

# Viparitani Vatasya Prashamanaani Bhavanti: A Case Study on Sandhigata Vata

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## Abstract

*SandhigataVata is Vata vyadhi, characterized by swelling with joints, appears as a leather bag inflated with air on palpation and pain during extension and flexion of the joints. In this article we are going to discuss successful management of case by Ayurvedic management with remarkable improvement. Introduction- in Introduction we have reviewed about concept of SandhigataVata along with case presentation of 73 years old female patient. Materials and methods-Drugs used in treatment and Assessment criteria of SandhigataVata. Results- explained about improvement with Ayurvedic medicine. Discussion- explained about mode of action of drugs and drawn conclusion. With the help of this article, we can conclude that with the help of ayurvedic medicine we can treat and manage SandhigataVata with marked improvement.*

## Keywords

*Sandhigata Vata, Viparitani, Case study*

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## 1. Introduction

According to Acharya Charaka, SandhigataVata Vyadhi is mainly caused by Vata Dosha. Excessively aggravated Vata inside joints causes Vata Purna Dhruti Sparsha (the joints will look like air filled bag to touch), Shotha (swelling), Prasaraana Akunchan Pravrutti Savedhna (difficulty in extension and flexion of joints along with pain) [1].

According to Sushruta, excessively aggravated Vata inside joints causes Hanti Sandhigata (destruction of function of joints), Sandhi Shool and Shotha (giving rise to pain and swelling in joints) [2].

According to Madhav Nidana, excessively aggravated Vata in the joints causes destruction of the actions of joints and Sandhishool and Atopa (manifest pain and crepitation in joints) [3].

## 2. Case Report

A case of 73 years old female patient visited OPD (OPD no.24-631 of Kayachikitsa of GAM&RC Shiroda Goa. She presented with chief complaint of Ubhaya Janu Sandhi Shoola (Right and Left knee joint pain) for 2 years which was on and off. She was also complaining of Chakramana Kashtata (difficulty in walking) due to Sandhi Shoola in both the knee joints. Walking and climbing aggravated the pain. The knee pain had affected her daily living activities. On examination it revealed- tenderness, swelling, crepitus and range of motion or movement of leg was reduced. The patient was taking allopathic medicine such painkiller but there was no satisfactory relief with administration of allopathic drugs.

### 2.1. Purvotpanna Vyadhivrutta

K/C/O- HTN in the last 2 years.

D/H-Tab Clinidipine Ip 10mg 1-0-0

### 2.2. Kulavrutta

No family history of Sandhigata Vata among her siblings and parents.

### 2.3. Ahar/Vihar

b- Chapattis, Bread, bhaji, Chana Rosa,

L- Rice, fish, Chicken

D- Poli, vegetable, Palak bhaji, fish, rice.

Other items- Samosa, bhajis etc all Vata Prakopaka Ahara.

### 2.4. General Physical Examination

O/E

Nadi- 76b/min

Mala- Samyaka

Mutra- Samyaka  
 Jivha- Sama  
 Akrti-Madhyam  
 Prakruti-Vata Pradhana, Pitta Anubandhi  
 Agni-Mandhya  
 Nidra- Khandita  
 Raktachapa-140/70 mm of hg  
 Shwasan-18/min  
 Koshta-Madhyam  
 Dehoshma-98.6-degree Fahernite (Afebrile)  
 R/S- AEBE  
 P/A- Soft, non-tender with normal bowel sound  
 CVS-S1S2 heard (normal)  
 CNS – Conscious, Well-Oriented

## 2.5. Dushta Srotas Parikshan

Rasavaha Srotas, Asthivaha, Majjavaha Srotas Dushti.  
 Aharaja Hetu- Atiruksha, Abishyandi Ahara, Katu Ahar Sevan, Shita Ahar Sevana, Vata Prakopaka Ahara.  
 Viharaja Hetu-Diwaswapa, Maruta Sevana.

## 2.6. Vyadhighataka

Dosha-Vata Pradhana  
 Dushya-Rasa, Asthi, Snayu, Kandara, Sira.  
 Adhithana-Sandhipradesha.  
 Srotas-Rasa, Asthi and Majjavaha Srotas.  
 Awastha-Jirna  
 Vyadhi Vinischaya- Sandhigata Vata

**Table 1. Joints Examination**

Janu Sandhi	Right knee joint	Left knee joint
Tenderness	Present++	Present++
Temperature	Normal	Normal
Swelling	Present++	Present++
Crepitus	++	++
Redness	Absent	Absent

## 3. Materials and Methods

### 3.1. Assessment Criteria



Sandhi Shoola

Sandhi Shotha (Swelling)

Ankunchan Prasaranjanya Vedna (Pain during flexion and extension)

Sandhi Atopa (crepitus).

