



Sandhigata Vata w.r.t. AGE

Prof (Dr) Bishnupriya Mohanty¹, Rajay V. Govenkar²

¹MD (Samhita), PhD (Basic Principle), Professor and Head, Department of Sanskrit Samhita and Siddhanta, Gomantak Ayurveda Mahavidyalaya and Research Centre;Shiroda, Goa. 403103

drbishnupriyadas@gmail.com

²Rajay V. Govenkar, Student 4th year BAMS, Gomantak Ayurveda Mahavidyalaya & Research Centre, Shiroda-Goa

tushargovekar008@gmail.com

ABSTRACT

Sandhigata vata is one type of vata vyadhi which is commonest form of articular disease. Today's modern era due to sting jobs, air conditioner atmosphere, lack of proper healthy diet, travelling and odd age etc. Leads to this disease which can be seen increasing day by day. In today's era this disease can be seen even in people of young age. "VATAPURNA DRUTI SPARSHA: SHOTHA SANDHIGATENILE" is the one line unique identity of Sandhigata vata. The present article is an attempt to highlight the age at which Sandhigata vata is most commonly manifested.

KEYWORDS: Sandhigata vata, swelling, crepitus, age

INTRODUCTION

Sandhigata vata is the commonest vata vyadhi. In this vata gets vitiated due to various causes mentioned in Charaka Samhita. Acharya Charaka described it as 'sandhigata anile' means vata gets located in sandhi and results in sandhigata vata. In Madhava Nidana Sandhigata vata is described as "Hanti sandhigata: shola atopa karoticha" which means this disease damages joints and have symptoms like Pain sensation crepitation at joints.

Definition of Sandhigata vata

According to Acharya Charaka

वातपूर्णदृति स्पर्शःशोथःसंधिगतेनिले।
प्रसरणकुञ्चनयोःप्रवृत्तिश्चसवेदनः।च .चि.२८/३७

It is the disease in which sandhi shoola (joint pain), vatapurna druti sparsha (crepitus), shotha (swelling), prasarana akunchana pravrutti savedana (pain during flexion and extension) are seen.

According to Madhava Nidana

हन्ति सन्धिगतःसन्धिन्शूलाटाउपौ करोति च।मा.नि.वातव्याधि

There is hanti sandhi (degeneration of joints, shoola (pain), shotha (swelling)

Nidana Panchaka of Sandhigata vata

Hetu

There is no specific description about the hetu of sandhigata vata, as it is one of the vata vyadhi the hetus of vata vyadhi are accepted as the hetus for sandhigata vata.

Samprapti

Hetusevana

Vataprakopa

Dhatukshaya a srotasas

Increases rukshata kharataparushata at srotasas

Riktasrotasavayupurana

vatavyadhi

Purvarupa

There is no classical description regarding the purvarupa of sandhigata vata avyaktalakshana are considered as purvarupa

Rupa

Sandhi shoola (joint pain)

Vatapurna druti sparsha(crepitus)
 Shotha(swelling)
 Prasarana akuncanapravrutischasavedana(pain during movements)
 Hani sandhigata(degenerative changes at joints)

AIMS AND OBJECTIVES

To analyse the age at which sandhigata vata is most commonly manifested.
 To note down the age group of affected people.

MATERIALS AND METHOD

As the study is review and analysis study. The available literature like samhitas and other books are searched, and all the relevant content is considered and analysed to get comprehensive concept of signs and symptoms of manifested disease (SANDHIGATAVATA).

Diffwewnt signs and symptoms of Sandhigata vata are reviewed and collected and a questionnaire was prepared using goggle forms with options of age sex and laxanas and was forwarded on social media.

INCLUSIVE CRITEIA

Patients with classical signs of sandhigata vata (signs: shoola , shotha , stambha , vatapurna drutisparsha)

