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Review Article

# APPLICATION OF *RUKSHANA CHIKITSA SIDDHANT* WITH *GUDUCHYADI YOGA* IN *STHAULYAJANIT SANDHIGATAVATA* W.S.R. TO OBESITY INDUCED OSTEOARTHRITIS

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## ABSTRACT

Obesity is rapidly increasing lifestyle disorder. It associated with increased risk of multiple health problems, dyslipidaemia, hypertension, type 2 diabetes, degenerative joint diseases and even some malignancies. Incidence and advancement of osteoarthritis is associated with obesity. In a patient with obesity induced osteoarthritis *Sthaulyajanit Sandhigatavata*, only pain-relieving treatment acts as a temporary solution. Because the excess adipose tissue mass in obesity continues to add trauma to the joints leading to further degeneration. This study focuses on the Ayurvedic *Rukshana Chikitsa Sidhhanta,* that may hold satisfactory solutions for the patients with *Sthaulyajanit Sandhigatavata*, for symptomatic pain relief as well as the *Samprapti Vighatana,* stopping degeneration and bring about *Asthiposhana*. It improves quality of Meda and *Asthi Dhatu* formation, leading to normal functioning of both *Dhatus*. Obesity induced osteoarthritis can be well managed with the *Guduchyadi Yoga*.

## INTRODUCTION

"Overweight and obesity are defined as abnormal or excessive fat deposition that presents a risk to health".[1] Diagnosis is done by Body Mass Index (BMI). BMI: Weight in Kg/Height in Metres$^2$. Over past 2-3 decades, the prevalence of obesity has increases rapidly. Since 1990 worldwide obesity in adults has increased more than twice and that of adolescent to four times. Prevalence of obesity in India according to the National Family Health Survey (NFHS-5) 2019-2021, is 40% of women and 12% of men. [2]

In India prevalence rate of *Sthaulya* is 10.95%.[3] *Sthaulya* is a condition where there's excessive *Vikrut Meda Dhatu.* This can be of two types*, Badhha and Abadhha.* [4]

*Badhha* (immobile) *Meda* can be correlated to the fat which gets deposited at different body parts, while *Abadhha* can be considered as circulating fat in the form of lipids*.* Obesity is directly linked with increased risk of osteoarthritis.[5] Prevalence of osteoarthritis is about 22% to 39% in India.[6] With increasing obesity, cases of obesity induced osteoarthritis are also increasing. *Guduchyadi Yoga* (Combination of *Guduchi, Musta, Triphala*) mentioned in *Sthaulya* can effectively improve these conditions by virtue of its properties. [7]

## METHODS

The *Sthaulya* in Ayurveda is analogous to the concept of overweight and obesity in modern science due to resemblance in causative factor and signs, symptoms. There's excessive and abnormal fat deposition in obesity. Osteoarthritis is a degenerative condition of bone with painful movement of joint, reduced flexibility and range of motion.

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**Relation between *Meda* and *Asthi***

