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Understanding the concept of *Sandhigata Vata* through *Samprapti* and *Shatkriya Kala*

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ABSTRACT

The illness known as *Sandhigata Vata* is prevalent in both industrialised and developing nations. Rarely, the illness results in fatality as well as mild, moderate, or severe morbidity. Problems are becoming more common place these days as a result of dietary and lifestyle changes, as well as social and cultural shifts and travel. *Sandhigata Vata* is detailed in all *Samhitas*, according to *Ayurveda*. *Sandhigata Vata* is the ailment that *Acharya Charak* described separately. A major phenomenon in the *Samprapti* of *Sandhigata Vata* is the problem of *Sandhis*, as described by *Prakupita Vata*. The most prevalent type of joint problem in older and obese people is *Sandhigata Vata*. It is a primary contributor to morbidity and disability. This condition develops slowly and can lead to deformities and loss of function in joints, particularly weight bearing joints like the knee joint.

Key words: *Vata Vyadhi*, *Sandhigata Vata*, *Samprapti*

INTRODUCTION

Ayurveda is not just a medical discipline, but also a life science that promotes health and a better way of life. *Vata* is conduct of all the functions of central nervous system in the body. It conducts entire body's movement. "*Vatavyadhi*" is a disease produced by *Vata* in its vitiated state. *Sandhigata Vata* is a disease described in *Ayurveda* under the *Vata Vyadhi* in all *Samhitas* and *Sangraha Grantha*. All *Dhatu Kshya* in *Vridhdhava*, Excessive consumption of *Vata Varudhikar Ahara* such as *Katu*, *Tikta*, *Kashaya Rasa Pradhan Dravya*, as well as *Ativyayama* (excessive

exercise) or *Abhigata* (trauma), is thought to be the cause.^[1] Thus leading to *Vataprakopa* and making individual prone to many complication. *Sandhigata Vata* (osteoarthritis) is such condition it usually start with ageing.

Sandhigata Vata is a combination of three words: '*Sandhi*', '*Gata*', and '*Vata*'. *Vata* is a physiological feature of the body, whereas *Sandhi* is an anatomical portion.

It is a type of *Vatavyadhi* which limits everyday activities such as walking, dressing, bathing etc. thus making patient disabled / handicapped. It being a *Vatavyadhi*, located in *Marmasthisandhi* and its occurrence in old age makes it *Kashtasadhya*. *Vata Dosh* plays main role in the disease. *Shula Pradhana Vedana* is the cardinal feature of the disease.

Samprapti (Pathogenesis) of *Sandhigatavata*

The way in which the *Dosha* gets Vitiated and the course it follows for the manifestation of disease is called *Samprapti*. Proper understanding of *Samprapti* is vital for the treatment, because *Chikitsa* is illustrated in the *Ayurvedic text* is nothing but "*Samprapti Vighatana*".

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Samanya Samprapti (General Pathogenesis)

The *Doshas* vitiated first & cause vitiation of *Rasa* & other *Dhatus* together vitiate *Malas* which in turn vitiates *Malayatanas* which include two below (urethra & anus), seven in head (eyes, nose, ears & mouth) & the channels of sweat, from the vitiated channels manifests their connected diseases.^[2]

Koshta Shakha Gati of Doshas

In physiological as well as pathological conditions, *Doshas* perform certain patterns in regards to their spread, direction, area of localization, & manifestation. In the above process, *Doshas* spread from various *Koshtas* towards *Shakhas*. This is called *Koshta Shakha Gati* of *Doshas*.^[3]

Role of Vata Dosh in disease pathology

The term *Koshta* is derived from the union of two terms "*Kusha*" & "*Stham*". *Kusha* means an empty space & *Stham* means wall (*Kush Adharadou - Dhanj Kartari Stham*). Thus, a hollow space surrounded by some compact tissue may be considered as *Koshta*.

Even a cell can also be considered as a *Koshta*, since it fulfills the conditions required. Simply it is sufficient to consider the inner hollow portion as the real *Koshta* & the outer covering as the *Shakha*. The disturbance of *Shakha* and *Koshta* either structurally or functionally by *Doshas* leads to the disease pathology. Here the *Gati* is playing an important role. *Shakha Gati* of the *Doshas* suggest an advancement of pathological condition & *Koshta Gati* indicates recovery from it. *Koshta Gati* is favoured by the mitigation of *Vata Dosh* (*Vayu Nigraha*) & *Shakha Gati* is exacerbated by the quick movement of *Vata* (*Drutatwat Marutasya Cha*). *Vata* gets located in *Sandhi*, it hampers the normal function of *Sandhi* which results in *Vedana* during *Akunchana* and *Prasarana*.