Patients between the age group of 30-70 years

Patients without any anatomical deformity

EXCLUSIVE CRITERIA

Patients below 30 years and above 70 years of age

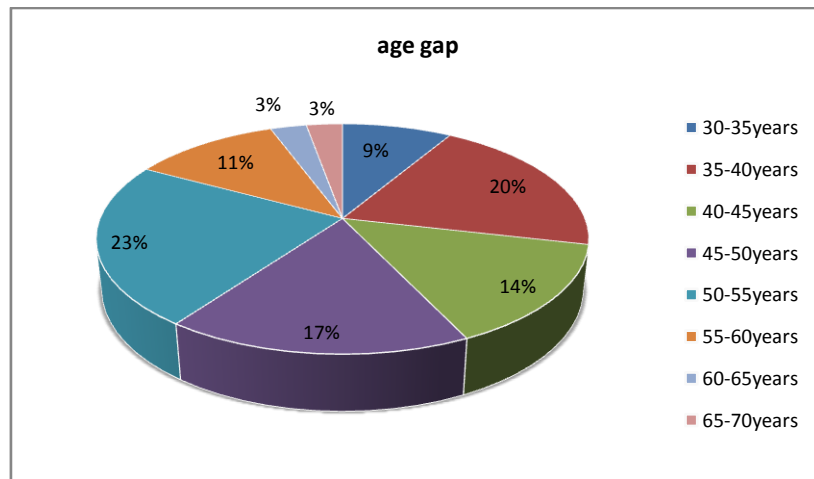
Patients who have undergone any surgery of joints.

Patiets without any classical signs of sandhigata vata.

OBSERVATIONS

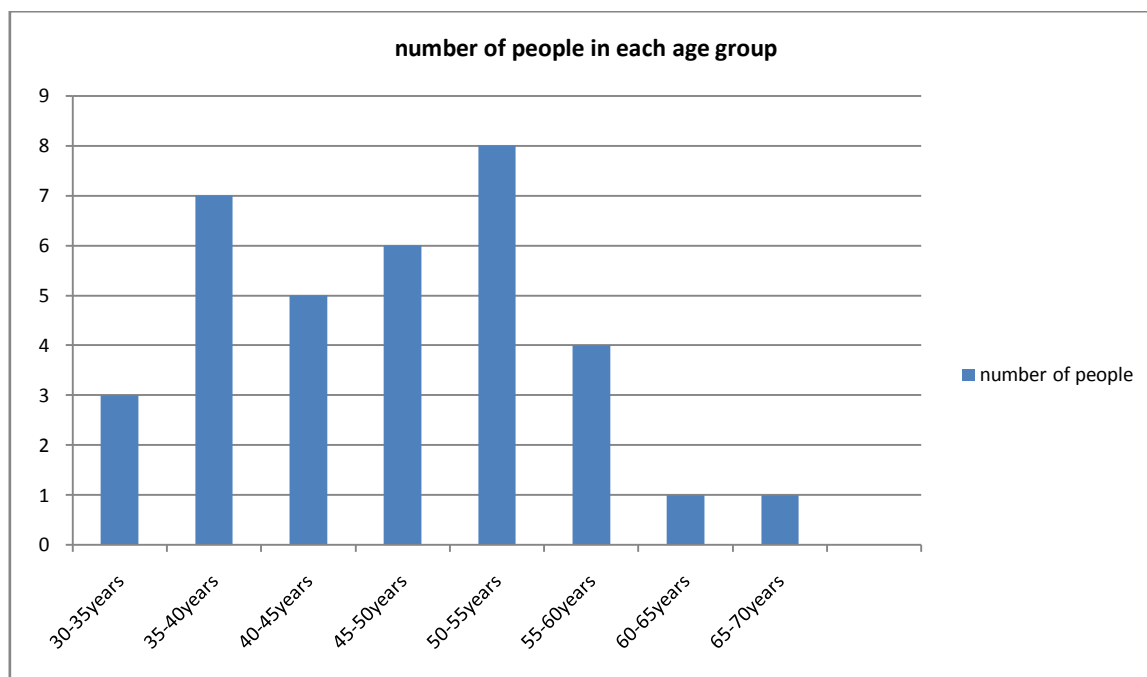
A survey was conducted using a questionnaire made with the help of Google forms and was forwarded on social media.

About 50 responses were received in that about 35 responses were selected and the observations were as follows.



AIMS AND OBJECTIVES

Graphical representation



DISCUSSION

It was found that the patients of age 50-55 years were affected more. That is about 23% people were affected. This could be due to age and also other factors like too much of exercise and also manasik hetus like chinta, shoka etc.

Also because of the vata which increase more in this age.

Aslo It was found that people of age 30-35years also suffered from the disease, because of the lifestyle i.e. Eating of more ruksha ahara, more ratri jagarana, and also due to lot of chinta this leads to increase of vata dosha leading to Sandhigata vata.

CONCLUSION

The people of age group 50 years-55 years are mostly affected followed by the age group of 35-40 years of age

Reference

- 1.Charak samhita chikitsa sthana 28
- 2.Madhav Nidana-Vatavyadhi