

**“SHORT COMMUNICATION ON THE CRITICAL  
REVIEW OF CONCEPT OF SANDHI FROM THE BASIC  
TEXT OF INDIAN SYSTEM OF MEDICINE IN CONTEXT  
WITH JANU SANDHI”**

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**ABSTRACT:**

Joints were design for locomotion. These are the junction points for two or more bones. The article is based on review of two research article on sharir of Janusandhi. For the holistic concept of Janu sandhi with its applied aspect, these articles were reviewed.

**Key words-** Sandhi sharir, Janu sandhi, Knee joint osteoarthritis.

## **INTRODUCTION:**

Maximum movement takes place at sandhi. This makes it a specific site for Vata dosha and Kapha dosha having lubricating mechanism to minimize the friction between the asthi parva. Joint anatomy has influence on bio mechanism of the joint. Knee joint is the largest complex joint of the human body. It is one of the asthi sanghat which bears maximum weight of body, and has prime involvement in the degenerative diseases.

## **REVIEW OF LITERATURE**

Shyamrao Banarase R, Sukhdeo Girgune C. has written the article ‘Critical review of Anatomy of Knee joint and its Clinical aspects in Osteoarthritis’. published in Vol. 4, Journal of Ayurveda and Integrated Medical Sciences with ISSN :2456-3110 in 2019. In the article author overviewed the structural anatomy of knee joint and find out about Sandhigatvat with reference to Osteoarthritis in knee joint. Author explains the structural architecture of Janu sandhi as per Rachana sharir. Janu sandhi is kora type bahuchal sandhi of lower limb. Author studied the complex articular surfaces along with various ligaments which strengthens the knee joint. He describes the Nidan panchak of Sandhigatvat as an applied aspect of Janu sandhi.(1)

In the article ‘A Review on sandhi sharir w.s.r to Janu sandhi (knee joint) and its applied aspects’ published in International Journal of Information Research and Review Vol. 09, Issue, 03, pp.7423-7424, March, 2022, author Dr Pallavi D. Pawar (Patil), Assistant Professor Rachana Sharir Department, Bhausahab Mulak Ayurved Mahavidyalaya, Nandanvan Nagpur, stated the basic definition of sandhi. Also quoted and explains the total number of sandhi as per ayurveda. Author explains the structural classification of sandhi done by Sushrut and provide examples and integrated the terms with modern anatomy.(2)

## **AUTHOR CONTRIBUTION**

First research article author reviewed the references from Sushrut samhita. He elaborated the sandhi concept with prime focus on Janu sandhi. He explains anatomy of knee joint in detail. The involvement of Janu sandhi in Sandhigatvat is explained by author. Author elaborate the etiopathology of Sandhigatvat and correlate with osteoarthritis, a clinical condition which affects to knee joint more.

Second reviewed research article does the compilation of sandhi references from Sushrut samhita, and correlate the architecture of each sandhi with modern anatomical classification.

## **CONCLUSION:**

After reviewing both research article the concept of sandhi in context with knee joint is well understood. Janu sandhi is kora type of sandhi, in which articular surfaces are shallow, and in such joints surrounding muscles and ligaments play important role, and this aspect is well elaborated in these articles. Involvement of Janu sandhi in osteoarthritis is applied aspect discussed in this article. Title of the second article include the name of Janu sandhi but inside there is no discussion about knee joint and its applied aspect author only discusses the type of sandhi, it is the major gap in the second article.

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**REFERENCE:**

1. Shyamrao Banarase R, Sukhdeo Girgune C. Critical review of Anatomy of Knee joint and its Clinical aspects in Osteoarthritis [Internet]. Vol. 4, Journal of Ayurveda and Integrated Medical Sciences. Available from: [www.jaims.in](http://www.jaims.in)
2. A REVIEW ON SANDHI SHARIR W.S.R TO JANU SANDHI (KNEE JOINT) AND ITS APPLIED ASPECT. 2022.