

Department :- Ayurved Samhita & Siddhant

Topic :- Sandhi-vata

CONTENT

I

Article Summary

II

Strength & Lacunae in the
Study

III

Classical Analysis of
संधिगत वात

CONTENT

I

Article Summary

Journal Details

Summary of the Study

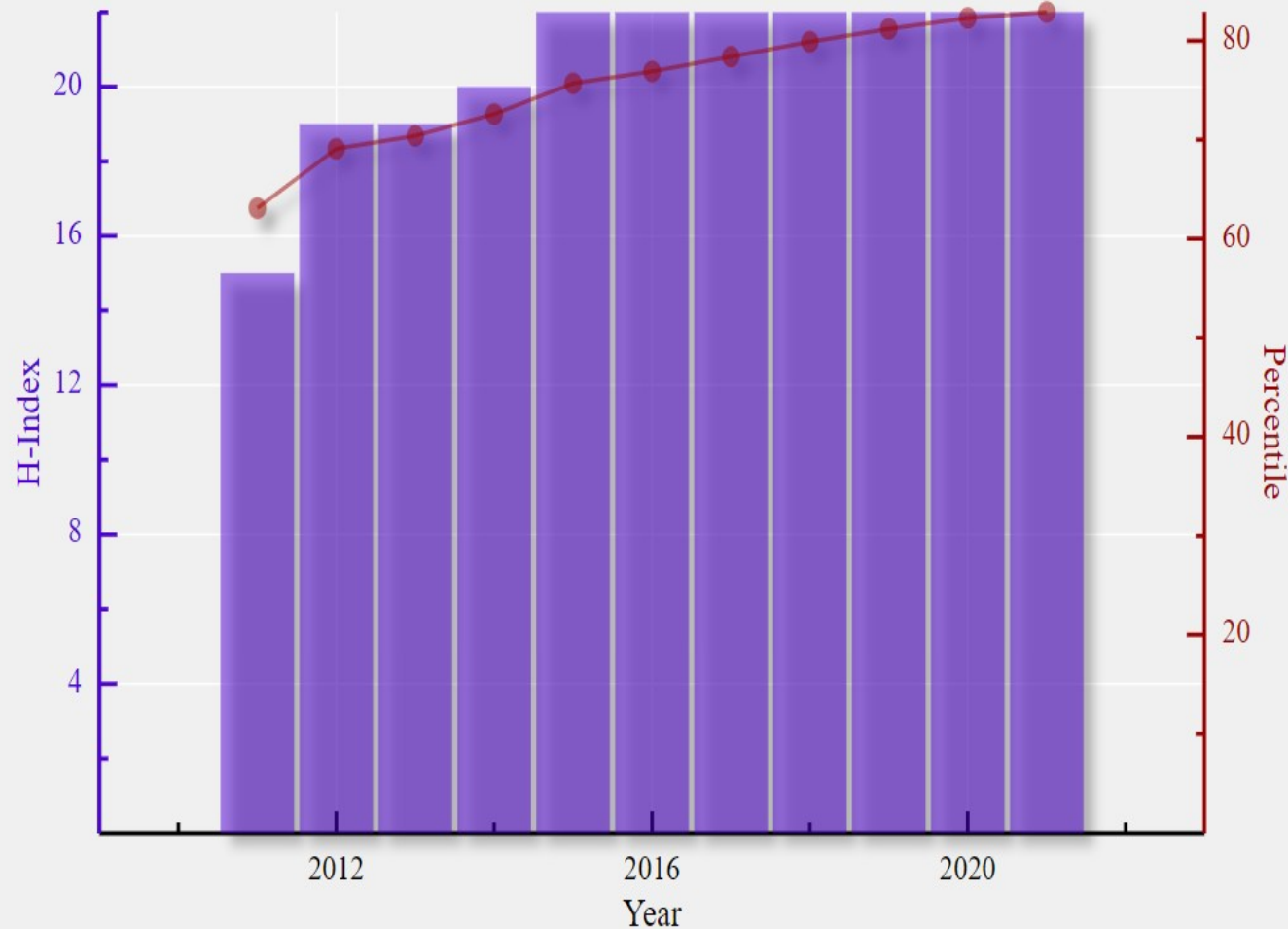
- Journal: Ayu
- International Quarterly Journal
- Institute for Post Graduate Teaching & Research in Ayurveda, Gujarat Ayurved University, Jamnagar.
- Started in 1964.
- ISSN: Print – 0974-8520,
- E-ISSN: Online – 0976-9382

