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A Clinical Study of *Dvipantarvachadi Yoga* in the Treatment of *Sandhigata Vata*

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ABSTRACT:

Sandhigata Vata is described in *Charak*, *Sushrut Samhita*, and almost all Ayurvedic Texts and it can be correlated to Osteoarthritis as per Modern Medical Science. The *vata dosha* gets *prakupita* due to *nidana sevana*, which gets accumulated in *rikta srotas* (empty channels) causing *khavaigunya* (here in *sandhis*) and *sthansanshraya* leading to the disease *Sandhigata Vata*.

Dvipantarvachadi Yoga consists of *chopchini* and *rasna*. *Dvipantarvacha* or *Chopchini* (*Smilax China*) shows *deepana*, *shulaghna*, *mala- mutra vishodhana*, *rasayana* properties. It is useful in *vatavyadhi*, *sandhivata*, *phiranga*, *unmada*, *apasmara* too. *Rasna* (*Pluchea Lanceolata*) possesses best *vatanashana*, *rasayana*, *vedanasthapana*, *shothahara*, *ampachana*, properties and is very useful in *vatavyadhi*, *amvata*, *shwas*, *kasa*, *rajayakshma*, etc. *Rasna* has shown acetylcholine like activity of relaxant action on smooth muscles and spasmolytic action too.

Goghruta (cow ghee)- *Ghruta* occupies the prominent place amongst the varieties of *mahasneha* as no other variety of fat equals it in the matter of carrying along the qualities of other herbal drugs. Stimulating the formation of bones *Asthivardhaka* is one of the functions of *ghruta* mentioned in *Pratham Sthana* of *Harita Samhita*.

A single blind non comparative study was conducted on 20 patients of *Sandhigata Vata*. Relief percentage of individual symptoms as per statistical analysis showed that *Sandhishula* relieved by 74.5% *Prasarana akunchana pravrutti savedana* by 80.7%, *Sandhishotha* by 77.77%, *Vatapurna druti sparsha* by 62.96%, which is highly significant. Keywords- *Sandhigata Vata*, Osteoarthritis, *Dvipantarvachadi Yoga*, *Chopchini*, *Rasna*.

INTRODUCTION

Sandhigata Vata consists of two words *Sandhi+Vata* that means aggravated *vata* accumulates into *sandhis* to form the disease. *Sandhigata Vata* is described in *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Hrudaya*, *Madhav Nidana*, *Bhavprakash*, *Sharangdhar Samhita*, *Ashtang Sangraha*, *Yogratnakar*, *Harita Samhita*, etc.

Sandhigata Vata is one of the worst diseases, initially gives lot of pain and restriction of joint movements but later on patient gets bedridden too. It can be correlated to Osteoarthritis as per Modern Medicine and symptoms are joint pain, stiffness in joint, loss of joint movement, joint instability, joint deformity, joint crepitation¹. In Modern Medicine treatments available are not curable and not even controls progress of the disease. Modern treatment consists of NSAIDs, topical NSAIDs, opioid analgesics, intra articular glucocorticoids, arthroscopic debridement and lavage, etc but all these are short lived². Joint replacement surgery can be considered in patients in advanced OA who have intractable pain and loss of function in whom aggressive management has failed.

Samanya Nidana of Sandhigata Vata includes, *Aharjanya hetu* like *ruksha*, *shita*, *alpa*, *laghu*, *viruddha ahara sevana*, *katu-tikta-kashaya rasa atisevana*, *langhana* and *Viharjanya hetu* like *ativyayam*, *atimaitun*, *visham cheshta*, *vegddharana* and *Manasika hetu* like *chinta*, *bhaya*, *krodh*, *shoka*³⁻⁴.

Samprapti of Sandhigata Vata is described under *Vatavyadhi*. *Hetusevana* aggravates *vata*, this aggravated *vata* occupies *rikta*

srotasa and creates *khavaigunya*⁵ in *sandhi* leads to *sthansanshraya*⁶⁻⁷ in *sandhi* resulting the disease *Sandhigata Vata*.

Types of *Sandhigata Vata* are *Dhatukshayajanya* and *Margavrodhjanya*.

Rupa of Sandhigata Vata

Vatapurna druti sparsha (feels like air filled inside on touch), *Sandhishotha* (oedema on joint), *Sandhishula* (pain in joint), *Prasarna akunchana pravrutti savedana* (pain on movement of joint) are the *lakshanas*⁸ of *Sandhigata Vata*.

