



“Review of Asthishrinkhala (*Cissus Quadrangularis*) in Asthidhatukshaya w.s.r to Asthidhatu Poshana.”

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Abstract-

Acharya Sushrut stated that the equilibrium of *Dosha, Dhātu, Agni, Mala* with *Atma, Indriya* and *Mana* is *Swasthya* i.e Health and its disequilibrium is called Disease. Disequilibrium of *Dosha, Dhātu, Agni* and *Mala* may be *vridhi* or *kshaya*. *Asthidhatu* is *Pitruja Bhava*. The *Asthi Dhātu* has function of *Deha Dharana*. *Asthidhatukshaya* include symptoms like Bone pain (*Asthischool*), Looseness or weakness in joint (*Sandhishaitilya*), Hairs (*Kesha*), Hairs on Body (*Roma*) falls and Nail deformity (*Nakha vikar*). If *Asthidhatu kshaya* is going continue may lead to *Asthibhagna* afterword. Acharya Charak mentioned 18 types of *Kshayas*. *Asthidhatukshaya* is one of them. *Asthidhatukshaya* is understood as decrease in *Poshakansha* (nutrient supply) to *Asthidhatu* leads to *Kshaya* of *Asthidhatu* and its function along with *Updhatu* and *Mala*. The symptoms of *Asthidhatukshaya* resembles to osteoporosis in modern science. When the rate of bone loss is accelerated as determine by decrease in absolute bone density is termed as osteoporosis. The osteoporosis is major health problem in present days characterized by low bone mass and depletion of bone tissue. In Ayurveda there are many drugs which are used as *Asthi Poshak* but we select *Asthishrinkhala* (*Cissus Quadrangularis*) for review. *Asthishrinkhala* is also known as *Asthisamharaka*. The name itself suggests the drug which used for *Saharan Karma* of *Asthidhatu vikruti*.

Keywords- *Asthidhatu, Asthidhatukshaya, Asthishrinkhala, Bone, Osteoporosis.*

Introduction-

According to Acharya Sushrut the state of equilibrium of Dosha, Dhatu, Agni, Mala with Atma, Indriya and Mana is Swasthya i.e Health and its disequilibrium is called Disease. Disequilibrium of Dosh, Dhatu, Agni and Mala may be vridhi or kshaya.¹

Asthidhatu is Pitruja Bhava. The Asthi Dhatu has function of Deha Dharana i.e.to carry the weight of body.² In present day life, due to change in life style there is change in Aahar and Vihar. Change in Ahar and Vihara may unable to supply nutrients (Asthiposhakansha) which required maintaining Asthidhatu in samyavastha causes Asthidhatukshaya. Hence decrease in bone tissue (minerals) is Asthidhatukshaya.

The aim of Ayurveda is to maintain Swasthya of Swasthya people and to make disease people disease free by maintaining Dhatu Samyavastha.³

Ayurveda is one of the ancient and most reliable systems of medicine in world. The Asthi dhatu has function to carry body weight that is Dharan.⁴ According to principle of AashryaAshrayee bhava Vata dosha and Asthidhatu are inversely proportional to each other.⁵ When Vata increases Asthidhatu decreases that is Asthidhatukshaya and when Vata decreases Asthidhatu increase. With advancing age in Vardhakyawastha Vata Dosha in the body increases which cuases Asthidhatukshay that is increase in Asthidhatukshay Lakshan like asthishool, sandhishool etc.

According to Acharya Sushrut the body part which having function of Dharana that is to hold body is known as Dhatu.⁶

There are seven types of Dhatus in body⁷, they are follows:

- 1.RASA
- 2.RAKTA
- 3.MASA
- 4.MEDA
- 5.ASTHI
- 6.MAJJA
- 7.SHUKRA

According to Acharya Charak Asthidhatukashaya Lakshana shows falling hairs of head and body hairs (*Kesh*), Nails (*Nakha*) and Teeth (*Dwija*) fall, Tiredness (*Shrama*), Looseness in joint (*Sandhishaithilya*).⁸

