

## | Sandhivatha: Clinical pearls

The Vatha aggravated inside the Sandhi causes pain, swelling, and restricted joint movements. Prana, Udana, Apana, Samana and Vyana Vatha situated in their respective places ensures life. When these Doshas are under Avarana, medicines do not act as expected. Pithavrutha-Vyana Vatha causes burning sensation, and Kaphavrutha-Vyana Vaatha results in inactivity and fatigue.

We can achieve faster results when Sandhivatha is treated based on the Lakshana. In the presence of Shotha, Rasnadi Choorna, Kottam Chukkadi Choorna or Marmani Gutika Lepa help reduce the Shopha.

Guggulu, which is Thridoshahara, has a special place in the treatment of Sandhivatha. Guggulu is said to be given as Havis in Yagnya by Lord Shiva. Guggulu processed in Gomoothra provides quicker relief to patients. Several Guggulu Kalpa are recommended in Sandhivatha. However, they are especially beneficial in Teevra Vathadhikya. While Thrayodashanga Guggulu helps in Pitthaja Lakshana, Kaishora Guggulu helps in Kaphaja Shotha. In the presence of Kapha Lakshana, Gokshuradi Guggulu is suitable.



Guggulu Kalpa consisting of Abhraka, Loha Bhasma, Rajatha Bhasma – such as Mahayogaraja Guggulu; Thapyadi Loha, Gandha Thaila, Ksheerabala Avarthana Capsule, Maharasnadi Kashaya, Balarista – are highly effective.

Pinda Thaila, Ksheerabala Thaila, Mahanarayana Thaila, Bala Thaila, Ashwagandha Balalakshadi Thaila are beneficial based on patients' symptoms. Topical treatments like Sthanika Sweda, Pathrapinda Sweda, Janu Basthi are complementary treatments.

Inside

**Sandhivatha: Ayurvedic Perspective**

**2**

**Shallaki has the potential to be a potent osteoarthritis treatment**

**4**

# Sandhivatha: Ayurvedic Perspective

## Sandhivatha

Balancing Dosha and Dooshya is the basis of healthy living. Sandhivatha is one of the conditions that occur because of the Dosha-Dooshya imbalance.<sup>1</sup> There are several reasons for Sandhivatha (osteoarthritis). Age, female sex, obesity, genetics and significant joint injury are among the risk factors.<sup>2</sup> More and more people eat junk food and do less exercise currently. According to studies, the lifetime risk of Sandhivatha is greater in obese people vs. non-obese. The previous injury to the joint increases the risk of Sandhivatha by 12%. Older age is associated with degeneration of joints, especially reduction in Shleshaka Kapha and later erosion of bone and cartilage, leading to Sandhivatha.<sup>1,2</sup>

## Management challenges

Management of Osteoarthritis is a challenge, despite all modern medicine's advancements. Besides lifestyle modifications to reduce body weight, most patients receive pain medicines (non-steroidal anti-inflammatory drugs) topically or orally. While a few are contraindicated from using NSAIDs, several others show mild to severe side effects on prolonged use. Some compounds newly introduced in the market arrest structural progression or reduce pain, but they have yet to prove their advantages in clinical trials. Total joint replacement is the option for those with advanced symptoms and structural damage; however, it is expensive and ineffective in the long term. Therefore, most patients have no option but to suffer from pain and disability over time.<sup>2</sup>

## The treatment void is big, and hence Ayurveda has a role in improving patients' quality of life

56.8% Present to clinics with moderate or severe pain due to osteoarthritis.<sup>3</sup>

91% Of osteoarthritis patients are initiated with pain medications.<sup>3</sup>

90% Patients fail to respond to treatment with NSAID ± other medications.<sup>3</sup>

10% Of osteoarthritis patients can't use NSAIDs as they are contraindicated.<sup>3</sup>

59% Patients fail to even respond to strong opioid therapy.<sup>3</sup>

54.2 % Patients stop taking treatment because there is no relief.<sup>4</sup>

## Ayurvedic approach to Sandhivatha management

Sandhivatha is a Vathaja condition, whose reasons are Athi Vyayama (excessive physical activity), Abhighata (joint injury), Marmaghata (joint injury at a key site), and Pradhavana (running). The Samprapthi Ghataka are as follows.<sup>5</sup>

