

VAITARAN BASTI IN –AMAVATA A PILOT STUDY

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ABSTRACT

Amavata is the most crippling of the joint disease. It occurs throughout world in the all climate & all ethical groups. Ama associated with aggregated *vata* play dominant role The Clinical features *Amavata* such as pain, swelling, stiffness, fever, general debility are most identical mentioned in classical text. *Vaitaran Basti* is very effective in *Bahudosh & Lindosh Avastha* It is used in new & old *Amavata* as well because it brings *Doshas* from *Shakha* to *Koshata* & remove it from *Gudmarg* & gives relief A study was conducted in 10 patients Clinically diagnosed with *Amavata*. All Patients enrolled in study after an informed consent were subjected to RA test & CRP test before & after treatment. *Vaitaran Basti* approximately 480 ml. having ingredients *Gomutra* 160-200 ml, *Gudha* 60-90 ml, *Saindhav* 5-10 grms, *Tiltail* 100 ml. *Chincha Swarasa* 60-100 ml was administered for 8 days on empty stomach *vaitaran basti* showed significant result ($P<0.05$) in *Amavata*.

KEYWORDS: *Amavata*, *Vaitaran Basti*, *Shakha* & *Kostha*.

INTRODUCTION

Pain is an agonizing symptom experienced by human beings which is many a time inducing distress.

Amavata is one such a disease of chronic joint pain & body pain accompanied by swelling of some or all of the synovial joints, Angamarda (Body Pain), Aruchi, (Loss of Taste), Thrishana (Thirst), Alasya (Lack of enthusiasm), Gourava (heaviness), Klama (tiredness without doing work) Apaka (indigestion) & fever. In the latter stage pain may begin to migrate from place to place with *Vrushchika* *danshavat* *Vedana* (intense stinging type of pain) and burning sensation. The clinical presentation of *Amavata* closely mimics with the special variety of Rheumatologic disorders called rheumatoid arthritis, in accordance with their similarities on clinical features, like multiple joint pain, swelling, stiffness, fever, general debility. This disease is chronic debilitating affects mostly in the middle aged group, 80% of patients suffering with this disease in between the age of 35 to 50 years, Women are affected approximately 3 times more often than men. Pregnancy is often associated with remission of the disease in the last trimester with subsequent relapses after delievery. About 10% of the patients are affected first degree relative. A genetic susceptibility to altered immune responses probably is important in Rheumatoid Arthritis. Management of Rheumatoid Arthritis includes use of analgesics, Steroids for the pain management which are having several adverse reactions and drug dependency. Thought Ama (Product due to indigestion of food) and *vata* are the

initiating factors in its pathogenesis progress and exacerbation make the disease more Kashtasadhya (difficulty to cure) due to vitiation of Tridosha and involvement of Gambhira Dhatu like Asthi and Madhyama Rogamarga like Sandhi. Basti helps to correct the Vata Dohsa and to relieve pain further Vaitarana Basti a type of Basti specifically prescribed for the treatment of *Amavata*.

Amavata is a disease of Chronic Joint pain & body pain compared to Rheumatoid Arthritis explained in Modern Medicine.

Vaitaran Basti Mentioned by Vangasena & Chakradatta a cost effective bastiyoga.

Aim & Objectives

Evaluation of the role of Basitkarma in *Amavata*.

Evaluation of the role of *Vaitran Basti* in *Amavata*.

MATERIALS AND METHOD

Source of Deta – Patients who were fulfilling the sign & symptoms & diagnostic criteria of *Amavata* (Rheumatoid Arthritis) were selected from the OPD & IPD section Govt. Ayurved Hospital Nanded, Maharashtra, irrespective of sex, religion & socio economic status.

Diagnostic Criteria

Patients having features of *Amavat* like Angamarda (Body Pain), Aruchi, (Loss of Taste), Thrishana (Thirst), Alasya (Lack of enthusiasm), Gourava (heaviness),

Klama (tiredness without doing work) Apaka (indigestion) & jwara (Fever).

The base of criteria Led down by American Rheumatism Association (ARA) was also taken into consideration as follows. Diagnosis of Rheumatoid Arthritis is made with 4 or more criteria.

- Presence of Rheumatoid Factor
- CRP test
- Morning stiffness lasting for > 1 hour
- Arthritis of hand Joints.
- Arthritis of more joints areas.

Inclusion Criteria

- Patients aged between 20-60 years
- Patients having sings & symotoms of Amavata & Rheumatoid Arthritis.
- Patients fit for Basti Karma.

Exclusion Criteria

- Age less than 20 years & more than 60 years.
- Patients having other systemic disorders
- Ptients not fit for Basti Karma.

Criteria for Assessment

The Following parameters were assessed before & after the treatment. The following scoring pattern was adopted.

Criteria	Score
Pain in the Joint	
No Pain	0
Mild pain comes occasionally	2
Moderate pain slight difficulty in joint movement, appears frequently	3
Severe pain requires medication & may remain throughout the day.	4
Severe pain, disturbing sleep & requires strong analgesic	5
Swelling of the Joint	
No Swelling	0
Slight Swelling	1
Moderate Swelling	2
Severe Swelling	3
Stiffness of the Joint	
No Stiffness or Stiffness lasting for 5 minutes	0
Stiffness lasting for 5 minutes to 2 hours.	1
Stiffness lasting for 2 hours to 8 hours	2
Stiffness lasting for more than 8 hours.	3
Tenderness of the Joint	
No Tenderness	0
Subjective experience of tenderness	1
Winching of face on pressure	2
Withdrawal of affected parts on pressure	3
Resists of touch	4

Materials Used

In the present study following drug were utilized.

