



CHAKRAPANI AYURVEDA

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SANDHIGATHA VATA (Osteoarthritis)

Dear Readers,

We are back this time with a another perspective of Ayurveda. The feature article of today's newsletter describes Ayurveda perspective of Sandhivata (osteoarthritis). The article is well written by our new team member Dr. Sijay. Well done Dr. Sijay. You are heartily welcome in Chakrapani family.

To make the reading more beneficial we have added a home remedy in a tastier mode and last but not least the product of the month. Don't miss the interesting health news.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable. Read on and enjoy.

Best Regards and Namaste.

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Director,
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SANDHIGATHA VATA (Osteoarthritis) by Dr. Sijay Dav

Ayurveda according to the basic principles a human body is composed of humors though the number of humors is still a controversy. The three humors mentioned in ayurvedic classics are vata, pitta and kapha. Any act that is not adjuvant to the Kaalam (time), Deham (physical body), Balam (strength) and Rithu (season) can bring about any ailment. Vyana vata dosha, one of the five types of vata dosha (dosha of air and empty space) governs the entire body and mind movements, that involves blood flow, heart pulsation, breathing and the thoughts in mind. The vitiation of this type of vata causes rheumatism. Osteoarthritis is essentially a vata disorder, with the involvement of pitta and Kapha doshas.

Vata has a Rookshatva (dryness) and Laghutva (lightness) as attributes and the doshas vitiation leads to imbalance of the Kapha dosha depleting the synovial fluid, that provides cushion and lubrication to the joints. This depletion leads to osteoarthritis in which the cartilage in the joints wears away causing friction, causing pain and limited joint mobility. That affects the large weight-bearing joints, like the hips and knees.

Causes for Sandhigatha Vata:

- Katinya (hardness) is considered to be a chief property of the bone. Calcium is that which enhances the hardness to it. So a diet with less calcium supplement can cause this ailment. Consuming dry, cold, fried oily or stale food, caffeine, red meat, excess salt, chocolates.
- A few habits which are not noticed like not regular in sleeping habits, suppressing natural urges, getting exposed to a severe cold and dry weather and excessive travel all this adds up to causes to the disorder in a long run.
- Alcohol consumption in excess depletes the body of vitamins and minerals leads to deficiency of calcium even if were are taking it in our diets aggravating the vata dosha.
- Life style : A main cause to the osteoarthritis is sedentary lifestyle, fast foods, high heels shoes long distance running, but all goes unnoticed in this instantaneous era. Mostly goes unnoticed as they are micro traumatic.
- Congenital: Deformities like unequal bone length, miss alignments, joint shape, and bone mineral density.
- Gender: A prime constitutional susceptibility; women are more prone to get this

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disorder than men because after menopause the hormonal state in a women augments to increase the risk factor.

- Post traumatic : Incidents like accidents, fall, and hit. Generally trauma can be divided into macro trauma and micro trauma. Macro trauma are for examples like fracture and micro trauma are noticed later as they are noticeable when they are more chronic .

Samprapthi (Pathogenesis in Ayurveda):

When the food we eat, is not digested properly in our Amasaya (stomach). It converts the food into a toxic state called ama* which weakens our Pkvaasaya (colon). The ama circulates throughout the whole body and gets lodged in the bones and joints. These toxic ama blocks the body channels and in turn vitiates vata dosha leading to cause the imbalance in the doshic equilibrium. And hence begin the chaya* avastha of sandhigatha vata as the causative factors builds on it worsens and goes to the next stage prakopa*. Finally surpasses all stages to form a full fledged disease in the final stage bheda*.

Ama – It is the intoxic stages produced by two factors that is intrinsic and extrinsic factors. An intrinsic factor is when the doshas in the body gets mixed up in a non physiological manner brings up the Ama. Also in the metabolism process in which there is a beginning and an end product; these intrinsic factors stops the metabolic intermediaries which can also be called is an ama. An extrinsic factor is the incompatible food according to ones body, rithu, and the desha helshhe prevails

Chaya – The stage of vitiation of doshas in the beginning stage.

Prakopa – The stage of vitiation in which the doshas gets highly vitiated, agitated, and gets ready to get dislodged from its site of formation.

Bheda - The stage of vitiation in which the full fledged disease undergoes amsaa amsukalpana (subdivides) to the diseases classification befitting to harm the host based on its composition.