AYU: an International Quarterly Journal of Research in Ayurveda

H-Index

<https://exaly.com/journal-chart/44718/h-index/chart.svg>

version: 2023-05-17



H-Index

22

Impact Factor

0.3

Authors

65

Papers

3.5K

Citations

905

Citing Journals

2.3K

TITLE

Clinical study on Saṁdhigata vāta w.s.r. to
Osteoarthritis and its
management by Paṁcatikta ghaṛta guggulū
vati

- [Authors:](#)
- Babul Akhtar,
- Raja Ram Mahto,
- A. R. Dave,
- V. D. Shukla
- Edition: Jan-Mar 2010 | Vol 31
- Page Number: 57

Patient	Cases of Saṃdhigata vāta
Intervention	Paṃcatikta ghaṛta guggulū vati along with abhyamga and nāñī svedana with daśamūla kvātha & only abhyamga and nāñī svedana with daśamūla kvātha.
Comparison	(Group-A) Paṃcatikta ghaṛta guggulū vati along with abhyamga and nāñī svedana & (Group-B) only abhyamga and nāñī svedana.
Outcome	Therapeutic Efficacy

Material & Method -

Patients, suffering from Osteoarthritis, were selected from O.P.D. and I.P.D. of I.P.G.T. & R.A., Gujarat Ayurved University, Jamnagar.

INCLUSION CRITERIA

- Age Group of 30 – 70 Years
- Classical sign and symptoms of Saṁdhigata vāta like Śūla, śoṭha, stambha, sparśa-asahyatā, sphuṭana, ākuṇṇanaprasāraṇa vedanā etc. at the joints.
- Patients without any anatomical deformity.

EXCLUSION CRITERIA

- Patients below 30 and above 70 years of age
- Patients suffering from disease like D.M., Carcinoma, Psoriatic arthritis, Vatā Rakta, Phiranga, S.L.E., Polymyalgia Rheumatica & Tuberculosis.

INVESTIGATION

- X ray

STUDY DESIGN

- Comparative, Clinical Study Design.

INTERVENTION

GROUP A	GROUP B
31 Patients	18 Patients
local abhyamga with balā taila+nāñī svedana with daśamūla kvātha + Paṁcatikta ghaṛta guggulū vati	local Abhyanga with balā taila + nāñī svedana with daśamūla kvātha
2 Vati BD	
Anupan: lukewarm water Duration: 30 Days	Anupan: lukewarm water Duration: 21 Days

पंचतिक्त घृत गुग्गुलु-

निम्बामृतावृषपटोलनिदिग्धिकानां भागान् पृथग्दश पलान् विपचेद्धदटेऽपाम् ।
अष्टांशशेषितरसेन सुनिश्चितेन प्रस्थं घृतस्य विपचेत्पिचुभागकल्कैः ॥ २३३ ॥
पाठाविडङ्गसुरदारुगजोपकुल्या-द्विक्षारनागरमिशामिशिचव्यकुष्ठैः ।
तेजोवतीमरिचवत्सकदीप्यकाग्नि-रोहिण्यरुष्करवचाकणमूलयुक्तैः ॥ २३४ ॥
मञ्जिष्ठयाऽतिविषया वरया यमान्या संशुद्धगुग्गुलुपलैरपि पञ्चसंख्यैः ।
तन्नाशयेद् विषमतिप्रबलं समीरं-सन्ध्यस्थिमज्जगतमप्यथ कुष्ठमीदृक् ॥ २३५ ॥
नाडीव्रणाअर्बुदभगन्दरगण्डमाला-जत्रूध्वसर्वगदगुल्मगुदीत्थमेहान् ।
यक्ष्मारुचिश्चसनपीनसकासशोष-हृत्पाण्डुरोगगलविद्रधिवातरक्तम् ॥ २३६ ॥

(भै.र.)