Dosha	Vatha, Shleshak Kapha	Agni	Manda
Dooshya	Asthi, Majja, Meda	Udbhavasthna	Pakvashaya
Srothas	Asthivaha, Majjavaha, Medovaha	Roga marga	Madhyama
Srothodushti	Sanga	Vyadhiswabhava	Chirakalika

Samshodhana treatment is indicated if the patient is obese. The various samshodhana therapies that can be used are as follows:<sup>5</sup>

**Vamana:** Madanaphala Pippali Yoga

**Virechana:** Abhayadi Modak, Trivruta Avaleha, Argavdhadi Kashaya, Triphala Kashaya

**Anuvasana:** Saindhavadi, Hingutriguna Anuvasana

**Asthapana basti:** Dashamuladi Niruha basti, Erandamuladi Niruha Basti

**Raktamokshana:** Jaluka

Shamana therapy includes Langhana and Pachana, Shamana therapy can effectively manage the symptoms. Drugs used for Pachana or Agnideepana are also helpful in patients of Sandhivatha. Some of the yogas useful in Sandhivatha are as follows:<sup>5</sup>

Guggulu <sup>5</sup>	Sneha <sup>5</sup>	Kashaya <sup>5</sup>	Rasowshadha <sup>5</sup>	Local treatments <sup>5</sup>
Yogaraja	Panchathiktha Ghrita	Dashamula	Navajivana rasa	Mahanarayana thaila
Panchathiktha	Rasna thaila	Rasna Sapthaka	Godanti Bhasma	Lodhra, thriphala, vibhithaki choorna lepa
Rasnadi	Lashunadi thaila	Phalathrikadi	Prvala Pishti	Janu abhyanga with Mahanarayan thaila
Gokshuradi	Nirgundi thaila	Maharasnadi	Mukthashukthi Bhasma	Pathrapinda sweda with eranda, chincha, arka pathra
Mahayogaraja	Sahacharadi thaila	Erandamuladi	Samira pannaga rasa	
Tryodashanga	Mahanarayana thaila	Punarnavashtaka	Bruhath vathachinthamani rasa	Janubasthi with murivenna, mahamasha Vishgarbha thaila
Laksha	Vishgarbha thaila	Baladi	Vathakulanthaka rasa	

Choorna <sup>5</sup>	Rasayana <sup>5</sup>	In sthowlya <sup>5</sup>
Ashwagandha choorna	Lashuna	Thriphala guggulu
Bala choorna	Methika	Varuna shigru kwatha
Shallaki choorna	Shilajithu	Vidangadi Lauha
Guggulu choorna	Ashwagandha	Kanchanara guggulu
Rasana choorna	Bala	Madhudaka

Pathyapathya is also very important for effective Sandhivatha management. Following are the Pathyapathyas.<sup>6</sup>

**Pathya aahara:** Godhooma, Mamsa, Rakthashaali, Godugdha, Ajudugdha, Ghrita, Draksha, Amra, Madhuka, Ushna Jala, Madhura, Amla, Lavana Rasa.

**Apathya ahara:** Atapa Sevana, Mridu Shayya, Ushnodaka Snana, Yava, Kodrava, Chanaka, Kalaya, Sheeta Jala, Athi Madya Pana, Shushka Mamsa, Katu, Thiktha, and Kashaya Rasa Pradhana Ahara.

**Apathya vihara:** Chintha, Rathri Jagarana, Vega Vidharana, Shrama, Anashana, Athi Chankramana, Kathina Shayya.

## Conclusion

- \* Sandhivatha is very difficult to manage, even with modern medicine and technology.
- \* The reasons for difficulty in management could be irreversible joint degeneration and the ineffectiveness of medicines.
- \* Since lifestyle factors, which cause Dosha-Doosha imbalance, are the reason for Sandhivatha, Ayurveda can play a very constructive role in improving patient symptoms and, thus, the quality of life of patients.

