



ROLE OF *HANUBASTI* IN THE MANAGEMENT OF *HANUSTAMBHA* (TMJ DISORDER) – A CASE REPORT

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ABSTRACT

Hanustambha is one of the eighty types of *Vatavyadhi* which is characterised by *Stambha* (stiffness) in the *Hanusandhi Pradesha* (mandibular region), which is commonly seen in TMJ disorder. It is characterised by stiffness of temporomandibular joint, pain in jaw, aching pain in and around ear, difficulty in chewing, difficult to open and close your mouth. There are many treatment Modalities mentioned but it is symptomatic and conservative therapy. So it is highly needed to enlight Ayurveda management in TMJ disorder. In Samhita, Acharya Charaka and Acharya Sushruta described *Vatahara* treatment for *Hanustambha* i.e. *Snehana*, *Swedana*, *Nasya*, *Gandusha*, *Dhumapana* and *Shirobasti* with *Vatahara Dravya*. The present case has been treated with *Hanubasti* and *Gandusha* along with oral medication *Dashmoola Kwatha* and *Triphala Guggulu*. Patient showed improvement in all the signs and symptoms of the disease.

KEYWORDS: *Hanustambha*, *Hanubasti*, *Gandusha*, *Dashmoola Kwatha*, *Triphala Guggulu*.

INTRODUCTION

TMJ Disorder causes jaw pain that radiates to the ear or eye, as well as a headache (frontal region).^[1] The masticatory muscles (the muscles that move the jaw) and the temporomandibular joints (the joints that connect the mandible to the skull) become dysfunctional in this disease. TMD frequently causes excruciating pain and discomfort. It can be short-term or long-term. The primary risk factors for TMJ Disorder are as follows: Chewing hard substances, talking loudly, and working. It can affect one or both sides of the face. It affects more women than men, and it is most common in people between the ages of 20 and 40. The most common disease complaint is Jaw pain or tenderness in one or both temporomandibular joints, Pain in and around the ear, Chewing difficulty or pain while chewing, Aching pain in the face, The joint becomes locked, making it difficult to open or close the mouth. TMJ disorders can also cause a clicking or grating sensation when opening the mouth or chewing.^[2]

TMD is not a life-threatening condition, but it can have a negative impact on quality of life because the symptoms

can become chronic and difficult to manage. However, if there is no pain or restriction of movement associated with jaw clicking, it is unlikely that a TMJ disorder requires treatment.

Hanu Sandhi is the main Ayurvedic *Sandhi* that comes in the head region. According to Acharya Sushruta, the *Sandhi* classification based on *Kriya*, it is a *Cheshtavantha Sandhi*, and according to Rachana Sharira, it is a *Vayasthunda Sandhi*. It is classified as *Bahu Chala Sandhi* in *Cheshtavantha Sandhi*. Because it is a *Bahu Chala Sandhi*, it is more prone to *Vataja Roga*. *Hanu Sandhi* is related to the Tempromandibular joint. *Hanustambha* is one of the eighty types of *Vatavyadhi* that is distinguished by *Stambha* (stiffness) in the *Hanusandhi Pradesha* (mandibular region), as seen in TMJ Disorder.

TMJ Disorder may be considered a type of *Sandhivata* (*Hanusandhigatvata*), particularly in degenerative conditions. *Sandhivata* is characterized clinically by pain during joint movement, as well as swelling and crepitations. *Hanustambha*, which is caused by

Diwaswapna (daytime sleeping), talking loudly, and constant gazing, has also been described by Acharya Sushruta.^[4]

Acharya Charaka and Acharya Sushruta described *Vatahara* treatment for *Hanustambha* in Samhita,^[5] namely *Snehana*, *Swedana*, *Nasya*, *Gandusha*, *Dhumapana* and *Shirobasti* with *Vatahara Dravya*. *Hanubasti* is a treatment modality that can be used to manage *Hanu Sandhi*-related disorders such as *Hanustambha*, *Hanusandhigata Vata*, and *Hanugraha*.^[6] *Hanubasti* is a one kind of therapeutic procedure that evolved from *Shirobasti*.^[7]

AIM

The aim of this case study was to rule out the results of *Hanubasti Karma* in *Hanustambha* (TMJ Disorder).

MATERIAL AND METHODS

CASE REPORT

A female patient age of 19 year R/o Vadodara came in Shalaky Tantra Departmental OPD No.112, Parul Institute of Ayurveda, Vadodara, Gujarat, India with following Complaints since 2-3 month in recurrency.

- Difficulty in opening mouth
- Difficulty in Chewing
- Pain while eating
- Ear ache

Treatment Plan

Sr.No.	Karma/ Medicine	Drug Administration	Duration
1	<i>Hanubasti</i> with <i>Dashmoola Taila</i>	Once in morning	7 days
2	<i>Gandush</i> with <i>Dashmoola Kwatha</i> and <i>Tila Taila</i>	Twice in a day	15 days
3	<i>Dashmoola Kwatha</i>	30ml empty stomach in morning and evening	21 days
4	<i>Triphala Guggulu</i>	2tablets after food in morning and evening	15 days

1) *Hanubasti*

It is the process in which oil is retained in a circular wall over mandibular joint region for some specific time period according to chronicity. Based on the principle of *Shirobasti*, *Hanubasti* is designed for *Hanusandhigata Roga* (TMJ disorders)[8].