Roopam (Symptoms of Sandhigathavata):

- Restricted Movements and functions based on the affected joints.
- Pain in the affected joints. Most of the patients tolerates the pain to the threshold that can be months or even years before going to a physician for advice that makes the onset in the disease long and sometimes not correct. If the pains characteristics are observed, it would sometimes be variable that is good days and bad days; and intermittent leading to good and bad times.
- Brief morning stiffness (say about 15 - 30 minutes).
- Cracking noises that is audible crepitates.
- Final stages the affected joints turns to be deformed, produces muscle wasting and weakness.

How Ayurveda manages?

Treatment is always worked out in Ayurveda on the basis of underlying cause and clinical manifestations.

- Snehana: Massaging with medicated oils such as Dhanwantharam tailam, Sahacharadi tailam, Mahanarayana tailam, Dasamoola tailam, Mahamasha taila, etc.
- Swedana: Hot fomentation with steam of ordinary water or medicated decoction of Dasamoola, Eranda, Bala, etc.
- Alepana: Dasanga lepa a paste that is applied externally to the affected joint.
- Exercises: Yoga, physiotherapy, meditation, and tai chi a Chinese form of exercises also helps in the disease.

Do's :

- Eat a lot of vegetables that has carotenoids like carrot, peaches, yellow figs, pumpkins, papaya, horse grams, onions, garlic, ginger, green gram, pomegranate, avocado, and soya, freshly cooked foods, hot soups of lentils, pulse, moderate quantity of ghee and oils that lubricates the joints should be there in regular diet.
- Weight reduction.
- Adequate rest.
- There are ayurvedic drugs that reduces the vitiated vata, the main drug that is recommended to treat this degenerative disease is Karaskara, Sahachara, Bala, Devdar, Shallaki, etc are used. Main preparations used are in Gwath, Arishta,

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AKSHAYA PATRA : Good initiative for free food to school going children in India

The Akshaya Patra Foundation, the world's largest school meal programme currently feeding over one million school children across seven states in the India. Their kitchen in Jaipur, Rajasthan is having state-of-the-art facility and it is

Choorna, Tablets and Ghritha form.

Don'ts:

- Exposing to too much cold atmosphere and intake of cold drinks and diets.
- Suppressing natural urges.
- Pungent and astringent or salty food and Yava (barley), etc

Interesting Health News

Copper vessel keeps water safe: Lab study

For four years, Institute of Ayurveda and Integrative Medicine (IAIM), Bangalore, studied the effect of storing water in a copper vessel. It demonstrated that no growth of harmful bacteria — such as E Coli, Salmonella Typhi, and Vibrio Cholerae — was recorded in the water stored in a copper vessel overnight.

Prof. Bhushan Patwardhan, Director of IAIM, said the study substantiated the traditional claims that water stored in a copper vessel is good for health. He said copper kills the harmful bacteria present in the water. He said current water purification systems were expensive and thus beyond the reach of rural masses. In this context, he said, copper's water-treating quality was like a boon to poor people.

Dr Padma Venkatasubramanian, a scientist at IAIM, said even treated water could get contaminated depending on the hygiene of the place where it was stored. She added that even regular water filters required regular cleaning of candles, something that most people often ignore.

Also, she said, water treated through heaters could get contaminated during handling. Considering this, copper vessel is an easy way to keep water safe for potable purposes, she said.

Source: <http://expressbuzz.com>

Recipe of the Month : Dates Walnut cake

Ingredients :

1. Seedless dates 500gm
2. Walnut pieces 300gm
3. Milk enough to dip the dates 250 ml

Method :

Make pieces of dates and keep them in a vessel with thick base. Add milk to the dates and keep it on low flame. When the dates get softer mash them with a masher and add crushed walnut coarse powder to it. Mix it well and then invert it into a greased plate. Level it by tapping . Cut it into pieces on drying.

Note: The preparation can be stored at room temperature for a week and in refrigerator for 15 days.

Product of the month

[Arjuna \(Terminalia arjuna\)](#) : Astringent and diuretic in cirrhosis and in the cases of obesity. It is a cardio tonic, lowers blood pressure and regularizes blood circulation in the heart. It is considered to be tonic, astringent, cooling and is used in heart diseases, contusions, fractures, ulcers. It is also acrid and credited with styptic, febrifugal and antidiysenteric properties. For more detail [click here](#):

[Ashwagandha \(Withania somnifera\)](#) : A rejuvenate general tonic which stimulates immune system. Increases physical endurance & promotes Ojas. Regenerates hormonal system. Has anti stress properties. For more detail [click here](#) :

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