



ROLE OF KSHARA BASTI IN THE MANAGEMENT OF RHEUMATOID ARTHRITIS

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ABSTRACT:

Rheumatoid arthritis, the most prevalent sort of autoimmune illness. It is a chronic, progressive, inflammatory disorder that affects the multiple joints and is accompanied by pain, swelling, and stiffness. Approximately 0.8% of people in the population have RA. The exact cause for the Rheumatoid arthritis is not known. *Amavata* is a disease, When the *Vayu* becomes vitiated, it forces the *Ama* into various joints of the body, where it causes stiffness, excruciating pain, and swelling. The word "*Ama*" signifies a toxin or metabolic waste product that is not digested and a major cause of many diseases. When a condition intensifies, it is becoming very difficult to treat. Hence, it is an important to understand these diseases in a better way and choose an effective, secure, and straightforward course of therapy. As a result, *kshara basti*, which *Acharya Chakradutta* recommended as the first line of treatment for *Amavata*, has been selected here. *Amlika*, *Guda*, *Gomutra*, *Satahva*, and *Saindhava Lavana* are the key components of *Kshar basti*. These ingredients all include *Teekshana guna*, which helps them combat against the vitiation of *kapha* and *ama*. The purpose of this study is to elaborate the mode of action of *kshara basti* in *Amavata*.

Keywords: *Rheumatoid arthritis*, *Amavata*, *Kshara basti*

INTRODUCTION:

Rheumatoid arthritis is one of the most prevalent and devastating autoimmune disease. It is a chronic inflammatory and degenerative connective tissue disorder that is, mostly affecting the multiple joints. In *Amavata* disease, *Agnimandhya* plays important role in manifestation of the disease. When the person indulges the etiological factors such as *Viruddha Ahara*, *Vihara* and *Chesta* etc. leads to the formation of *Ama* which gets triggered by Vitiated *Vata* and enters to *Shlesma Sthana*. This *Amavata* disease is first described in *Madhava Nidana* as separate disease. *Acharya Chakradutta* states that *Kshara Basti* is the

primary kind of therapy for *Amvata* and mentions it in the *Niruha Basti Adhikarna*. It is a kind of *Shodhana Basti* which can be helpful to overcome this challenging disease.

REVIEW OF LITERATURE:

RHEUMATOID ARTHRITIS¹: RA is an Autoimmune and chronic systematic inflammatory disease of unknown etiology. In RA body's immune system mistakenly attacks on own healthy cells of body. It is most common in women than in men. In early stage of RA affect smaller joints of the hands, particularly the fingers joints. It is typically represented as synovitis and bone erosions of small joints.

INVOLVEMENT OF JOINTS IN RA: In Rheumatoid arthritis, Joints are affected symmetrically, or equally on both sides of the body, and most commonly involve the wrists, hands, elbows, shoulders, knees, and ankles joints. The typically involved joints in RA, are the proximal interphalangeal (PIP), distal interphalangeal (DIP) and metacarpophalangeal (MCP) joints of the hands.²

CLINICAL FEATURES OF RA³:

- Painful morning stiffness lasting more than an hour
- Fatigue
- Anorexia
- Weight loss
- Affected joints are swollen and warm
- Tender to touch
- Muscles wasting

DEFORMITIES OF RA:

- Swan neck deformity:⁴ it is characterized by proximal interphalangeal (PIP) joint hyperextension and the distal interphalangeal (DIP) joint flexion.
- Boutonniere deformity:⁵ it is characterized by proximal interphalangeal (PIP) joint flexion and the distal interphalangeal (DIP) joint hyperextension.
- Z- Deformity of thumb:⁶ the tendon forces the Meta phalangeal joint into flexion and the interphalangeal joint to hyperextend.

