



Role of Panchtiktsheer basti in sadhigatvata (Osteoarthritis) - A Case Study

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•Abstract-

Sandhigatvata is type of *vata vyadhi* that occurs in Primarily in old age as result of *Dhatukshaya*. Osteoarthritis is a modern terminology for *sandhigatvata*. The etiology and symptomology of Osteoarthritis is very much similar to that of *sandhigatvat*. The Treatment modality used to treat Osteoarthritis in modern Pathy is NSAID, Analgesic, Corticosteroids, Physiotherapy and also surgical intervention. But doesn't offer total relief. *Tiktaksheer basti* is recommended for treating etiological condition like *Asthivikar*. Here, *Panchtiktsheer basti* is used for treating *Ashti vikar* as etiological conditions. This case study looks at the effectiveness of *Panchtikta ksheer basti* in *Sandhigatvata* (Osteoarthritis). A case of Prediagnosed *sandhigatvat* with complaint of bilateral knee Joint Pain and Stiffness, Difficulty in sitting, Walking. Patient was Treated with *Panchtiktsheer basti*. There was significant relief seen after treatment and Pain was reduced significantly.

Keyword- *sandhigatvat, vatavyadhi, Osteoarthritis, Asthivikar, Tiktaksheerbasti, Panchtiktsheer basti*

•Introduction:-

Ayurveda explains health as an equilibrium Of *Dosha* "*Dosha Samya Arogata*"⁽¹⁾ Among the *Dhatu*, *Asthi* is blessed with the function of *shareera Dharan*.⁽²⁾ Any Derangement in *Asthi* result in Disease. *sandhigatvat* is currently one of the most prevalent disease affecting a large no. of population. It is a degenerative Joint disease that mostly, affects weight bearing joint such as the knee joint. In *Vridhavashta*, *sandhigatvata* is one of the most common degenerative disease of joints. It is one of the 80 Different varieties of "*Nanatmaja vatavyadhi*"⁽³⁾. The majority of *samhita Grantha*, *sandhigatvata* is explained under the broad topic of *Vatavyadhi*. The sign and symptoms are of Osteoarthritis similar to *sandhigatvat* is one of the disease condition described under *vatavyadhi* of Ayurveda. Osteoarthritis is characterized by loss of articular cartilage, Hypertroph of bone at the margins, Subcondral sclerosis and range of biochemical and morphological alteration of synovial membrane explained under the broad topic of *vatavyadhi*. Ayurveda being a life science is more capable of providing a safe & effective line of Treatment for *sandhigatavata*. *Panchakarma* is treatment modality used very extensively and effective in Ayurveda. It Plays an important role in *Sandhigatvat*. *Acharya charak* elaborates importance of *Basti Karma* in *Sandhigatvat*. *Panchtikta Ksheer basti* is one of the Treatment of *sandhigatavata* explained by *acharya charak in sutrasthan*⁽⁴⁾ and *Asthang hrudya sutrasthan*⁽⁵⁾

Case Report-

A 60 yrs old female Patient come to *panchakarma* OPD Of LKRS Ayurvedic mahavidalay Gadhinglaz Kolhapur with complaint of *sandhi shoola* i.e severe pain & *Sandhi Shotha* (Swelling) over both knee joint & Difficulty in walking since 1yrs. The Patient was taking allopathic Treatment but did not get significant Relief.

•History of Past illness →

NO H/O- DM,HTN & other Disease

• Family History -

No known TB, Haematological, cardiac related illness

•Personal History →

-Aahar -Laghu, Ruksha, Shita Gunatmak Aaharsevan

-Vihar - Excessive Exercise

Nidra-Ratri Jagaran

•Ashatvidha Pariksha:-

1.Nadi - vatakaphaj

2 mala - Prakruta

3.mutra - Prakruta

4.Jihwa- Niram

5 Shabda - Vatapurandritisparsha (audible Crepitus)

6 Sparsha - ushnasparsha - At Knee joint

7.Druk -diminished vision, using spectacles

8 Aakruti - madhyamakaya

•General examination →

Pallor,Icterus,Cyanosis , Clubbing -Absent

•Vital Examination:-

Afebrile ,PR-85/min ,RR-15/min,BP-130/80mmhg

•Local Examination →

-Sandhi shotha (Swelling) and tenderness around both Knee joint

-vatapurandritisparsha (Audible crepitus) in both Knee joint

-Extension & Flexion movement restricted at both Knee joint

•Systemic Examination:-

-Respiratory System- Bilateral vesicular breath sound heard

- Abdomen-soft, nontender ,normal bowel sound heard.

-cardiovascular system - S1S2 heard, No abnormal sound heard.

-central nervous system -normal.

