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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 dushiti* predominantly *vata dosha* is defective.

Manifestation of *Vatavyadhi* is sited in joints (*sandhi*) and *vatanadi* (nerves). Hence, 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 *majjavaha 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 rasayukta dravyas*.
- *Vihara* is to be followed according to *Hemanta Rutucharya*.
- *Panchakarma* treatments – *Vamana*, *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*

- Awastha & Sthan: a) *Parwa sandhi shool*.

b) *Daha*

c) *Sandhi shotha*

- Action:
 - 1) *Vatahar & Rakatagata dosh Pachan*
 - 2) Combination of *guggulu* and *Amruta* having *tikta rasa*, *ushna virya* shows *Shoolhara Shothaghna action*.

(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 Vruschika dansavata Vedana* described in *Aamvata vyadhi*
- Action: *Guggulu* along with *Gandhaka & Eranda taila* shows *Vata-kapha Nashaka*,
- *Aam pachaka, Strotos- shodhaka* and *Agni vrudhikar* action due to *ushna virya, ruksha, laghu guna & Tikta, katu rasa*.

(8) *Khalviya kalpas (Suvarna, Visha dravya yukta 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 *vataghna 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 relieves pain.

DISCUSSION:

Ayurveda has described five types of *vata dosha* and due to their *vikruti*, which may be of *vata prakopa* or *aavrutta* 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 *sthai*. If the *samprapti* is of *Dhatukshayajanya*, *bruhan* and *rasayana kalpa* like *Mahayograjya 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 *Margavarodha janya*, *kalpas* like *yograjya 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 *rasashastra* & *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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