

# ROLE OF RASAYANA THERAPY IN THE MANAGEMENT OF SANDHIGATA VATA

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## ABSTRACT

*Sandhigata Vata* is the disease mentioned in *Ayurvedic* classics under *Vatavyadhi prakarana*. As per *Ayurveda shula pradhan vedana* is the cardinal feature of the disease along with *sandhi shotha & vata purna druti sparsha*, it comes under *madhyam rogamargaja vatika disorder* in which vitiated *vata doshas* gets lodged in *sandhi*. On the basis of symptomatology it has resemblance with Osteoarthritis in modern medical science.

Osteoarthritis is a form of arthritis that features the breakdown and eventual loss of the cartilage of one or more joints. Cartilage is a protein substance that serves as a "cushion" between the bones of the joints. It is estimated to be the 4<sup>th</sup> leading cause of disability worldwide. Its prevalence is more in females and among old age people. The most common symptoms of OA are pain and stiffness, other symptoms may include joint pain, tenderness, stiffness, a grating or grinding sensation (crepitus), locking and sometimes an effusion. It mainly affects weight bearing joints of the body especially hip & knee joint and is mainly associated with ageing, physical occupational activity & Obesity. Regarding the management of this painful disease there are conservative or surgical treatment in allopathic system of medicine, which have its own limitations and troublesome side effects whereas such type of conditions can be better treatable by the management and procedure mentioned in *Ayurvedic* classics. Hence to treat *Sandhigata vata* drugs acting on both *vata* and *asthi* should be selected, *Rasayana chikitsa* which has been given separate place in *Ayurvedic Samhitas* due to its importance in rejuvenating all the cells of the body, holds to serve positive results in the management of this degenerative joint disease( *Sandhivata*).

**Keywords:** *Sandhigata vata*, Osteoarthritis, *Rasayana*

## INTRODUCTION

*Sandhigata vata* is described under *Vatavyadhi* in *Ayurvedic* classics, features of which can be correlated with Osteoarthritis in modern science. Osteoarthritis is also known as degenerative arthritis, that results from breakdown of joint cartilages and underlying bone. It is the most common articular disorder begins asymptotically in the 2nd and 3rd decades and is extremely common by age 70. Almost all persons by age 40 have some pathologic change in weight bearing joint. 25% females and 16% males have symptomatic OA. Arthritis is among most common cause of work disability in the world. It limits everyday activities such as walking, dressing, bathing etc., thus making individual handicapped. It mainly affects weight bearing joints of the body especially hip & knee joint and is mainly associated with ageing, physical occupational activity & Obesity. Osteoarthritis is believed to be caused by mechanical stress on the joint and low grade inflammatory processes. The most common symptoms are joint pain and stiffness; other symptoms may include joint swelling decreased range of motion. No treatment is available which can prevent or reverses or blocks the disease process. In Modern science, mainly analgesics, anti inflammatory drugs or surgery are the options for the treatment of Osteoarthritis. These don't give satisfactory relief and also causes great adverse effect.

## AYURVEDIC ASPECT OF SANDHIGATA VATA

In *Ayurveda*, *Acharya Charaka* has described the disease first separately by the name of '*Sandhigata Anila*' under the chapter of *Vata-Vyadhi*. No separate etiological factors are mentioned about *Sandhigata vata*. Two main causes of *Vata prakopa* are *Dhatukshaya* and *Margavarodha*. Here in case of *Sandhigata vata*, *kshaya* is the main cause, *Acharya Charaka* defined it as, a disease which occurs due to intake of *vata prakopa ahara-vihara* with the symptoms of *Sotha*, which is palpable as air filled bag (*Vata Purna Driti Sparsha*) and Pain on flexion and extension of the joints (*Akunchana Prasaran Vedana*).