❖ AMAVATA:

DEFINITION OF AMA: Because of abnormally diminished function of *Agni*, the first dhatu, known as *Rasa Dhatu*, is not fully digested; as a result, *Anna Rasa* ferments and is kept in the *Amashaya*. This *Rasa* is called as *Ama*.⁷

AMA SVARUPA: *Dravam, Guru, Anekavarnayukta, Snigdha, Picchila, Tantumata, Durgandhita, Avipakvam*.^{8,9}

DEFINITION OF AMAVATA: When vitiated *vata* and *Ama* both lodge in the *Trika sandhi* at the same time, the affected body parts to become stiff. This condition is known as *Amavata*.¹⁰

SYMPTOMPS OF AMVATA:

PRATYATMA LAKSHANA: *Stabdha Gatra, Sandhi Shoola, Sandhi shoth.*

SAAMANYA LAKSHANA¹¹: Bodyache, *Aruchi*(aversion towards the food), *Trishna*(thirst), *Alasya* (laziness), *Gaurava* (heaviness in body), *Jvara* (fever), *Apaka* (indigestion), *Angashunata* (swelling of different parts of the body including joints).

DOSHANUBANDHIKA LAKSHNA¹²:

Pittanubandha- daha and raga

Vatanubandha- Shula

Kaphanubandha- guruta, kandu, staimitya

PRAVRUDHA AMAVATA LAKSHNA¹³: In *Pravruddha Amavata* condition the following symptos can be seen:

It becomes most distressing of all the diseases. Wherever the *Ama Dosha* reaches it produces painful Swelling such as in hands, legs, Ankles, wrists, sholders and hips joints, *Vruschika Damsa vata vedana* (pain like Scorpio bite), *Agnidaurbalya*(indigestion), *Praseka*(excessive saliva), *Aruchi* (anorexia) , *Gaurava* (heaviness), *Utsahahani*(loss of excitement), *Vairasya* (loss of taste), *Daha* (burning sensation), *Bahumutrata* (polyuria), *Kathina-kukshi* and *Kukshishula* (abdominal pain), sleep disturbance, *Chhardi* (vomiting), *Trishna*, *Bhrama* (illusion), *Murccha* (vertigo), *Hridgraha* (pain in heart region), *Jadyata* (stiffness) and *Vibandha* (constipation).

SAMPRAPTI¹⁴:

Nidana sevana: Viruddha Ahara, Acheshta, Nishchalasya, Mandagni, Vyayama after taking Snigdha Ahara



Vitiation of *Samana Vayu*, *Pachaka Pitta*, *Kledaka Kapha*



Formation of Ama in Amashaya



Through *Vyana Vayu*, *Ama* circulates through body by *Dhamani*



Enters into *Shleshmasthan*

Kha- Vaigunya and Dosha-Dushya Sammurchana



Vitiated *Ama* and *Vayu* interacts with other *Vatadi Dosha* and *Dhatu*



Ama attains different colours and becomes more *Picchila*



Srotorodhaha

Produce more *Kleda* in *Srotas*



Deprivation of production to Further *Dhatu* [Specially, formation of *Rasa Dhatu* from *Ahara Rasa* is hampered. hence, symptoms like *Daurbalya* and *Hrudagraha* are seen.]



Sthanasamshraya of Vitiated *Vata* and *Ama Dosha* to *Kati, Trika* and *Prushtha Pradesha*.



Amavata

TREATMENT:

According to Acharya Chakradatta treatment of *Amavata* in order is that – *Langhana*, *Svedana*, *katu – tikta deepaniya Dravya*, *virechana*, *Snehapana*, *basti* (*Saindhavadi Anuvasana Basti* and *Kshara Basti*)¹⁵. *Satahvadi Kshar Basti* and *Vaitarana Basti* both are main line of treatment for *Amavata* which has mentioned in *Niruha Basti Adhikarana*¹⁶.

Properties of *Kshara* should not be *Ati Tikshna*, *Ati Mrudu*, *Ati Shukla*, *Ati Picchila*. It also has *Tridoshagna*, *Agneya*, *Ushna*, *Teekshna*, *Pachana*, *Shodhna*, *Ropana*, *Vilayana*, *Lekhana* properties¹⁷. The *Bastis* where *Kshara*, *Gomutra* and *Teekshna Dravya* used as ingredients are can be considered as *Kshara basti*.