## References

1. Mandip RG. Sandhivata-an Ayurveda Approach. Journal of Ayurveda Physicians and Surgeons (Peer Reviewed). 2017;4(1):9-11.
2. Katz JN, Arant KR, Loeser RF. Diagnosis and Treatment of Hip and Knee Osteoarthritis: A Review. JAMA. 2021 Feb 9;325(6):568-578.
3. Castro-Dominguez F, Vargas-Negrin F, Pérez C, et al. Unmet Needs in the Osteoarthritis Chronic Moderate to Severe Pain Management in Spain: A Real World Data Study. Rheumatol Ther. 2021 Sep;8(3):1113-1127.
4. Sharma M, Dhillon MS, Singh A, et al. Treatment-seeking Behavior of Knee Osteoarthritis Patients in Northern India. J Postgrad Med Edu Res. 2019;53(3):109-112.
5. Sharma P, Sharma R, Zahir R. A literary review on Sandhivatha w.r.t to osteoarthritis. World Journal of Pharmaceutical Research. 2022;11(3):1130-1135.

# Shallaki has the potential to be a potent osteoarthritis treatment

A systematic review and meta-analysis consisting of 7 trials involving 545 patients showed Shallaki, and its extract is an effective and safe treatment option for patients with osteoarthritis (Sandhivatha). It is especially useful when used for at least four weeks. The treatment effectively reduces pain (VAS and WOMAC pain) and stiffness (WOMAC stiffness) and improves joint function (WOMAC function and sequence index). Another advantage of Shallaki is that it does not exhibit toxic manifestations.

According to clinical trials, the extracts of Shallaki have anti-inflammatory and anti-arthritis properties and improve pain and physical function. Experimental studies have shown that Shallaki extract can inhibit the expression of inflammatory factors such as adhesion molecules.



Study or Subgroup	Boswellia		Control		Total Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
	Mean	SD	Mean	SD			
Vishal 2011	-23.5	10.31	-8.3	9.6	12.0%	-15.20 [-20.28, -10.12]	
Sengupta 2008a	-35.68	8.04	15.12	14.42	6.6%	-20.56 [-29.67, -11.45]	
Sengupta 2008b	-41.4	8.31	15.12	14.42	6.9%	-26.28 [-35.12, -17.44]	
Sengupta 2010a	-22	14.45	-9.4	8.05	9.7%	-12.60 [-20.96, -4.24]	
Sengupta 2010b	-27.5	10.71	-9.4	8.05	10.9%	-18.10 [-25.03, -11.17]	
Karimifar 2017	-2.19	1.74	-1.71	1.5	19.4%	-0.48 [-1.36, 0.40]	
Notarnicola 2016	-3.1	2.26	-1.5	1.71	58.9%	-1.60 [-2.35, -0.85]	
Notarnicola 2011	-4.8	2.18	-3.1	2.71	30.0%	-1.70 [-2.94, -0.46]	
<b>Total (95% CI)</b>		<b>225</b>		<b>185</b>	<b>100.0%</b>	<b>-8.33 [-11.19, -5.46]</b>	

Heterogeneity: Tau<sup>2</sup> = 10.85; Chi<sup>2</sup> = 108.69, df = 7 (P < 0.00001); I<sup>2</sup> = 94%  
 Test for overall effect: Z = 5.69 (P < 0.00001)

## References

1. Yu G, Xiang W, Zhang T, et al. Effectiveness of Boswellia and Boswellia extract for osteoarthritis patients: a systematic review and meta-analysis. BMC Complement Med Ther. 2020;20(1):225.







**JOINT PAIN  
OSTEO ARTHRITIS, RHEUMATOID ARTHRITIS, POLY ARTHRITIS**

**Dosage:** 1-2 tablets twice or thrice per day  
**Packing:** 100 pills, 1000 pills

**INGREDIENTS:**  
 Each 500 mg tablet contains:  
 Rasna (Plichea lanclolata) 100mg  
 Amritha (Tinospora cardifolia) 100mg  
 Devadaru (Cedrus deodara) 100mg  
 Eranda (Ricinus communis) 100mg

**Processed with**  
 Rasna panchaka quath, QS



Remedies & Research Centre Mundoor, Puttur D.K. Customer Care No. +91 9900409184

For the use only of a registered Medical Practitioner or Hospital only.  
 For more details, please contact : SDP REMEDIES & RESEARCH CENTRE. PARLADKA. PUTTUR.574201.  
 Mail: sdpayurveda@gmail.Com Website: www.sdpayurveda.com