*Acharya Sushruta* has described Pain (*Shula*), Swelling (*Shotha*) and Diminution of the movements at the joints involved (*Hanti Sandhigatah*) as symptoms of *Sandhigata vata* *Acharya Vagbhatta* and other *Acharya* have mentioned the disease *Sandhigata vata* as per description of *Charaka* and *Sushruta*. *Acharya Madhavakara* has

mentioned the symptoms *Hanti Sandhigatah* and *Shula*, same as mentioned by *Acharya Sushruta*. The disease *Sandhigata vata* is *Kastasadhya* because it involves the *Marma*, it is situated in *Madhyama Rogamarga*, involvement of *Vatadosha*, mainly occurs in *Vriddhavastha* i.e. *Dhatutshya Janya Kala* so it further adds *kashtasadhyatva* to the prognosis of the disease. *Acharya Charaka* has mentioned common treatment for *Vatavyadhi* i.e. Repeated use of *Snehana* and *Swedana*, *Basti* and *Mruduvirechana*. *Acharya Sushruta* has mentioned the treatment for *Sandhigatavata* clearly i.e. *Snehana*, *Upanaha*, *Bandhana* and *Unmardana*. Along with these therapeutic choices *Rasayana therapy* may prove to be very effective in managing the degenerative joint disorder like *Sandhigata Vata* because it slows down the process of destruction (ageing) in the body and helps in rejuvenation of *Nava Dhatu*.

### RASAYANA THERAPY:

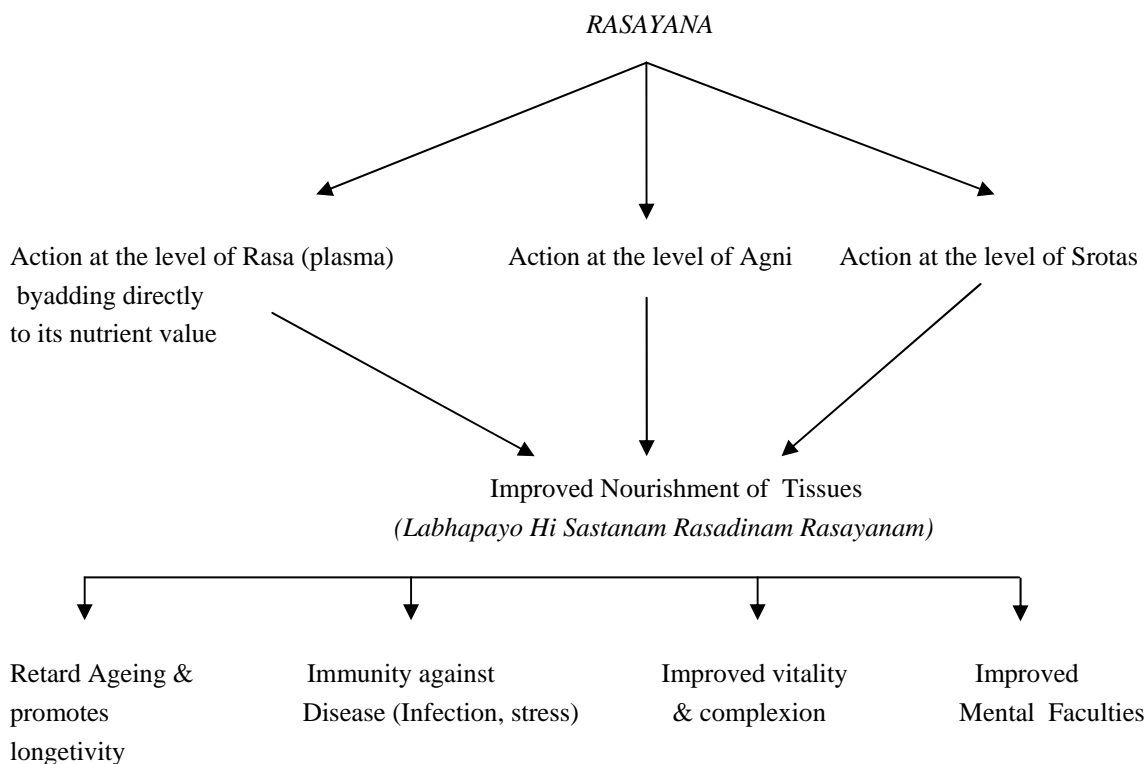
**Rasayana**, is a Sanskrit word made of two words “*Rasa*” and “*Ayana*”, with literal meaning:

*Path (Ayana) of essence (Rasa)* which refers to nutrition & its transportation in body. *Rasayana* therapy essentially refers to the process of tissue nourishment and rejuvenation. The *Rasayana* remedies encompass a range of drugs, diets and life style interventions which promotes nutritional status of the body.

