



“Evaluation Of Efficacy Of Guggulu Tikta Ghrita Matrabasti And Laxadi Guggulu In The Managment Of Vatakantaka (W.S.R- Calcaneal Spur)”

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ABSTRACT:

Vatakantaka, a condition described in Ayurveda under Vata Vyadhi, shares clinical features with calcaneal spur, a bony projection on the calcaneal tuberosity leading to significant pain and discomfort. While modern treatments like NSAIDs, steroids, and surgery are available, they often carry side effects. This study evaluates the efficacy of Guggulu Tikta Ghrita Matrabasti and Lakshadi Guggulu, Ayurvedic treatments targeting Vatakantaka.

The study was conducted as a randomized clinical trial with 30 participants aged 30–60 years presenting symptoms of Vatakantaka. Matrabasti with Guggulu Tikta Ghrita (60 ml) was administered daily for 15 days, followed by oral Lakshadi Guggulu (3 g/day in three divided doses) for another 15 days. Parameters assessed included pricking pain (Kantakavata Vedana), pain after resting, and pain severity via the Visual Analog Scale (VAS).

Statistical analysis revealed significant improvements in all parameters. The mean score for Kantakavata Vedana decreased from 1.7 at baseline to 0.17 after follow-up. Pain after resting reduced from 1.97 to 0.13, while VAS scores improved from 3.47 to 0.5. Overall, 30% of patients showed marked improvement, 50% moderate improvement, 26.67% mild improvement, and only 3.33% reported no response.

The therapeutic efficacy of the treatments lies in their Vata-pacifying, Asthi-gata Vata-rejuvenating properties. Guggulu Tikta Ghrita and Lakshadi Guggulu, enriched with Tikta Rasa, Ushna Virya, and Ghrita's nourishing qualities, promote bone and nerve tissue health, reducing inflammation and improving overall bodily function.

In conclusion, Guggulu Tikta Ghrita Matrabasti and Lakshadi Guggulu demonstrate significant efficacy in managing Vatakantaka, providing a promising alternative for calcaneal spur management. These Ayurvedic formulations offer a holistic approach with minimal side effects, aligning with traditional principles of treating Asthi Dhatu disorders.

Key Words: Guggulu Tikta Ghrita Matrabasti, Lakshadi Guggulu, Vatakantaka, calcaneal spur

INTRODUCTION

Pada being one of the karmendriya, most of the activities of the day to day life depend on this and body weight is bear by the Pada. There are few references available regarding PadagataVyadhi in samhita but amongst vatavyadhi, Vatakantaka is one condition which affects foot of the person.

The features of vatakantaka have similarity with calcaneal spur explained in modern text. Calcaneal spur is the bony projection forwards from the under surface of the calcaneal tuberosity.

In modern medicine, calcaneal spur is treated with NSAID's steroids and surgery. Supportive treatment includes change in the lifestyle, use of appropriate footwear and by adopting foot care habits.

In Ayurveda this condition is treated as Astigata vata. So the present study is taken to evaluate the efficacy of Guggulu Tikta Ghrita Matrabasti and Lakshadi Guggulu in the management of Vatakantaka.

Considering all the above points the present comparative clinical trial chosen to evaluate the efficacy of Guggulu Tikta Ghrita matrabasti and Lakshadi Guggulu in the management of Vatakantaka.(w.s.r. Calcaneal spur)

OBJECTIVES:

- To study Vatakantaka in detail and its probable line of management
- To study calcaneal spur in detail.
- To assess the combined efficacy of Guggulutikta ghrita matrabasti and Lakshadi Guggulu in the management of vatakantaka.

REVIEW OF LITERATURE

- Aacharya Charaka given much importance to the Paarshni pradesha while explaining about asthisaara purusha lakshana and also he explained about the number of bones present in the Paarshni pradesha.
- Sushruta has also given the detailed description of vaata vyaadhi in first chapter of nidaana sthaana. The symptom of Vaatakantaka also been explained in the same chapter.
- Kaashyapa explained about prashastha and aprashastha lakshana's of Paarshni in the chapter lakshanaadhyaya of suthra sthaana.

