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AN OPEN LABELLED CLINICAL STUDY TO EVALUATE THE EFFECT OF UTKLESHANA, DOSHAHARA & SAMSHAMANA BASTI IN AMAVATA.

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ABSTRACT:

Background: Amavata is one among Santarpananjanya, Bahudoshayukta vyadhi. It resembles with Rheumatoid arthritis. As disease amavata involves all 3 rogamargas, treatment selected should be quite enough to remove dusta dosha from mula & maintains normalcy. Basti is one such therapy which is considered as Ardha or Poorna chikitsa & removes vyadhi from its root. Acharya sushruta had explained trividha basti in Nirooha chikitsa adhikara which involves Utklehsana, Doshahara & samshamana basti. When these basti given in sequence acts on Anuklista dosha, brings them to Kosta & expels out. **Aim:** To evaluate the efficacy of Utklehsana, Doshahara & samshamana basti in Amavata. **Material & Methods:** Present study is an open labelled clinical study, conducted on 30 subjects suffered with Amavata vyadhi, treated with Utklehsana, Doshahara & samshamana basti in sequence after attaining respective samyak lakshana. Subjective assessment was done based on gradings given for specific lakshanas of Amavata. **Results:** Subjects responded well for treatment. Significant results were observed on all cardinal symptoms of Amavata. **Conclusion:** Utklehsana, Doshahara & samshamana basti in sequence is highly effective inboth Subjective & Objective paramaters of Amavata.

keywords: Basti, Amavata, Utklehsana, Doshahara, Samshamana Basti.

INTRODUCTION:

Amavata is Rasapradoshaja vikara caused by Ama, with the vitiation of Kapha along with Vata pradhana tridosha. It is characterised by shotha, shula & stabhdhata of sandhi's¹. In the modern science, Amavata can be co-related to rheumatoid arthritis by its clinical presentation i.e, chronic inflammatory disease, clinically presents with poly-arthritis involving small & large diarthroidal joints of extremities symmetrically, with prevalence rate varying between 0.5 - 1 % in the world².

Treatment principle for Amavata described in Chakradatta is Langana, Swedha, Tiktadeepana Katu-dravya, Virechana, Snehapana and Basti³.

Basti is one among Chatur Shodana⁴. Charaka considers Basti as Sarva Chikitsa and also said it as Ardha Chikitsa². Basti administered through Gudha Margha acts upon sarva shareera from aapada tala to moordha, eliminates the doshas by its virya. Basti is useful in mitigating Vata, Pitta, Kapha Doshas and in Dhatu Dusti condition⁶.

In conditions like Dhatugata Kupita dosha avastha there is Abhava of Dosha Utkleshana and so there is difficulty in bringing Dosha to Koshta. In Sushruta Samhitha there is a concept of Trividha Basti i.e., Utkleshana, Doshahara (Shodana) & Samshamana Basti⁷. Dosha Utkleshana is done by Utkleshana Basti. Utklista dosha Nirharana is done by Doshahara Basti and Shesha Dosha Samshamana will be done by Shamana Basti. As per Gayadas above pattern i.e., Dosha Utkleshana, Shodhana & Shamana niruha basti in sequence can be implemented in Dhatu gata Dosha avasta⁸. Amavata is one such disease with Bahudoshavasta.

Drugs used in the present Basti Chikitsa have properties of Tridoshagna mainly Kaphavatahara, Deepaneeeya and hence fulfills the treatment of Amavata.

As per Gayadas, concept of sushruthokta trividha basti i.e., Utkleshana, Doshahara and Shamana Basti can be given Yathakramena⁹, after giving one Utkleshana Basti if subject does not get proper Utkleshana Laxanas, then Second and Third Basti will be given i.e.(minimum 1 and maximum 3 Bastis) till attainment of Samyak Utkleshana Laxanas, similar pattern will be adopted for Doshahara and Shamana Basti too.

By considering the practical challenge, an attempt is made to find out the efficacy of Sushrutokta utkleshana, Doshahara and Shamana basti in Amavata as it is a Gambhira Dhatugata vyadi.

AIM & OBJECTIVES:

To evaluate the effect of Utkleshana, shodhana & shaman basti in Amavata.

MATERIAL & METHODS:

This study was conducted on 30 subjects with classical signs & symptoms of Amavata by adopting appropriate assessment criteria. All subjects were given with appropriate information regarding study &

consent was taken. Later all subjects were treated with Utkleshana, doshahara & Samshamana basti in sequence.

Source of data: For present study subjects were selected from OPD & IPD of Government Ayurveda Hospital & Government Hi-Tech Pancakarma Hospital.

Research Design: 30 Subjects were selected by simple purposive sampling method. It is a single group clinical study with pre-test and post-test design.

INCLUSION CRITERIA:

- Subjects fulfilling diagnostic criteria
- Rheumatoid arthritis with less than 5 years of chronicity

(Parameters in ACR-EULAR criteria: Duration of symptoms, joint distribution, acute phase reactants)

- Subjects irrespective of gender, aged between 20 to 60 years were included.
- Subjects who were fit for basti karma.
- Subjects who were ready to give written consent for the study

EXCLUSION CRITERIA:

- Subjects with other systemic disorders which interfere with the intervention.
- Rheumatoid arthritis with deformities like Swan neck deformity, Boutonniere deformity, z-shaped deformity, Rheumatic nodules etc
- Pregnant & Lactating women.
- Subjects suffering from rectal pathologies like haemorrhoids, fissure, and rectal prolapse.

PLAN OF INTERVENTION:

All the subjects were administered basti in following Sequence i.e., Utkleshana basti (UK), Doshahara basti(DH) & Samshamana basti(SS).

(Minimum of 1 basti & Maximum of 3 basti were administered to patients till attaining Samyak Utkleshana, Doshahara [Shodhana] & Shamana lakshanas)

No. of basti	1	2	3	4	5	6	7	8	9
Type of basti	UK	UK	UK	DH	DH	DH	SS	SS	SS

NIROOHA BASTI MATRA: [Three Kudava Pramana]

Table Showing Utkleshana, Doshahara, Shamamana Basti Matra.

