

# An Overview To Effect Of Sahacharadi Yapana Basti In Dhatukshayjanya Janu Sandhigat Vata

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## Abstract

Sandhigata vata is the most common disease affecting a large population in the modern era. The term "Sandhigata vata" is derived from the words "Sandhi" and "Vata". When Vata becomes lodged in Sandhi (joints), it causes pain, swelling, and restriction of joint movement. Sandhigata vata's clinical presentation is very similar to that of Osteoarthritis, which is the second most common rheumatologic problem. Sandhigata vata is a type of Vatavyadhi that most commonly occurs in Vridhavastha (old age) due to Dhatukshaya, (degeneration) according to Ayurveda. Sandhigata vata is a difficult disease for clinicians to treat due to its chronicity, incurability, complications, and so on. Allopathic treatment provides symptomatic relief, but the underlying pathology remains untreated due to a lack of effective therapy, resulting in numerous side effects, toxic effects, and adverse reactions. The treatment procedure described in Ayurveda focuses not only on drugs but also on lifestyle changes, resulting in a holistic approach to its management. Yapana Basti is one of the types of Basti which is soft (Mrudu), safe and there are least restrictions pertaining to Kala. And behaviour. There are various types of Yapana Basti described by different Samhitas. Sahacharadi Yapana Basti could be unique treatment modalities for Janu Sandhigata Vata.

**Keywords:** Yapana, Sandhi, Osteoarthritis, Sandhigata vata, vata vyadhi

## INTRODUCTION

Sandhi is defined as the union of two or more Asthi.[1] Shleshaka Kapha resides in Sandhi which provides nourishment to the joint [2] It aids in various types of rotational movements, flexion, and extension, as well as maintaining body posture. Vyadhi nirmitti is caused by various factors viz. Hetusevana, (etiological factors).

Agni Kshapana, (impairment of digestive fire) Dosha Dushya Samurchhana and sometimes Ama. (Unripe, undigested food caused due to Agnimandya) [3] But Vatvyadhi is exception as it is a Nanatmaja (of Vataj origin only) type of disease of Vata Dosha.[4] Sandhigata Vata which is a type of Vatavyadhi is now days becoming burden for the society. Sandhigat Vata has been described by various Ayurvedic Acharyas in the chapter Vatavyadhi. Sandhishoola, (pain in joint) Sandhishoth, (oedema at joint) and Vataputna Druti Sparsha (Hollowness) are common Sandhigat Vata symptoms. [5] Madhava Nodana mentions Sandhi Atop(crepitus) in addition to other symptoms, [6] but not Vataputna Druti Sparsha. Sandhigat Vata is usually caused by old age. [7] It is caused by vitiated Vata Dosha. Sandhigat Vata, as described in Ayurveda, is similar to osteoarthritis. It falls under the umbrella term Vatavyadhi. Janu Sandhigat Vata is comparable to knee osteoarthritis. The occurrence of osteoarthritis is higher in the knees; in other words, knee osteoarthritis is much more common than other types of osteoarthritis. [8]

The global impact of osteoarthritis (OA) represents a significant global challenge for health-care systems in the twenty-first century. The most common type of arthritis in both developed and developing countries is osteoarthritis (OA). According to the most recent update of the Global Burden of Disease figures (GBD 2013), 242 million people worldwide have symptomatic and activity-limiting OA of the hip and/or knee [9].

## Types

The Sandhigata vata Bheda can be understood by considering the following-

1. According to Samprapti: [10]

Dhatukshayjanya sandhigata vata is the most common type of degeneration.

Avaranjanya sandhigata vata: The primary cause is Vayu's obstruction.

2. It is divided into two varieties in the Nija (causes within the body itself) and Agantuja (due to external causes) lines.

Nija- Vata vitiation caused by Dhatukshaya, Avarana, etc.

Agantuja- Due to trauma

### **Samprapti of Dhatushayjanya Janu Sandhigata Vata:**

There are no direct references to Janu Sandhigata Vata samprapti in Ayurvedic classics. To understand the Samprapti of Januandhigatavata, we can consider the general Samprapti of Sandhigata vata - Vatavyadhi. The Samprapti - Nidana Sevana aggravates Vata and the Prakupita Vata (vitiated) accumulates in Riktasrotas; i.e. where free space exists for its lodgement and gives rise to generalised and localised diseases, as described by Acharya Charaka. [11] During the pathogenesis course, the patient may develop following clinical features of Janusandhigata vata (Osteoarthritis). When vitiated Vata Dosha forms Sthana Samshraya in the Janusandhi Knee (joint), it causes pain and inflammation, and in later stages, dislocation and loss of function of the Knee joint.