Results

Results

Table 3: Effect of chief complaints in the patients of *Sandhigata Vata* in Group A

Symptoms	Mean score		% of Relief	S.D.	S.E.	't'	p
	B.T.	A.T.					
<i>Sandhishula</i>	2.38	0.54	77.41	0.54	0.11	16.82	<0.001
<i>Sandhishotha</i>	1.50	0.17	88.89	0.48	0.11	12.09	<0.001
<i>Akunchana Prasarana Vedana</i>	1.80	0.40	77.78	0.58	0.11	12.73	<0.001
<i>Sandhisphutana</i>	1.91	0.65	65.90	0.45	0.09	14.00	<0.001
<i>Sandhisparsha-asahatva</i>	1.44	0.12	91.30	0.60	0.15	08.73	<0.001
<i>Sandhigraha</i>	1.44	0.11	92.30	0.50	0.17	07.82	<0.001

Table 4: Effect of chief complaints in the patients of *Sandhigata Vata* in Group B

Symptoms	Mean score		% of Relief	S.D.	S.E.	't'	p
	B.T.	A.T.					
<i>Sandhishula</i>	2.29	0.71	68.75	0.65	0.17	09.23	<0.001
<i>Sandhishotha</i>	1.90	0.30	84.21	0.52	0.16	10.00	<0.001
<i>Akunchana Prasarana Vedana</i>	1.64	0.45	72.22	0.40	0.12	9.83	<0.001
<i>Sandhisphutana</i>	1.67	0.83	50.00	0.39	0.11	7.54	<0.001
<i>Sandhisparsha-asahatva</i>	1.50	0.25	83.33	00.50	0.25	5.00	>0.05
<i>Sandhigraha</i>	1.83	0.17	90.90	0.52	0.21	7.95	<0.001

Total Effect of therapy

Group A			Group B	
Gradation	No. of Pt.	%	No. of Pt.	%
Complete Remission	04	15.38	01	07.14
Maximum Improvement	16	61.54	02	14.28
Moderate Improvement	06	23.07	09	64.28
Mild Improvement	00	00.00	02	14.28
No Improvement	00	00.00	00	00.00

Result

Pañcatikta ghaṭa guggulū vati along with local abhyamga and nāñī svedana i.e. group A has provided better relief in the disease Saṁdhigata vāta.

CONTENT

II

Strength & Lacunae in
the Study

1

Strength

2

Lacunae

STRENGTH IN THE STUDY

- **STATISTICS APPLICATION**
- **PRESENTATION STYLE & LANGUAGE**
- **USE OF CLASSICAL TERMS**

LACUNAE IN THE STUDY

- Sample size age group
- Duration of the intervention
- Other tests can be done eg- C-RP , CBC ,Bone density.
- Drug Selection

निरुक्ति-

संधि = सम् + धा + कि

अर्थ- मेल / जोड़ (वाचस्पत्यम्)

गत = "गम्" धातु + "क्त" प्रत्यय

अर्थ - जाना/ स्थित होना (वाचस्पत्यम्)

वात = वा गतिगंधनयोः

(सु.सू. २१/५)

निदान-

रूक्षशीताल्लघ्वन्नव्यवायातिप्रजागरैः ।

विषमादुपचाराच्च दोषासृक्स्त्रवणादति । । १५ । ।

लङ्घनप्लवनात्यध्वव्यायामातिविचेष्टितैः ।

धातूनां सङ्क्षयाच्चिन्ताशोकरोगातिकर्षणात् । । १६ । ।

दुःखशय्यासनात् क्रोधाद्विवास्वप्राद्भ्यादपि ।

वेगसन्धारणादामादभिघातादभोजनात् । । १७ । ।

मर्माघाताद्गोष्ठाश्वशीघ्रयानापतंसनात् ।

(च.चि.२८)