Ingredients	Utkleshanabasti Quantity	Doshahara basti Quantity	Shamana basti Quantity
Saindava lavana	6gm	6gm	6gm
Madhu	70ml	70ml	70ml
Moorchita tila taila	140ml	140ml	140ml
Kalka dravya	50gm	50gm	50gm
Kashaya dravya	320ml	250ml	250ml
Avapa dravya	-	Kanji+goo mutra – 70ml	Ksheera-70ml
Total	580 ml	580ml	580ml

- (In this study, for the convenience of intervention measures are rounded up)
- Kashaya for each type of basti were prepared from the respective kalka dravyas as mentioned above

Treatment Modality of Utkleshana, Doshahara, Shamamana Basti in Amavata:

Sl.No:	Procedure	Drug	Duration
1.	Poorva karma	<ul style="list-style-type: none"> • Deepana – Pacana with Vaishwanara churna -5gms TID or Agnitundi vati - 500mg BD with ushna jala • Sthanika abhyanga to katiparshva spik with morchita tila taila followed by nadi swedha 	3-7 days
2.	Pradhana Karma	Utkleshana, Doshahara, Shamamana Basti in sequence	3-9 days depending on Samyak Lakshana.
3.	Paschat Karma	<ul style="list-style-type: none"> • Subject was asked to lie in supine position for 100 matra kala & When the subject felt the strong urge for defecation, was allowed to excrete. • Later Ushna jala snana was advised for the subject. 	8-10 mins

Table: Drug review on Utkleshana¹⁰, Doshahara¹¹, Shamamana Basti¹²:

No	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnatha
1.	Eranda beeja	Katu	Guru Snigdha, Sookshma, Tikshana Picchila,	Ushna	Madhura	Vata shleshmahara
2.	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka
3.	Pippali	Katu	Laghu, Snigdha & Tikshna	Anushna Sheeta	Madhura	Ardhavastha Vatakapha Vardhaka, Shuska pippali hasVata kapha Shamaka
4.	Saindhava lavana	Lavana Madhura	Laghu, Snigdha, Sookshma, Tikshana	Ushna	Madhura	Vatakaphahara
5.	Vacha	Katu, Tikta	Laghu, Tikshana	Ushna	Katu	Vatakaphahar
6.	Hapusha phala	Katu, Tikta	Laghu, rooksha & Tikshana	Ushana	Katu	Kaphavata Shamaka,
7.	Shatahwa	Katu, Tikta	Laghu, rooksha & Tikshana	Ushana	Katu	Kaphavata Shamaka
8.	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka & Vata- Kapha vardhaka.
9.	Kutaja Beeja	Tikta	Laghu, Rooksha	Ushna	Katu	Thridoshahara,

10	Madana Phala	Kashaya, Madhura, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphavata Shamaka & Kapha-Pitta Samshodhana,
11	Kanjika	Amla	Laghu, Tikshna & Ushna	Ushna	Amla	Vatakaphahara,
12	Gomutra	Katu, Tikta, Kashaya	Tikshna, Ushna, Kshara Laghu,	Ushna	Katu	Kaphaghna, Vataghna
13	Priyangu	Tikta, Kashya & Madhura	Guru, rooksha	Sheeta	Katu	Thridoshahara Mainly Vatapitta shamaka, Daaha & Jwarahara
14	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka
15	Musta	Tikta, Katu & kashaya	Laghu, rooksha	Shheeta	Katu	Kapha Pitta shamaka
16	Rasanjana	Katu, Tikta	Laghu, Rooksha Ushna	Ushna	Katu	Kaphahara,
17	Go Ksheera	Madhura	Guru, Snigdha, sheeta,	Sheeta	Madhura	Vatapittahara

DIAGNOSTIC CRITERIA:

- The diagnosis was done based on the classical signs and symptoms of Amavata such as - Shula (pain), Shotha (swelling) and Stabadhata (morning stiffness) in the Bahu Sandhi (multiple joints) and Pravrudha amavata laxana are Vrishchika Danshavata Vedana, utsahahani ,nidra viparyaya vibandha, gaurava anaha &

- The 2010 ACR, EULAR Classification criteria for Rheumatoid arthritis

showing 2010 ACR, EULAR criteria for RA	
JOINT DISTRIBUTION (0-5)	score
1 large joint	0
2-10 large joint	1
1-3 small joints (large joints not counted)	2
4-10 small joints (large joints not counted)	3
>10 joints (at least one small joint)	5
SEROLOGY (0-3)	
Negative RF AND negative ACPA	0
Low positive RF OR low positive ACPA	2
High positive RF OR high positive ACPA	3
SYMPTOM DURATION (0-1)	
<6 weeks	0
≥6 weeks	1
ACUTE PHASE REACTANTS (0-1)	
Normal CRP AND normal ESR	0
Abnormal CRP OR abnormal ESR	1

- TOTAL SCORE of ≥6 Defines definite RA.

ASSESSMENT CRITERIA:

The changes observed in the signs and symptoms were assessed by adopting suitable scoring method and the objective signs by using appropriate clinical tools. The details of scoring pattern adopted for assessment of clinical signs and symptoms is as follows:

Subjective Parameters Assessment by Scoring Method**showing scoring of sandhi shula laxhanas**