Treatment of Sandhigata Vata

Sandhigata Vata is treated with *Bahya chikitsa*⁹ like *snehana*, *swedana*, *lepana*, *bandhana*, *agnikarma* and with *Abhyantara chikitsa*¹⁰⁻¹¹ like different *churna*, *qvath*, *kalka*, *siddhaushadhi kalpa* as *shamana chikitsa* and *snehana*, *virechana*, *basti*, *nasya* under *shodhana chikitsa*.

The present clinical research work was proposed to evaluate efficacy of *Dvipantarvachadi Yoga*¹² with *anupan goghruta* in the treatment of *Sandhigata Vata*.

Dvipantarvachadi Yoga was prepared by taking reference from *Bharat Bhaishajya Ratnakara*, *Shri Nagindas Chaganlal Shaha Rasavaidyen*, By Vd. Gopinath Bhishagraten, Publisher- Unza Ayurvedic Pharmacy, Ahemadabad. Year-1989, Page no. 236, Part- Second.

Chopachini is useful in the treatment of *Sandhigata Vata* clearly mentioned in *Bhavprakash Nighantu (H.varga)* 107-108 and *Siddhabhaishajya Manimala* 4-477. *Dvipantarvacha* or *Chopchini* (*Smilax China*) shows *deepana*, *shulaghna*, *mala-mutra vishodhana*, *rasayana* properties⁷. It is useful in *vatavyadhi*, *sandhivata*,

*phiranga*¹³, *unmada*, *apasmara*. *Rasna* has excellent properties as *shreshtha vataharanam* or *vatanashak*, *vedanasthapana*, *shothahara*, *ampachana* and *rasayana* too.

Goghruta has awesome qualities as *kanti-smruti karak*, *balakara*, *medhakara*, *rasayana*, *vrushya*, *agnideepaka*, *ojovardhaka*. *Asthivardhaka*¹⁴ is one of the best property mentioned in *Harita Samhita*.

MATERIALS AND METHODS

Type of study: - Non comparative single blind study carried out.

Place of study: - Om Hospital, Ayurved & Panchkarma Chikitsalaya, Ambajogai, Dist. Beed.

Sample size: - 20 patients.

Duration of treatment: - Five weeks.

Follow up: - Weekly follow up was taken to assess the relief in clinical symptoms.

Inclusion criteria: - Clinically diagnosed cases of *Sandhigata Vata* of age group 20 to 65 years randomly selected irrespective of age, sex, education, socio-economic status, etc.

Exclusion criteria: - Patients below 20 years and above 65 years of age, pregnant women, steroid dependent patients and patients who are receiving treatment from other pathys or for other diseases were not considered.

Clinical symptoms: - *Sandhishula* (joint pain), *Sandhishotha* (oedema on joint), *Vatapurna druti sparsha* (feels like air filled inside on touch), *Akunchan prasarana pravrutti savedana* (pain on movement of joint).

Trial drugs used for treatment: - *Chopachini churna* (*dvipantaravacha*) - 2 gm. And *Rasna churna*- 2gm.i.e.

Dvipantarvachadi Yoga 4 gm with 15 ml. *goghruta* as *anupan* twice daily orally after meals.

Assessment criteria

- Good: More than 60% of relief from signs and symptoms.
- Moderate: Less than 60% and more than 30% relief from signs and symptoms.
- Poor: Less than 30% relief or no change in signs and symptoms.

RESULTS

- According to age group maximum number of patients belongs to 51-60 years i.e. 37.5% and not a single patient recorded in 21-30 age group.
- Sex wise distribution shows that maximum number of patients in present study were females i.e. 77.5%.
- More affected patients were from lower socio-economic status, vegetarian, *vata-kaphaj prakruti* and with *vishmagni*.
- In this study more patients had both knee joint involvement.
- Dvipantarvachadi Yoga* with *anupan* as *ghruta* provided good relief in 80% of patients studied and 65% patients were cured completely.
- See table 2 showing improvement in mean grade scores of signs and symptoms of *Sandhigata Vata*.