पूर्वरूप -

अव्यक्तं लक्षणं तेषां पूर्वरूपमिति स्मृतम् ॥ १९ ॥
(च.चि.२८)

लक्षण -

सामान्य लक्षण -

आत्मरूपं तु तद्व्यक्तमपायो लघुता पुनः ।
(च.चि.२८/२०)

विशिष्ट लक्षण-

वातपूर्णदृतिस्पर्शः शोथः सन्धिगतेऽनिले ।

प्रसारणाकुञ्चनयोः प्रवृत्तिश्च सवेदना । ।

(च.चि.२८/३७)

(अ.हृ.१५/१४)

हन्ति सन्धिगतः सन्धीन् शूलशोफौ करोति च ।

(सू.नि.१/२८)

(मा.नि.२२/२१)

संप्राप्ति-

देहे स्रोतांसि रिक्तानि पूरयित्वाऽनिलो बली
करोति विविधान् व्याधीन् सर्वाङ्गैकाङ्गसंश्रितान् । १९ ।
(च.चि.२८)

चिकित्सा-

कुर्यात्संधिगते वाते दाह स्नेहोपनाहनम् ।

(भा.प्र.मध्यम खंड २४/२५९)

महास्नेहो अस्थिमज्जस्थे ।

(च.चि.२८/१९६)

शास्त्रीय योग -

- योगराज गुग्गुलु - ५०० mg (भै.र./आमवाताधिकार/८०-९०)
- पंचतिक्त घृत गुग्गुलु - ५०० mg (भै.र.)
- दसमूलरिष्ट = २० ml (शा.म.ख.१०/७८-९२)
- स्नेहनार्थ - महानारायाण तैल (भै.र./वातव्याधिकार/१५१-१६२)
- नाड़ी स्वेदन - दशमूल क्वाथ
- अनुवासन बस्ति - महानारायण अथवा दशमूल तैल
- निरुह बस्ति - एरण्डमूलादि निरुह बस्ति

सापेक्ष निदान-

लक्षण	संधिगत वात	आमवात	वातरक्त	क्रोष्टुकशीर्ष
दोष	वात	वात - कफ	वात	वात
दूष्य	संधि	रस	रक्त	रस - रक्त
आम	अनुपस्थित	उपस्थित	अनुपस्थित	अनुपस्थित
ज्वर	अनुपस्थित	उपस्थित	अनुपस्थित	अनुपस्थित
हृद गौरव	अनुपस्थित	उपस्थित	अनुपस्थित	अनुपस्थित
अधिक प्रवण आयु	वृद्धावस्था	कोई भी आयु	कोई भी आयु	कोई भी आयु
वेदना	गति करते समय	वृश्चिक दंशवत	मूषक दंशवत	तीव्र
अन्य लक्षण	-	गौरव, अपाक, अरुचि	-	-
शोथ	वातपूर्णदृतिवत	पाषाणवत कठोर	रक्तिमायुक्त	क्रोष्टुकशीर्षवत
अधिष्ठान	भारवाहक संधियां	सभी सन्धियां	छोटी सन्धियां	केवल जानु संधि
उपशय	स्नेहन, स्वेदन	रुक्षण , स्वेदन	रक्तमोक्षण	रक्तमोक्षण
स्तब्धता	उपस्थित	उपस्थित	उपस्थित	अनुपस्थित
त्वक विकार	उपस्थित	अनुपस्थित	उपस्थित	अनुपस्थित

Osteoarthritis-

Osteoarthritis is the most common form of chronic disorder of synovial joints. It is characterized by progressive degenerative changes in the articular cartilages over the years, particularly in weight bearing joints.