1. Sandi shula	
No pain	Grade 0
Mild pain	Grade 1
Moderate pain but no difficulty in moving joints	Grade 2
Moderate pain but slight difficulty in moving joints due to pain	Grade 3
Sever pain much difficulty in moving joints	Grade 4

showing scoring of sandhi shotha laxhanas

2. Sandi shotha	
No swelling	Grade 0
Slight swelling which is not noticeable on casual observation	Grade 1
Slight swelling which is noticeable on casual observation	Grade 2
Moderate swelling	Grade 3
Sever swelling	Grade 4

showing scoring of sparshasahatva laxhanas

3. Sparshasahatva (Tenderness)	
No Tenderness	Grade 0
Subjective experience of Tenderness	Grade 1
Wincing of face on pressure	Grade 2
Wincing of face on pressure and withdrawal of the affected part on pressure	Grade 3
Resist to touch	Grade 4

showing scoring of sandhi stambha laxhanas

4. Sandhi Stambha (Morning Stiffness)	
No stiffness	Grade 0

Stiffness lasting for 10 min. to 20min.	Grade 1
Stiffness lasting for 20min to 1 hr	Grade 2
Stiffness lasting for 1 hr to 2 hrs	Grade 3
Stiffness lasting for more than 2 hrs	Grade 4

showing scoring of aruchi laxhanas

5. Aruchi	
Normal desire for food	Grade 0
Eating timely without much desire	Grade 1
Desire for food, little late, than normal time	Grade 2
Desire for food only after long intervals	Grade 3
No desire at all	Grade 4

showing scoring of angamardha laxhanas

6. Angamarda (body ache)	
No body ache	Grade 0
Generalized body ache of and on during the day	Grade 1
Generalized body ache during most part of the day not affecting any work	Grade 2
Generalized body ache during most part of the day but affecting any work	Grade 3
Generalized body ache throughout the day and person is able to do normal routine.	Grade 4

showing scoring of gaurava laxhanas

7. Gaurava	
No heaviness in body	Grade 0
Occasional feeling of heaviness	Grade 1
Continuous feeling of heaviness, but subject does usual work	Grade 2
Continuous feeling of heaviness which hampers usual work	Grade 3
Unable to do any work due to heaviness	Grade 4

