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Role of Ayurveda in Osteoarthritis – A Ray of Hope

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ABSTRACT

Sandhivata (osteoarthritis), a degenerative disorder of the joints especially affecting weight bearing joints like knee joint, elbow joint etc. results in painful and restricted movement of the affected joint. Old age, malnutrition, obesity, working pattern, etc. are the contributing factors for manifestation of Sandhivata. Sandhivata has been mentioned in Ayurved under title of Vatavyadhi.

Various Ayurvedic formulations like Kwatha, Guggulu Kalpana, Ghreeta, Taila, Gutika, Rasa Aushadhi and Panchakarma procedures like, Abhyanaga, Swedana, Basti, Janubasti, Rasayana therapy, Agnikarma have been mentioned in classics for treatment of Sandhivata. Use of these various formulations and treatment modalities, considering Vikara Prakruti, Vikara Adhithana and Vikara Sammutthana can provide expected results in such joint deteriorating condition.

An attempt has been done to review various formulations mentioned in Ayurveda classics for treatment of Sandhivata and tried to establish the guideline for rational use of these treatment modalities in specific pathological condition of Sandhivata, which may be useful for clinician and researcher for their clinical practice and future research plan respectively.

KEYWORDS: Ayurvedic Treatment; Vata Vyadhi; Cartilage Lesions

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