Risk factor-

☐ Constitutional Susceptibility-

- Heredity
- Gender/ Hormonal status
- Obesity
- High bone density

☐ Mechanical factors-

- Age
- Trauma
- joint shape
- Alignment Usage
- Occupational

Types-

- (1.) Primary Osteoarthritis
- (2.) Secondary Osteoarthritis

(1.) Primary Osteoarthritis

Aetiological Factors-

- Genetic Factors
- Metabolic disorders.
- Age-It is a disease of old age (>70 yrs)
- Endocrinal Factor
- Obesity.

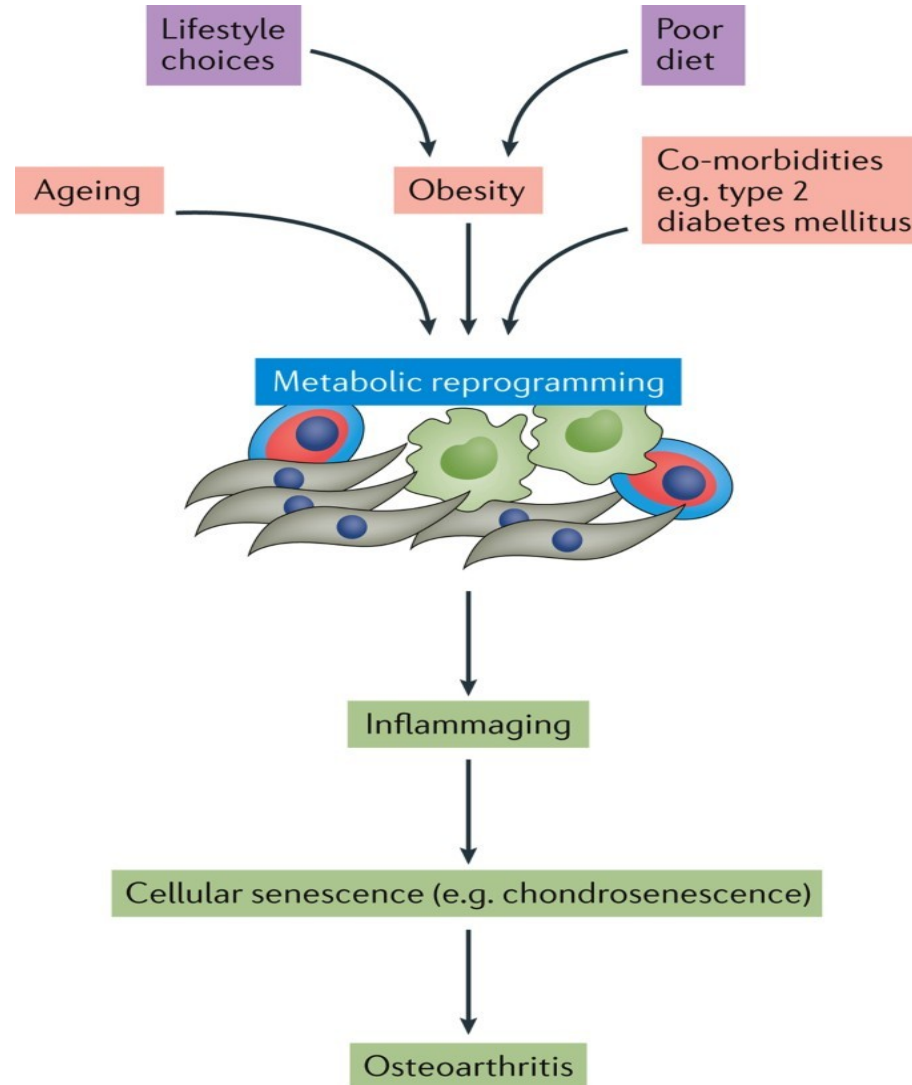
(2.) Secondary Osteoarthritis-

It is most common.