COMPOSITION OF TRIAL DRUG

- Guggulutikta Ghrita

SR.NO	SANSKRIT NAME	BOTANICAL NAME
1	Nimba	Azardirachta indica
2	Amrta	Tinospora cardifolia
3	Vasa	Adatoda vasica
4	Patola	Trichosanthes dioica
5	Nidigdhika	Solanum xanthocarpus
6	Water	
7	Shodita Guggulu	Comiphara mukul
8	Murchita Goghrita	
9	Patha	Cissampelus pariera
10	Vidanga	Embelia ribes
11	Devadaru	Cederus deodar
12	Gajapippali	Piper chaba
13	Yava Kshara	
14	Sarja Kshara	
15	Nagara	Zingiber officinalis
16	Nisa	Curcuma longa
17	Misi	Foeniculum vulgare
18	Cavya	Piper chaba
19	Kushta	Soussurea lappa
20	Tejovati	Cinnamomum tamala
21	Maricha	Piper nigrum
22	Kutaja	Holerrhina antidystria
23	Yavani	Carium copticum
24	Agni	Plumbago zeylanica
25	Rohini	Terminalia chebula
26	Bhallataka	Semecarpus anacardium
27	Vaca	Acorus calamus
28	Pippali	Piper longum
29	Rasna	Alpinia galangal
30	Manjishta	Rubia cardifolia
31	Ativisha	Aconitum heterophyllum
32	Atibheda	Aconitum ferox

- Laxadi Guggulu

SR.NO	SANSKRIT NAME	BOTANICAL NAME
1	Laksha	Rosa centifoli Linn
2	Asthismhrta	Cissus quadrangularis
3	Arjuna	Terminalia arjuna
4	Asvaganda	Withania somnifera
5	Nagabala	Sida spinosa
6	Shodita Guggulu	Comiphara mukul

MATERIALS AND METHODS

SOURCE OF DATA :

Patient's will be selected from OPD and IPD of DGAMC and hospital after fulfilling the preset inclusion and exclusion criteria.

LITERARY :

Required literary information for the intended study was taken from both the Ayurvedic and contemporary books and updated with recent journals of both faculties.

METHOD :

- **A) Study Design:-**A simple random sampling clinical study.
- **B) Sample size:-**Minimum 30 cases of diagnosed Vatakantaka will be selected incidentally and randomly in a single group.

SELECTION CRITERIA

Inclusion Criteria:-

- Subjects presenting with clinical features of Vatakantaka.
- Subjects of either sex between the age group of 30 to 60 years.

Exclusion criteria:-

- Uncontrolled Diabetes with complication and other systemic disorder.
- Pregnancy.
- Undergone foot surgery
- Undergone or on Chemo and Radio -Therapy
- RVD

Diagnostic Criteria:-All the clinical symptoms of Vatakantaka and X-ray of Calcaneal bone will be the Criteria for Diagnostic.

Intervention: Matra basti with Guggulu Tikta Gritha 60ml daily for 15 days followed by Lakshadi Guggulu 3gms per day in three divided dose orally will be administered for 15 days.

- **Study duration:** 15 days
- **Follow up:** 15 days

Assessment of Result**1) Pricking Pain (Kantakavata Vedana):-**

- Gr -0 No Pain
- Gr -1 Pain After Long Walk
- Gr -2 Pain After Short Distance Walk
- Gr -3 Pain Immediately On Standing

2) Pain After Getting Up From Resting Position:-

- Gr -0 No Pain
- Gr -1 Pain After Getting Up Last For Short Distance Walk
- Gr -2 Pain After Up Last For Long Walk
- Gr -3 Pain After Getting Up And Continuous

3) VAS:-

- 0---1---2---3---4---5---6---7---8---9---10
- 0-3 Mild Pain
- 4-7 Moderate Pain
- 8-10 Severe Pain

RESULTS

showing the descriptive statistics of the parameter “kantakavata vedana in padatala”

Criteria	Mean	S.D.
BT	1.700	0.837
AT	0.467	0.629
AF	0.167	0.379

showing the assessment of the parameter “kantakavata vedana in padatala”

Criteria	Net- Mean	SD	SE	T-value	P-value	Remarks
BT-AT	1.233	0.568	0.104	11.886	<0.001	S.
BT-AF	1.533	0.629	0.115	13.356	<0.001	S.

