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EFFICACY OF *VAITARANA BASTI* AND *TILA TAILA MATRA BASTI* IN *GRIDHRASI*

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ABSTRACT

Background: A female patient 32 years old was diagnosed as *Gridhrasi*, given classical treatment according to Ayurvedic text (*Vangasen samhit*) *Vaitarana basti* treatment was given. *Basti* treatment useful for *Shoola Shaman* (Decreasing pain) in *Gridhrasi Vyadhi* (disease). **Objective:** To evaluate the efficacy of *Basti Chikitsa* in *Gridhrasi*. **Material and Methods:** This is a case study of *Gridhrasi*- Where 32 year old female patient having symptoms of *Sphik* (buttock) and then radiates to *Kati*, *Prustha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot) *Shoola*, Difficulty in walking were indicating confirmed diagnosis of *Gridhrasi*. VAS scale was applied for the assessment for all symptoms. **Management:** *Vaitarana Basti* and *Tila Taila Basti* for 15 days were done. **Result and Conclusions:** Significant results were observed and symptoms of *Gridhrasi* that is mainly *Shoola* (pain) was reduced. It also shows significant changes in VAS Scale. Thus *Vaitarana Basti* and *Tila Taila Basti* has significant effect in the management of *Gridhrasi*.

Introduction

Ayurveda is a system of medicine where the importance is given to both prevention and cure. As per *Ayurvedic* texts, *Tridoshas* are the main causative factors in the pathogenesis of any disease. Specific management for specific *Doshas* has been elaborated in the texts the importance of *Panchakarma* lies in the fact that it helps in uprooting the disease and bringing the vitiated *Doshas* to normalcy. A skillful *Bhishaka* is the one who knows about the *Tridosha* concept along with *Dosha –Dushya Sammuchya*. The credit of *Panchakarma* goes to the fact that, it enables to clear off the *Doshas* at minute levels. Health is the elemental factor for happiness. The task of *Ayurveda* is to preserve and to restore the health to relieve the sufferings. *Ayurveda* has described two types of *Chikitsa* that is *Shamana* and *Shodhana*. Also all diseases predominantly have vitiated *Vata Dosha* hence, *Chikitsa* of *Vata Dosha* is more important. Pain is universally understood, as a sign of disease It is the most common symptom that brings a patient to physician's attention. *Vata* is

responsible for all body movements. This *vata* control all the activities of body. So *Gridhrasi* is pain predominant disease. In *Ayurveda Samhita* diseases are classified as *Nanatmaja Vyadhi* that is *Vata Nanatmaja, Pitta Nanatmaja, Kapha Nanatmaja*. *Vataj Nantmaja Vyadhi* is 80, which are more in number that is there is more disease due to *Vata Dosha* so there is need to work more on *Vata Vyadhi*. *Acharya Charaka* considered *Vata Vyadhi* in *Ashtomahagada*, Which is difficult to cure and *Gridhrasi* is one of the *Vata Vyadhi*. The word *Gridhrasi* itself suggests gait of the patient, which is similar to *Gridhra* (vulture) due to pain. The entire *Ayurvedic* classic, including written in medieval period have described the aetiopathogenesis and Symptomatology of *Gridhrasi*. By *Acharya Sushruta*, at anywhere no *Shoola* without *Vata Dosha*, no *Paka* without *Pitta Dosha*, no *Puya* without *Kapha Dosha*. So we can say that *Vata Dosha* is responsible for all type of *Shoola*. As *Vayu* and *Asthi* comply with *Aashrya-Aashrayi Sambandha*, vitiated *Vata Dosha* diminishes the function of *Asthi* and causes *Shoola*. *Hetus* of *Gridhrasi Vyadhies* are *katu-Tikta-Kashya Rasatmaka Ahara Sevana, Sheeta Gunatmaka Ahara Sevana*, travelling on bike, heavy weight lifting, continues working by bending forward. In *Gridhrasi*, pain start from *Sphika, kati, Prushtha* and travels through, *Uru, Janu, and Jangha* up to *Pada*. There are two types of *Gridhrasi* i.e. *Vataj* and *Vata kaphaj Gridhrasi*. Worldwide percentage of *Gridhrasi* is 80-90% from all adult age group. Males are more frequently affected than females. Worldwide percentage of this disease was 2-40% in all age groups. *Basti* is an important treatment on *Vata*. *Basti* is an *Ardha Chikitsa* in *Ayurveda*. *Basti karma* is more useful in *Panchakarma* and having more advantages over all types of diseases because of this *karmas* working area is broad. As per said by *Acharya Vangasena Vaitarana Basti* is useful in *Gridhrasi Vyadhi*. *Vaitarana Basti* contains *Amlika, Guda, Saindhava, Tila taila, Madhu* and *Godugdha*. Properties of *Amlika* are *Guru Guna, Ushna Guna* that is opposite to *Laghu* and *Sheeta Guna* of *Vata Dosha*. *Guda Dravya* is itself *Ushna* and *Snigdha Guna* helps in *Vatashamaka Kaarya*. *Godugdha* is *Madhura Rasatmaka, Madhura Rasa* is mainly *Vatashamka*. *Vaitarana Basti* is *Ushna Veeryatmaka* so it is helps on *Vata janya shoola* in *Gridhrasi Vyadhi*. *Sushruta* has mentioned about passage of *Basti* and oleation of *Dhatu*, it takes 15 *Basti* to reach up to *Majja Dhatu* which is a seat of pain sensation. Hence, *Kala Basti* regimen of 15 days is used.