DISSCUSSION

Dvipantarvachadi Yoga is *tikta rasapradhana*, *ushna virya* and *katu* in *vipaka*. These ingredients act with their *ushna virya* and *deepana*. *Pachana*, *anulomana*, *vatanashak*, *dhatuvruddhikar*, *rasayana* etc. properties (see table 1).

Ghruta, amalki, saindhav, patol, nagar and *abhaya* are the best amongst each of the rasa groups respectively i.e. *madhura, amla, lavana, tikta, katu, kashaya*. *Goghruta* is *vatapittashamak* and *asthivardhak* is one of the functions mentioned by *Harita Samhita* in *pratham sthana*.

In this study it is been observed that *Sandhigata Vata* patients who had recently affected were relieved in 3 to 4 weeks of treatment up to their satisfaction. There is reason also why they responded quickly as there is just a start of *rukshata* and *dhatukshaya* in joints. Patients having chronicity more than 2 to 3 years responded slowly and they may not get 100% cure as there was more *rukshata* and *dhatukshaya* in joints was not complete reversible. So early use of *Dvipantarvachadi* Yoga definitely cures the disease and lengthens the lifespan of all joints.

No adverse effect of *Dvipantarvachadi* Yoga was reported during the whole study.

CONCLUSION

Internal administration of *Dvipantarvachadi* Yoga 4gm *churna* twice daily with *anupan* 15ml *goghruta* in 25 patients out of which 5 patients discontinued treatment and out of 20 patients 13 patients get completely cured, 3 patients were markedly improved, 3 patients were improved moderately and 1 patient showed poor improvement.

As per assessment criteria, 80% patients got 60%-100% good relief from their signs and symptoms i.e. 13 patients cured completely and in addition 3 patients got good relief more than 60% , 15% patients got moderate result i.e. in between 30%-

60% and 5% patients got poor results i.e. below 30% (see table 3).

Dvipantarvachadi Yoga has significant effect in patients suffering from short duration i.e. within 2 years as compared to chronic and in severe conditions. Hence *Dvipantarvachadi* Yoga plays significant role in the treatment of *Sandhigata Vata* and prolonged treatment is required in chronic cases as *Sandhigata Vata* affects *asthi, sandhi* i.e. *madhyam rogmarga*.

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Table 1- Showing Karmukatva of Dvipantarvachadi Yoga.

No.	Karma	Chopachini	Rasna	Ghruta	Score
1	<i>Vatashamaka</i>	+	+	+	3+
2	<i>Pittashamak</i>	+	-	+	2+
3	<i>Kaphshamak</i>	+	+	-	2+
4	<i>Tridoshshamak</i>	+	-	-	1+
5	<i>Vedanasthapana</i>	-	+	-	1+
6	<i>Shothahara</i>	+	+	-	2+
7	<i>Vedanashamak</i>	-	+	-	1+
8	<i>Amapachana</i>	-	+	-	1+
9	<i>Dipana</i>	+	-	+	2+
10	<i>Anulomana</i>	+	-	-	1+
11	<i>Rechana</i>	-	+	-	1+
12	<i>Vrushya</i>	+	+	+	3+
13	<i>Katupoushtika</i>	+	-	-	1+
14	<i>Rasayana</i>	-	+	+	2+
15	<i>Vatavyadhi</i>	+	+	+	3+
16	<i>Dourbalya</i>	+	+	+	3+
17	<i>Ojavaradhaka</i>	-	-	+	1+
18	<i>Asthivardhaka</i>	-	-	+	1+

Table 2- Showing improvement in mean grade scores of signs and symptoms of Sandhigata Vata

No.	Signs & Symptoms	Mean Score		SD	SE	t	Result in %
		BT	AT				
1	<i>Sandhishula</i>	2.95	0.75	0.76	0.17	12.82	75%
2	<i>Prasaran-akunchan pravrutti savedana</i>	2.85	0.55	0.73	0.16	14.08	80%
3	<i>Sandhishotha</i>	1.9	0.4	0.68	0.15	9,20	79%
4	<i>Vatapura druti sparsha</i>	1.35	0.5	0.37	0.08	10.27	63%
5	Joint measurements	38.85	37.55	0.63	0.14	9.64	-

Table 3- Showing percentagewise results in 20 patients of Sandhigata Vata.

Results	No. of patients	Percentage
Good (Above 60%)	16	80%
Moderate (30-60%)	03	15%
Poor (Below 30%)	01	05%

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