Aetiological factors -

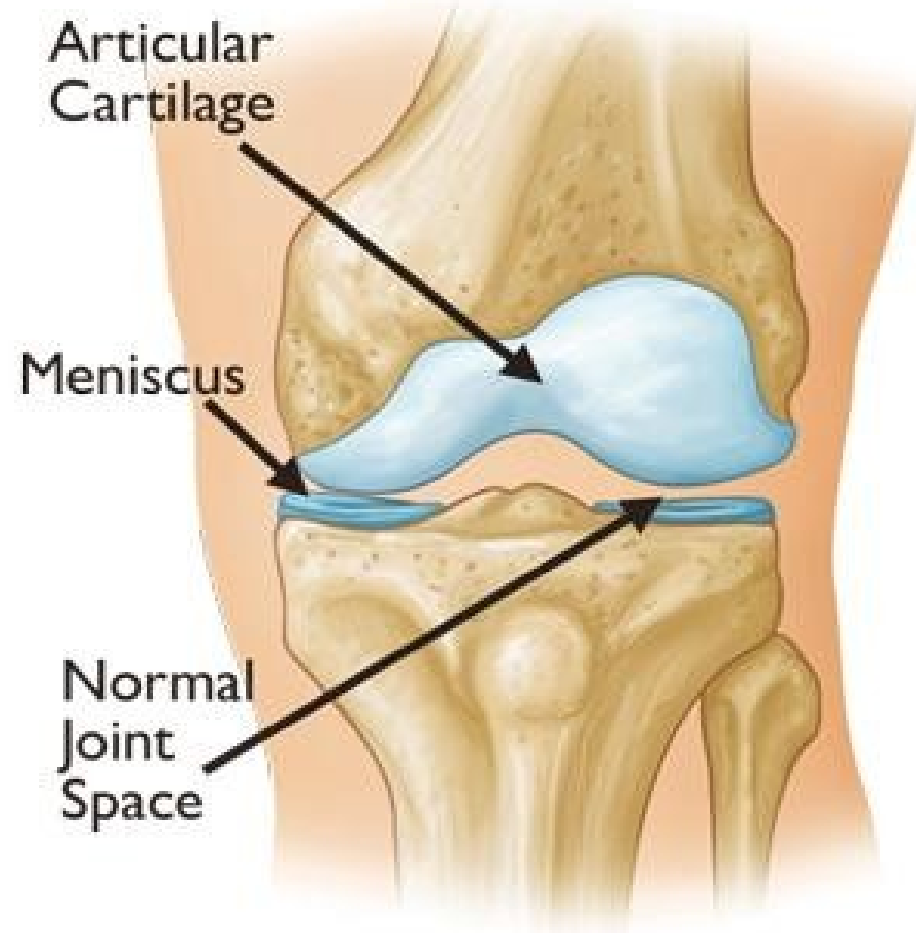
- Trauma
- Inadequate blood supply
- Infections of the joints-eg pyogenic, tuberculosis, etc.
- Diseases interfering with the nerve supply of the joint
- Inflammatory Diseases
- Nutritional bone diseases- eg rickets in infancy, osteomalacia in Adults etc.