Samprapti Ghataka

- *Nidana - Vata Prakopaka Nidana*^[4]
- *Dosha - Vata esp. Vyanavayu, Shleshaka Kapha*
- *Dushya - Asthi, Majja, Meda*
- *Srotas - Asthivaha, Majjavaha and Medovaha*

- *Srotodusti - Sanga*
- *Agni - Jatharagni, Dhatvagni*
- *Dosha Marga - MarmAsthi Sandhi*
- *Roga Marga - Madhyam*
- *Udbhavasthana - Ama-pakvashaya*
- *Vyaktisthana - Asthi-Sandhi.*

Disease process according to Shat Kriya Kala**Sanchaya (Stage of Accumulation)**

As long as there is no disturbance in the usual condition caused by any *Nidana*, the *Dosha* normally remains in an equilibrium stage within its own *Ashaya*, but it can accumulate excessively within its *Ashaya* or at its original site. *Stambha Purna Koshtata* may appear at this stage because of *Vata Dosh*.^[5] If a patient is going to develop *Sandhigatavata* later on, *Vata Sanchaya* at its *Mula Sthana*, or *Pakvashaya*, may cause the *Lakshana* of *Vata Sanchaya* mentioned above. Additionally, since *Asthi* is the seat of *Vata*, some symptoms of *Vata Vriddhi* may also be seen in *Asthi*, such as *Asthi Rukshata* and *Asthi Kharata*. This is also because *Nidana* affects both *Dushya* and *Dosha*.

Prakopa (Stage of Vitiation)

The *Prakopa* stage begins when remedial action is not taken during *Sanchaya Avastha* and is permitted to proceed. At this point, *Doshas* that have already accrued strengthen at their own location and have a tendency to grow aroused. *Koshtatoda* and *Koshta Sancharana* may appear as a result of *Vata's* provocation.^[6] Similar symptoms like *Asthi Kharata* and *Asthi Rukshata* may be observed, depending on severity.

Prasarana (Stage of Spread)

The agitated *Doshas* move on to the following stage, called *Prasara*, if the previously upsetting elements are still not addressed by suitable measures. Excited *Dosha* now spreads to various structures and organs and bodily parts.^[7] *Asthi Rukshata* and *Kharata* symptoms can manifest with varying degrees of intensity. *Khavaigunya* in *Asthi* and *Majjavaha Srotas* may be caused by *Vatavridhi*.

Sthanasamshraya (Stage of Localization)

As a continuation of previous stages and conditions, in this stage the spreading *Doshas* become localized wherever there is *Khavaigunya* and it marks the beginning of specific disease pertaining to that structure. This stage represents the *Purvarupa* phase of disease and the interaction between the *Dosha* and *Dushya* takes place.^[8] In case of *Sandhigatavata*, Vitiated *Vata* gets localized in *Khavaigunya* which is present in *Asthi* and *Majjavaha Srotas*. Means *Prakupita Vata* get situated in *Asthi* and *Sandhi* causing *Asthi* and *Sandhigatavata*. Here, *Purvarupa* of the disease like occasional *Sandhishula* and *Shotha* occur.

Vyakti (Stage of Onset)

This stage provides a comprehensive picture of the disease, including *Rupa*, in all of its manifestations. Once *Asthi* and *Sandhi* receive *Sthanasamshraya*, *Vata* absorbs the *Sneha* from them due to its *Ruksha* and *Khara* properties. This results in the onset of *Vyakti Avastha*, which manifests as symptoms such as *Shula*, *Shotha*, and *Hanti Sandhigatah* among others.

Bheda (Stage of Complication)

Sushruta states that if the sickness or the vitiated *Doshas* are not properly managed at this point, it may become incurable. There could be serious issues. Complications of the condition include subluxation, joint deformity, loose body in the joint cavity, and loss of joint movement. *Hanti Sandhigatah* manifests in the advanced stages of the illness. *Hanti Sandhigatah* indicates that *Stambha*.

DISCUSSION

Our old writings give a detailed account of it. *Vata* plays a major role in *Sandhigatavata*, acting on the *Sandhis* to create *Dosha Dushya Samurchana* in *Sthana Samshraya* and ultimately cause the disease. *Sandhi Shoola*, *Sandhishotha*, *Prasaranaakunchana Savedana*, soreness, and other symptoms are produced by it. Because of their comparable indications and symptoms, osteoarthritis and *Sandhigatavata* are said to be connected by contemporary science.

Among musculoskeletal illnesses, osteoarthritis is prevalent and a major source of disability. It ranks as

the second most prevalent musculoskeletal issue globally, following back pain. Given the absence of specific etiological factors for *Sandhigata Vata*, the *Samanya Nidana* of *Vata Vyadhi* is seen as an etiological factor for *Sandhigatavata*.

CONCLUSION

Sandhigata Vata is well explained in *Ayurvedic Samhita*. The ancient knowledge of *Ayurveda* will help in diagnosis and management of *Sandhigata Vata* in present era very well.

Ayurveda advocates proper use of diet and regulation of lifestyle from very early life. *Ayurvedic* measures can prevent OA in primordial and primary stages and progress of the disease to later stage can be stopped. With this knowledge, one should avoid unhealthy *Ahara* and *Vihara* and adopt suitable *Ahara* and *Vihara* to prevent and to control *Sandhigata Vata*.

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 *Shatkriya kala* duration of each stage depends on etiological factors, triggering factors, nature of *Doshas*, nature of disorder. By this we concluded that whatever may be the disease the early diagnosis will not cause complication,

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