A PATH TO EXPLORE - वैदनाशामन IN सन्धिगतवाद W.S.R TO OSTEOARTHRITIS

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Sandhigatavata correlated with Osteoarthritis is one such chronic, degenerative, inflammatory disease which has a great impact on the quality of life of an individual. Ayurvedic medicinal plants have demonstrated remarkable biological effects, especially those of anti-inflammatory and immunomodulatory activities that are relevant and potentially useful even to treat chronic musculoskeletal disorders.

Hence contemplative literary review of Ayurveda classics and exploring the possible pharmacodynamics of treatment mentioned has to be analysed to tackle the disease effectively.

Methods
Contemplative literary review of Sandhigatava & Vedana Shamana in Sandhigatavata as per Ayurveda on basis of:

- Nirukti, Nidana, Lakshana
- Vata importance in Shoola.
- Samprapti ghataka, Samprapti vighatana
- Chikitsa Sutra
- Yogas specific to सन्धिगतवाद
- Karmukata of Bahya Chikitsa

Analysis
स्नेह उपनाह अधिकर्म बन्धन उन्मूलनानि च | सन्धायु संस्थास्य संप्राते कुर्यादवयावतत्क्रियः || सू . वि शः

Niroopasthambha...Sneha upachara [antaha & bahya sneha]. Mahasneha upachara [dashamoola kwatha sidda]. Nivatam sthanam.
- Sneha rakhtavasana, paya with sneha.
- After complete snehana & swedana procedure, Anuvasana, navana done which acts like santarpana.
- Salvana upanaha, Pinda sweda – Charmabhandha by any of these Vidala, nakula, ushtra, shrugala.
- Sira Snaya Sandhi prapte- Abhyanga, mardana, swedana, upanaha, bandhana, agnikarma.
- Sankocha anga- masha, sahdhava tala abhyanga.
- Swapa- Raktavasechana, followed by Taila lavana aagara dhuma, Prudeha.

Cha. Su chi 28/83-88, A. H chi 21/1-14, A.S Chi 23/2, 23/17

Y.R- VATAVYADHI CHIKITSA.
- Pittasya aavarana- Sheeta, Ushna bhesajam.
- Kaphasya aavarana- rooksha ushna bhakshya & bhesajam.
- Kevala Pavana- snigdha ushna bhakshya & bhesajam.

B.Pra Ma 24/259
- Daha, sneha, upanaha.
- Indraravini moolā + Magadhi guda (karsha pramana).
### Sandhigatavata with aama generalized
Aamapachana relieves disease and Virechana expels out the Malabhuta dosha, after that local Upakramas like Upanahya-Ay Nikarma due to their Ushna property pacifies pain and swelling.

### Sandhigatavata with obesity
Teeksha Virechana helps to reduce excessive fat from the body (which was causing excessive mechanical pressure over weight bearing joints), Vyayama & Asanas helps to bring back Dhatvagni into normalcy.

### Sandhigatavata + obesity + menopause
Teeksha Virechana helps to reduce excessive fat from the body. Dhaatukshaya leads to various Vata vikara- Osteoporosis so to pacify these Satavajaya & Rasayana is beneficial.

### Sandhigatavata + obesity + menopause without obesity
Mrudu virechana removes Malabhuta Dosha. Satavajaya & Rasayana is beneficial.

### Sandhigatavata due to Vata Vruddhi
Mrudu Virechana helps to remove Malabhuta Dosha and bring back the normalcy of dosha (proper Vaatanulomana takes place).

### Sandhigatavata + jara
Mrudu Virechana helps to remove Malabhuta Dosha and bring back the normalcy of dosha functions (proper Vaatanulomana takes place) + Rasayana best for tissue damage.

#### Yogas(Sandhigatavata)
Yogaratnakara (Vidyothini)
1. Mashadya Taila (Y.R)- Hanyatkarajanghajanushira sameeran.
2. Maharasnadi Kwatha(Sha)- Janghajanugade ardite.
3. Abhadi Churna(Vruna)- Asthi Sandhigata, etc.

#### Chakradatta
1. Adithya paaka guggulu- Sandhi ashti majjasthana.
2. Vividhavata Roga Tritya Mashataila- Januruja.
3. Trinshati Prasarini Taila- Sandhidgata cha Janu Sandhi, etc.

#### Bhavaprakasha (Madhyamakanda)
1. Mahamashadi Taila(Chakradatta prokta)
2. Dwitiya Mashadi Taila
3. Madhyama Narayana Taila etc.

#### Bhaishajyaratnavali
1. Trayodashanga Guggulu- Sandhiasthi.

#### Sahasrayoga
1. Khararsala Ghrita (Parishisht Prakarna)- Sandhiashrita
2. Rasna Shuntayadi Kashaya (Kashya Prakarna)- Sandhipeeda
3. Maharasnadi Kwatha- Janu gatavata etc.

#### Charaka Samhita: Pippali, Pippali mula, etc 10 drugs in shoola prashemani drayvas.

#### Sharangadhara Madhyamakanda khand: Nidigdi Kwatha, Dashamoola Kwatha, Katpaladi churna etc.

#### RESULTS

As per Cha. Su 5/87: Sparshendriya is the main site for Vata and its Adhishtana is Twacha. Vata is Moola Karana for Vedana, so in Sandhigatava to pacify Vedana Bhaya chikitsa has greater role.
Transdermal Drug Delivery (TDDS)\[2]\ Is a delivery device which upon application on suitable skin surface will be able to deliver drugs in systemic circulation at sufficient concentration to ensure therapeutic efficacy.

Transdermal Drug Permeation\[3]\ Skin is the most intensive and really accessible organ of body.

DISCUSSION

Nociceptors are found in any area of the body that can sense noxious stimuli. External nociceptors are found in tissue such as the skin (Cutaneous nociceptor), cornea and mucous.

The main Adhishtana of Vata is twacha, skin becomes the major route of delivery of medicine in Sandhigatavata. Thus Vedana Shamana in Sandhigata can be achieved when the drug is delivered through Twacha /Skin. Thus exploration of transdermal drug delivery route for Ayurveda preparations would help to build the bridge and provide an evidence for effective treatment protocol.

REFERENCES

1. Dhaval Dholakiya et.al, Multimodal Treatment Approach in the management of Sandhigatavata w.s.r to Osteoarthritis, JAAIM, ISSN: 2456-3110, Review Article July- Aug 2017.