CASE REPORT

Patient name- A.B.C, Age- 32 years, Gender – female Complaints- Since 6 months.

- 1) *Kati pradeshi shool* 2) *Sakasta chakramna* (Difficulty in walking) 3) Pain radiates from *Sphik* (buttock) *Kati*, *Prustha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) to *Pada* (foot) *Shool*

On Examination	<i>Asthavidha Parikshan</i>	<i>Dashvidha Parikshan</i>
Pulse- 88/min	<i>Nadi- Vatadhikya Kapha</i>	<i>Dushya- Asthi, Majja</i>
B.P- 120/70 mm Hg	<i>Jivha – Eshat sama</i>	<i>Desha- Anup</i>
RS- AEBE clear	<i>Mala- Samyaka 2/day</i>	<i>Bala-Madhyam</i>
CVS-S ₁ S ₂ normal	<i>Mootra- Samyaka</i>	<i>Kala- Adana Anal-Vishamagni</i>
CNS- conscious, oriented	<i>Shabda- Prakrut</i>	<i>Prakriti-Vataj Vaya- Madhyam Satva- Heena</i>
P/A - soft	<i>Sparsh-Anushansheet Druka- Prakrut Akruti- Madhyam</i>	<i>Satmya- Shadarasasatmya</i>
		<i>Ahar-Mishra Aahar</i>

Strotasa Parikshan

<i>Strotas</i>	<i>Darshana</i>	<i>Sparsha</i>	<i>Prashana</i>
<i>Asthivaha</i>	<i>Prakrut</i>	-	<i>Katishool</i> , Radiating pain from <i>Kati</i> to <i>Pada</i>
<i>Mamsavaha</i>	<i>Prakrut</i>	-	<i>Sakastha Chakramana</i>

Past history- H/o of fall from bike 2 yrs. Back MRI Spine normal. Received allopathic treatment, but had no relief. Thus Symptoms gradually increased along with difficulty in walking and sitting. Thus she opted for *Ayurvedic* treatment after taking complete history following treatment was given.

Treatment plan

The material taken for the study was: Drug

Amlika (Tamarind), *Guda* (Jaggery), *Madhu* (Honey), *Saindhava* (Rock salt), *Tila Taila* (*Sesamum indicum*), *Godugdha* (Cow milk)

Instruments: Utensils, *Mathani yantra*, Syringe for *Matra Basti* – 100 cc, *Basti Putaka* (enema pot) for *Niruha Basti*, Disposable simple rubber catheter no 10 for *Matra Basti* and catheter no 11 for *Niruha Basti*., Gas stove and cylinder

Procedure of preparation of *Vaitarana Basti*:-

- 1) 40 gm *Amlika* (Tamarind) and 20 gm *Guda* (Jaggery) was taken in a vessel.
- 2) 160 ml hot water was taken in another vessel, *Amlika* (Tamarind) and *Guda* (Jaggery) was added to it, vessel was covered with lid.
- 3) The mixture of *Amlika* and *Guda* was then squeezed properly, the fibrous part from it was removed and then it was filtered properly.
- 4) 80 gm *Madhu* (Honey) and 10 gm *Saindhava* was properly mixed in container to make a

homogenous mixture.

