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Research Article

### ROLE OF DASHAMOOLADI TAILA MATRA BASTI IN JANU SANDHIGATA VATA

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#### ABSTRACT

Sandhigata vata is most common joint disorder worldwide especially amongst the elderly and obese person. To overcome this problem patient takes regular medicines, NSAIDS, analgesic drugs but failed to achieve good health. Since there is no disease modifying osteoarthritis drug. This trial is carried out to fulfil the deficit of modern medicine. Basti has been explained as the best upakrama for vatavyadhi (Janu sandhigata vata). Dashamooladi tail (Ashtanga hrudaya ka.4/54-57) matra basti was given for 15 days. To prove its efficacy on janusandhigata vata 6 patients were selected with classical symptoms of janu sandhigata vata from Panchakarma OPD of Dr. D.Y. Patil College of Ayurved & Research Institute Nerul. Assessment of result was done on the subjective and objective parameters. Significant changes were observed in subjective & objective parameters.

**Keywords:** Nirupstambhit Janusandhigata Vata, Matra Basti, Dashmooladi Tail.

#### INTRODUCTION

The life of human has become mechanical. Sandhigata vata is a common vata predominant disorder now a days. It begins asymptotically in 2<sup>nd</sup> & 3<sup>rd</sup> decade. 90% of all people have radiographic features in the weight bearing joints mainly the knee joint by the age of 40.

In sandhigata vata mostly janusandhi and some other major joints i.e. hip, knee, shoulder etc. are involved. Out of these janu sandhi is commonly involved since it is weight bearing joint. Janu sandhigata vata is caused by 2 factors- i.e.

- Avarana janya
- Dhatu kshaya janya.

In this trial **dhatukshaya janya sandhigata vata** was taken which is also known as **nirupstambhit janu sandhigata vata** (osteoarthritis).

There is no treatment available which can prevent or reverse or block the disease process. The disease is managed by NSAID'S, analgesic drugs, physiotherapy & corticosteroids etc. These drugs are very costly & cause unwanted side effects. Even the surgical treatment does not provide complete relief.

Acharya Charak has mentioned common treatment for vatavyadhi i.e. repeated use of snehan & swedana, Basti & mru du virechan<sup>1</sup>, while acharya Sushrut has mentioned the treatment for sandhigata vata clearly as snehana, upanaha,

agnikarma, bandhana & unmardana<sup>2</sup>. Acharya Vagbhat has also mentioned snehan,swedan and mru du samshodhan in vatay vyadhi<sup>3</sup>.

In this trial 6 patients were selected from Panchakarma OPD of Dr. D.Y. Patil Ayurved College & Hospital Nerul, Navi mumbai. After complete examination patients were advised to take Matra Basti with Dashmooladi tail for 15 days. Significant changes were observed in subjective & objective parameters. Subjective parameters included<sup>4</sup> i.e.

- Vatapurnadrutisparsha.
- Sho tha
- Shool
- Akunchana prasarana janya vedana.

#### AIMS & OBJECTIVES:

**Aims:** To study the management of nirupastambhit janusandhigata vata with dashmooladi tail matra basti.

#### **Objectives:**

To study the efficacy of dashmooladi tail matra basti in janusandhigata vata.

#### **Materials and Methods:**

**1) Selection of patients:** Patients were selected randomly with symptoms of janusandhigata vata irrespective of their age, religion, & sex etc. Patients were then subjected to detailed clinical history on the basis of specially prepared case proforma.

**Inclusion criteria:**

1. Patients with pratyatmak lakshana of nirupastambhit janusandhigata vata were selected.
2. Age between 40 to 70 yrs were included.

**Exclusion criteria:**

1. Patients suffering from diseases like amavata, vatarakta & kroshtukshirsha were excluded.
2. Patients with condition like AID'S, tuberculosis, uncontrolled diabetes mellitus, uncontrolled hypertension and pregnancy were excluded.
3. Patients with secondary osteoarthritis of diseases such as rheumatoid arthritis, malignancy & trauma were excluded.

**MATERIALS AND METHODS**

**Material:**

1. Steel syring – 120m.l.
2. Simple rubber catheter of size – 10 no.
3. Gloves
4. Dashmooladi tail<sup>5</sup> has following contents– Dashmoola, Bala, Rasna, Ashwagandha, Punarnava, Guduchi, Erandmoola, Bhutika, Bharngi, Vrushaka, Rohisha, Shatavari, Sahachara, Kakanasa, Yava, Atasi, Badar,, Kulatha, Vidarikanda, Varahikanda, Yastimadhu, Jeevanti, Bilva, Sarvatobhadra, Patala, Agnimantha, Shyonaka, Shaliparni, Prushniparni, Bruhati, Kantakari, Gokshura.