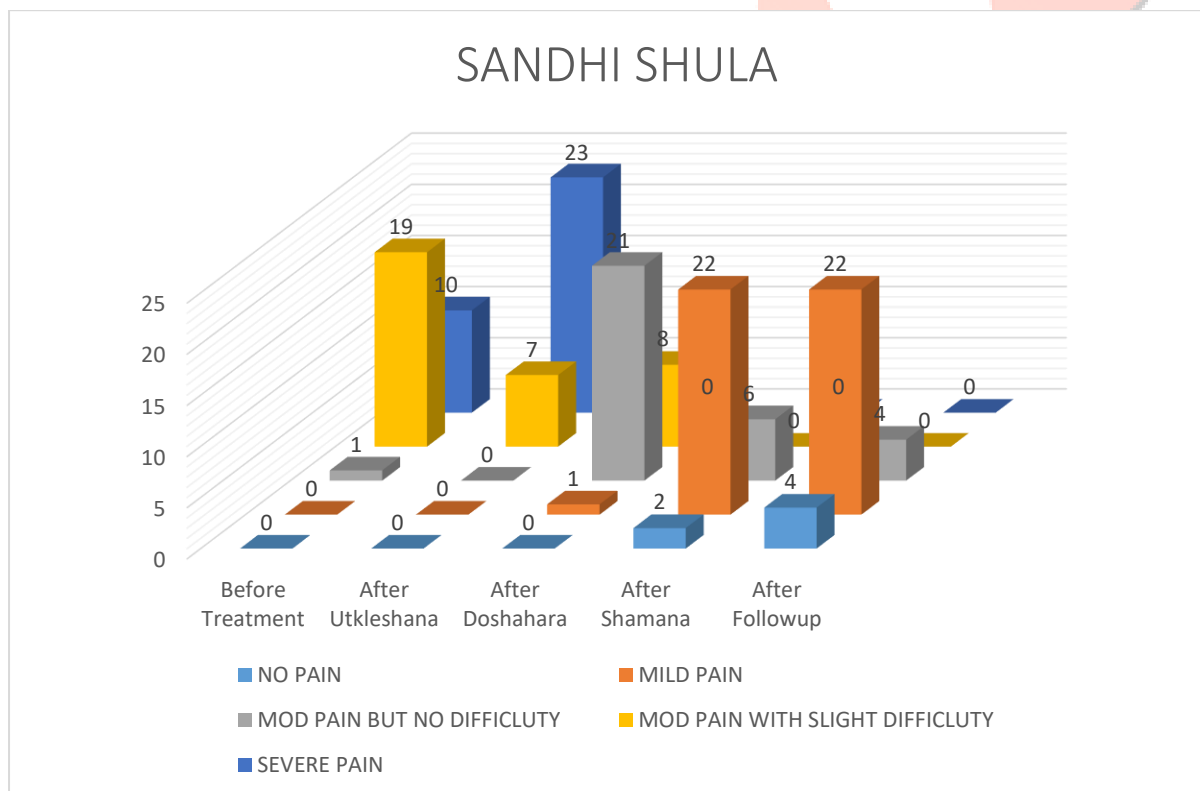
showing scoring of alasya laxhanas

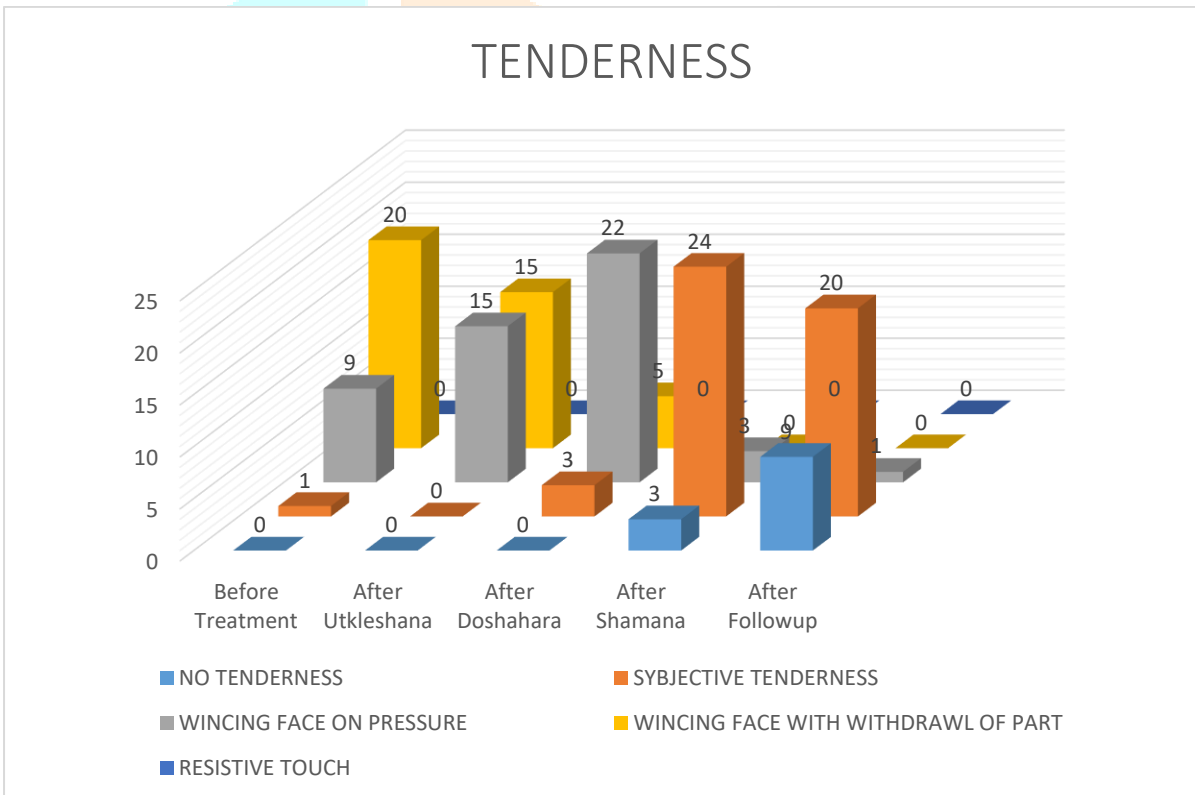
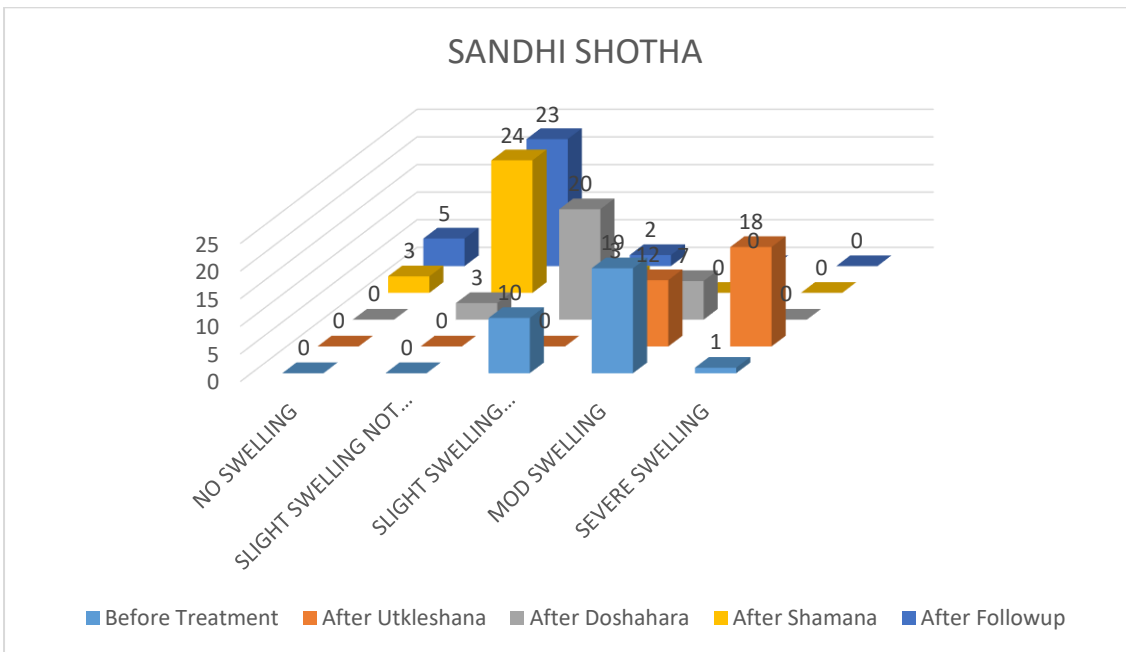
8. Alasya	
No Aalasya	Grade 0
Doing work satisfactorily with late initiation	Grade 1
Doing work unsatisfactorily under mental pressure and takes time	Grade 2
Not starting any work on his own responsibility and doing little work very slowly	Grade 3
Does not take any initiation and does not want to work even after pressure	Grade 4

