

OSTEO ARTHRITIS (SANDHI VATA)



Shunthi



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India**

What is Osteo arthritis?

Arthritis Characterized by erosion of articular cartilage, either primary or secondary to trauma or other conditions, which become soft, frayed and thinned with calcification of subchondral bone and out growths of marginal osteophytes ; pain and loss of function result mainly affects weight-bearing joints .

What is the impact of Osteo arthritis?

Apart from general indisposition resulting from Constant friction / movement of joints due to excessive physical activities may cause any one or more of the following health problems:-

- Restricted movement
- Pain in the affected joints
- Bony Swelling around joint margins
- Cracking noise (Crepitus)
- Stiffness of Short duration
- Deformity of the affected joints
- Muscle weakness and wasting



Erand

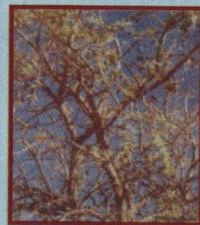
How Ayurveda manages Osteo arthritis?

Treatment plan is worked out on the basis of underlying cause of Osteo Arthritis and its clinical manifestations.

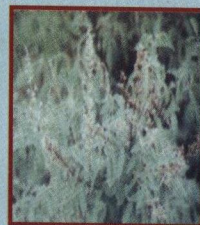
- Snehana :- Massage with medicated oils such as Mahanarayana taila, Dashamoola taila, Mahamasha taila, Vishagarbha taila etc.
- Swedana:- Hot fomentation with medicated liquids like decoction of Nirgundi, Dashamula, Eranda, Bala etc.
- Dashanga lepa externally.
- Yoga and meditation:- Exercise plays an important role in improving circulation & helping the body to eliminate waste materials .Yoga poses improve flexibility. Yet place little stress on joints. Focus on gentle poses, such as Vrikshasana, Trikonasana, Dhanurasana, Ushtrasana, Gomukhasana Pashchimottanasana and Maha mudra

What are the useful medicinal plants for Osteo arthritis?

- Nirgundi (Vitex negundo),
- Eranda (Ricinus communis),
- Shallaki (Boswellia serrata),
- Shunthi (Zingiber officinalis),
- Shigru (Moringa oleifera),
- Rasna (Pluchea lanceolata),



Shallaki

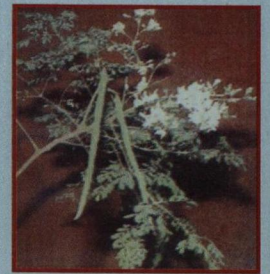


Nirgundi

- Rasna (Allium sativum)
- Prasarini (Paedaria foetida)



Rasna



Shigru

Specific Do's and Don'ts

Do's

- Adequate rest
- Regular, slow and gentle exercises
- Maintenance of posture and flexibility of the involved joints.
- Reduction in weight.
- Meditate to avoid stress.
- Diet should be simple, nutritious and easily digestible.
- Kulattha [Horse Gram], Palandu [Onion], Rasna [Garlic], Sunthi / Ardraka [Ginger], Mulaka [Radish], Ladies finger, Kushmanda [Pumpkin], Mudga [Green gram] etc. should be added in regular diet.
- Fruits like Dadima [Pomegranate], Amra [Mango], Draksha [Grape], etc.

Don'ts

- Pungent and astringent or salty food and Yava [Barley] etc.
- Exposing to too cold atmosphere and consumption cold water, air chilled soft drinks etc.
- Excessive exertion, awaking at night and sleeping at day, long walks.
- Suppressing of natural urges

Important Scientific References & Reading material

- Arora Kumar Parameshwar et.al., "**Comparative Study of therapeutic efficacy of Samshodhana and samshamana chikitsa in sandhigatavata vis-à-vis osteoarthritis**" Journal of Research in Ayurveda and Siddha, Vol-XXIV.
- Gogia Ravi et.al., "**Clinical approach on sandhivata (O.A.) with citrullus colocynthis compound**", Journal of Research in Ayurveda and Siddha, Vol-XXIV No- 3to 4 (2003) pp. 31-47
- Dr. Rajadhyakshya A., "**Open study to evaluate the efficacy of Sallaki an add-on therapy along with NSAID in the management of patients with osteoarthritis**" Select research papers on evidence based Ayurvedic drugs.