**Treatment Schedule:**

**Method of Administration:**

1. Form : Matra Basti
2. Dose: 60 m.l.
3. Kala: Just after having food, once a day daily for 15 days.
4. Duration of therapy: For 15 days.

**Method: Basti Procedure can be divided into three stages-**

**A.** Pre Procedure of Basti Management: The patients were instructed to come after taking light diet& after elimination of stool& urine. Preprocedure was carried out with sthanic snehan & swedan. Patients were oiled with sesame oil by applying it on kati (lumber), sphic (buttocks) & Udara (abdomen) pradesha this is sthanic snehan. Then fomentation was given at these places by sthanic mrudu sweda, using Dashmoola nadi sweda.

Position of Patient: Patient was advised to lie down on left lateral position on the basti table with left lower extremity straight & right lower extremity flexed at knee & hip joint. The patient was asked to keep his left hand below head.

**B.** Main Procedure of Basti: Lukeworm 65 ml. Dashmooladi tailawas filled in the syringe. Simple rubber catheter of size 10 was attached to the nozel of the syringe. The piston of the syringe was pushed forward gently so that extra oil & the air from the catheter gets off 2-3 m.l. of Dashmooladi oil was applied to anal opening & to the catheter tip with a piece of cotton soaked in it. The patient was asked to take deep breadth (inspiration) so as to help him to relax

The anal opening & facilitate the entry of catheter. The catheter was introduced per rectum up to length of 4 finger & piston of the syringe pushed gently to deliver oil.

**C.** Post Procedure: Patient has to maintain left lateral position & gently tapped over the hips(tadan karma at pristha, nitamb, sphika) was done so that matra basti may retain for required period. Then the patient was kept comfortably in the supine position for 10 minutes. After that patient was advised to take rest. Basti pratyagam kala was noted in each case.

**CRITERIA OF ASSESSMENT:**

**SUBJECTIVE PARAMETERS:**

1. Vatapurnadrutisparsha (crepitation)
2. Shotha (swelling)
3. Shool (pain)
4. Akunchana prasarana janya vedana.(pain during extension & flexion of joint)

**OBJECTIVE PARAMETERS:**

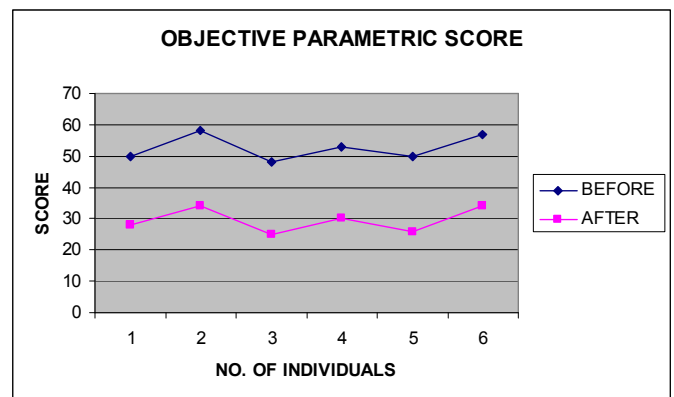
- 1) X- ray of knee joint
- 2) Womac grading.

**GRADATION CHART**

1. Vatapurnadrutisparsha (crepitation)
  - No crepitus- 0
  - Palpable crepitus- 1
  - Audible crepitus- 2
  - Always audible crepitus - 3
2. Shotha ( swelling ) in joint
  - No swelling- 0
  - Slight swelling- 1
  - Moderate swelling- 2
  - Severe swelling- 3
3. Shoola (pain)
  - No shoola – 0
  - Mild shoola – 1
  - Moderate shoola – 2
  - Severe shoola – 3
4. Akunchan prasaranjanya vedana
  - No pain- 0
  - Pain without winching of face- 1
  - Pain with winching of face- 2
  - Prevent complete flexion- 3
  - Does not allow passive movement- 4

**Womac scale**

**Statistical analysis:** On the basis of subjective & objective parameters statistical analysis was done by Wilcoxon signed rank test method and following results were obtained.



Using the Wilcoxon Signed rank test, the p-value is 0.0313 and hence we can say that the treatment was effective for the objective parameters. Also using the “paired t test”, we get  $p <$

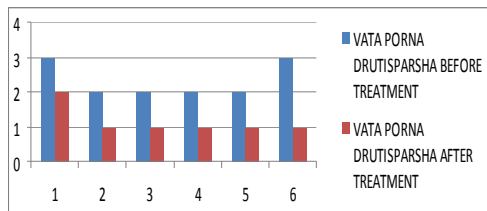
0.0001( $t_{cal} = 75.3879$ ) which is highly significant and hence the treatment is said to be effective.

