

## National Journal of Research in Ayurved Science

### A review on hetus of sandhigata vata

Hiralal M. Prajapati<sup>\*1</sup>, Ashok Patil<sup>2</sup>, M. V. Mokashi<sup>3</sup>

1. (Pg scholar), rognidan avum vikruti vigyan,
2. M.d. (ayu), guide, and hod rognidan evum vikruti vigyan department
3. M.d. (ayu), hod rognidan evum vikruti vigyan department

*Yashwant ayurvedic college post graduate training and research center,  
Kodoli, Kolhapur, Maharashtra.*

**\*Corresponding author: contact: 8097739513**

#### Abstract

Sandhigata vata is described under Vatavyadhi in all the Samhita and Sangraha Grantha. In Vriddhavastha, all Dhatus undergo Kshya, thus leading to Vataprakopa and making individual prone to many diseases. Among them Sandhigata Vata stands top in the list.

Till to date Sandhigata Vata is a challenging disease and is the number one cause of disability in industrialized countries. In this article a detailed description regarding the possible nidana is analyzed.

**Keywords:** *Hetus, Sandhigata vata*

#### Introduction

Now a day's life is in a very hectic schedule due to busy work. The life style is very much changed due to day to day routines. Today's generation is very much crazy about taking junk foods, having cold

drinks, travelling habits, working late nights, working with computers in A.C rooms. In addition to this Rutuviparyaya, Vegavrodha, Atiswap, Diwaswap, Viparit Chesta, Virudhannasevana which in turn disturbs the normal body physiology. It reduces the immunity & make them prone to many diseases.

It is seen commonly that above "Hetusevana" causes "Vataprakopa" & give rise to number of diseases, one of them is "Osteoarthritis". It is one of the most common disorder. It is seen commonly in day to day medical practice. Number of patients suffering from Osteoarthritis is quite high. This joint pain hampers the day to day life.

So, it has been decided to work on this disease.

**Concept of Hetus:** The factors responsible for pathogenesis of disease are called as 'Hetu'. The best definition

of the nidana has been given by Madhavacharya as the one factor which when taken produce the roga either shortly or in a period of time.

A) Nidan is broadly classified into two i.e.

- Bahya hetu
- Abhyantara hetu

These nidanas are further again classified into 5 types

Sannikrista, Viprakrusta, Vyabhichari, Pradhanika, Utpadaka.

sB) Vayu get vitiated by two ways.

1) Dhatukshayajanya: Kshaya of Dhatus is the main cause of Vatavyadhi.

2) Margavarodhajanya: The primary cause of margavrodha of Srotasa by Ama, kapha, meda or Anya dosha.

**Concept of Hetus causing Sandhigata vata**

**On the basis of Hetus Sandhigatavata is classified as**

1) Nija Sandhigatavata 2) Agantuja Sandhigatavata

**C) On the basis of Aam Sandhigat Vata is classified as**

1) Sama Sandhigat Vata 2) Nirama Sandhigat Vata

Ayurvedic literature does not reveal the special etiological factor for *Sandhigata vata* however, the aggregative factors for

vata can be adopted for it, *Vata* particularly *Vyana vayu* has a close relationship with the movement of *Sandhi*, so, its aggregative factors which can produce *Sandhigatavata* are as follows. ( Cha. Chi. 28/14-22)

रूक्षशीताल्पलघ्वन्नव्यवायातिप्रजागरैः।

विषमादुपचाराच्च दोषासृक्स्त्रवणादति॥१५॥

लङ्घनप्लवनात्यध्वव्यायामातिविचेष्टितैः।

धातूनां सङ्क्षयाच्चिन्ताशोकरोगातिकर्षणात्॥१६॥

दुःखशय्यासनात् क्रोधाद्दिवास्वप्नाद्भ्रयादपि।

वेगसन्धारणादामादभिघातादभोजनात्॥१७॥

मर्माघाताद्गोष्ठाश्वशीघ्रयानापतंसनात्।

देहे स्रोतांसि रिक्तानि पूरयित्वाऽनिलो बली॥१८॥

करोति विविधान् व्याधीन्

सर्वाङ्गैकाङ्गसंश्रितान्॥१९॥

Cha. Chi. 28/14-22)

**Sannikrista hetu:** In case of Sandhigata vata, vata and kapha dosha are considered as sannikrista nidanas here in the ratri, dina, rutu and aahara kala are the factors which are responsible for the vitiation of vata and kapha dosha.

Abhigata, Marmaabhigata, Ativyayama, Ati Sankshoba etc are included.

**Viprakrusta hetu:** Here mainly the predominance of Vatakara aahara is considered as viprakrusta hetu like

Katu, Tikta, Kashaya rasa yukta ahara, Ruksha and laghu anna.

Ati Adhwa gamana, Bharavahana, vata Prakruti people are considered as viprakrasta hetu in Sandhigata vata.

**Vyabhichari hetu:** There is no vyabhichari hetu which causes Sandhigata vata

**Pradhanika hetu:** There is no pradhanika hetu which causes sandhigata vata.

**Utpadaka hetu:** Utpadaka hetu can be classified clearly under 3 varieties. Dosh bala pravrutta. Adi bala pravrutta. Janma bala pravrutta.

- Dosh bala Pravrutta: The diseases which are formed due to the vitiation of

Shareerika doshas vata, pitta and kapha, Manasika doshas raja and tama doshas are termed as dosha bala pravrutta vyadhis. If there is a vitiation of these doshas due to any karana may lead to Sandhigata vata.

