



# EFFECT OF “*YASHTYAHVADI NIRUHA BASTI*” AND “*VATARAKTAHARA KASHAYA*” IN THE MANAGEMENT OF “*VATARAKTA*” A CASE STUDY

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## ABSTRACT

*Vatarakta* is a variety of *Vataroga*, as the name suggests it occurs due to the vitiation of *Vata Dosha* and *Rakta Dhatu*. It is an illness where both *Vata* and *Rakta* are afflicted by distinct etiological factors.<sup>1</sup> In this condition the normal flow of *Vata* is obstructed by *Rakta* leading to symptoms starting from *Paada* (foot) and *Hasta* (hands) mula. *Panchakarma* is a unique module of management which can eliminate the causative pathogen from the system for complete eradication of disease process. Various *Panchakarma* procedures and *Ayurvedic* drugs have been proved useful for this disease. *Basti* is one of them, which is also called as *Ardha chikitsa* by *Acharya Charaka*. Here is a case of *Vatarakta*, which was treated with a combination of *Ksheera Basti* and *Shamana chikitsa*. The condition was treated with 8 days schedule of *Yashtyahvadi Niruha Basti* along with *Sarvanga abhyanga* and *Nadi sweda*. Patient's condition was assessed for symptoms of *Vatarakta* and marked improvement in signs and symptoms were seen. After observation and discussion we concluded that *Yashtyahvadi Niruha Basti* is effective in management of *Vatarakta*.

Key words : *Yashtyahvadi Niruha Basti*, *Vatarakta*.

## INTRODUCTION

"*Vatarakta*" is a marked medical problem throughout the world. It is a great enemy in the society, as it distresses the life of human being. Our ancient literatures like, *Charaka*, *Sushruta*, *Vagbhata*, *Yogarajnakara*, *Madhava Nidana* etc. have suggested many treatments to get rid of this disease. This is caused by the vitiation of *Vata* and *Rakta*, due to different etiological factors. There are 2 types of *Vatarakta* ie, *Uttana Vatarakta* (superficial type) and *Gambhira Vatarakta*<sup>2</sup>(deep type).

It is a *Vatapradhana Tridoshaja Vyadhi*. *Vatarakta* is a major *Vatavyadhi* caused due to *Avarana*. And it causes severe pain and spreads like *Akhu visha*<sup>3</sup>( rat poison) throughout the body. Mostly habits, sedentary life style and environmental factors are the causative factors for occurrence of *Vatarakta*.

Among the *Panchakarma*, *Basti* is considered as superior from other *Panchakarma* therapies because it has multidimensional therapeutic effect due to the combination of different drugs. It is considered as one of the best treatment for *Vata* predominant diseases<sup>4</sup> and *Basti* is called "*Ardhachikitsa*". In the context of *Vatarakta Chikitsa* both *Acharya Charaka* and *Vagbhata* have indicated *Ksheera Basti*. They considered it as the first and best line of treatment. In the preparation of *Ksheera Basti*, *Yashtimadhu* and *Dashamoola Ksheerapaka*, *Madhu*, *saindhava lavana*, *Yashtimadhu taila*, *guduchi kalka*<sup>5</sup> are used. Though, *Ksheera Basti* is administered continuously it will not aggravate the *Vata dosha* because it contains *Ksheera* as the main ingredient which is having the properties like *Madhura Rasa*, *Snigdha Guna*, and *Sheeta Veerya*.<sup>6</sup> So here is the clinical study to evaluate the efficacy of "*Yashtyahvadi Niruha Basti*"<sup>5</sup> in the management of "*Vatarakta*". A case study was conducted in a patient of *Vatarakta* from the O.P.D of *Kayachikitsa*, Karnataka Ayurveda Medical College and Hospital, Mangalore where 600 ml of *Yashtyahvadi Niruha Basti* and is administrated as *Yoga Basti krama*.

## CASE STUDY

A 30-year-old male patient approached to the O.P.D. of *Kayachikitsa* department of Karnataka Ayurveda Medical College and Hospital. Got admitted in I.P.D ward with the following complaints.

