



Case Report

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Sandhigatvata: A Case Report

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ABSTRACT

Sandhigata vata is a *Vata* dominating disorders which creates inflammatory as well as degenerative changes in joints. The condition is more painful when mobile joints like *Janusandhi* (knee joint) of the body are involved in *Sandhigata Vata*. The disease *Sandhigata Vata* is more prone to be affected the knee joint because it is most frequently involved joint in daily routine work. Knee joint is weight bearing joints among all joints so, more prevalence in overweight patients. In the pathogenesis of *Sandhigata Vata* it is found dominance of *Vata Dosha*. In the current study the main aim to evaluate the efficacy of *Janu basti* with *Til tail* in *Sandhigatavata*.

Keywords: Osteoarthritis, *Janubasti*, *Til tail*, *Sandhigatavata*.

INTRODUCTION

Sandhigatavata is described under *Vatavyadhi* in all the *Samhita* and *Sangraha Grantha*. In *Jaravastha*, all *Dhatus* undergo *Kshaya*, thus leading to *Vataprakopa* and making individual prone to many diseases. *Sandhigatavata* is one among them.

Acharya Charaka was the first person who described the disease separately named "*Sandhigata Anila*", but has not included under 80 types of *Nanatmaja Vyadhi* [1].

Acharya Sushruta has described the disease *Sandhigatavata* under *Vatavyadhi* chapter. He has given its symptoms and the line of treatment. He added a new symptom i.e. '*HantiSandhi*' in the symptoms shown by *Acharya Charaka* previously [2]. *Acharya Vagbhatta* said *Vatavyadhis* as "*Maharoga*". Thus, making individual prone to *Vatavyadhis*, among them *Sandhigatavata* stands top in the lists. Clinical Features are *Vatapurna Druti Sparsha*, *Prasarakunchana Vedana* [3], *Sandhi Shoola* [4], *Atopa* [5].

"Osteoarthritis" is derived from the Greek word "osteo" means "of the bone" "arthro" means "joint" and "itis" means inflammation of the joints. Hence, an inflammatory change in the joints of bone is called as osteoarthritis. Osteoarthritis is also known as degenerative arthritis, or degenerative joint disease is a clinical syndrome in which low-grade inflammation of joints is caused by abnormal wearing of the cartilage that covers and act as a cushion inside the joints. Because of the decrease of synovial fluid, patient experiences pain upon weight bearing joints during walking and standing. The decreased movement because of joint due to pain, regional muscles of joint may change to atrophy and ligament may become more lax [6].

CASE REPORT

A case of 55 yrs old female patient presented with chief complaint of left knee pain since four months. Walking and climbing the stairs aggravated the pain. The pain was relieved by resting. The knee pain had affected her daily living activities. On examination reveals tenderness, swelling, crepitus and range of movement of left leg is reduced. The patient was taking NSAIDs, but there was no satisfactory relief through the drugs. In Radiographical examination narrow joint space and osteophyte was found.

Criteria For Assessment

Sandhi Shula

Sandhigrah (Joint Stiffness)

Sandhi Shotha/ Swelling

Aakunchan Prasaranjanya Vedana (pain during flexion & extension)

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Sandhisphutana/ Crepitus

Janu Basti

Materials needed are:

Black gram flour

Tila taila

Nirgundi Kwatha

Nadi Swedana Yantra

Procedure

Fine black gram flour is taken in a vessel. Water is added to it (preferably warm water) and kneaded well so as to prepare a bolus. From this bolus a ring is made. The ring should have a diameter so as to accommodate and encloses the knee joint within it. That means to tell that when the ring of wet flour is placed on knee joint the whole joint is enclosed within the ring. The height of ring should be atleast 5-6 inches. Heated *Tila Tail* is poured in the ring up to the level of 2 *Angula* by using small piece of cotton. Care should be taken to maintain the temperatue of the oil. The temperature should be kept uniform throughout the procedure. The oil from the ring is removed at regular intervals and replaced by warm oil. The procedure is carried out for 45 minutes. After this, oil is drained from the ring and mash pishti ring is removed. *Abhyanga* was given using the same oil for 10-15 minutes. *Nadi Swedana* with *Nirgundi Patra Kwatha* was given to patients for 15 minutes.

RESULT

Assessment criteria	Before Treatment	After Treatment
<i>Sandhi Shula</i>	Severe	Moderate
<i>Sandhigrah</i> (Joint Stiffness)	Present	Absent
<i>Sandhi Shotha/ Swelling</i>	Moderate	Mild
Range of movement	Restricted up to 15 degree	No restricted movement
<i>Sandhisphutana/ Crepitus</i>	Audible crepitus	Palpable crepitus

DISCUSSION

Osteoarthritis being a *Vatavyadhi*. Janu Basti with *Til Tail* helps in alleviating the symptoms of osteoarthritis. It rejuvenates the Janu Marma [7]. The properties of *Til Tail* are *Sukshma, Sara, Snigdha, Picchil, Guru, Mana* and *Mridu* which is opposite to the *Vata Dosha*. Thus, on one hand *Til Taila* neutralizes the *Vata Dosha* and on the other hand nourishes the *Sthanika Kapha Dosha*. *Til Tail* provides nourishment to *Mamsa, Meda, Asthi, Majja Dhatu* and so on. Restores the lubricating fluid in the joint and maintain integrity of the structures involved in the joint. *Abhyanga* gave strength to the muscles, relaxed the stiff muscles and increased the blood flow and metabolism.

Acharya Charka has advocated the use of *Nirgundhi* in *Vata Vyadhi* [8]. *Nirgundi* had *Kapha- Vata Shamaka, Rasayana, Vedanasthapaka* [9] and anti-inflammatory properties. *Swedana* with *Nirgundi patra Kwatha* produce hypo analgesic effect by diverted Stimuli, decreases stiffness,

releases pain, relax muscles and increases the absorption of *Sneha* through the skin.

CONCLUSION

It can be concluded that *Janu basti* done with *Til Tail* for 15 days provided a better relief in the signs and symptoms of *Janu Sandhigata Vata* mainly in pain, stiffness, tenderness, swelling, and crepitus.

Conflict of Interest

None declared.

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