### **Sahacharadi Yapana Basti:**

Though Chikitsa of Sandhigat Vata described by Acharya Charak does not include Basti as the main treatment; Basti has been mentioned as a treatment modality for Nirupstambhit Vatavyadhi (Degenerative origin) [12] But as Janu Sandhigat Vata is a type of Vatvyadhi, Basti is the best treatment for it. [13] Yapana Basti is one of the types of Basti which is soft (Mrudu), safe and there are least restrictions pertaining to Kala. [14] There are various forms of Basti viz. Yog Basti, Kal Basti, Tikta Ksheer Basti, Madhutailik Basti etc. But Yapana Basti is one such type of Basti which despite having so much good effects and comparatively low ill effects or low restrictions not being used so far. [15] The word Yapana has different meanings. Yapana is that which is responsible for Dirgha Kala Anuvartanam” [16]. Means promotes longevity. Yapana means Dharanam[17] means maintains life. Yapana also means Poshana[18] viz. nutrition. One meaning of yapana is Rogashamana.[19] That is which cures disease. Yapana is Pranadharana[20] also means longevity. As per this reference, the Basti which prolongs the life restores the health is called as Yapana Basti. ‘Yapana Basti.’ is otherwise defined as that which can be used for longer periods (prolonged use) and that which promotes longevity. (Chakrapani on Cha. Si. 12/18)

Yapana Basti is advocated in almost all diseases. There are no restrictions of Pathya and time. Godugdha is compulsory ingredient part of almost all Yapana Basti, and it has been proved that milk is very good in osteoporotic conditions. [21] In fact, in Asthivah Srotas Dushti, TiktaKsheer Basti has been described by charak. [22] Again, amongst various Yapana Basti, Sahacharadi Yapana Basti [23] is not being used widely. Sahachar is a potent Vatsamak Dravya [24] and as Sandhigat Vat is a type of Vatvyadhi it may prove good in lowering the symptoms of Sandhigat Vata.

### **Review of Literature: [25]**

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Study The Efficacy of Brihatyadi Yapana Basti in SandhigataVata with Special Reference to Janu Sandhi. Maharashtra University of Health Sciences, Nashik. 2014

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Ashwini H, Kiran M Gound and two more authors, Efficacy of Rajyapana Basti in Janu Sandhigat Vat w.s.r. to osteoarthritis of knee joint, IAMJ 2019

### Need of Study

After literature search it can be said that there are lots of research carried out on Janu Sandhigat Vat using various forms of Basti viz. Yog Basti, Kal Basti, Tikta Ksheer Basti, Madhutailik Basti etc. But Yapana Basti is one such type of Basti which despite having so much good effects and

comparatively low ill effects or low restrictions, researchers

have not given stress to explore its effects. Yapana Basti is advocated in almost all diseases. There are no restrictions of season and time. Likewise, the lower percentage of research, its usage also not considered in large quantity. Coming to the ingredients of Yapana Basti, Godugdha (Cow milk) is compulsory ingredient part of almost all Yapana Basti, and it has been proved that milk is very good in osteoporotic conditions. In fact, in Asthivah Srotas Dushti, Tikta Ksheer Basti has been described by all Samhitas.[26]. Sahachar is a potent Vatshamak Dravya and as Sandhigat Vat is a type of Vatvyadhi it may prove good in lowering the symptoms of Sandhigat Vat. So, it is the need of time to study the effects of Sahacharadi Yapana Basti in Janu Sandhigat Vata.

### Objectives

To investigate the effect of Sahacharadi Yapana Basti in Janu Sandhigata Vata.

To investigate the pathogenesis (Samprapti Ghataka) of Janu Sandhigata Vata.

## RESEARCH METHODOLOGY

A research methodology is a universal approach to addressing a study subject through data collection, data evaluation, and study results. A research technique is a strategy for conducting a research study. Research is the systematic gathering and analysis of facts and information for the advancement of knowledge in any field. The study's goal is to use systematic techniques to solve intellectual and practical problems. "Scholarly inquiry or investigation; specifically, inquiry or experimentation directed at the exploration and clarification of data, modification of existing techniques or laws in light of new facts, or practical application of such new or updated theories or laws," according to Webster's Collegiate Dictionary. Some people consider research to be a journey from the known to the unknown. The current study is descriptive in nature and is based on secondary data gathered from a variety of sources such as books, education, and development, journals, scholarly articles, government publications, and printed and online reference materials.