## MAIN COMPLAINTS WITH DURATION

- Acute Pain, Swelling, Stiffness and Redness in both Metatarsophalangeal joints and ankle joints.
- Swelling and pain over both knee joints which was more on right knee joint.  
since 6months
- Associated with burning sensation and itching over the affected region- Since 1 month
- There was restricted movements of the joints, which made him difficulty to carry his routine works and patient presented with limping gait and altered posture.

While considering these factors, the present case can be taken as *Gambhira Vatarakta* as

mentioned in classics .

**OTHER COMPLAINTS:** No any associated complaint seen .

**HISTORY OF PRESENT ILLNESS:** Patient was normal before 6 months and then gradually he developed above symptoms due to heavy physical work . So, for better treatment he came to KAMCH

**FAMILY HISTORY:** No significant Family History .

**PAST HISTORY** : No significant Past illness.

## CLINICAL FINDINGS

**Table : 1 Showing Personal history examination .**

<b>Appetite</b>	Good
<b>Sleep</b>	Disturbed due to pain
<b>Diet</b>	Mixed
<b>Bowel</b>	Regular
<b>Micturition</b>	D/N – 5-2 times
<b>Addiction</b>	Smoking Alcohol

**Table : 2 showing General physical examination .**

General condition	Moderate
Blood pressure	130/80mmhg
Pulse rate	84 / min
Respiratory rate	18 / min
Tongue	Clear
Temperature	98. <sup>0</sup> F
Nourishment and Built	Well built
Lymph nodes	Absent
Pallor	Absent
Icterus	Absent
Cyanosis	Absent
Clubbing	Present

**Table 3: Showing Ashtavidha pariksha.**

Nadi	Vata –pitta
Mutra	Normal , 5-6times/day ,1time/night
Mala	Regular, 1time/day
Jihwa	Nirlipta
Shabda	Prakrita
Sparsha	Ushna sparsha in affected sandhis
Drik	Prakrita
Aakriti	Madhyama

**Table 4 : Showing Clinical Findings.**

<b>Pain</b>	Both ankle joints ,MTP joints , Right knee joint
<b>Swelling</b>	Both ankle joints MTP joints , Right knee joint.
<b>Stiffness, Redness ,Itching</b>	Both ankle joints MTP joints , Right knee joint.

**TREATMENT**

**Niruha Basti** - *Yashtyavadi ksheera basti* 600ml

**Anuvasana Basti** - *Guggulu tiktaka ghrita* 100ml

**Shamanaushadhi** - *Vataraktahara kashaya* <sup>7</sup> 48ml ( 2pala ) twice a day

Basti karma is planned according to the yoga basti krama as shown in the table : 5

**Table 5 : Showing Yoga Basti schedule .**

DAY -1	DAY-2	DAY-3	DAY-4	DAY-5	DAY-6	DAY-7	DAY-8
AB	AB	NB	AB	NB	AB	NB	AB

NB = *Niruha basti*

AB = *Anuvasana basti*

**PLAN OF THE STUDY :****Table 6 : Showing Anuvasana Basti krama.**

	<b>BASTI DRAVYA</b>	<b>DOSAGE</b>	<b>RETENTION</b>
1 <sup>st</sup>	<i>Guggulu tiktaka ghrita</i>	100ml	2.5hrs
2 <sup>nd</sup>	<i>Guggulu tiktaka ghrita</i>	100ml	2.5
3 <sup>rd</sup>	<i>Guggulu tiktaka ghrita</i>	100ml	2hrs
4 <sup>th</sup>	<i>Guggulu tiktaka ghrita</i>	100ml	3.5
5 <sup>th</sup>	<i>Guggulu tiktaka ghrita</i>	100ml	4hrs

**Ksheera Basti preparation****Table 7 : Showing Ingredients of Yashtyahvadi ksheera basti <sup>5</sup>**

<b>Ingredients</b>	<b>Quantity</b>
<i>Makshika</i>	100ml
<i>Saindhava lavana</i>	15gms
<i>Yashtimadhu taila</i>	100ml
<i>Guduchi churna ( kalka)</i>	25gms
<i>Yashtimadhu+Dashamoola ksheerapaka</i>	400ml

**PURVAKARMA**

**Preparation of Yashtimadhu Ksheerapaka** - 35gms of *Yashtimadhu Kwatha Choorna* and 15gms of *Dashamoola kwatha churna* is taken to this 400ml of milk, 1600ml of water is added and boiled & reduced to *Ksheeraavashesha* (400ml). This is freshly prepared everyday early in the morning & used for preparing *Niruha Basti Yoga*.