Procedure

1) *Purvakarma*

1. Patient was thoroughly examined.
2. Equipments required for the *Hanubasti* was Gas Stove, S.S.Vessels, Bowls, Spoons, Flour of blackgram, *Tila Taila*, Water, sterile cloth.
3. *Abhyanga* with *Tila Taila* was done and *Swedana* with hot cotton pad was done.

2) *Pradhana Karma*

1. Advised the patient to lie on lateral position.
2. The dough was made with black gram powder by mixing with sufficient quantity of warm water. After that rim had been made by using the dough and fix it firmly over the mandibular joint area region. The

Patient's general condition was good. Her appetite was moderate, and tongue was coated. According to the patient she consulted allopathic doctor for above problems. She is advised to take analgesic and anti-inflammatory drugs and she initially got relief but after sometimes recurrency was there. So she came here for good treatment as well as prevention for the same complain.

Past History

No any past history

Examination

On examination, patient was having tenderness and swelling over right TM joint. Crepitus sound present at right TM joint.

Both EAC were normal and both Tm were also intact. Nose was normal. Throat was also normal.

Systemic Examination

Pulse: 80/min

Blood Pressure: 110/80 mm/Hg

Diagnosis

Based on the history and clinical examination, the case was clinically diagnosed as a *Hanustambha* (TMJ Disorder).

inner & outer junctions of dough rim should be sealed with dough. Then the ear was plugged with cotton for protection purpose.

3. Then *Dashmoola Taila* was heated on mild heat and checked the temperature and poured it into the inner surface of dough rim taking care not to spill out.
4. *Dashamoola Taila* had been replaced with warm oil at regular interval during whole procedure.
5. Care should be taken to maintain the temperature of the oil in the *Hanubasti* pool. The temperature should be kept uniform throughout the procedure (until the procedure is completed). For this to happen, the oil from the pool is removed at regular intervals (leaving some oil in it i.e. oil should not be completely removed) and replaced by warm oil (on the other side, simultaneously oil is passively heated)

3) *Paschata Karma*

1. *Dashamoola Taila* has been drained out from ring after 15-20 minutes.
2. After that dough ring had been removed.

- After this, a gentle massage had been done over the jaw and around ear region, followed by mild fomentation.



Figure 1: Patient's photographs of Hanubasti Procedure.

2) Gandusha

After Hanubasti procedure, Gandusha had been given of Koshna Dashmoola Kwatha and Til Taila. Koshna Dashmool Kwath Dravya was prepared then add two teaspoon of Til Tail. This lukewarm solution had been holded in the mouth to its full capacity without any movement till there is secretion from eyes, nose & was advised to use two times a day for fifteen days.

RESULT

After treatment all symptoms were resolved. After treatment, on examination – crepitation sound at TM joint was absent. Swelling and tenderness over TM joint were not found.

DISCUSSION

According to Ayurveda, the primary etiological factor for the development of Hanustambha is vitiated Vata Dosha. Hanubasti procedure is evolved from Siro Basti. It is a kind of Bahya Snehana and Swedana procedure. Snehana mainly acts against the Rooksha Guna caused by Vata and Swedana mainly acts against the Sheeta Guna. It also reduces the Stambha and Gauravata.

Hanubasti Procedure is similar to Snehana. Snehana primarily calms Vata. Hanubasti was performed with Dashmoola Taila, which has the ability to pacify Vata while also having anti-inflammatory and analgesic properties. As a result, it aided in the resolution of the symptoms.

Vata Vriddhi and Sthanika Kapha Kshaya cause crepitation. This symptom is caused by Khara, Rooksha, and Vishada properties of Vata Dosha. Snigdha, Picchila, and Mrudu qualities of Sneha Dravya i.e., Taila are opposite to Vata qualities and aid in the reduction of crepitation. Dashmoola Taila aids in reducing crepitation in this case.

Ushnata used in the procedure and the Ushna Veerya of the drug do the Pachana of the Dushya involved in Shotha formation. The Shotha is reduced as a result of this action. Gandusha procedure is recommended for improving TM joint strength and resolving jaw stiffness. Dashmoola Kwatha has anti-inflammatory, antioxidant, analgesic, sedative, and stress-relieving properties.^[9]

Dosha Karma is Tridoshghna but primarily pacifies Vata Dosha. Tila Taila has anti-inflammatory properties and adds oil to the body. Triphala Guggulu has anti-inflammatory and analgesic properties, so it can help to reduce swelling and pain.^[10]

In this study, the patient had jaw pain and stiffness, which improved significantly after 7 days. After 15 days, there was complete relief from pain and stiffness. Other parameters, such as ear ache, improved significantly during treatment.

CONCLUSION

The current case study illustrates role of Hanubasti in the treatment of Hanustambha (TMJ disorder). Hanubasti can give useful result in the management of Hanustambha by improving general status of TM Joint. It is concluded that a combination of Ayurvedic therapies such as Hanubasti with Dashmoola Taila and Gandusha with Dashmoola Kwatha and Tila Taila, as well as oral medication of Dashmoola Kwatha and Triphala Guggulu plays an important role in the treatment of Hanustambha (TMJ disorder). The treatment had been found to be cost effective, safe, and simple to use. Considering such beneficial activities of Ayurveda approaches; there is a need to undertake collaborative researches to generate evidences at larger scale in the management of Hanustambha (TMJ Disorder).

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