- In the *Grahani Adhyaya*, process of *Dhatu* formation is mentioned in detail.[8] By the action of *Meda Dhatwagni* along with *Pruthvi*, *Agni* and *Vayu Mahabhuta*, *Meda Dhatu* undergoes certain changes and by addition of *Khara Guna*, *Asthi Dhatu* is formed. This suggests that for *Prakrit Asthi Dhatu* formation and nutrition, *Prakrit Meda dhatu* is very important.
- *Meda* is described as one of the *Moola Sthana* of *Asthivaha Strotas*.[9] *Moola Sthana* of *Dhatu* is a location where origination and maintenance of that particular *Dhatu* takes place.[10] It is the regulating centre for normal functioning of that *Strotas*. Hence for normal formation and functioning of *Asthi dhatu*, its Moola *Sthana* i.e., *Meda* must be in normal proportion and function.
- Every *(Sthula) Poshya Dhatu* (excellent *Dhatu*) is formed along with its *Upadhatu* and *Mala* by the action of that *Dhatwagni* on its respective *(Sukshma) Poshak* factors (nutrient factors). This process of *Dhatu* formation takes place in its *Moolasthana.* In the *Medovaha Strotas,* by the action of *Meda Dhatwagni* on the *Meda Poshak* factors the *Poshya Meda Dhatu, Asthi Poshak* factors *and Mala-Sweda* are formed. In similar way *Asthi Dhatu* is formed. [11] When there's *Vikrut Meda* production in body, it affects the process of *Prakrit Asthi Dhatu* formation. It may cause osteoporosis and further progression may lead to the osteoarthritis.
- Normal functions of *Meda* are *Sneha* (lubrication), *Sweda*, *Drudhatva* (firmness) and *Asthiposhana* (bone nourishment) and *Lepana karma* in body (protection to organs and tissue). *Meda Dhatu* contributes towards the *Asthiposhana,* which is important to maintain bone health. [12,13]
- Sushruta has described *Kala Sharir*. *Medodhara Kala* is the third one out of seven *Kalas* (membranes of our body). In major proportion, *Meda Dhatu* is said to be present around abdomen and within the small bones of human body. In small bones there is *Sarakta Meda.* [14]

**Relation between Fat and Bone according to Modern Science**

- Almost every person undergoes some physical changes in their weight bearing joints by the age of forty. It is associated with degenerative joint disease.[15] Increased weight in obesity adds the trauma to the weight bearing joint. This can activate the inflammatory pathway which can lead to synovial pathology. Obesity is linked with the Incidence and progression of osteoarthritis. According to modern science weight loss can regress the symptoms of osteoarthritis effectively.[16]

**Relation between *Sthaulya* and *Sandhigatavata***

*Acharya Sushrut* has mentioned about the *Sthaulya* in detail. According to him *Sthaulya* is responsible for many diseases like *Prameha, Pidaka, Jwar, Bhagandar, Vidradhi, Vatavyadhi*, or even can lead to death.[17] *Sandhigatvata* is one of the *Vatavyadhis,* occurring due to vitiation of *Vatadosha.* Symptoms such as *Vata Purna Druti Sparsh, Shoola*, which aggravates by movement, *Shotha* with complete restriction of movements at later stages are associated with *Sandhigatvata*.[18] It can be correlated with Osteoarthritis in modern science due to similarity in etiology, pathology and features.

- *Meda Dhatu is Pruthvi* (Earth element) and *Aapa* (Water element) *Mahabhuta Pradhana, Guru* (heavy), *Pichhila* (slimy) in quality.[19] Hence in excess quantity it increases the body weight. This can directly affect weight bearing joints leading to osteoarthritis.
- This suggests that both Ayurveda and modern science accept the fact that obesity (*Sthaulya*) can lead to osteoarthritis (*Sandhigatavata*).

**Pathophysiology of *Sandhigatavata* due to *Sthaulya***

- In *Sthaulya Medo Vridhhi* is of *Badhha* type. This *Meda Dhatu* have following *Gunas* like *Pichhila* (slimy), *Snigdha, Guru* (heavy), *Mridu* (soft) and *Sthula.* Due to these *Gunas* obstruction is created to subsequent *Dhatus* that is *Asthi Dhatu* and other six *Dhatus* also remains malnourished, which leads to the *Asthikshay*. Due to *Asthikshay*, vitiation of *Vata Dosha* occurs, [20] which is responsible factor for the centrally.
- *Sandhigatvata*, hence *Sthaulyajanit Sandhigatvata (Sandhigatavata* due to obesity*)* can be categorized into *Upastambhita Sandhigatvata*.
- There is vitiation of *Vata* in *Koshtha* due to the obstruction created by increased *Meda Dhatu*. This intensifies the *Jathargni,* digesting food quickly, with further craving of food. This creates the vicious cycle of excessive *Vikrut Meda Dhatu* production with vitiation of *Vata* due to obstruction by *Asthikshay*.[21]

**Treatment modalities described in Modern science**

**Lifestyle modification[22]**

- Diet therapy- calorie restriction, physical activity therapy-exercise, behavioural therapy to reinforce new dietary and physical activity behaviours.