•Investigation:-**-Blood investigation-**

Hb-11,WBC-7600,Platelet-1,42,000 ,

ESR-10,

RA test -ve

-Radiological Finding-

X Ray - knee joint shows reduction of Joint space in both Knee joint

•Treatment-

1.Maharasnadi Kadha -20 ML BD

2.Tab.Ostolief nutra -1 OD

For 1 month

Panchkarma- Panchtikta ksheer basti -100ml for 15 days

•Purva karma:-**Preparation of the Patient -**

- Local Abhyanga with murchita til Taila on lumbosacral region, Inguinal region and lower limbs was administered
- Local swedana with Dashmool kwath on lumbosacra region, inguinal region and lower limb was administered to the Patient.

Preparation of Panchtiktaksheer basti -

- The Panchtikta basti Kwath Dravyas(Gudhuchi, Nimba, vasa, Kankari, Patol) was taken in 10 gms (2gm each)to Prepare the Kwath in 16 times of water (160 ML)
- The Prepared Kwath was approximately 40 ML.
- After making the kwath, 40 ML milk was added in it and again boiled, till the Quantity of milk remained.
- This Panchtikta Ksheer kwath was added with 60 ML mahanarayan Tail.
- Thus the total Quantity of 100 ML of Panchtiktaksheer basti was Prepared for the administration.

PRADHANKARMA:-

- The Patient was advised to lie down in the left lateral position on the basti table with the left lower extremity kept straight and the right lower extremity flexed at the Knee and hip joint.
- Ask patient to keep his hand below the head.
- 100ML lukewarm Panchtiktaksheer basti taken in an enema syringe.
- Rubber catheter lubricated with tail attached with enema syringe.
- Expel the air from the enema syringe
- The rubber catheter passed through anus of patient up to the length 4 inches.
- Ask patient to take deep breath and to lie still while the catheter and the tail is administered.
- The total amount of Tail will not administer in order to avoid the entrance of vayu into pakwashaya.

Pashchatkarma :-

- Gently tap over his hips, thighs.
- Advise patient to lie in supine position with the arms and legs spread out freely over the table
- Both legs were raised for few minutes so as to raise the waist
- Wait for Pratyagman of Basti
- After 15 minutes patient was advised to get up from table
- Advised rest at home.

•Assessment before and after treatment:-

Sr. no.	Sign and symptoms	Before	After
1	Pain (Shoola)	Severe Pain	Abscent
2.	Stiffness (Sandhigraha)	Present	Abscent
3.	Crepitus (Vatapurnadrutisparsh)	Present	Abscent
4.	Pain during movement (Prasaran - Acunchanavedana)	Present	Abscent

•Discussion:-

According to Ayurveda, in sandhigatvat - Asthi Dhatu undergo Kshaya due to vata vitiating Aahar, Vihar. Absence of sneha and at the same time Ruksha, Laghu, sheet chala gunas in the body leads to Asthi Kshaya⁽⁶⁾ osteoporosis can be correlated to the condition of Sandhigatvata and Asthi KShay due to the common mechanism of loss of bone tissue and also presenting signs and symptoms of sandhigatvat. Acharya charak has advised Tikta ksheera basti ,where Ksheer (milk) act as sneha dravya and the tikta Rasa acts as vehicle to deliver the sneha to Asthi dhatu due to its dominance of AKasha and vayu mahabhoota and property to reach Asthi Dhatu(4).According to Arundatta,the substance having snigdha and shoshana properties,produces kharatwa and increases Asthi (Asthivardhan) ,as Asthi is also Khara by nature, But no substance is available that has both snigdha & shughana properties so ksheer and ghrita which are snigha in

nature an advised to be used with the substance having which are Tikta which having Shoshan property. It is advised that Ksheer , Ghrita & tikta dravyas,so should Possess to be used together in the form of Tikta Ksheer Basti.This combination has ability to produce Kharatwa. Hence, it can be said that tikta ksheer basti has ability to repair degeneration of bone & cartilage .Panchtiktsheer basti contains Nimba which contain calcium,Phosphorus with analgesic ,Patola having anti-inflammatory Activity, Guduchi is best to cause astringent effect promoting digestion decrease vata brings about absorptive in nature. vasa and kantakari also having antianthritic & anti-inflammatory activity.

Maharasnadi Kadha help to relief from Joint Pain,Oedema and Stiffness.Ostolief Nutra is Potent anti - inflammatory ,Analgesic and Anti -arthritic Properties.

•Conclusion:-

Patient show remarkable recovery after Ayurvedic management and no side affect were observed during treatment.Basti in the form of tikta ksheer Producing desired effect in the form of Arresting Progress of the disease or Delaying the degeneration changes in Asthi and Repairing the degenerative changes in Asthi.Panchtikta Ksheer Basti is more effective in reducing Swelling ,pain,stiffness vatapurnadritisparsha and prasarna-acunchanavedana of the affected joins in sandhigatvata.

•Reference:-

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