*Labhapayo Hi Sastanam Rasadinam Rasayanam.*

“*yajjaravyaadhi nashanam tad rasayanam*” thus *Rasayana karma* has comprehensive scope to positive nutrition, immune-enhancing, longevity and sustenance of mental and sensorial competence, besides promotion of mental & physical health and rejuvenation potential, *rasayana karma* affords a preventive role against all range of diseases through improved immunity and biostrength. *Rasayana* drugs acts as Antioxidants. An antioxidant is a molecule that inhibits the oxidation of other molecules. Oxidation is a chemical reaction involving the loss of electrons or an increase in oxidation state. Oxidation reactions can produce free radicals. Thus *Rasayana* Therapy has got significant role to play while managing *Sandhigata vata*.

### MECHANISM OF ACTION OF RASAYANA



### TYPES OF RASAYANA

*Rasayana* Therapy can be categorized in the following manner:

(A.) As per method of use-

1. *Vatatapika Rasayana* or outdoor practice

2. *Kutipraveshika Rasayana* or intensive indoor regimen (inclusive of panchkarma) using a specially designed *trigarbha rasayana kuti* or therapy chamber.

(B.) As per scope of application

1. **Kamya Rasayana**--For promotion of health of the healthy, further sub categorised as: a. *Sri kamya* b. *Prana kamya* c. *Medha kamya*

2. **Naimittika Rasayana**--To impart biostrength in a diseased person to fight better with his existing diseases.

3. **Adjunct Rasayana**- non-recipe rejuvenative regimen to be prepared alone or as an adjunct for all forms of *rasayana* therapy, remedies and recipes viz.

(i) **Acharya Rasayana**-healthy rejuvenative life style and conduct

(ii) **Ajasrika Rasayana**-daily dietary *rasayana* approach consuming *satvika*, nourishing elements of diet viz. ghee, milk, milk products, fruits and vegetables etc.

SOME FACTORS TO BE CONSIDERED WHILE SELECTING RASAYANA THERAPY TO A PARTICULAR PERSON:

- *Prakrti*
- *Agni Bala*
- *Dhatu Status*
- *Srotas Status*
- *Vaya*
- *Ritu Satmya*
- *Desa Satmya*

#### BENEFITS OF RASAYANA:

- Prevents wasting of muscle.
- Delays the ageing process (Anti-ageing).
- Keeps bones & tendons strong.
- Prevents Osteoporosis & improves whole body circulation.
- Prevents graying of hairs.
- Provides good sleep and appetite.
- Resistance to disease. Apart from these properties *Masha*, *Bala* and *Rasona* are also rejuvenators (**Rasayana**) and help in recovery process and also avoid recurrences.
- *Masha* and *Bala* promote strength and bulk to the weakened muscles and soft tissues and helps in recovery (**Brimhana**, **Balya**).
- *Prasarani*, *Bala*, *Masha*, *Rasna* and *Rasona* are the best nerve sootherns. They have an integrated approach towards relaxing and releasing the upper limb, shoulder and arm from pain.

#### Selection of Rasayana Aushadha According to Age

Now a days experts in the field of Ayurveda recommend to consume different drugs containing *Rasayana* property according to their age.

Age specific rasayana as per *acharya Sharandhar*:

S.No	Decades of life span	Natural biolosses	Suggested <i>Rasayana</i> for restoration
1	0 – 10	<i>Balya</i> -corpulence	<i>Gambhari</i> , <i>ksheer</i> , <i>ghrita</i>
2	11 – 20	<i>Vridhhi</i> -growth	<i>Bala</i> , <i>amalaki</i>
3	21 – 30	<i>Chavi</i> -lusture	<i>Amalaki</i> , <i>haridra</i>
4	31 – 40	<i>Medha</i> -intellect	<i>Brahmi</i> , <i>shankhpushpi</i>
5	41 – 50	<i>Twak</i> -skin quality	<i>Bhringaraja</i> , <i>haridra</i>
6	51 – 60	<i>Drishti</i> -vision	<i>Triphala</i> , <i>vyotishmati</i>
7	61 – 70	<i>Shukra</i> -virility	<i>Ashwagandha</i> , <i>kapikacchu</i> , <i>satavari</i> , <i>pippali</i>
8	71 – 80	<i>Vikrama</i> -physical strength	<i>Amalaki</i> , <i>bala</i>
9	81 – 90	<i>Buddhi</i> -thinking	<i>Brahmi</i> , <i>shankhpushpi</i>
10	91 – 100	<i>Karmendriya</i> -locomotion	<i>Bala</i> , <i>sahachara</i>