**Pharmacotherapy[23]**

- Appetite suppressants (anorexiants), gastro-intestinal fat blockers. Many of these have action centrally, and few of them have action peripherally. Centrally actings drugs may cause adverse effects like headache, insomnia, dizziness, nausea, vomiting, dry mouth, constipation, diarrhoea.

**Surgery[24]**

- Bariatric surgery, intraluminal gastric ballons.
- In modern medicine, there is no safe and satisfactory treatment options.

**Treatment modalities described in Ayurveda**

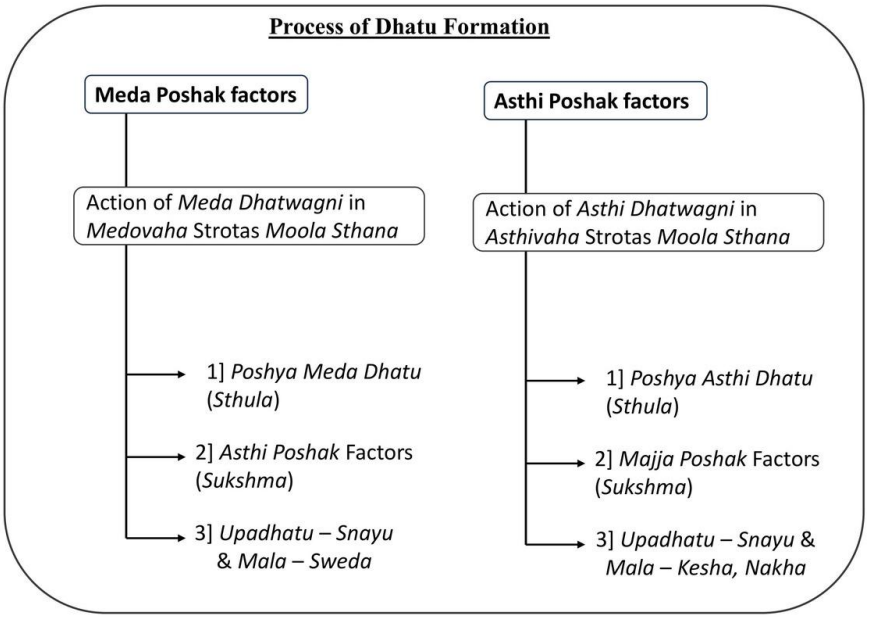
- To improve a quality of life in such patients, it is important to first work on the root cause i.e., *Sthaulya* instead of just focusing on the pain-relieving treatment for osteoarthritis. *Meda Dhatwagnimandya* should be considered as a causative factor for the *Asthikshay*, in obese patients.
- According to *Charaka Sthaulya is a Santarpanjanya Vyadhi*. (disease that occur due to excessive nourishment). He has explained variety of treatment options for this in detail, involving Panchkarma like *Vaman, Virechana, Raktmokshana; Vyayama* (exercise), *Langhana, Ruksha Aahara Sewana* (intake of dry substances). [25]
- The drug used in treatment should be *Ushna* (hot), *Tikshna* (sharp), *Ruksha* (dry), *Vataghna* (Pacifying *Vata*) and *Kaphaghna* (pacifying *Kapha*), *Medohara* (reducing *Meda*) and *Rasayana* (rejuvenating) *i*n properties.[26]
- Charakameda Described *Guduchyadi Yoga* for the *Sthaulya* management in *Sutrasthana*. The contents of *Guduchyadi Yoga* are *Triphala* (*Amalaki*, *Haritaki* and *Bibhitaki*), *Musta* and *Guduchi*. [7]

