

Incidence of Asthi Kshaya (Osteopenia / Osteoporosis) in the Vicinity of Jamnagar (Gujarat) - A Survey of 514 Patients

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Abstract

Ayurveda defines health as uniformity in the Dhatus. Asthi Dhatu (Bone tissue) is one such Dhatu which supports the body, helps in maintenance of shape and also protects the vital organs. Any distortion in the equilibrium in this tissue leads to diseases. Asthi Kshaya is one such condition in which there is the decrease in the bone tissue. It can be compared to Osteopenia/Osteoporosis of the contemporary science in which there is decrease in the bone tissue leading to increased susceptibility to fractures. According to the principle of Ashrayashrayi Bhava, when Vata Dosha increases, Asthi Dhatu decreases because Vata and Asthi are inversely proportional to each other. Early osteoporosis is not usually diagnosed and remains asymptomatic; it does not become clinically evident until fractures occur. Osteoporosis is three times more common in women than in men. A survey study was conducted on 514 patients to assess the incidence of Asthi Kshaya (osteopenia/osteoporosis) in the population living in and around Jamnagar – A district located in the Saurashtra region of Gujarat state. This study was aimed to assess the etiological factors related to diet and lifestyle of the people and also to study regarding the signs and symptoms of Asthi Kshaya. It was found that, the incidence is high in this area especially in people who are in their fifth decade onwards & females especially after menopause.

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