5) Then 80 ml *Tila Taila* (sesame oil) was added in it. Mixed it properly and homogenous mixture was prepared.

6) Mixture of *Amlika* (Tamarind) and *Guda* (Jaggery) was properly mixed in previous *Madhu*, *Saidhava*, *Tila Taila* mixture.

7) 160 ml lukewarm cow milk was added in it.

8) It was mixed properly to get homogeneous mixture to form *Vaitarana Basti*.

9) The mixture was made Luke –warm by using hot water bath before administration.

Total *Basti Matra* – 480ml Properties of *Amlika*, *Guda*, *Madhu*, *Tila Taila*, *Saindhava*, *Godugd*

The combine effect of *Vaitarana Basti* shows *Balya*, *Asthi Dhatuposhaka*, *Vatashamana*. *Vaitarana Basti* has *Madhura*,

Amla, *Tikata*, *Kashaya Rasa Pradhana*, *Ushna Veerya*.

Methods: - *Vaitarana Basti* Route: Per rectum Dose: 480ml

Kala: Morning once a day (*Bhojana Poorva*)

Tila Taila:-*Matra Basti:* 60ml, *Kala:* *Bhojanottara* (*Laghu*, *Ushna*, *Snigdha Aahar*), Duration of Therapy: 15days – *Kala Basti* schedule, From day 1st *Tila taila Matra Basti* and *Vaitarana Basti* alternatively was given and on last 3 days *Tila Taila Matra Basti* was given.

Effect of the treatment on *Katishoola*, *Sakastha Chakraman*

	Symptoms	Before treatment	After treatment
VAS Scale	Pain	10	03
	Stiffness	06	02
Difficulty during standing	<i>Katishoola</i>	+++	+
Difficulty in sitting and getting up	<i>Katishoola</i>	++	+

Gradation of symptoms: - 1to 3 Mild, 4 to 6-Moderate, 7 to 10 – Severe

+ = Mild, ++ = Moderate, +++ = Severe

DISCUSSION:- Discussion of *Hetu* , H/O of fall 2 yrs back i.e *Agantuj Hetu*.

H/O of fall created Kha- *Vaigunya* in *Asthi majja vaha strotasa* further patient's passive lifestyle increase the pathogenesis which aggravated symptoms of *Katishhola*, *SakasthaChakramana*

Samprapti (Pathogenesis)

Showing the *Dhatukshayajanya Samprapti* of *Gridhrasi*

Hetu Sevana (*Dhatukshyajanya*)

↓
Hetu)*Vataprakopa*

↓
*Sphikapradeshas*tha *Vatavahini Kshobha**Khavaigunya*

↓
Pain (*Vedana*) in *Sphika*, *Kati*, *Uru*, *Jaanu*, *Janghaa*, *Pada* in sequence

↓
Stambha, *Toda*, *Ruk* in *Paada Pradesha* *Kramtaha**Gridhrasi*

Effectiveness of Vaitarana Basti

Rasa- Madhura, Amla, Tikta, Kashaya

Guna Snigdha, Brihana

Veerya –Ushna



Vata and Kapha Shamaka

channels get nourishment

Asthi Dhatu Poshan due to Madhura Rasa of Basti and Snigdha Guna of Godugdha.

Prevent further *Asthi Kshaya*



Shoola Shamana



Lakshanas of Gridhrasi i.e. Ruk, Toda, Stambha Upshaya



Vata Prakruta Gati

Gridhrasi Upashaya

Statistical analysis

Where BT (Before treatment) AT (After treatment) $BT-AT/BT \times 100$

Statistical analysis of VAS Scale result.

symptoms	% of relief
Pain	70%
Stiffness	66.6%

CONCLUSION: *Vaitarana Basti* and *Tila Taila Matra Basti* are helpful in *Gridhrasi*.

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