- **Adi bala pravrutta:** In case of vata pradhana prakruti determined by Shukra shows the prakruti of parents, it will precipitate the occurrence of Sandhigata vata which is also considered as Prakruti hetu.
- **Janma bala pravrutta:** If the child, during intra-uterine life suffers with injury to the Janu pradesha or from any other illness like Pangu, the chances of Sandhigata vata in the later period of life is more common.

They can be further classified into Aharaja, viharaja, manasahetu and anya :

Aharaja	Viharaj	Manasik	Anya
Rukshabho ana	Ati-vyayama	Chinta	Vishamopchare
Sheeta bhojana	Ativyavaya	Sokha	Ati-Doshan Stravana
Laghu bhojan	Prajagara	Bhaya	Ati- Asruk Stravana
Katu, tikta, Kashaya ras Ati sevan	Plavana	Krodha	Atiyoga of Vamana, virechana
Pramitashana	AtiAdhvagamana	Dhukkha	Marmaghata
Alpabhojana	Divaswapa		Abhighata etc.
Anashana	Aticamkaramana		
Langhana	Vegadharana		

There is no clear-cut definition of SandhigatSavata, but however the classical text of Ayurveda, the Charaka Samhita reveals that after Nidana Sevana aggravated Vata enters in the Sandhi and get established thereby producing swelling of the joints, which is felt like a bag filled with air and the pain occurs mainly during the flexion and extension the movements of the joints.

**Age:** The process appears to begin in the second decade of life, but degenerative changes are not apparent until middle age and by 55 to 65 years of age approximately 85% to a variable degree of the disease.

**Sex:** Men and women are equally affected, up to 54 years of age. The pattern of involvement is similar in both. Thereafter the disease is more severe and more generalized in women.

**Heredity:** An epidemiologic study suggests that osteoarthritis is an articular expression of a generalized constitutional condition resulting from inherited metabolic abnormalities. Heberden's nodes may be inherited as a single autosomal gene, sex influenced to be dominant in females and recessive in males.

**Obesity:** The disease is twice as prevalent in the obese and mainly affects the weight-bearing joints. In obese man,

the disease often assumes the generalized pattern more typical of women.

**Climate:** In general, patients with degenerative disease are less affected by changes in the weather than are patients with R. Arthritis. However, they frequently complain of more pain while in damp areas and cold.

**Structure:** The patient suffering from degenerative joint disease is usually overweight hyperesthenic type, overall muscular developmental with skeletal robustness, bigger, heavier and more lateral in build their patients afflicted with Rheumatoid Arthritis.

## CONCLUSION

- Due to Nidana Sevana, the Vata gets Prakupita which gets accumulated in Rikta Srotasa leading to the various generalized and localized disease of Vata (Ch. Chi. 28/18-19).

• देहे स्रोतांसि रिक्तानि पूरयित्वाऽनिलो बली॥  
१८॥ s

करोति विविधान् व्याधीन् सर्वाङ्गैकाङ्गसं  
श्रितान्॥१९॥

Cha. Chi. 28/18)

Sandhivata being a Degenerative disease and mainly occurring in the old age may also be considered due to the pure Dhatukshaya. In such type of disorders Charaka mentioned that the Kha-vaigunya is mainly due to empty

Srotasa (Ch. Chi. 28/18). According to Chakrapani this means the diminution of Sleshaka Kapha specially its Sneha guna in the joint involved.

- Sandhigata vata is one of the vata vyadhi where in vata dosha plays an important role in the manifestation of the disease especially in Vriddha avastha. A Person who indulges more Vatacara Ahara and Vihara is more prone to this disease. As it usually occurs in Vriddha avastha this disease is said to be kasta sadhya.

## REFERENCES

1. *AshtangaHridaya, ShreeArundatt avirchitaya Sarvaang sundarakhya vyakhya Hemadripranitaya Ayurve drasayanarhuyatikayachsamullita* : By, Pandit Hari Sadashiv Shastri Padakar, Choukhamba Surbharti prakashan, Varanasi.
2. *Ashtanga Sangraha*: composed by Vagbhata with *Sarvang sundari*

*Vyakhya*) Shri Pandit Lalchandra Shastri Vaidya, fourth Edition, Shri Baidyanath Ayurved Bhavan Limit. Nagpur.

3. *Amarkosha: Amarsingh Dwitiya Kand, Chaturtha Varga*, Varanasi.
4. *Charaka Samhita*: Acharya Vidyadhar Shukla & Prof. Ravidatta Tripathi, Chaukhamba Sanskrit Pratishthana, Delhi
5. *Kaya Chikitsa*: Prof. Vd.Y.G.Joshi, Third Edition, Sou Sampada Shyam Kopardekar, Pune, Sahitya Vitaran, Pune.
6. *Madhava Nidan By Acharya Madhavkar Pranita with Madhukosh-Madhustrava-Bhavarthbodhini vyakhya tryopetam*: Acharya Narendranath Shastri, Reprint 2002, Motilal Banarasidas
7. *Text Book of Rognidan – Vikrutividnyan*, by VD. Y.G.Joshi Pune Sahitya Vitran, Ed 2000

*Conflict of Interest: Non*

*Article Type: Review Article*

*Source of funding: Nil*

*Cite this article:*

*A review on hetus of sandhigata vata*

*Hiralal M. Prajapati, Ashok Patil, M. V. Mokashi*

*Ayurlog: National Journal of Research in Ayurved Science- 2019; (7) (4): 1-7*