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"ROLE OF MADHUADI YAPAN BASTI IN MANAGEMENT OF OSTEOARTHRITIS"

Dr. Shrutika A. Lahor¹, Dr. Vinay Chavan², Dr. D. K. Parida³

¹P. G. Scholar, Department of Panchakarma,

²Associate professor, and guide, Department of Panchakarma,

³Head of Department of Panchakarma,

L. R. P. Ayurvedic Medical College

Islampur, Tal: Walwa, Dist: Sangli.

Corresponding Author's mail ID: shrutikalahor25@gmail.com

ABSTRACT:

Panchakarma therapy, one of the vital branches of Ayurveda, deals mainly with purification of *Doshas (Prakrita/Vaikrita)* from the body. These *Doshas* (toxins and waste material) should be purified from the body. *Basti* is vital *Panchakarma*; *Yapana Basti* promotes the longevity of life. *Basti* is effective treatment in *Avaranavastha*, *Rajayapanbasti* having *Sadhyabalajanana* (increase strength), *Brimhana* (nourishment to *Dhatu*), *Rasayana* (rejuvenation) properties and can be used for all the causes of vitiated *Vata*.

Keywords: Sandhigata Vata, Osteoarthritis, Madhuadi Basti.

INTRODUCTION:

Sandhigata Vata is a type of joint disorder characterized by pain and swelling. The pathogenesis of Sandhigata Vata reveals the involvement of Vata and for the reason it has been included in the category of Vatavyadhi. Prevalence of Sandhigata Vata is 3.4 to 5.78 % of rural area and in cities is more¹.

One of the Panchakarma Basti *Chikitsa* is most important as it radically pacifies the vitiated Vata; the Vata Dosha responsible for the movements all Dosha, Dhatu and Mala within the body. Pakwashaya is main site of Vata Dosha. Conclusively Basti indeed is the half of entire management of disease. Therefore in order to study effectiveness of Basti and also treat the patient of Sandhigata Vata, I have used Madhuadi Basti in Sandhigata Vata. The content of Madhuadi Basti found to decrease vitiated Vata Dosha as well as provide strength to Sandhi and thus to prevent further disorder. Hence it is well worthy to study efficacy of Madhuadi Basti in Sandhigata Vata. **MATERIAL:**

Charaka Samhita: Acharya Charak has narrated the detail description about mainly in *Siddhisthana* 12th chapter. *Charaka* has given the general symptoms of *Asthimajjagatavata* and he has mentioned the general line of treatment of it.

METHOD:

Total 30 patients registered to *Panchakarma* OPD at our hospital with chief complaints of –

- 1. Sandhishoola (joint pain)
- 2. Sadhishotha (joint swelling)
- 3. vatapurnadrutisparsha (crepitus)
- 4. Pricking sensation (*Toda*)

SANDHIGATA VATA:

Sandhigata Vata [SGV], a combination of two main words" *Sandhi*" and '*gatvata*' here in *gatvata*, Gata And Vata are two keywords where *Sandhi* derived from *Sam*+ dh+ aahi, means the union or combination.

Gata' derived from *Gam'dhatu* and having the meaning in *Shabdhakalpadhrum* as gachati Janati Yateeti, Va or *Gatyartharammarkethi'* so, we can infer into *Sandhi*.

MODE OF ACTION:

1. Elimination of waste products of digestion and metabolism in the form of stool is the main function of colon.

2. Water moves in the both directions across the mucous membrane of both small and large intestine until the osmotic pressure of the intestinal contents equal to that of plasma. (Williumf.ganong physiology)

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3. Colon normally absorbs 1-2 liters/day, but is capable of absorbing almost

4. Various nutritive end products are absorbed from the mucosa of gastrointestinal tract mainly through the channels and other ion channels. The absorptive capacity of the mucosa of large intestine is great.

5. Although the rectum is not a usual site for absorption, drugs introduced by rectum may absorbed there and shows systemic as well as local effects.

First Snehana and Swedana Dravya reach up to the cellular level by Sukshamaguna

Snehana and Swedana pacifies Vata by Snigdha and Ushna Guna

Dravya increases the *Dosha* by their *Drava Guna* and *Kledana Karma* (*VRIDDHI*)

By Virtue of Snigdha, Sara, Drava Guna liquefies Dosha Vishyandana) Swedana increases Agni at all level by Ushna Guna and digest Ama

(PAKA) By Ama-pachana Swedana remove the obstruction in Strotas

(STROTOMUKHA

VISHODHANA)

By Amapachana[♥] Swedana remove the obstruction in *Strotas*

(STROTOMUKHA VISHODHANA)

Snehana and Swedana pacifies Vata by Snigdha and Ushna Guna (VAYU NIGRAHAT) Hence by controlling Vata and by Snehana and Swedana, Dosha moves from Sakha to Koshtha.