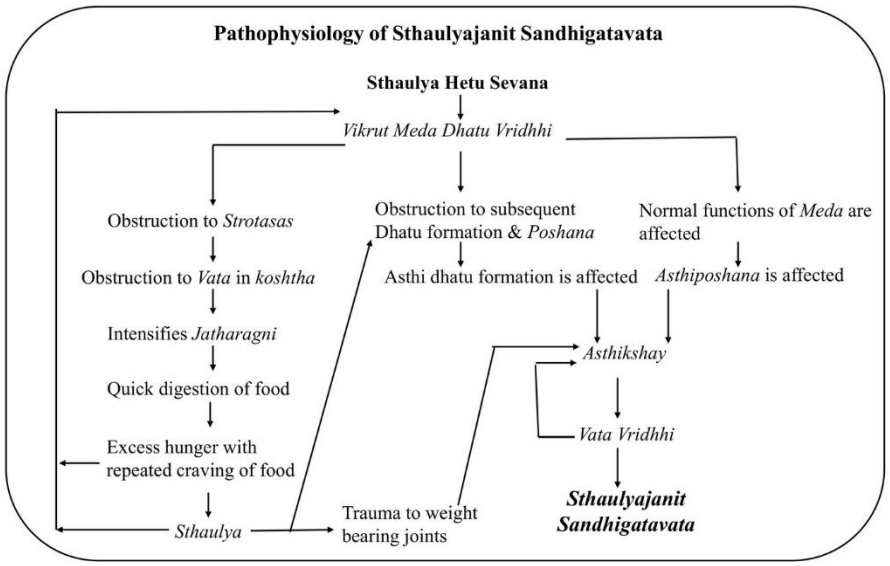
**Table 1: Properties of *Guduchyadi Yoga* Contents**

| Sr.no | Drug and Latin name | *Ras* | *Vipak* | *Virya* | *Guna* | Properties |
|---|---|---|---|---|---|---|
| 1 | *Guduchi Tinosporia Cardifolia* | *Tikta, Kashay* | *Madhur* | *Ushna* | *Snigdha Mrudu* | *Rasayan*, anti-inflammatory, anti-arthritis, anti-osteoporotic, [27] osteoprotective [28] |
| 2 | *Musta Cyperus rotundus* | *Tikta, Katu, Kashay* | *Katu* | *Sheeta* | *Laghu, Ruksha* | *Lekhaneeya, Medohara,* antiobesity, [29] anti-hyperlipidemic activity [30] |
| 3 | *Triphala* [31] | *Madhur, Amla, Katu, Tikta, Kashay* | *Madhur* | Neutral | | Reduces inflammatory markers and degradation of bone and cartilage.[32,33] |

**Table 2: Predominant *Rasa* of *Guduchyadi Yoga* Contents**

| S.No. | *Ras* | Percentage |
|---|---|---|
| 1 | *Madhura* | 10% |
| 2 | *Amla* | 10% |
| 3 | *Lavana* | 0 |
| 4 | *Katu* | 20% |
| 5 | *Tikta* | 30% |
| 6 | *Kashaya* | 30% |




## DISCUSSION

### Action of *Guduchyadi Yoga* can be explained as follows

It is mainly *Katu*, *Tikta*, *Kashaya* in Rasa which are all *Ruksha* in nature. [34] These qualities of these drugs have action on the *Meda Dhatu*. *Rukshana* quality of the *Dravyas* help to decrease the *Snigdha*, *Pichhila Meda Vridhhi*. By the action of *Madhura Vipaka* (conversion in taste after complete digestion), it enhances the *Prakrit Kapha*, pacifies *Vata*. [35] *Shleshaka Kapha* is one of the five subtypes of *Kapha*, which is present at joint providing lubrication and protection.[36,37] Function of *Shleshaka Kapha* gets improved, hence beneficial to stop further degeneration of bone.