Vaitarana Basti

Mentioned by Vangasena & Chakradatta.

Got its name due to the specific ability to cure disease.

Indications – Gridhrasi, Khora Amavata, Urustambha, Vishama jwara, Kati-prishtashoola, Urushotha, Janusankocha & Klaibya.

Ingredients of vaitarana Basti – Guda (Jaggary), saindhava lavan (Rock salt), Tila taila (Sesame oil), Chinch (Tamarindus indica) & Gomutra (Cow urine).

Saindhava lavana (Rock salt) 1 Karsha (12 gm.)
Chinch (Tamarindus indica) 1 Pala (50 gm.)

Guda (Jaggary) ½ Pala (25 gm.)
Tila taila (Sesame oil) (50 ml.)
Gomutra (Cow urine) 1 Kudava (200 ml)

Method of Preparation

- Mix Guda (25 gm.) in water & evaporating required quantity of water so as to make the solution dense to be used as honey – 60ml
- Saindhava lavana is added - 12gm.
- Moorchita Tilataila is added – 50 ml.
- Chinch (Tamarindus indica) is put first in hot water, mixed well & filtered. Then the liquid is added to the above mixture -60ml.

Lastly 200ml. of Gomutra (Cow urine) was added slowly & mixing continued so as to have uniform Basti Dravya.

Time of Administration

Niruha Basti administered in the morning hours empty stomach.

Duration

8 days.

Methodology

- ❖ Prospective Clinical trial.
- ❖ Study was done in a single group.
- ❖ Patients age between 20-60years.
- ❖ All the patients were administered vaitaran basti for 8 days.
- ❖ Placebo Capsules were given during the follow up period.
- ❖ Sample size -10 patients.

- ❖ Duration – 8 days & follow up for 1 month.

OBSERVATION AND RESULT

The data were collected as follows

Demographic Data

Data related to etiological factors type & duration of chief complaints

Data related to subjective & objective parameters before & after treatment.

Statistical analysis & assessment for response.

Out of 10 patients maximum 80% patients were female, 70% patients in between the age group of 35-50 years, 50% patients were Hindu, 76%, patients were married, 51% were Vata Kapha Prakriti, 53% were Kroora Koshtha & 78% patients were non vegetarian.

Parameters	M.B.T	M.A.T.	M. diff.	M %	SD	SE	t	P
Pain	3.8	1.4	2.4	59.64	0.59	0.15	12.60	<0.001
Swelling	2.8	0.73	2.07	73.80	0.79	0.20	10.20	<0.001
Stiffness	1.66	0.46	1.2	72	0.56	0.144	8.26	<0.001
Tenderness	3.33	1.26	2.07	62	0.70	0.18	11.37	<0.001
CRP	2.94	1.23	1.71	58	0.46	0.11	14.97	<0.001
RA Factor	3.33	1.26	2.07	62	0.70	0.18	11.37	<0.001

M – Mean, B.T. – Before Treatment, A.T. – After Treatment, S.D. – Standard Deviation, S.E. – Standard Error

The mean score of pain was 3.8 before treatment which reduced upto 1.4 after treatment with 59.64% relief. In swelling mean score was 2.8 before T/t which reduced upto 0.73 after T/t with 73.80% relief. Whereas the mean score of stiffness was 1.66 before T/t which reduced up 0.46 after T/t with 72% relief & in Tenderness mean score was 3.33 before T/t which reduced up to 1.26 after T/t with 62% relief in CRP mean score was 2.94 before T/t which reduced up to 1.23 after T/t with 58% relief RA factor mean score was 3.33 before T/t which reduced up to 1.26 after T/t. with 62% relief.

DISCUSSION

The Basti therapy is considered as prime in the treatment of Amavata diseases, Saindhava lavana by its Sukshma and Tikshna Properties, it helps to pass the drug molecule in systemic circulation through mucosa. Thus it helps the Basti Dravya to reach up to the molecular level. It is also helpful for the elimination of waste due to its irritant property. It is capable of liquefying the viscid matter and breaking it into minute particles. In this Basti instead of honey (Madhu) Jaggery was used. It along with Saindhava makes homogenous mixture, to form a solution having properties to permeable the water easily. The retention of the irritative substances may be favored by making its solution as nearly isotonic as possible by using colloidal fluids. Here, Purana Guda should be taken as it is Laghu, Pathya, Anabhishtandi, Agnivardhaka and Vatapittaghna. It also helps in carrying the drug upto micro-cellular level. In this Basti, Tila Taila mixed with the solution of jaggery and Saindhava help in forming the uniform mixture. Chinchha is having Vata-kaphashamka, Ruksha and Ushna Properties. These properties of the Chinchha make it

useful for the disease Amavata. In Vaitarana Basti, the Gomutra is chief content, which owing to its katu Rasa, Katu Vipaka, Ushna Virya, Laghu Rausha and Tikshan Guna Pacify the Kapha. It is having Tridosahara, Agnideepana, Pachana, Srotovishodhana and Vatanulomana properties.

CONCLUSION

Amavata a commonest joint disorder usually seen in the middle age. The clinical signs and symptom of the Amavata can be compared to Rheumatoid arthritis of the modern science. It is noticed that relief in signs and symptom of Amavata was found in signal group.

Vaitaran Basti is an effective treatment in the management of Amavata & it shows long lasting result.

On both vataj, Pittaja, Kafaja Amavata, Vaitaranbasti found effecting in managing the chief & associated complaints.

Vaitaran Basti can be administered without prior snepapana, swedana, or virechana.

Complications are seldom occurring during & after the course of basti Karma.

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