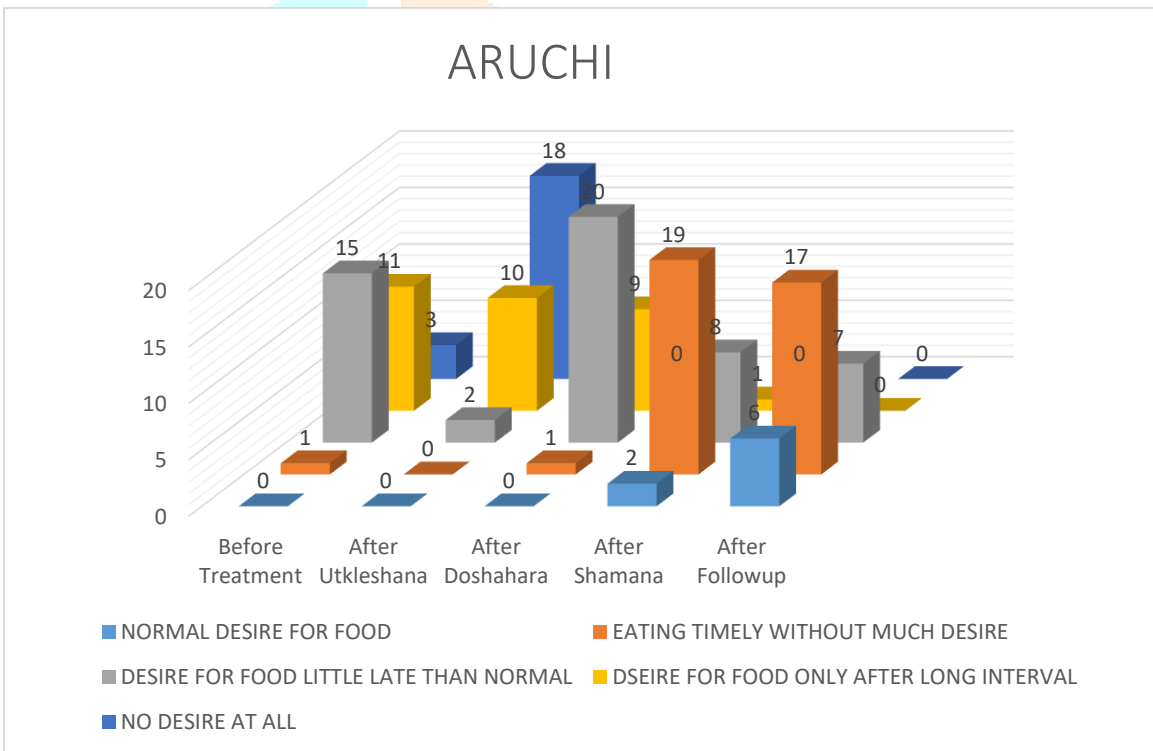
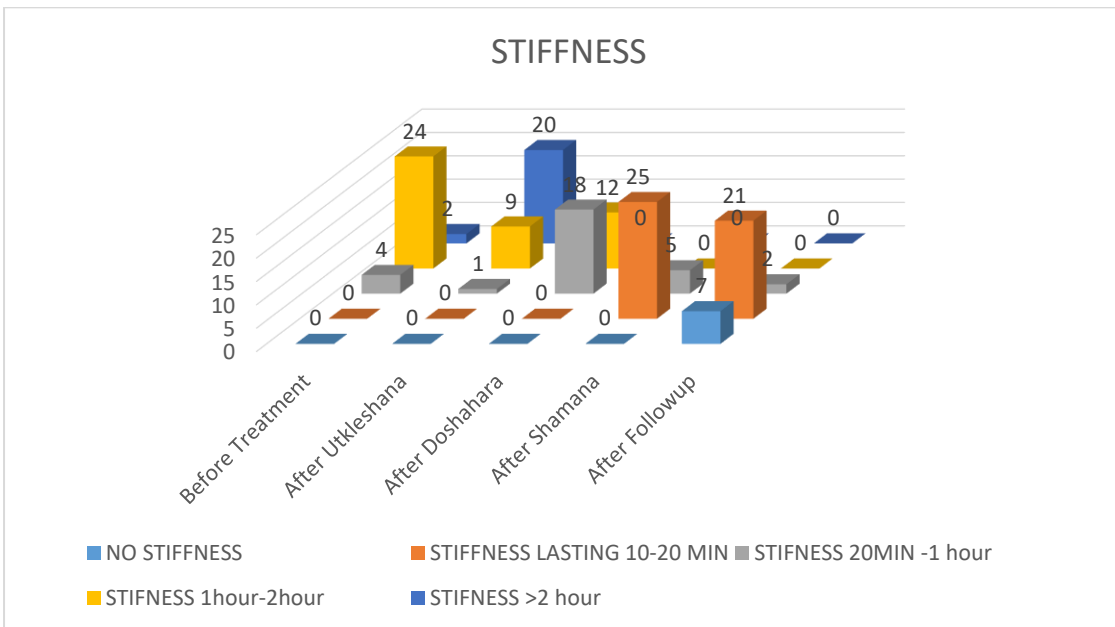
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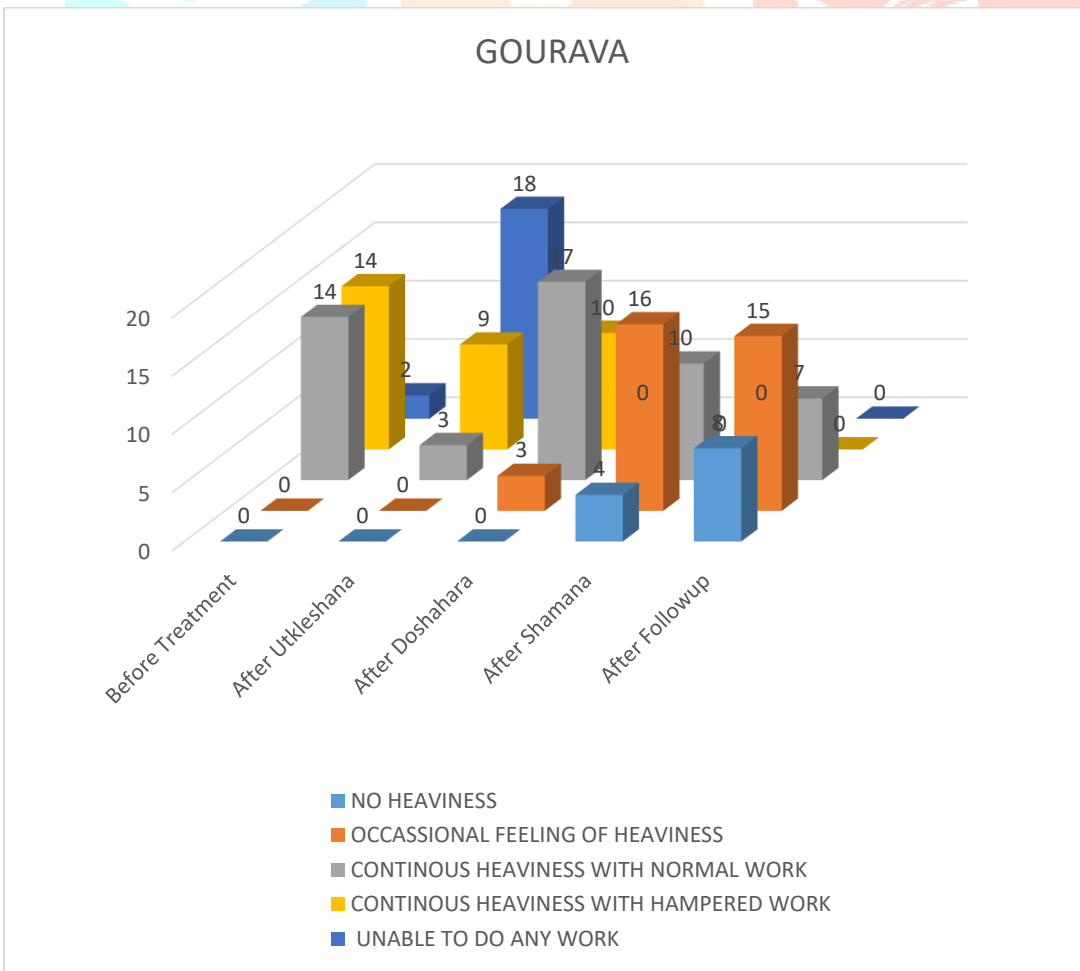
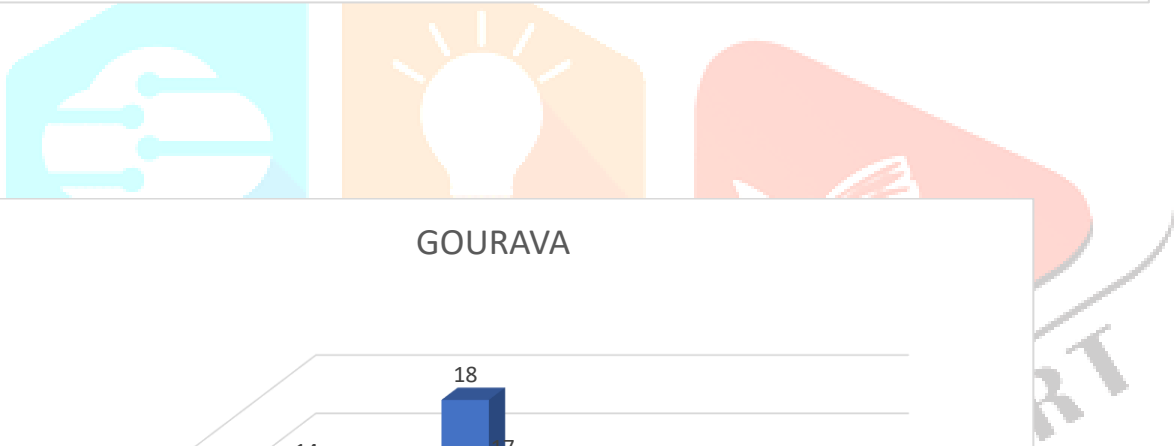
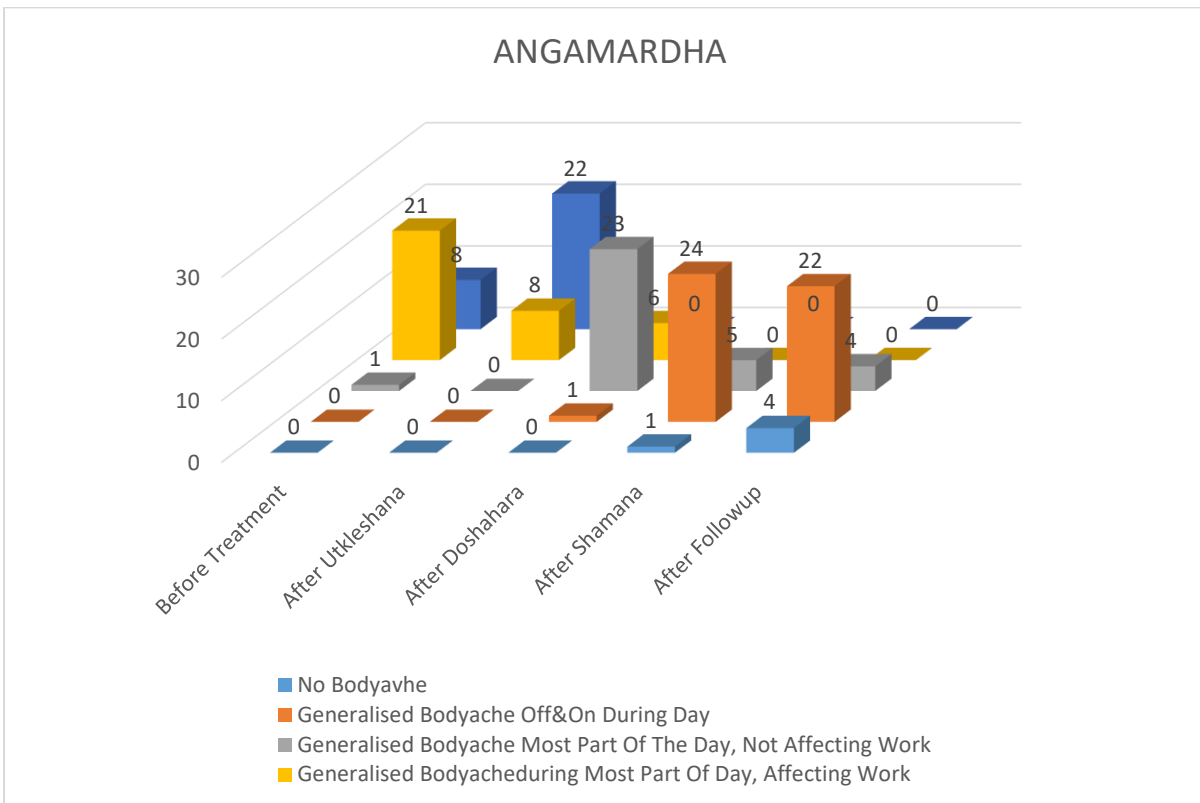
In the studied group of Utkleshana, doshahara, samshamana basti, total of 34 patients suffering from Amavata, fulfilling the inclusion criteria were registered. Among them 34 subjects completed the basti treatment & 04 subjects have not come for follow up. The observations and the results of the therapy in these 30 subjects were statistically analyzed by adopting descriptive statistics such as Frequency, Percentage, chi-square & paired t test.