Aetiopathological cycle-

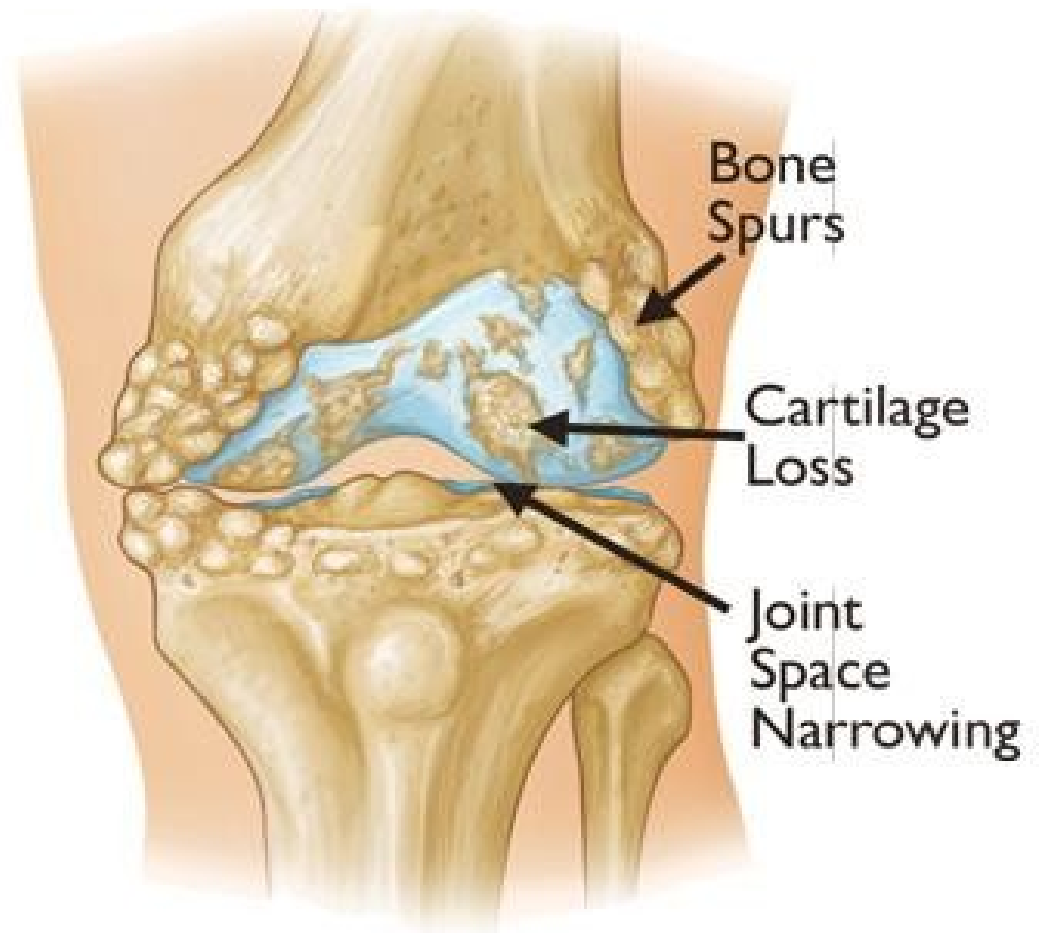


Signs & Symptoms -

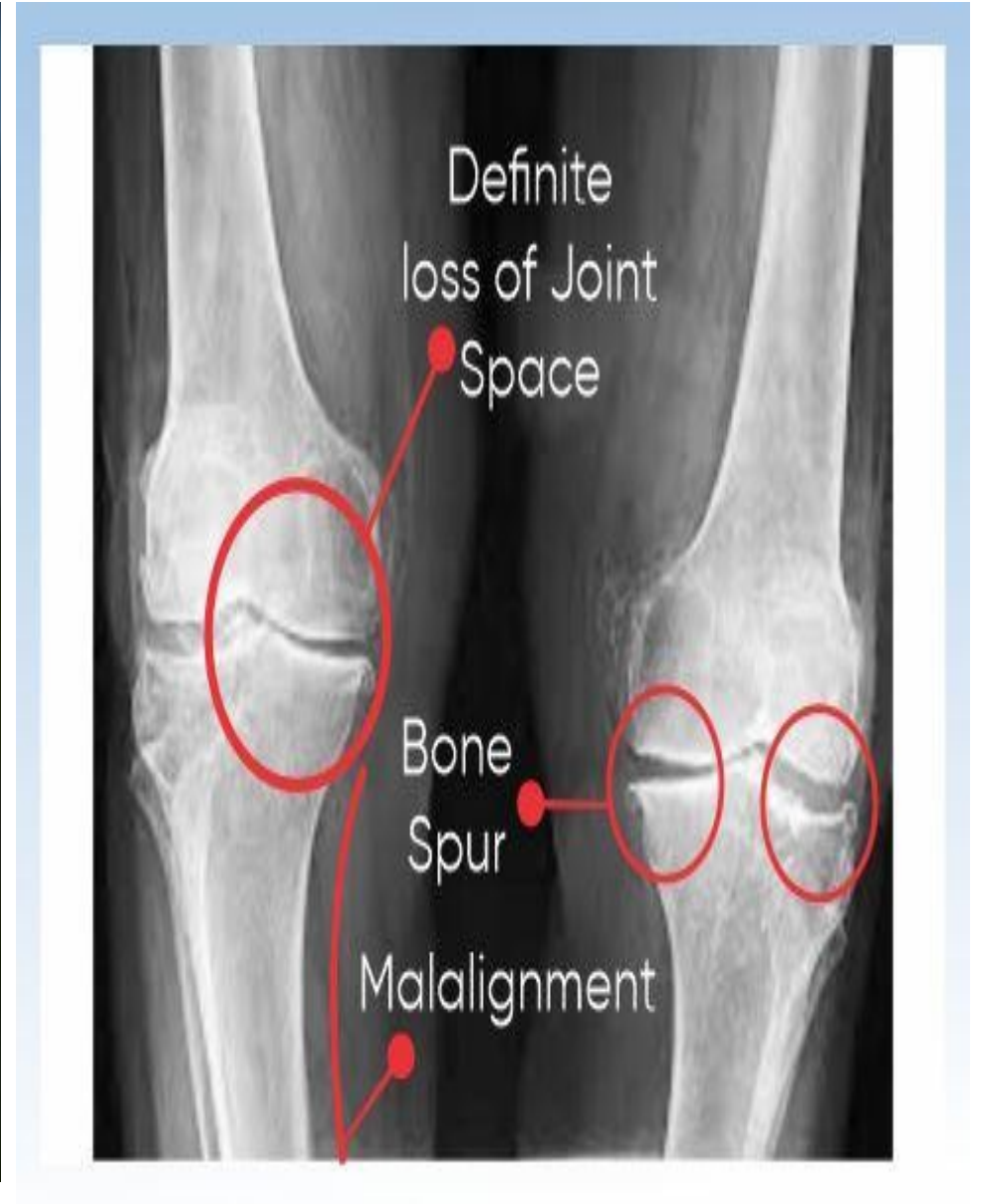
- Pain
- Stiffness-It follows pain.
- Deformity of the joint due to shrinkage of capsule, fibrosis, muscle imbalance
- Swelling
- Limping-due to pain
- Synovial thickening
- Osteophytes may be felt on palpation.



Healthy Knee Joint



Osteoarthritis



Investigations -

- X - Ray -Joint space narrowing, formation of osteophytes (bone spurs), articular surface cortical irregularity, and formation of sub-cortical cysts.
- HB%- Below 14gram%,
- ESR,TLC,DLC- Rised

Conclusion

- The data shows that Panchatikta Ghrita along with local Abhyanga and Nadi Swedana i.e. group A has provided better relief in the disease Sandhigata Vata (Osteoarthritis) in the present study.
- There was no apparent change was observed in x-ray before and after treatment.
- Present study reveals that the selected management have potential effect on Sandhigatavata with the added advantage of being free from side effects.

Bibiliography

- Carakasamhitā with Āyurvedadīpikā commentary, edited by Vd.Yadavji Trikamji ācārya Published by Chaukhambha Surbharti prakashan, Varanasi, Reprint edition 2019, cikitsāsthāna 28/37, p. 618.
- Shri Govinddas, Bhaishjyaratnāvali, with vidyotini Hindi commentary analysis with appendix by Kaviraja Ambikadatt Shastri, 19th edition- chapter 54,Kūsthāroga cikitsā, Shloka 233-236, p.no. 904.
- Suśrutasamhitā with Nibandhasaṁgraha commentary Ḍalhaṇa and Nyāyacandrikā pañjikā on Nidāna Sthāna by Gayadāsa, edited by Vd. yadavji Trikamji ācārya Published by Chaukhambha Surbharti Praksahan, Varanasi, Reprint edition 2019., Sutrasthāna 45/96, p.no. 366.
- Harrison's Principles of Internal medicines, 20th Edition Vol. 2 ,Chept. 364 Pg.no. 2624- 2630.
- Devidson's Principle & Practice of Medicine Chept. no.25 Pg.no. 1083- 1087.

धन्यवाद