Score on the basis of objective parameters

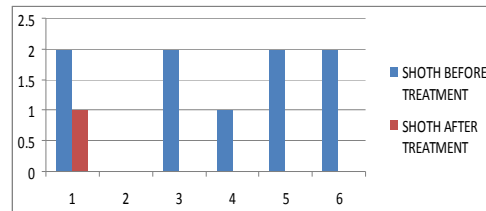
MEAN BT	MEAN AT	% RELIEF	S.D.	S.E.	T VALUE	P VALUE
52.67	29.5	44	0.7527	0.31	75.3879	0.0313

Score on the basis of subjective parameter

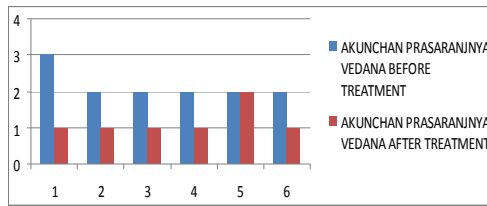
NO OF PATIENTS	1		2		3		4		5		6	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
VATAPURNA DHRUTI SPARSHA	3	2	2	1	2	1	2	1	2	1	3	1
SHOHA	2	1	0	0	2	0	1	0	2	0	2	0
AKUNCHAN PRASARANIYA VEDANA	3	1	2	1	2	1	2	1	2	2	2	1
SHOOLA	3	2	3	1	2	0	2	1	3	1	2	1



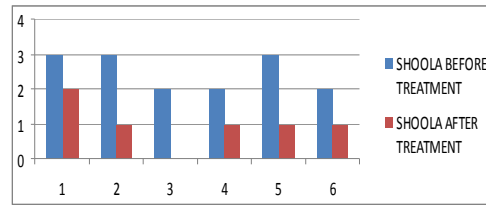
VATA PURNA DHRUTI SPARSHA



SHOHA



AKUNCHAN PRASARANJNYA VEDANA



SHOOLA

## RESULTS

It is observed that the Dashmooladi taila matra basti is very much beneficial to reduce the intensity of vataporna drutisparsha, shoth, shula, prasaran, akunchan vedana. The effect was long lasting after followup also.

The womac scale showed marked improvement after the treatment. Amongst the 6 patient with Dashmooladi Matra basti 4 patients got excellent relief & 2 got moderate relief from most of symptoms, statistical analysis.

## DISCUSSION

Sandhigata vata is described as a vatavyadhi in all samhitas & sangrahagranthas. Various ahara, viharaja, manasika, & other vataprakopaka nidana are mentioned in detail which causes vatavyadhi.

Sandhigata vata specially occurs in vriddha avastha in which dhatukshaya takes place which leads to vata prakopa. Vata & asthi have ashraya ashrayi sambandha. That means vata is situated in asthi. In vriddha avastha increased vata diminishes the sneha from its asthi dhatu by its opposite qualities to sneha. Due to diminution of sneha, kha vaigunya (rikt srotas) occurs in asthi which is responsible for the cause of sandhigata vata in the weight bearing joints especially in janusandhi causing janusandhigata vata.

Matra basti is kind of abhyantar snehan procedure. Snehan mainly acts against ruksha guna caused by vata .

Dashmool has Vatashamak and Vedasthapan property<sup>6</sup>. Dashmooladi taila contains Punarnava, Rohisha which have shoolahna property & Kulatha has swedopaga property thus it reduces shola & shotha. Joint stiffness is due to ruksha, Sheeta guna of vata which in turn causes the Kharatva of Mamsa snayu Kandara of asthi leading to stiffness, It is reduced by

ushna veerya dravya like, Rasna, Guruchi, Erand, Bhutika, Bharangi, Atasi, Varahi, Sahachara, Varahi, Ashwagandha, Kulatha, Punarnava of Dashmooladi tail. Thus reduced in pain and stiffness improves the gait of patients. Brimhan, Balya,, Rasayan drug like Guruchi, Ashwagandha, Shatavari, Kaknasa, Erandmoola do Asthi Poshan. Thus by giving strength to mansa,asthi dhatu & kandra it increases stability of Janu Sandhi. Because of all these properties of Dashmooladi taila upashaya occurs.

### CONCLUSION

Janusandhigata vata being a vataj vyadhi with dhatukshaya as its resultant, Abhyantar Snehan as matra basti would be an ideal line of treatment. Matra basti is a type of snehabasti so can conquer the vitiated vayu in sandhigata vata effectively . Dashmooladi Taila Matrabasti by specifying Vata restores the displaced kapha & pitta at their original seats. The control gained over vata leads to the Samprapti Vighatana of disease.

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