Assessment criteria:

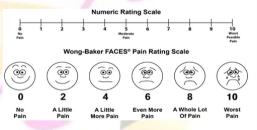
i) Subjective Criteria:-

- -Pain (Shool)
- -Piercing pain (*Toda*)

-Stiffness (Stambha)

-Crepitus

(Vatapurnadhrutisparsh)



Visual analogue pain scale²:-

Figure No. 1

Grade/ Lakshana	0 AL	OF	2	3
(Shoola)	SN	M	Μ	S
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3will be asked to come with empty stomach for Basti. Pradhana karma :-miiPosition :- Tapping (Tadan) over Sphika & Parshva	MU	LTI	DISC	IPL	INA	
Image: model Pradhana karma :- m i i Position :- Tapping (Tadan) over Sphika & Parshva				3	1.12.0-0.0-0	will be asked to come with empty stomach
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Tapping (Tadan) over Sphika & Parshva				m		1 ruununu kurma "-
				i		
				n		followed by Lifting of Leg

Patient should lie down in Left Lateral position (*Vamparshwa*) i.e. left leg will be asked to keep straight and Right leg folded.

The warm *Basti Dravya* will be administrated.

-The tip of catheter & anal opening of the patient will be smeared with oil with the help of cotton.

-All the Basti Dravya is introduced.

-The patient tapping (*Tadan*) over *Sphika* & *Paarshva* followed by lifting of leg.

Patient will be advised to take rest for half an hour after *Basti Karma* and sleep will be restricted thought Treatment.

-Diet (*Pathya*):- Laghu Aahara, Warm water.

Result -

Effect of therapy according to % Relief

in Symptoms

Relieved score and % Relief in Symptoms

of Madhuadi Yapan Basti

Sr N o.	Sympto m (Group A)	В. Т.	A. T.	Reliev ed	% Relie f
1	Sandhish ool	75	17	58	77.34
2	Sandhi Toda	53	8	45	84.91
3	Sandhi shotha	54	8	46	85.19
4	Stambha	31	5	26	72.92
5	Crepitus	53	8	45	84.91
6	Joint Reflexes	54	8	46	85.19
	Average Relief (A)				83.53 %

Table No 3Total effect of therapy in Patients:

Effect of Therapy according % Relief in Patients

Sr. No.	Improve ment Grade	Criteria	No. of patients
	Grade	1	G ro u p A
1	Marked	> 75%	19
2	Moderate	51% - 75%	11
3	Mild	25% - 50%	0
4	Poor	< 25%	0

Table no.4

Average % Relief in Patients and in Symptoms:

Shows Average % Relief in Patients and in Symptoms

Sr. No.	Group	Avg. % Relief In Symptom score
1	Group A	83.53

Table No.5

Total effect of therapy in Patients: Effect of Therapy according % Relief in Patients

Sr. No.	Improvement Grade	Criteria	group A
1	Marked	> 75%	19
2	Moderate	51% -	11

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		75%	
3	Mild	25% - 50%	0
4	Poor	< 25%	0

Table no.6

This study was aimed to observe the efficacy of *Basti* in patients suffering from *Sandhigata Vata*. Patients were divided randomly selected. Hence total patient 83.53% recover.

DISCUSSION:

The improvement in the symptoms of Sadhivata can be attributed to two major factors i.e. reduction of pain in Sandhi that may be due to analgesic and anti-inflammatory effect of drugs or/and due to increased nourishment to the Sandhi which helps in improving disc size. Pain is inherent quality of Vata. Most of the drugs were Vata-Kapha-Shamaka having hot potency and oleation properties thereby pacify aggravated Vata. Further, these improve the function of Vyana Vayu specifically which is responsible for the movements. In the current pathogenesis it is clearly seen that sciatica 3rd stage is a symptom at the of degenerative cascade model where nerve impingement takes place. The symptoms like Sandhi Shoola, Sadhishotha, of radiculopathy may have reduced due to reduction of inflammation. With the treatment, one patient had eight times

bowel movements after initial *Niruha* but after proper rehydration measures, the patient was able to undergo remaining course of *Basti*. The first *Basti* may act as natural cleansing agent (*Koshta Shuddhi*) *i*n this patient who was of *Mridu Koshtha* (sensitive bowel).

CONCLUSION:

Thus it can be clearly seen that *Madhuadi Yapana Basti* holds promising hope as non-invasive intervention in the management of *Sandhigata Vata*.

MadhuadiYapanaBasti yieldsbetterresultsinpacifyingpure Vataja or VataKaphaja type

of Sandhi Vata. In Pitta Prakriti patients, symptoms may aggravate due to Ushna Virya property of ingredients. Yapana Basti is a good alternative to classical Dvadasha Prastriti Niruha etc., which is not well tolerated by today's delicate and weak patients. Further, mild restricted code of conduct makes it an ideal therapy for today's fast paced society.

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