## MATERIALS AND METHODOLOGY

Saindhava and Madhu should be blended to create a homogeneous mixture. Then, 40 ml of Sneha Dravya, that is Tila tail and

Goghrut should be added to the above mixture to form a homogeneous mixture. [27] Then Kalka should be added to the above mixture, and finally lukewarm Sahacharadi Ksheer, which is prepared as per the textual reference in Sharagdhara Samhita, [28] should be mixed and churned to form a homogeneous mixture.

**Table 1:** Sahacharadi Yapana ingredients and their properties

Name of Drug	Sahachar	Bala	Darbha	Sariva
Scientific name	Barleria Prionitis	Sidacordifolia	Desmostachya bipinnata	Hemidesmus indicus
Family	Acanthaceae	Malvaceae	Gramineae	Asclepladaceae
Rasa	Tikta, Madhur, Kashay	Madhur	Madhur, Kashay	Madhur
Guna	Laghu, Snigdha	Snigdha, Picchil	Snigdha	Snigdha, Guru
Veerya	Ushna(Bhavprakash)	Sheet	Sheet	Sheet
Vipak	Katu	Madhur	Madhur	Madhur
Doshaghna	Kapha-Vat	Tridosha	Tridosha	Tridosha
Karmukata	Shothaghna kushthaghna	Balya, Vrushya vatanuloman	Mootral, Ruchya	Shukral, Vrushya, Grahi, Krumighna

**Table 2.** Sahacharadi Yapana Basti preparation

Content	Quantity
Sahacharadi Siddha Ksheer	320 ml
Honey	80 ml
Teel Tail (Sesame oil)	40 ml
Goghrut	40 ml
Kalka	05 gm
Saidhav	05 gm
Total	490 ml (out of this 480 ml may be used for Basti)

### Criteria of Assessment

Following parameters can be assessed to decide the effect of Sahacharadi Yapana Basti in Janu Sandhigata Vata

Sandhishoola

Sandhishotha

Vatapura Drutisparsha

Prasarana Samaye Vedana (pain while extension of knee joint)

Akunchana Samaye Vedana (pain while flexion of knee joint)

### Probable mode of action of Sahacharadi Yapana Basti

Yapana Basti need not require an alternate Niruha, Anuvasana Krama what we use in Yoga, Karma, and Kala basti. Yapana Basti instead acts as both Shodhana and Bruhana. [29] As Dhatukshayajanya Janu Sandhigata Vata is a disease of old age there is physiologically decrease of Shleshaka Kapha in Sandhithana. So, Sandhi also needs Kapha Bhava to counteract the Vata vrudhi. All the ingredients of Sahacharadi Yapana Basti including Sahachara are potent Vatashamaka. Bala provides nourishment to the muscles and ligaments involved in the joint which play an important role in maintaining the strength of the

joint. Sariva acts on Raktadhatu which also plays a crucial role in joint mechanics. Along with that the other ingredients including milk, Ghee and oil are important to provide nourishment to the degenerated joint as well as to appease the vitiated Vata. Yapana Basti is a good alternative to classical Dvadasha Prastriti Niruha etc., which is not well tolerated by today's delicate and weak patients. Further, mild restricted code of conduct makes it an ideal therapy for today's fast paced society.[30]

### Samprapti Ghataka of Janu Sandhigata Vata

Samprapti [31] means pathogenesis. How the disease progressed. In Janu Sandhigata Vata, different factors which play an important role can be summarized in a tabular form as follows.

**Table 4.** Showing Pathogenesis (Samprapti Ghataka) of Janu Sandhigata Vata

<i>Nidana</i>	<i>Vata Prakopaka Nidana</i>
Dosha	Vata esp. Vyanavayu, (Anubandha-Shleshaka Kapha)
Dushya	Asthi, Majja, Meda
Srotas	Asthivaha, Majjavaha and / or Medovaha
Srotodusti	Sanga
Agni	Mandagni
Dosha Marga	Marmasthi Sandhi
Roga Marga	Madhyama
Udbhavasthana	Pakvashaya
Vyaktasthana	Asthi -Janusandhi

### CONCLUSION

Because of changes in lifestyle (Asatmya Vihara) and food habits (Asatmya Ahara), the disease affects people in their forties, and factors such as Prakruti, Satmya, Saara, and Samhanana also play a role in the treatment of Sandhigata Vata. Janu Sandhigata Vata (knee osteoarthritis) especially of Dhatukashaya origin, is a common musculoskeletal disease in the elderly. It is primarily caused by a weakened Vata Dosha. Sahacharadi Yapana Basti by virtue of its ingredients may be useful in pacifying Vata Dosha, preventing degeneration of knee joint and providing nourishment to knee joint and other adjacent structures.

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