INGREDIENTS OF KSHARA BASTI AND VAITARANA BASTI:

<i>Kshar basti</i>	<i>Vaitarana Basti</i>
<ul style="list-style-type: none"> <i>Guda – 1 pala</i> <i>Saindhava- 1 karsha</i> <i>Amlika – 1 pala</i> <i>Shatahva – 1 karsha</i> <i>Gomutra – 8 pala</i> 	<ul style="list-style-type: none"> <i>Amlika – 1 pala</i> <i>Guda – 1 shukti</i> <i>Saindhava – 1 karsha</i> <i>Gomutra – 8 pala</i> <i>Tila Taila</i>

PHARMACO – DYNAMICS OF INGREDIENTS:

<i>Dravyas</i>	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Doshaghnata</i>
<i>Purana Guda</i> ¹⁸	<i>Madhur</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vataghna, Ruchikar, Agnideepaka.</i>
<i>Saindhava</i> ¹⁹	<i>Samadhura</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha nashaka, deepana, ruchya, Vrushya, kapha-vilayana, kapha-chedana.</i>
<i>Amlika</i> ²⁰	<i>Amla</i>	<i>Guru</i>	<i>Ushna</i>	<i>Amla</i>	<i>Pittakara, Raktakruta, Vatashamana, Basti Shuddhikara</i>
<i>Shatahva</i> ²¹	<i>Katu, Tikta</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapharoga Nashak</i>
<i>Tila Taila</i> ²²	<i>Madhura,</i>	<i>Tikshna, Vishada Sukshma, Guru</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-Kapha Nashaka, Krumi Nashaka,</i>
<i>Gomutra</i> ²³	<i>Katu, Tikta, Kashaya,</i>	<i>Laghu, Ushna Tikshna, Kshara, Ruksha, Bhedana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata Nashaka, Kushtaghna, Kandughna, Kotha Nashaka</i>

MATERIALS AND METHODOLOGY: For this literary study, the materials which includes *Ama*, *Amavata* and *Kshara basti* has been collected from *Ayurvedic* text mainly *Ashtanga Hrudaya*, *Madhavanidana*, *Chakradutta* and also other relevant *Ayurvedic* classics has been considered.

DISCUSSION: *Madhavakara* has described *Viruddhahara*, *Viruddhacheshta*, *Nishchalatva* and exercise immediately after *Snigdha Ahara* are the *Nidana* of the *Amavata* disease. Avoidence of the *Nidana* is the first and foremost line of treatment because these are directly or indirectly responsible for *Dosha Utkesh* and *Agnimandhya* and because of the *Agnimandhya*, *Ahara Rasa* is not digested properly which leads *Ama* formation. Due to *Ama*, *Rasa Dhatu* is not well formed. This pathology mainly effects the *Amashaya* which is the site of *Kapha Dosha*. Hence, *Ama* leads to *Kapha* vitiation and leading symptoms like *Srotorodha*, *Gauravata*, *Alasya*, *Aruchi* etc. when the impaired *Vatadi Dosha* being mixed up with *Ama Dosha* leads to *Amavisha*. It is very difficult to treat due to its *Ashukriya* and opposite nature of *Ama* and *Visha*'s treatment.

AVASTHA VISHESHA CHIKITSA: Based on *Avastha Vishesha* the treatment of *Amvata* should be divided into two categories. *Amavavastha* and *Niramavastha*.

Langhana, *Ruksha Swedan* and *Katu- Tikta Dipaniya Dravyas* can be given in *Amavastha* for digestion of the *Ama*. After digestion of *Ama* means in *Niramavastha* *Virechana*, *Snehapana* and *Basti* treatment can be given.

DOSHANUBANDHA CHIKITSA: According to *Acharya Charaka*, the quantity of *Niruha Basti*'s *Dravya* can be increase or decrease based on various situation. i.e.

In *Vatanubandha Amavata*, can be increased the amount of *Sneha* or *Tila Taila* in *Kshara Basti* and Decrease the *Ushna* and *Tikshna Dravya* like *Satahva* and *Gomutra*. Hence, it will help in pacify the *Vata Dosha*.

Like, in *Pittanubandha Amavata*, burning sensation and redness around the joints are seen. Hence, the quantity of *Amlika* and *Satahva* can be decrease because of its *Amla Vipaka* and *Pittakara* properties of *Amlika* and *Katu-Tikta Rasa*, *Katu Vipaka* and *Ushna Viya* of *Satahva*. In this condition increase the quantity of *Purana Guda* because of its *Madhura Vipaka*. so, it can be helpful to pacify the *Pitta Dosha* in the body.