**PRADHANA KARMA**

Patient was advised to be in empty stomach and *Mridu Sarvanga abhyanga* with lukewarm *Balaguduchyadi taila* and *Nadi Sweda* was done . Patient was asked to lie down on the *Panchakarma Droni* in *Vama Parshwa* (left lateral position with right leg flexed) , asked to take deep breath and *Sukoshna Basti Dravya* was administered slowly with the help of *Basti Yantra* fitted with soft rubber tube. Extreme care was taken to avoid *Basti vyapat* .

## **PASCHAT KARMA**

Patient was asked to lie down in supine position and pass bowel on developing urge. The time of administration, the time of retention, *Pratyagamana Kala* was recorded. no specific complications were absorbed during and after *basti dravya prayoga* .

## **SHAMANAUSHADHI**

*Vataraktahara kashaya churna* was administered in the form of *kashaya* according to classical dosage .

**Method of preparation of kashaya** - 4parts of water is added to 1part of drug and is boiled and reduced to 1/4<sup>th</sup> part . daily freshly prepared *kashaya* is taken .

## ***Vataraktahara kashaya churna*<sup>7</sup> :**

**Dosage** - 48ml ( 2pala ) twice a day before food ( morning and night )

**Duration** – During th coarse of *Basti chikitsa* .

## **PATHYA-APATHYA DURING TREATMENT**

Patients were advised to take *Katu-Tikta-Kashaya* , *Amla* , *lavanyukta* and *Ruksha* , *Sheeta* , *Varjita Ahara* . Rice gruel with little milk and light diet was advised as the ideal food and to rest after the *panchakarma* procedure . Patient was advised to drink hot water, to avoid sexual intercourse, day sleep , suppression of natural urges, exercise, excessive speech, uneven sitting and lying postures, exposure to wind, cold, heat, dust, anger and grief.

## **ASSESSMENT CRITERIA**

The assessment of the results for this present study was made with classical sign and symptoms of *Vatarakta*<sup>8</sup> before & after *Basti Karma* .

## **Subjective parameters**

*Shoola* (Pain), and *Daha* (Burning sensation), *kandu* ( itching ), and *Suptata* (numbness), and General function capacity were evaluated before and after the treatment.

## **Objective parameters**

*Shotha* (Swelling), *Stabdhatta* (Stiffness) , *vakrata* ( deformity ) and *vaivarnya* ( discolouration ) Before and after 8th day of *Basti karma*, gradings were taken and were assessed.

**RESULTS :****Table 8:** Showing changes in Gradings<sup>9</sup> of Subjective and objective criterias before and after treatment .

Symptoms (UL/LL)	Before treatment	After treatment
<i>Sandhishoola</i>	4	0
<i>Shotha</i>	3	1
<i>Daha</i>	2	0
<i>Kandu</i>	2	0
<i>Vaivarnya</i>	2	0
<i>Suptata</i>	2	0
<i>Sthabdhata</i>	2	1
<i>Vakrata</i>	2	2

**DISCUSSION**

*Apathya Ahara Vihara* are the main precipitating factors of the disease , different *Nidanas* like *Vishamashana*, *Virudhahara* , *Ahithashana* are explained in *Vatarakta*.<sup>10</sup>

After *Basti* treatment main symptoms of disease found significant relief. Like *Shotha* , *Shoola* , *Daha* , *Kandu* and *Suptata* are mainly relived due to *Pitta Vata Shamak* property of *Basti Dravyas*.

*Vatarakta* is caused by *Vataprakopaka* & *Rakta prakopaka Hetu*. *Prakupita Vata* along with *Rakta Dusti* moves throughout the body and takes *Sthanasamshraya* at the *Padangustha Sandhi* due to its *Vyadhiprabhava*.<sup>11</sup> This is mentioned as *Anyonya Avarana* by *Chakrapani*.