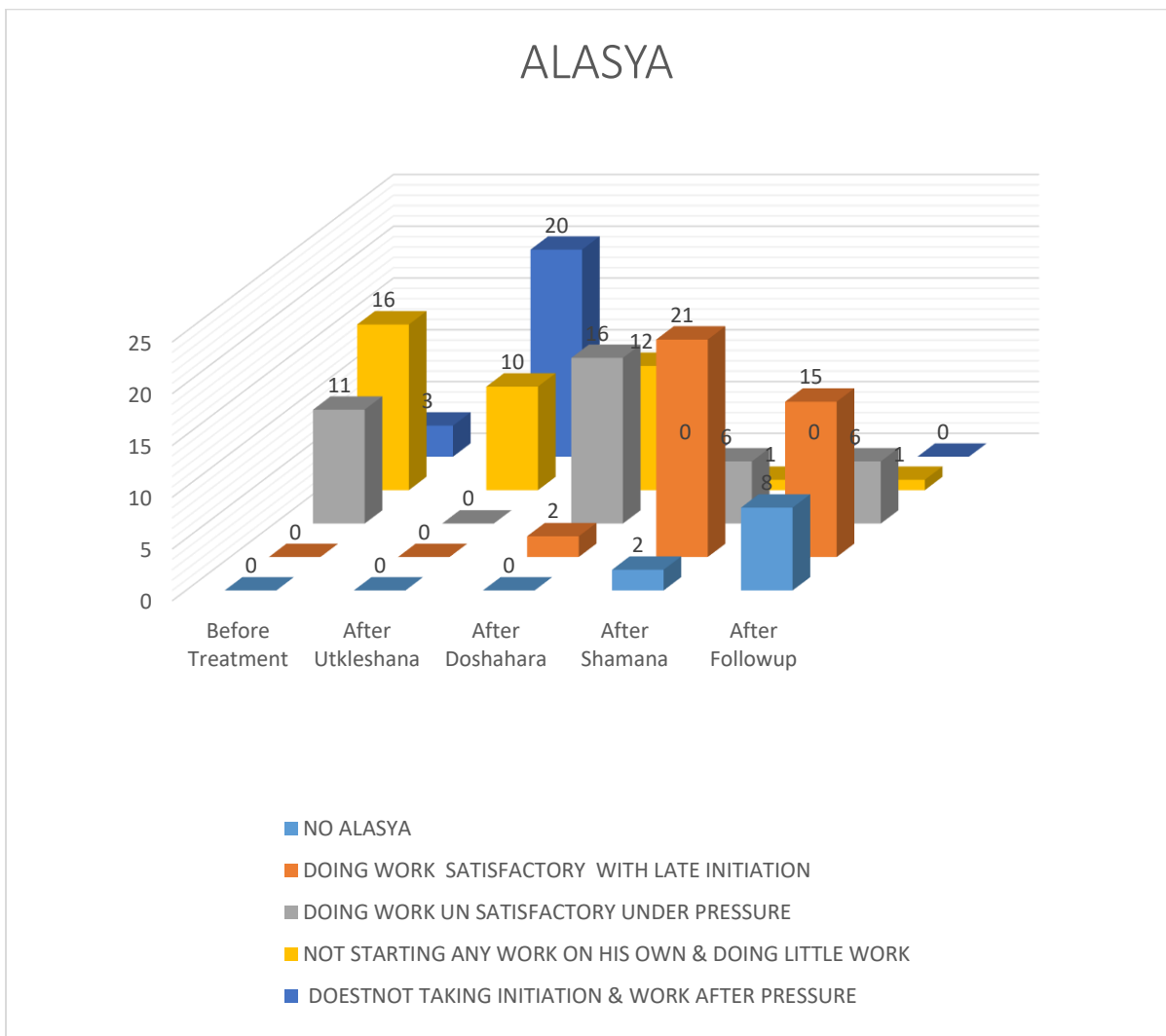
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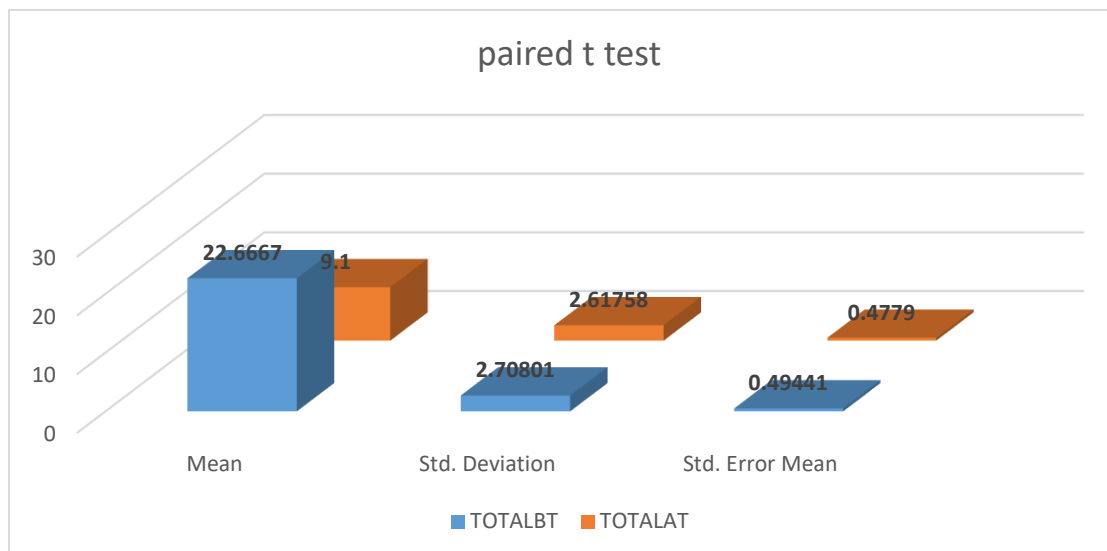