### 3.2. Chikitsa

- Dashmuladi Kwatha  
2tsp+1 glass of water heat reduces to 1/4 B.D
- Vistinduka Vati TID (thrice a day).
- Gokshuradi Guggulu TID (thrice a day).
- Asthisandh Capsule 1cap twice a day with Dink

### 3.3. Panchakarma Procedure

- Matrabasthi with Ksheerbala Taila
- Sarvang Snehan with Nirgundi Tail
- Peti Swedan
- Ubhaya Janu Basthi (Dashmoola +Vistinduka Taila)
- Dashang Lepa for Local application.

## 3. Results and Discussion

**Table 2. Assessment Criteria for Examination Right Knee Joint**

No.	Assessment Criteria	B.T(Right knee joint)	A.T(Right knee joint)
1.	Sandhi Shoola	Severe	Moderate
2.	Sandhi Shotha/ swelling	Moderate	Mild
3.	Range of motion/movement	Restricted up to 15 degrees	No restricted movement
4.	Sandhisputana/Atopa/Creptus	Audible creptus	Palpable creptus

**Table 3. Assessment Criteria for Examination Left Knee Joint**

No.	Assessment Criteria	B.T(Left knee joint)	A.T(Left knee joint)
1.	Sandhi Shoola	Severe	Moderate
2.	Sandhi Shotha/ swelling	Moderate	Mild
3.	Range of motion/movement	Restricted up to 35 degree	No restricted movement
4.	Sandhisputana/Atopa/Creptus	Audible creptus	Palpable creptus

The female patient was diagnosed as case of SandhigataVata. After assessment of signs and symptoms and joint examination, the patient was advised on a treatment plan. In shaman chikitsa patient was given Dashmuladi Kwatha, Vishtinduka Vati, Gokshuradi Guggulu and Asthi Sandha Capsule. In Shodhan Chikitsa Matrabasthi with Ksheerbala Taila, Sarvanga Snehan with Nirgundi Tail, Peti Swedan, Ubhaya Janu Basthi (Dashmoola +Vistinduka Taila), and Dashang Lepa for Local application was advised. Following is the mode of action of drugs and treatment.

### 3.1. Dashmuladi Kwatha

It helps to Mitigate Sandhi Shoola.

**Ingredients-** It contains Bilva, Agnimanth, Shyonaka, Patala, Gambhari, Brihati, Kantakri, Gokshura, Shalaparni and Prishnaparni. Patient is advised to take 2tsp of powder and add 1 glass of water to it, then it is to boil and reduced to ¼. It was told to take B.D i.e. twice a day. Dashmoola comes under Shothahara Gana (C.S.S4/5) [4]. It helps in reducing Shotha (swelling) and Sandhi Shoola.

### 3.2. Vishtinduka Vati

It is made up of purified Kupilu/Kuchila. It is used to treat Vata disorders; hence it is used to treat Sandhigata Vata. It was told to take three times a day. It helped in improving joint mobility and overall function. It helped in stimulating blood circulation, which helped in delivering nutrients to the affected joints and remove metabolic waste products, promoting joint health.

### 3.3. Gokshuradi Guggulu (Sharangdhara Samhita Madhyam Khanda Vatakalpana7/84-87 shloka) [5]

It is used in treating Vata disorders. It helps to reduce Shoola. It was told to take three times a day. By reducing inflammation and pain, Gokshuradi Guggulu helped in improving joint mobility and flexibility which helped in improving and healing of joints.

### 3.4. Asthi Sandhi Capsule

It is used for healing joints. It helps in reducing inflammation and joint pain. It supports cartilage health. It helped in maintaining joint structure and function and Strengthened bones and joints.

## 4. Panchakarma Procedure

**Matra Basthi** was given with Ksheerbala Taila for 7 days. Ksheer Bala Taila contains Bala, Ksheer and Tila Taila. It balances Vata Dosha. It helps in detoxification and helps in removing accumulated Ama Dosha in the body.

**Sarvanga Snehana** helps in mitigating vitiated Vata Dosha in the body, gives strength to the body; it reduces the pain during flexion and extension of Joints. Peti Sweda helps in relaxing the body, it helps in Sthamba Gaurava Nighraha i.e. relief from stiffness of joints, helps reduce Sandhi Atopa and Shoola.

**Ubhaya Janubasthi with Dashmoola and Vishtinduk Taila** was given which helped in reducing Sandhishula, Shotha, Atop and helped in doing proper movements of joints.

**Dashang Shunthi Lepa** was applied which also contributed to reducing Shotha. This treatment was given for 15 days. There was marked improvement seen in this case study.



## 5. Conclusion

It can be concluded that with 15 days of treatment, it provided better relief in the signs and symptoms of the patient. There was relief seen in these following symptoms, such as Sandhi Shoola, Sandhi Shotha (swelling), Ankunchan Prasaranjanya Vedna (Pain during flexion and extension), Sandhi Atopa (crepitus) was reduced. There was marked improvement seen. The patient felt better with the treatment.

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