Piercing pain of bone, tiredness, fall of teeth, hair, nails, increase gradually due to Asthidhatukshaya.⁹

According to Acharya Sushrut, it may causes dryness of teeth and nails and also Crackles, bone pain and dryness of skin.¹⁰

According to Acharya Vrudh Vagbhata, it may causes teeth, nail, hair of body and head fall, dryness of skin, looseness in the joint, bone pain, compactness of the bone, Desire of eating non veg.¹¹

Asthidhatukshaya include symptoms like Bone pain (Asthishool), Looseness or weakness in joint (Sandhishaithilya), Hairs (*Kesha*), Hairs on Body (Roma) falls and Nail deformity (*Nakha vikar*). If *Asthidhatu*

kshaya is going continue may lead to *Asthibhagna* afterword. Acharya Charak mentioned 18 types of *Kshayas*. *Asthidhatukshaya* is one of them. *Asthidhatukshaya* is understood as decrease in *Poshakansha* (nutrient supply) to *Asthidhatu* leads to *Kshaya* of *Asthidhatu* and its function along with *Updhatu* and Mala.

Ashtidhatu kshaya janya lakshnas-

1. Bone pain (*Asthischool*)
2. Nail deformity (*Nakha vikara*)
3. Hair fall (*kesha patan*)
4. Joint pain (*sandhi shool*)
5. Dental deformity (*Dant vikar*)
6. Looseness in joint (*Sandhi shaithilya*)
7. Tiredness (*shrama*)
8. Dryness (*Rukshata*)

In Ayurveda there are many drugs which are used as *Asthi Poshak* but we select *Asthisrinkhala* (*Cissus Quadrangularis Linn*) for review. *Asthisrinkhala* is also known as *Asthisamharaka*. The name itself suggests the drug which used for *Saharan Karma* of *Asthidhatu vikruti*.

Latin name -*Cissus Quadrangularis*

Family- *Vitaceae*.

Asthisrinkhala has Rasa-*Madhura*

Vipaka-*Madhura*

Virya-*Ushna*

Guna - *Laghu, Ruksha*.

Due to this it is used in *Asthidhatukshaya*.

Osteoporosis:

The osteoporosis is bone disorder in which bone mass (bone density) less than normal. It is second most common metabolic bone disease in India. The remodeling of bone that is its formation and resorption process which is continuous throughout the life get disturbed. In osteoporosis the bone mass (bone density) decreased indicating that the rate of bone resorption exceeds that of bone formation.

The symptoms of *Asthidhatukshaya* resembles to osteoporosis in modern science. When the rate of bone loss is accelerated as determine by decrease in absolute bone density is termed as osteoporosis. The osteoporosis is major health problem in present days characterized by low bone mass and depletion of bone tissue. WHO define osteoporosis as bone density less than -2.5. Up to the age of adult, bone mass increases and around after the age of 40yr, it's gradually decline. In osteoporosis bone mass is decreased indicating that the rate of absorption exceed that

of formation. The osteoporosis increases fragility and susceptibility to fracture. Fracture is the most common complication of osteoporosis.

Asthishrinkhala-

synonyms: *Granthiman, Asthisanharak, Vajrangi, Asthishrinkhala*

Latin name: *Cissus Quadrangularis Linn*

Family: Vitaceae

Properties:

Guna: Laghu, Ruksa, Vrushya, Deepan, Pachan, Raktashodhak, Sar, Arshyaghna, Krumighna.

Rasa: Madhur

Vipak: Madhur

Virya: Ushna

Doshagnata: Vata-Kaphahar

Discussion-

The symptoms of *Asthidhatukshaya* are similar to osteoporosis in which there is decline in bone tissue. In osteoporosis, rate of bone resorption more than that of bone formation. Women are more prone to osteoporosis than men. In present days bone related disease are very common and seen in early age because of life style change, lack of exercise, unhealthy diet, fast food, cold drinks, and stress factor all these affects in bone loss (*Asthidhatukshaya*), so for prevention or early treatment of *Asthidhatukshaya* we select this topic for the review.

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