Ayurvedic management of Sandhivikara using Rasaushadhi & Kashthaushadhi

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Abstract:
Many diseases related to joints are now a day’s clubbed as “New diseases”, but if we take into consideration the siddhanta of ancient acharyas we come to know that Ayurveda has defined variety of sandhivikara under vatavyadhi adhikara. If we understand this in correct perspective we can differentiate ,diagnose and treat them with ease and effective pain management can be done using this principle. An effort is made to give relief to the suffering person by using appropriate formulations from rasashastra and bhashajya kalpana vidyana. For this, various Awasthas of sandhivikara and formulations explained in joint disorders along with dosage forms are studied, their role in samprapti bhanga is explained. They show significant result in sandhivikara.
INTRODUCTION
Ayurveda defines sandhi as the site where two or more bones connect with each other. Asthi and sandhi both are described as moolsthana of Majja vaha strotas. Vatavyadhi, Asthivaha strotas, Majjavaha strotas and sandhi all are interlinked and interdependent.

Vayu is associated with asthi and majja by ashrayashrayi bhava. When vata dosha is prominent in samprapti it is known as vatavyadhi. Sandhivikara and vatavyadhi are related to each other. As in Sandhi dushti predominantly vata dosha is defective.

Manifestation of Vatavyadhi is sited in joints (sandhi) and vatanadi (nerves). Hense, due to abnormality in vata dosha there are deformities in joints.

Two types of Samprapti are mentioned in case of joint disorders –

1. Dhatukshaya-janya (Nirupastambit)
2. Margavarodha –janya (Upastambit)

According to this nidan, we have to choose the line of treatment and choice of rasakalpa must be made.

A discussion about the joints which generally gets affected causing joint disorders is put forward in this article. The differential diagnosis of these disorders, their specific conditions which ultimately results in the use of specific rasakalpas and various dosage forms from Bhaishajya kalpana are also described.

AIMS: To explain the role of Rasaushadhi & Kashthaushadhi in the management of Sandhi vikara.

OBJECTIVES
• To Study the various conditions of Sandhi vikara described in Ayurvedic text with their differential diagnosis.
• To enlist the Rasaushadhi & Kashthaushadhi used in Sandhivikara.
• To explain the role of Rasaushadhi & Kashthaushadhi in Samprapti Bhanga of various Awasthas of Sandhi Vikara. (Awasthanurupa Chikitsa).

MATERIALS AND METHODS
Differential diagnosis of joint disorders

A) On the basis of Location
   Small joints (like Parva sandhi)
   - Big joints
   - Vertebral joints

B) On the basis of Pain
   - Sthai vedana
   - Sanchari vedana

C) On the basis of associated symptoms
   - Sandhi shoth
   - Jwara Prachiti
   - Ushna Sparsha at joints
   - Agnimandya
   - degree of Mobility
   - Degree of Involvement of majjawah strotas (Bhram,
Sparsha adnyana, chimchimayan etc.)

Line of Treatment

- It involves Abhyantara as well as Bahya Upachara with Vataghna, Dhatuposhaka, Rasayana kalpa and use of guggulu for lepa and dhupana karma.
- Aahara must be of Bruhaniya, Snigdha, madhura rasayuktadrayas.
- Vihara is to be followed according to Hemanta Rutucharya.
- Panchakarma treatments – Yamana, Virechana, Basti also helps in great way with purvakarma of snehana and swedana.

Common dosage forms used in joint disorders:

- Kwatha
- Asava & Arishta
- Lepa
- Rasakalpa
- Taila
- Ghruta
- Churna
- Gutika, Vataka, Pinda
- Guggulu Kalpa
- Awaleha/Paka

Various Kalpas used as per differential diagnosis mentioned before:

(1) KAISHOR GUGGULU (for small size joints) – For sthai vedana in chala sandhi
- Adhikar : Vatarakta

(2) Yograja Guggulu (For deformity in big joints)- For sthai vedana in chala sandhi
- Adhikara: Aamvata, Chakradatta
- Awastha: Samavastha (upastambhit)
- Associated symptoms: Noise while movements, Ushna Sparsha, Agnimandya and localised Redness.
- Action: Combination of Chitraka, Maricha, Guggulu having Ushna, Tikshna,
- Sukshma Strotogamitva and Vikashi properties makes the kalpa to reach upto complex joints.It shows Aampachaka , vatanashaka, strotorodha nashaka and Nervous system activation action.

(3) Mahayograja Guggulu (Bha.ra. Vatavyadhi)

Awastha: Dhatu kshayajanya Nirama

Action: Use of Guggulu with Ras sindura, Naga, Vanga, Loha, Mandur,
Rajata & Abhraka bhasmas makes the kalpa to act as Rasayana & Dhatuposhaka in chronic vatvyadhi. Abhraka makes the kalpa effective in Vardhakya janya sandhi vikara. Loha & Mandura releases sankoch of sira and snayu which subsides sandhishoth and sandhishool.