*Ksheera Basti* is a *Mrudu Niruha Basti*. Functionally it acts as a *Dosha Shamana* and *Brumhana Basti*. It is mainly indicated in *Asthi Pradoshaja* and *Majjavaha Sroto Vikaras* <sup>12</sup> and when there is involvement of *Pitta* and *Rakta*. *Asthi* and *Majja* is the seat of *Vata* <sup>13</sup> , also *Asthi* and *vata* have *Ashraya Ashrayi Sambandha*. *Ksheera Basti* nourishes the *Asthi Dhatu* and there by pacifies its *Ashrayee Vata Dosha*.

*Vatarakta* is considered as *Avaranjanya Vatavyadhi* like *Sukshmatva* and *Saratwa* of *Vata*, *Dravatwa* and *Saratwa* of *Rakta* spreads in body. *Vyanavata* vitiates *doshas* in sandhis. The main and first site of manifestation is *Pada mula* and from there onwards spread upwards. The process of spreading and manifestations can be understood similar to that of rat poison ( *Akhu Visha* ).<sup>3</sup> As *Asthidathu* is involved in the disease *Vatarakta*, it is to be assumed that the drug acting upon *Pureeshadhara Kala* will certainly act on the *Asthidhatu* as *Kalas* of both are the same. The active principles of *Basti Dravya* administered reaches up to the

*Grahani*. As *Grahani* involves both *Pittadharakala* and *Majjadharakala*. So it has to be assumed that the nutrients absorbed will certainly nourish *Asthidhathu* & ultimately results in *Vatashamana*.<sup>14</sup>

If *Niruha Basti* is given as treatment the *Karshana* quality of “*Kashaya*” rules over the qualities of *Madhura Rasa* and *Sheeta Veerya Dravya*, then *Karshana* effect accelerates the *Vata*, where in *Samprapthivighatana* do not occur. To avoid *Karshana*, or corrosive action of *Kashaya*, *Snigdha*, *Sheetha Gunayukta Ksheera* is used to get *Pittahara* and *Rakta Prasadaka* effect and *Aushada Prayoga* is through *Basti* which does the *Vatanulomana*.<sup>15</sup> While dealing with the action of *Basti*, *Acharya Vagbhata* says, the *Veerya* of *Basti* being conveyed from *Apana* to *Samana Vata* which may regulate the function of *Agni* then to *Udana*, *Vyana* and *Apana*. thus providing its efficacy all over the body. The control gained over *Vata* leads to the *Samprapthi Vighatana* of disease.

In the context of *Vatarakta Chikitsa* both *Acharya Charaka* & *Vagbhata* have explained as, the vitiated *Doshas* along with *Mala* should be expelled out by the administration of *Sagritha Ksheera Basti* & there is no other therapeutic measure comparable to *Basti* in the management of this disease. Though, *Yashtyahvadi Niruha Basti* is administered continuously it will not aggravate the *Vata Dosha* because it contains *Ksheera* as the main ingredient having the properties like *Madhura Rasa*, *Snigdha Guna* & *Sheeta Veerya*.<sup>16</sup>

The active principles of *Ksheera Basti* travels from *Pakwashaya* & get absorbed in the circulation. The chemical reaction sequence originated in *Pakwashaya* passes from cell-to-cell, ultimately in the entire body. So *Ksheera* has laxative action and the *Mutrala* action of *Yashtimadhu* helps in relieving the symptoms of *Vatarakta*. and high dose administration of *Yashtimadhu* will act as Analgesic, Anti-inflammatory and exhibits corticosteroidal action.<sup>17</sup>

## CONCLUSION

*Vatarakta* has become a common disease. If we go deep, it can be derived that sedentary life styles along with unhealthy eating habits are the root cause behind this. People are so busy without patience and expect quick relief, not bothering about the side effects and after effects in the long term. So it is mandatory to manage the condition through a natural way. By following the traditional and much advanced panchakarma treatment, here patient got relief from symptoms within 8 days. The treatment and medicine assure permanent cure along with maintaining physical and mental health of the patient. *Yashtyahvadi Niruha Basti* is an effective, relatively safe and cost-effective treatment modality for management of *Vatarakta*.



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