam Jayate Purvam*". The main site of *Sandhigata Vata* is *Sandhi* which is the site of *Shleshmaka Kapha*. So, by decreasing the *Kapha Dosh* *Tikta Rasa* fulfils the principle.

Most of ingredients of *Panchatikta Ghrita Guggulu* have *Tikta Rasa*, *Ushna Virya* and *Madhura* and *Katu Vipaka*. The *Tikta Rasa* increase the *Dhatvagni* (metabolic stage). As *Dhatuagni* increase, nutrition of all the *Dhatu*s will be increased. As a result, *Asthi Dhatu*, *Majja Dhatu* may get stable and *Asthi Dhatu* and *Majja Dhatu Kshaya* will be decreased. So degeneration in the *Asthi Dhatu* may not occur rapidly. It can be said, it slows down the degeneration processes.

On the overall effect of the *Panchatikta Ghrita Guggulu*, it has been found that drug is predominant in *Ushna Virya* which helps in pacification of aggravated *Vata* and subside the pain.

**CONCLUSION**

*Sandhigatavata* is one of the most specific articular illnesses, making it extremely difficult for the affected individual to do even basic daily tasks. Even though it's typically seen as an illness of the elderly, middle-aged people can also be affected. It mostly affects the knee and other major weight-bearing joints in the body. It manifests as *Vatapoornadrutisparsha*, *Shula*, *Sotha*, and trouble extending and flexing the *Sandhi*, according to Ayurveda. The findings showed that *Sandhigatavata* (OA) can be successfully treated by combining several *Shodhana* techniques, such as *Shamana Chikitsa*, *Pizhichil*, and *Panchtikta Ksheer Basti*. Because this study only includes one case report, the findings must be reexamined using a larger sample size and comparable research.

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