(4) Panchamruta loha guggulu
- Adhikara: Bha.R. Mastishka Roga
- Action: Kajjali, Abhraka, Rajata and Loha Bhasma are triturated in Katu Taila.
- Katu taila has irritation action on nerves. It acts as stimulant for nervous system.
- Hence, useful in disorders of vertebral column where majjavaha strotas dushti is seen.

(5) Lakshadi guggulu:
- For the deformity in joints as a result of osteoporotic changes and fractures.
- Kashaya rasayukta Arjuna helps in sandhana. Ushnavirya - Ashwagandha along with Guggulu acts as Balya & Vatahara, reducing pain.

(6) Trayodashanga guggulu:
For Sthai vedna in Achala sandhi

Action: Babbul Twak acts on Asthidhatwagni. Dravyas like Ashwagandha, Rasna

Guggulu having Ushna, Madhura, Snigdha properties releases stambha, graha in waist and hip region joints. This Combination also cures Agnimandya as well as strengthens the joints. Ghruta is used for better absorption & penetration of drugs due to its yogvahi properties.

(7) Sinhanada Guggulu –(Kalpa for Sanchari Vedna)
- Awastha: In Vruchika dansavata Vedana described in Aamvata vyadhi
- Action: Guggulu along with Gandhaka & Eranda taila shows Vata-kapha Nashaka,
- Aam pacchaka, Srotos-shodhaka and Agni vrudhikar action due to ushna virya, ruksha, laghu guna & Tikta, katu rasa.

(8) Khalviya kalpas (Suvarna, Visha dravya yukt kalpa)
- Ras raj Ras: has Suvarna bhasma with Ras sindura which shows raktagata dosha pachana and pittashamana properties. Majja dhara kala is Pittadhara kala hence this is used in diseases of vertebral column.
- Bruhat vata chintamani ras: It has - Raupya which releases strotas sankoch, making Circulation of blood through complex structures easier. Mauktik & Praval makes the kalpa useful in Pittanubandha. Suvarna & Abhraka has Balya, Vatanashaka action.
- Vata vidhwansa rasa: Use of Hartala in the combination makes the gamitva of this kalpa towards Majja dhatu. Hence, Useful in symptoms like stiffness of joints especially in hip, knee and ankle joint in vyadhis like Grudhrasi and Vishwachi.

(9) Adjuvant Medicines
- Maharashnadi kwatha (Sha.S.)
Sandhana kalpana enhances Agni and shows Aampachaka property and use of famous vataghina dravya, Rasna shows vatashamana action when used along with the kalpas explained before. The dose is also in minimum in case of sandhana kalpana.

- **Narayana taila**
  External massage with oil having ashwagandha, atibala, agnimantha normalizes the movement of Vyana vayu at joints which in turn relives pain.

**DISCUSSION:**

Ayurveda has described five types of vata dosha and due to their vikruti, which may be of vata prakopa or aavruta type, Vatavyadhi arise. Nanatmaja Vikaras are also included in this. Direct impact of vata dushti is seen on asthi dhatu due to ashrayashrayi sambandha of asthi and vayu. Joint disorders are nothing but an excellent example of asthidushti. Common nidana for this is ruksha, sheeta sewa, Chinta, Vega dharana, abhighata, prajagar, abhojana etc. Different types of joint disorders are observed according to hetu & sthana at which vata prakopa is seen. Joints may be movable or immovable. Vedana in sandhivikara may be sanchari or thai. If the samprapti is of Dhatukshayajanya, bruhan and rasayana kalpa like Mahayograjgra guggulu, Rasraja rasa, Bruhat Vata Chintamani shows good results due to use of bhasmas as their ingredients along with guggulu. If the samprapti is of Margavaratdha janya, kalpas like yograja guggulu, sinhanada guggulu in Aamvata are used having agnivridhikara and strotas-shodhaka action. According to Sthana, like in case of vertebral column diseases panchamruta loha guggulu shows good results due to mardana sanskara by katu taila (having affinity towards nerves) on its ingredients. Bhyopachara, which include Narayana taila must be used along with these for better results.

Variety of dosage forms like kwatha, churna, guggulu kalpa, sandhana kalpana, sneha kalpana, dhupana, lepa are described in rassshastra & bhaishajya kalpana vidyana for the management of sandhivikara, so we can say that Ayurvedic management is surely a boon for joint disorders & a sure relief can be given to the patient.

**CONCLUSION:**

- By looking at the condition of patients on the basis of Ayurvedic siddhanta, we can surely treat kashtasadhya vyadhis like sandhi vikara.
- Rasakalpa provides miraculous results in joint disorders and side effects of pain killers can be surely minimized with the rasakalpas.

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