Study of degenerative changes in *dhatukshayjanya janusandhigata vatavyadhi* w. s. r. to knee osteoarthritis.

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**Abstract:**

*Vatavyadhis* get prime importance in Ayurvedic Classics, they are included in *Ashtamahagad* by Acharya Charak. Though it was prevalent in ancient times but due to modern life style, use of technologies, busy life schedule people are unable to follow *Dincharya & Rutucharya*, hence leading to many *Vatavyadhis*. The condition similar to Osteoarthritis has been described as ‘Sandhigatavata’ in Ayurveda, in which the vitiated *Vata* afflicts the joints. According to WHO osteoarthritis is the 2nd most common musculo-skeleton problem in the world population above 40 year of age is about 49%, with a female to male ratio of 1:1. Female are found to be more affected by this disorder. In India it is expected as a fourth cause of disability by 2020. Hence the study of the *lakshnas* is very important while diagnosing a disease.

**Keywords:**
Vatavyadhi, Sandhigatavata, Ashtamahagad

Introduction:

In today fast & furious modernized era due to changed in lifestyle, over excretion, improper dietary habits, improper sleeping schedules as well as improper application of rutucharya and dincharya, has altered doshik constituents and cause various physical ailments. And like wise other factors leads to vitiation of vata dosha. This vitiation of vata leads to various disease and Dhatukshayajanya sandhigata vatavyadhi is one of them. It has been placed under Ashtamahagad by Aachrya Charak. janu sandhi is most commonly affected joint in Sandhigatavatavyadhi Sandhigata vata is a disorder of asthimajjavaha strotas, its characterized by dhatukshay and lakshna reflective of vitiated vata.

OA is a chronic degenerative disorder, which commonly affects the knee joint. It is caused by damage to the joint's cartilage. Damage of the cartilage causes bones to rub against each other, causing pain and loss of movement. Osteoarthritis can range from very mild to very severe, and most commonly affects middle-aged and older people. It affects hands and weight-bearing joints suchas knees, hips, feet and the back. Knee osteoarthritis is the most common form of osteoarthritis. In India, increase in number of elderly due to increase in Life expectancy is observed in recent years; hence, the problem of osteoarthritis is also increased.

AIM AND OBJECTIVES:

To study the corelation between dhatukshayjanya janusandhgata vatavyadhi and knee osteoarthritis.

MATERIAL AND METHODS:
Dhatukhyajanya janusandhigata vatavyadhi is most common in vardhkya avastha and known to be major cause of chronic disability, it is characterized by the symptoms like vatapurnadruti sparsha, prasaran aakusnchan samayi vedana, sandhisputana, sandhigraha.

Pathogenesis of Knee OA can be explain in two ways that is sub-standard biomaterial of joint which is almost similar to dhatuksahyajanya janusandhigata vatavyadhi and second one is increased applied pressure over the joint. Osteoarthritis is a disease coming under the arthritic group of disease, can be defined as a disorder of movable joints characterized by deterioration of articular cartilage, osteophytse formation, bone remolding changes in periarticular tissue also the symptoms includes Moderate or severe pain at joint Joint stiffness, Crepitus, Swelling Localized tenderness , Increased local temperature at the affected site. It is also known as degenerative arthritis, degenerative joint disease.

Discussion & Conclusion:

The study of symptoms is very important while diagnosing a disease. Combining modern and Ayurvedic Lakshans always provides upper hand in diagnosis hence brief study is required.

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