In *Kaphanubandh Amavata*, *Kapha Dosha* is an aggravated form. Hence, *Satahva* and *Gomutra* can be added in more quantity and can be decrease the amount of *Purana Guda*.

AVAYAVA PRABHAVA (MODE OF ACTION OF AN INDIVIDUAL DRUGS):

Purana Guda: *Ushana Virya* of *Guda* can be help in *Dosha Paka*.

Saindhava Lavana: it helps to dissolve and disintegrate morbid *Kapha* and *Ama Dosha* by its *Kapha Vilayana* or *Kapha Vichhedana* properties.

Amlika: Its *Ruksha Guna* and *Ushna Virya*, helps in *Amapachana*.

Satahva: *Katu- Tikta*, *Ushna Virya*, and *Katu vipaka* properties of *Satahva*, help in the digestion of *Ama* and the bring back to *Agni*.

Gomutra: It helps to pacify *Kapha Dosha* because it contains *Katu Rasa*, *Katu Vipaka*, *Ushna Virya*, and *Laghu*, *Tikshna Guna*. It is also helps in *Srotovishodhana* due to its *Teekshna Guna*. Additionally, the

properties of its *Ruksha Guna*, *Tridoshghna*, *Agnideepaka*, and *vatanuloman* are beneficial in *Amavata* disease.

Tila Taila: It is cold in touch which counteracting the irritant potency of *Kshara*. Also, its *Vata-Kapha Nashaka* properties, it may help to prevent further aggravation of *Vata*.

SAMUDAYA PRABHAVA (PROBABLE MODE OF ACTION): *Niruha Basti* is a uniform mixture of *Makshika*, *Lavana*, *Sneha*, *Kalka* and *Kwath*. But in this *Kshara Basti Guda* is used instead of *Madhu*. *Lavana* possesses *Sukshma* and *Tikshna Guna* which helps the *Basti Dravya* to reach up to the *Sukshma Srotas* and due to *Guru Ghuna* of *Amlika* helps retention of *Basti Dravya*. Also, the *Kalka* of *Satahva* which gives potency to the whole *Basti Dravya* and its *Katu-Tikshna Guna* and *Ushna Virya* helps to digestion of *Ama*. In *Kshara Basti*, *Gomutra* is *Pradhana Dravya* which maintains the volume of *Basti*. Also, helps in the spreading *Basti Dravya* and cleansing the *Srotas*. And having its *Katu-Tikta Rasa*, *Katu Vipaka* and *Ushna Virya* pacify the *Kapha Dosha*. The General properties of *Mutra* is *Tikshna*, *Bhedana*, *Vatanulomana* and *Srotovishodhana* which helps in the elimination of vitiated *Ama Dosha* from the *Sukshma Srotas*.

In *Vaitarana* type of *Kshara Basti*, adding *Tila Taila* along with these *Dravya* except *Satahva*, helps to easy elimination of *Basti Dravya* with vitiated *Ama* and *Dosha* without any discomfort and strains because *Kshara Guna* of *Gomutra* might have chance to cause irritation.

GUNA VISHESHA SIDDHANTA: *Kshara Basti* is a type of *Tikshna Niruha Basti* which consists *Laghu*, *Tikshna*, *ushna* and *Ruksha guna* which completely opposite to the *Guru*, *Snigdha* and *Picchila Guna* of *Kapha* and *Ama Dosha*. Thus, *Kshara Basti* helps to break obstruction and expel out the morbid *Dosha* from all over the body.

CONCLUSION: *Amavata* is most common crippling joints disorder. *Ama* and *Vata* both beings contradictory in nature make difficult to treat. Thus, *Kshara Basti* and *Vaitarana Basti* can be effective and ultimate line of treatment for *Ama* and *Vata Dosha*. The Drugs of these two *Bastis* have *Vata-Kapha Nashaka*, *Agnideepaka*, and *Vatanulomaka* properties, they might be an effective treatment for *Ama* and *Vata Dosha*. In *Vaitarana Basti*, *Tila Taila* may help to prevent aggravation of *Vata Dosha*. This means that *Kshara Basti* may be thought of as a successful treatment for *Amvata* disease because it is having opposing *Guna* to *Ama* and *Kapha dosha*.

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