

INTERNATIONAL JOURNAL OF  
MULTIDISCIPLINARY HEALTH SCIENCES  
ISSN: 2394 9406

“ROLE OF MADHUADI YAPAN BASTI  
IN MANAGEMENT OF OSTEOARTHRITIS”

Dr. Shrutika A. Lahor<sup>1</sup>, Dr. Vinay Chavan<sup>2</sup>, Dr. D. K. Parida<sup>3</sup>

<sup>1</sup>P. G. Scholar, Department of Panchakarma,

<sup>2</sup>Associate professor, and guide, Department of Panchakarma,

<sup>3</sup>Head 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 more<sup>1</sup>.

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* 12<sup>th</sup> 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. (Williamf.ganong physiology)

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 be absorbed there and show systemic as well as local effects.

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



*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)*

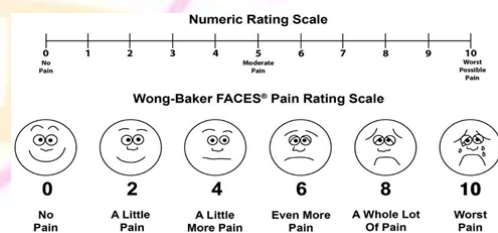


Hence by controlling *Vata* and by *Snehana* and *Swedana, Dosha* moves from *Sakha* to *Koshtha*.

**Assessment criteria:**

**i) Subjective Criteria:-**

- Pain (*Shool*)
- Piercing pain (*Toda*)
- Stiffness (*Stambha*)
- Crepitus (*Vatapurnadhritisparsh*)



**Visual analogue pain scale<sup>2</sup>:-**

**Figure No. 1**

Grade/ Lakshana	0	1	2	3
(Shoola) pain	N o	M i l d	M o d e r a	S e v e r e

			t e	
(Toda) Pricking sensation	N o	M i l d	M o d e r a t e	S e v e r e
(Shotha) Swelling	N o	M i l d	M o d e r a t e	S e v e r e
(Stambha) Stiffness	N o	La sti ng  5- 10 min	L a st i n g  >3 0 mi n  0 - 3 0 m i n	La sti ng  >3 0 mi n  0 - 3 0 m i n

(Vatapurna drutisparsh a) crepitus	N o	Pal pab le  cre pitu s	Au dib le  cre pit us
--	--------	--	---

Table no.1

i) Objective criteria : measure in degree

Joint movem ent	0 <sup>0</sup>	15 <sup>0</sup>	30 <sup>0</sup>	45 <sup>0</sup>	60 <sup>0</sup>	75 <sup>0</sup>	90 <sup>0</sup>	180 <sup>0</sup>
Flexi on								
Extensi on								

Table no. 2

**PROCEDURE –**

**MATERIAL REQUIRED –**

- Madhuadibasti (350ML)
- Hot water, enema pot, catheter, cotton.

**PRE- OPRATIVE –**

**Purvakarma (Pre Basti management):**

Counselling for Basti.

*Sthanik Snehan (Kati, Uru, Jangha, Nabhi ) with Til tail and Sthanik Nadi Sweda (Kati, Uru, Jangha, Nabhi) with Dashmoola Kwath will be done.*

*Anuvasan- Take Alpa mityaaahar before 1hr of Anuvasan Basti. Nirooh- Patient will be asked to come with empty stomach for Basti.*

**Pradhana karma :-**

**Position :-**

Tapping (Tadan) over Sphika & Parshva 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. No.	Symptom (Group A)	B. T.	A. T.	Relieved	% Relief
1	<i>Sandhishool</i>	75	17	58	77.34
2	<i>Sandhi Toda</i>	53	8	45	84.91
3	<i>Sandhi shotha</i>	54	8	46	85.19
4	<i>Stambha</i>	31	5	26	72.92
5	Crepitus	53	8	45	84.91
6	Joint Reflexes	54	8	46	85.19
<b>Average Relief (A)</b>					<b>83.53 %</b>

### Table No 3

#### Total effect of therapy in Patients:

Effect of Therapy according % Relief in Patients

Sr. No.	Improve ment Grade	Criteria	No. of patients	
			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

		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 is a symptom at the 3<sup>rd</sup> stage 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*) in this patient who was of *Mridu Koshta* (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*.

*Madhuadi Yapana Basti* yields better results in pacifying pure *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.

#### REFERENCES:

- 1) Internet: [www.healthcomminites.com](http://www.healthcomminites.com)
- 2) Interpretation of visual analogue scale-J pain 2003 September 4(7) 407-14 randomized clinical trial [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)