### IMPORTANCE OF SAMSHODHAN

For getting better response of Rasayana drugs it is very essential for a person to undergo *samshodhan* as a preparatory process. The person is strictly advised to undergo *Snehana*, *Swedana* and Panchkarma Procedures as per need i.e *Vamana*, *Virechana*, *Basti*, *Nasya*. It is believed that the diseases cured by *Samshodhana* therapy never relapse while the diseases cured by *Samsamana* treatment may recur. Panchkarma not only eliminate the disease causing toxins but also revitalizes the tissues. It is not only good for alleviating the disease but is also an useful modality of treatment in preserving and promoting the perfect health.

#### Rasayana Drugs for Sandhigatavata (Osteoarthritis):

*Rasona* (Allium sativum); *Guggulu* (Comiphoros mukul); *Ashwagandha* (Withania somnifera); *Shunthi* (Gingiber officinale); *Guduchi* (Tinospora cordifolia); *Amalaki* (Emblca officinalis); *Bala* (Sida cordifolia); *Masha* (Phaseolus trilobus); *Rasna* (Pluchea lanceolata) and cow's milk, Takra (butter milk).

#### Classical formulations for Sandhigatavata

*Brahma rasayana*, *Agastya rasayana*, *Amalaki rasayana*, *Ashwagandha churna*, *Chyawanprasha*, *Amrita bhallataka*, *Bhallataka ksheerpaka*, *Haridrakhanda*, *Bala rasayana*, *Amrita rasayana*, *Punarnava rasayana*, *Lauhadi rasayana*, *Aindra rasayana*, *Triphala rasayana*, *Shilajatu rasayana*, *Ritu haritaki kalpa*, *Pippali vardhamana kalpa*, *Bhallataka kalpa*, *Panchamrita parpati kalpa*.

### DISCUSSION

*Sandhigatavata* is a disease which occurs due to excess intake of *vata prakopaka ahara-vihara* having symptoms of *Sotha*, which is palpable as air filled bag *Vata Purna Driti Sparsha* and Pain on flexion and extension of the joints *Akunchana Prasarane Vedana*.

It is a very common degenerative joint disorder, features of which are found in preponderance with Osteoarthritis (degenerative joint disease). When a joint develops osteoarthritis, some of the cartilage covering the ends of the bones gradually roughens and becomes thin and the bone underneath thickens. All the tissues within the joint become more active than normal as if your body is trying to repair the damage. OA is caused by a breakdown in the cartilage that covers the joints. The protective tissue is damaged by age and repeated motion. This increases the friction as the bones of the joint rub against each other. It can also cause damage to the bone. OA can occur in any joint. However, the most commonly affected joints are in the hands, knees, hips and spine.

*Rasayana* therapy has been given a separate place in Ayurvedic classics, which truly aims at rejuvenation of body. On the basis of method of use and scope of application *Rasayana* therapy can be adopted for the better management of degenerative joint disease *Sandhigata vata*. *Rasayana* drugs acts by their following properties like anti-oxidants, anti-ageing, anti-inflammatory & immunomodulator action. But before administering *rasayana* therapy our *Acharays* has emphatically emphasized that bio-purification of the body is essential pre-requisite for administration of *Rasayana* therapy because if the body channels are not clean the effect of *rasayana* will not be achieved in the same way as due colors do not take up during dyeing of a cloth which has not been cleaned.

### CONCLUSION

*Sandhigata vata* is a degenerative joint disorder which calls for an early management, progression of the disease could be stopped at the right time before it may bring permanent physical impairment. So, *Rasayana* therapy must be employed for the patients of *Sandhigata vata* so that the progressive nature of the disease could be stopped at the right time and benefits could be obtained in the form of positive nutritional status, healthier tissue formation, stronger immune status, improved mental power and long healthy life.

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