Showing the Descriptive statistics of the parameter “severe pain after getting up from resting position”

Criteria	Mean	S.D.
BT	1.967	0.718
AT	0.600	0.563
AF	0.133	0.346

showing the assessment of the parameter “severe pain after getting up from resting position”

Criteria	Net- Mean	SD	SE	T-value	P-value	Remarks
BT-AT	1.367	0.809	0.148	9.256	<0.001	S.
BT-AF	1.833	0.747	0.136	13.449	<0.001	S.

Showing the Descriptive statistics of the parameter VAS

Criteria	Mean	S.D.
BT	3.467	1.074
AT	1.433	0.728
AF	0.500	0.509

Showing the Assessment of the parameter VAS

Criteria	Net- Mean	SD	SE	T-value	P-value	Remarks
BT-AT	2.033	0.850	0.155	13.098	<0.001	S.
BT-AF	2.967	1.217	0.222	13.349	<0.001	S.

Showing the distribution of patients according to Over All Effect of Medicine

Overall effect	No. of Patients	Percentage
Marked response	09	30.00%
Moderate response	15	50.00%

Mild response	08	26.67%
No response	01	03.33%

DISCUSSION

Lakshadi Guggul and Guggulu Tiktaka gritha are the two medicines used in the present study. **Laksha** is a kind of resin that is produced when the *laccifer lacca* makes its home in ficus, palas, kusum (*schleichera oleosa*) and ber trees. The description from *Bhava Prakash* is *vranorakshatapaha*. Anytime a wound is caused by injury (*kshata*), it heals and regenerates the tissue, especially if it is nerve tissue. The *tuvera prabhava* and the *laghu guna* are what allow *laksha* to reach the deep tissue toxins located in the bone marrow and nervous tissue. The *snigdha guna* is what allows *laksha* to bind these toxins and slide them out of the body.

Acharya Vagbhata explained **Guggulu Tiktaka Gritha** in Kusta prakarana, its phalasruti specified the usage in vata vikara, especially in Asthigata vata. Hence to treat vatakantaka drugs acting on both Vata and Asthi should be selected. According to Charaka, in Asthi Dhatu Dushti the treatment should be given Tikta Dravya Ghrita and Kshira.

Most of ingredients of Guggulu Tiktaka Ghrita have Tikta Rasa, Ushna Virya and Madhura and Katu Vipaka. The Tikta Rasa increase the Dhatvagni (metabolic stage). As a result Asthi Dhatu, Majja Dhatu may get stable and Asthi Dhatu and Majja Dhatu Kshaya will be decreased. Ghrita is Vata-pittashamaka, Balya, Agnivardhaka, Madhura, Saumya, Sheeta Virya, Shula, JwarAhara, Vrishya and Vayasthapaka also. Thus, it pacifies Vata, improve the general condition of the body and acts as a rejuvenator of the body.

CONCLUSION

- In the classics vatamantaka is explained under the heading of vata vyadhi and is characterized by Ruja.
- Calcaneal spur is the bony projection forwards from the under surface of the calcaneal tuberosity.
- The regions of high prevalence of the disease are wearing high healed and hard footwear, improperly fitting footwear, exposure to excessive cold, working in water, walking long distance, engaging in strenuous exercise.
- If vitiated vata affects the Gulpha pradesha and produces pain then that vyadhi is called as Vatakantaka. If vitiated Vata affects Paada and produces pain then that is called as Paadakantaka.
- Present study was A simple random sampling clinical study.
- KantakavataVedana(Pricking Pain) in Padatala, Severe pain after getting up from resting position, VAS were the parameters of study.
- In the Present study, it is seen that the treatment has shown highly significant result on all the parameters.

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