



A CASE REPORT: MANAGEMENT OF SANDHI GATA VATA WITH SNEHAN AND MATRA VASTI: AN AYURVEDIC APPROACH

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ABSTRACT

Background: In today's time *Sandhi Gata Vata* is a common disorder affecting joints especially in older age. It is a *Nirupstambha Vata Vayadi* and *Dhatukshaya Janaya (Asthi Dhatu) rog*. It is a degenerative disorder and is compared to osteoarthritis. Modern treatment provides relief but the problems recur often. It causes pain, swelling, and reduced range of motion of affected joint. Case:- A 55 year old male, with *Janu Sandhi Gata Vata* since 2 years came to the OPD of JIAR Nardani Jammu. He was given *Snehan* and *Matra vasti* and was advised to follow strict dietary pattern as advised. Results:- The patient showed good response to *Ayurvedic* treatment, with reduction in pain, swelling and increased range of motion.

KEYWORDS: *Sandhigata Vata, Matra Vasti, Snehan, Vata Roga.*

INTRODUCTION

Sandhi Gata Vata is a common disease affecting the joints especially in older age.

It causes pain and swelling in joints, it also leads to restriction of movement of affected joints. It is considered as *Nirupstambh Vata Vyadi*. *Acharaya Charaka* has mentioned it in *Chikitsa sthan* 29th chapter. It involves *Asthi Datu* of body. *Asthi* is the 5th datu of our body. *Sandhigata Vata* causes damage to *Asthi* which leads to reduced function of the affected joint. The modern treatment for this is not so effective and the problem reoccurs quite easily. So keeping this in mind an *Ayurvedic* approach to *Sandhi Gata Vata* is made by *Snehan* and *Matra vasti*.

Snehan has been referred as the line of treatment for *Sandhigatavata*. *Vasti* is the best treatment for *Vata Vayadhis*¹. So these two were decided for the management of patient of *Sandhi Gata Vata*.

Oil used for *Snehan* was *Ksheer bala tail* and *Mahanarayan tail* for *Vasti*. *Mahanarayan tail* has *Rog Adhikar* of *Vata Vayadis*.

Case Report
Name:-XYZ

MRD NO.
Age:- 55 years.

- Present complaints

Patients came with complaints of

- Gradual onset of pain in bilateral knee joint from last 2 years
- Left ankle joint and right shoulder joint from last one and half year
- Swelling of right shoulder joint from last one year
- Restricted movements of right shoulder joint and left knee joint since 10 months.

History of present illness:- Patient was apparently normal before 2 years then he felt pain in both knee joints that gradually involved right shoulder joint left ankle joints and reduce movement of right shoulder joint and left ankle joint. Patient took modern treatment for this but only temporary relief was observed. For the complete relief of above present complaints he came to OPD of JIAR Nardani Jammu.

- Past history
N/k/c/o type 2 D/M
N/k/c/o HTN or thyroid

- Occupation
Patient is a Farmer, so usually does maximum hard work and involves lifting of heavy objects.

- Personal history
No history of smoking or alcohol intake but habitual to take tea and junk food and is vegetarian, hard working life style.

- Family history
No one suffering from such disease.

- On examination
PR: 88/min., BP:- 140/80mm of hg. ,RR:- 16/min.
Pallor:- absent
Edema:- absent
- Weight:- 80kg. height :- 160 cm
- Preseence of pain, swelling, reduced range of motion of affected joints
- RS:- lung fields clear
- CVS:- S1, S2 Heard, no murmurs.

- CNS:- patient conscious, well oriented to time, place, and surroundings.
- P/A:-soft not tender, no organomegaly.

➤ Diagnosis

- X-rays of affected joints shows reduced joint space and osteophytes.
- Blood investigations like ESR:- 28mm/hr.

Treatment plan:-*Abhyanga* with *Mridu Sweda* for 40 minutes and *Matra Vasti* for 16 days.

Abhyanga:- *Ksheer bala tail*

Matra vasti:- *Mahanarayan tail* 40 ml.

Assessment parameters adopted-subjective

1). Pain (*Vedna*)

0	No pain
1	Mild pain,bearable comes occasionally
2	Moderate pain, but no difficulty in waking
3	Moderate pain, difficulty in walking
4	Severe difficulty,disturbs sleep under analgesics

2). Swelling

Absent	No swelling
Mild	Less than 10% circumference of affected joint
Moderate	More than 10% circumference of affected joint
Severe	More than 20% circumference of affected joint

3). *Akunjana Prasarana Vedna*

0	No pain
1	Pain without wincing of face
2	Pain with wincing of face
3	Pervents complete flexion
4	Does not allow passive movement

RESULTS

During the treatment priod of 16 days patient experienced gradual relief of symptoms. patient was given *Abhyanga* with *Mridu sweda* for 40 minutes and *Matra vasti*. days pa After 4 tient started felling relief in pain and swelling.

The gradation of symptoms are given in below tables:-

Objective Parameters.

VAS	Grading BT	Grading AT	Grading during follow up
Left knee joint	7	6	3
Right knee joint	6	4	2
Left ankle joint	7	5	3
Right shoulder joint	7	5	4
Low back ache	5	3	2

RESULT= SUM=32 SUM=23 SUM=14
Average=6.2 Average=4.6 Average=2.8

Subjective parameters

Parameters	Grading BT	Grading AT	Grading during follow up
Pain	4	3	1
Swelling	1	1	0
Pain on joint movements	3	1	0

DISCUSSION

- The treatment plan was aimed at *Vata* pacification.
- *Shula* is mainly caused by pain and by *Vata* pacification pain reduces.
- *Snehan* is one among the *Chikitsa* of *Sandhi Gata Vata* according to *Bhavprakash*.^[2]
- *Snehan* and *Swedan* reduces *Vata* and makes joints flexible.
- *Ksheer bala* tail has *Brihmana Guna* that helps in *Vata* pacification.
- *Vasti* is the best treatment in *Vata* disorders.
- It is also considered as *Ardha Chikitsa*.^[3]
- *Mahanarayan tail* used has *Rog adhikara* for *Vata Vyadis* according to *Bhashijya Ratanavali*.

CONCLUSION

- *Snehan* is considered as the main line of treatment for *Sandhigata Vata*.
- *Vasti* is ideal in expelling the doshas out of body.^[4]
- Being a *Dhatukshya Vikara* caused by *Vata Kopa Snehan* helps in *Dhatu Poshan* as well *Vata Shaman*.
- *Sandhivata* can be closely correlated to osteoarthritis.
- As the case shows significant improvement in pain, swelling, and range of motion so it can be concluded that *Snehan* and *Vasti* are the choice of treatment in *Sandhi Gata Vata*.
- Large scale study can be done to get more accurate conclusions.

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