### Action on *Meda Dhatwagni* in *Sthaulya*

- All the drugs in this combination are mainly *Katu*, *Tikta*, and *Ushna*, in quality; improving the *Meda Dhatwagni* by *Agnideepana*. [38] Due to correction in Meda *Dhatwagnimandya, Meda Dhatu* produced will be of good quality.
- Hence normal functions of *Meda* like *Sneha*, *Asthiposhana*, *Lepana* can be performed.
- By the action of *Ruksha*, *Laghu, Vatakaphaghna*, *Medohar* property, there is scrapping action on *Meda,* which helps to remove the obstruction due to *Meda*.

**Action in *Asthiposhana***

- For *Asthiposhana*, quality of *Asthi Poshak* factor is important factor. This *Asthi Poshak* factor is produced by *Meda*. *Asthi Dhatwagni* acts on the *Asthi Poshak* factor (nutrients factor of *Asthi Dhatu*). In this way formation of *Poshya Asthi* (excellent *Asthi Dhatu*) takes place. Due to improved *Meda Dhatwagni* as mentioned above, *Asthi Poshak Bhav* formed is excellent in quality. Hence *Asthi Dhatu* formed is also excellent in quality.
- Due to relieved obstruction by *Meda*, affected subsequent *Dhatuposhana* i.e., *Asthiposhan* also gets corrected. Due to improved *Asthi Poshana* in obese people, further progression of osteoporosis can be stopped.

**Action on *Ahara Rasa* and *Sandhi***

- *Guduchyadi Yoga* brings about *Rukshana* in body. Mode of action of *Rukshana Dravya* can be explained in two ways. By the virtue of *Tikshna*, *Ushna Guna*, it enhances the *Jathargani*. By *Laghu Guna* it brings about *Laghavata* (lightness of body) and acts on the *Samana Vayu*, producing excellent *Ahara Rasa.* Charak described that *Prakrit Ahara Rasa is* responsible for the *Pushti* (strengthening) of seven *Dhatus,* five *Indriya Dravyas, Sandhi, Snayu, Kandara* and *Kala* of body. [39] Also due *Prakrit Rasa Dhatu*, Further comorbidities like *Sthaulya* can also be avoided. Because *Sthaulya* is described as a Disease occurring due to defective *Rasa Dhatu*. [40]

**Action in *Sandhigatavata***

- *Sandhi* is the *Upadhatu* of *Meda*.[41] It is formed by the action of *Meda Dhatwagni* on *Meda Poshak* Factors. At the same time *Asthi Poshak* Factors are also formed. Hence by acting on *Meda Pachana* and *Meda Dhatwagnideepana, Guduchyadi Yoga* acts on the *Prakrit Sandhi* formation also.
- *Rukshana Chikitsa* is mentioned for the diseases produced at *Marma Sthana*.[42] *Sandhi* is also a one of the type *Marma*. There are twenty *Sandhi Marma* in our body.[43] Out of these twenty, any one or multiple *Sandhi* can be involved in *Sandhigatavata*. Considering these points, *Rukshana Chikitsa* by *Guduchyadi Yoga* may be helpful in the *Sthaulyajanita Sandhigatvata.*
- Drugs like *Guduchi, Triphala* has anti-inflammatory action. They inhibit the inflammatory pathway which is involved in synovial pathology of osteoarthritis.

**CONCLUSION**

*Rukshana Chikitsa Sidhhanta* will be helpful in obesity induced osteoarthritis by *Guduchyadi Yoga*. Symptoms of *Sthaulyajanit Sandhigatvata* can be reduced effectively along with the *Samprapti Vighatana* and *Asthiposhana*. Also, the treatment of *Sthaulya* acts as a prophylaxis treatment for multiple health and reduce the risk of developing future comorbidities associated with it which are mentioned earlier.

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