Paired Samples Statistics for before treatment & after treatment.

Among 30 subjects the total mean score before treatment was 22.6667, which was reduced to 9.100 after treatment, similarly standard deviation before treatment was 2.70801 after treatment which was 2.61758. The change from baseline to after intervention was statistically Highly significant (with P value .001).

Table no 111: showing paired sample statistics before & after treatment				
	Mean	N	Std. Deviation	Std. Error Mean
TOTAL BT	22.6667	30	2.70801	.49441
TOTAL AT	9.1000	30	2.61758	.47790



DISCUSSION:

Amavata is one such condition which is due to bahudoshavasta & involving all three Rogamarga. For the same reason Utkleshana, Doshahara & Samshamana basti was selected for present study.

Basti karma is considered as Chikitsardha among all therapeutic measures & some physician accepts it as complete therapeutic measures because Basti has a wide field of action as it is bahu iti kartavyata. Basti is usefull in various disorders by combination of different types of Basti Dravya, due to Dosha Sansarga and Sannipata, Kaphaja and Pittja disorder, Shakhasrita, Kosthashrita & madhyama roga margaja vyadhis.

Mode of Action of Utkleshana Basti:

- Among 6 dravyas of Utkleshana dravya, 4 dravyas are attributed with Deepana guna which helps to increase agni at the level of dhatu, does dhatugata ama pacana inturns does vilayana of dosha which leads to dravyataha-gunataha vrudhi of doshas.
- ❖ Utkleshana Basti is having Vyavayi (Diffusive) and Vikashi (Breaking Adhesions) guna through which it enters even minute srotas & does its action.
- ❖ The Utkleshana Basti dravyas are having the properties of Teekshna, Snigdha, Sukshma, Picchila and Guru guna which are similar properties of Kapha and Ama. By administration of Utkleshana basti, it spreads all over the body with the help of Apana, Samana and Vyanavayu. Basti dravya circulate through rasa and its srotas and reach the dushita sthana (kha vaigunya) & there the process of Utkleshana of specific dosha starts without hampering to the other physiological actions.

Mode of action of Doshahara Basti:

- ▲ Doshahara basti dravyas are predominantly having Katu & Tikta rasa which is endowed with Shodhana karma.
- ▲ Laghu & Ruksha Guṇas are predominantly seen in Doshahara basti followed by laghu- teekshna - ushna guna & guru - snigdha guṇa.
- ▲ Laghu & Rooksha Guṇa is beneficial in removing the kapha (In terms of Ama), which is the reason for Srotorodha. Whereas, Guru & snigdha guṇa is beneficial in alleviating aggravated Vata doṣa, both vatahara & kaphahara action is achieved.
- ▲ Shatahwa, madhana, kutaja, kanj & goomutra are having ushna virya & madhuka is having sheeta virya.
- ▲ Dravyas with Uṣṇa Virya helps in pacifying Vata-Kapha dosha & does shodhana.
- ▲ In case of vipaka, dravyas (shatahwa, kutaja, madhana & goomutra) having katu vipaka, kanji with amla & madhuka with madhura vipakas.
- ▲ katu vipaka dravyas acts as kapha shamaka, does ama pachana, acts as deepaka, pachaka, & anulomaka action. amla & madhura vipaka dravyas acts as vata shamaka.
- ▲ As diversified doshaghna karmas are observed among doshahara basti dravyas, i.e., kapha-vata shamaka, Kapha-Pittahara, vata-Pittahara & tridosha shamana, one can infer that doshahara basti dravyas are capable enough to do tridosha shamana with predominantly kapha-vata shamana properties.

Mode of action of Samshamana Basti:

Among Samshamana basti dravyas, madhura rasa dravyas does dosha shamana karma, & rasayana karma, by tikta & katu rasa dravya which is deepaka-pachaka properties can prevents further formation of ama. kashya rasa dravya mainly does samshamana of all prakupita doshas specially does shleshma-raktapitta prashamana & finally helps in achiving samshamana action of basti.

- ▲ In samshamana basti dravyas having both guru-snigdha guna & laghu-rooksha guna
- ▲ Laghu & Rooksha Guṇa does kapha shamaka. Whereas, Guru & snigdha guṇa is beneficial in alleviating prakupita Vata doṣa, both vatashamana & kaphashamana action is achieved.
- ▲ Because of laghu rooksha guna action can be seen even at dhatugata leena dosha avastha & anu srotas.
- ▲ Dravyas with sheeta Virya does prakupita dosha shamana effectively.
- ▲ katu vipaka dravyas acts as kapha shamaka whereas Madhura vipaka does vata-pitta shamaka & prevents further vata prakopha which occurred by doshahara basti.
- ▲ As diversified doshaghna karmas are observed among samshamana basti dravyas, i.e., vata-pitta shamaka, Kapha-Pittahara & tridosha shamana, one can infer that samshamana basti dravyas are capable enough to do tridosha shamaka with predominantly pitta-vata shamaka properties.

In this way this trividha basti i.e. Utkleshana, Doshahara and Samshamana Basti given in sequence is helpful in removing doshas from root.

CONCLUSION:

Utkleshana, Doshahara and Samshamana Basti which is administered in sequence after achieving samyak lakshana, is highly effective in reducing symptoms like Shoola, stabdhata, shopha & so on lakshanas of Amavata vyadhi.

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