



KETAKYADI TAILAM MATRA BASTI IN JANUSANDHIGATA VATA: A CASE STUDY

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Article Received on 23/08/2024

Article Revised on 12/09/2024

Article Accepted on 02/10/2024

ABSTRACT

Sandhigata Vata is explained under Vata Vyadhi in Charak Samhita, it is most common form of articular disorder which may begin asymptotically in 2nd and 3rd decade of life and is extremely common by age of 60. In Sandhigata Vata the diseases occur in Sandhi i.e. joints and janusandhi i.e. knee is the mostly affected just in Sandhigatavata. Vata Dosha plays the major role in this disease. In this case study under ketakyadi tailam Matra basti effect for 21 days is assessed. The study reports significant relief in subjective parameters like shool (pain), Shotha (swelling), Graha (stiffness), Sandhisphutana (crepitus).

KEYWORD: JanuSandhigata Vata, Matra basti, Ketakyadi taila.

INTRODUCTION

Vata Dosha governs all types of actions in the *Shareera*. Vata, due to its Sukshma and Chala Guna can even enter the minute channel, influence and control. The Manas (*Niyanta Praneta Ca Manasah, Sarvendriyam Udyojakah*) As Acharya Sharngdhara quotes, "Pittam Pangu Kapham Pangu Pangavo Mala Dhatavah, Vayuna Yatra Niyante Tatra Gacchanti Meghavat" which means Pitta, Kapha, Mala and Dhatu are lame without Vata. *Sandhigata Vata* is explained under Vata-Vyadhi in Charaka Samhita. The change in the today's life style, dietary habits, excessive mobility of joints, stress, strenuous work and suppression of natural urges due to busy schedule have influenced the health of an individual leading to early aging process and thereby, causing degeneration of the body tissue. It is said to be caused by excessive intake of Vata *vrudhikara ahara* like Kattu, Tikta and Kashaya Rasa Pradhana dravyama, excessive stress and strain of joints or Abhigata (Injuries). Basti chikitsa (medicated enema treatment) is considered to be the prime treatment modality among the Panchkarma, as it radically pacifies the morbid Vata, the sole dosha responsible for the movement of all doshas within the body. It is considered as "Ardha Chikitsa" i.e. half treatment. *Matra basti* is one of type of Anuvasana Basti. It is always applicable to those emaciated due to work, physical exercise, weight lifting, journey on vehicle and indulgence in women as well as those with Vata disorders. *Ketakyadi taila* has been mentioned in Shashtrayog in taila prakrana and is mentioned as

Sarvanga Vatajita, which wins over Vata of whole body. *Ketakyadi taila* is indicated in Asthigata vata.

CASE REPORT

A 60 year old male patient presented to the Panchkarma OPD of CSMSS Ayurveda Mahavidyalaya, kanchanwadi, Chh. Sambhajanagar with chief complaint of pain in both knee joint since 1year. Patient felt difficulty in climbing the stairs and sitting in squatting position. On examination pain was present along with mild swelling, crepitus was present based on above complaints and radiological reports patient was diagnosed with *Sandhigatavata*. History of past illness: not significant On examination: BP: 120/90mm of Hg, P: 78/min Temperature: afebrile Weight 54.3 Systemic examination: CVS: CNS: RS: no abnormality was detected.

Criteria For Assessment: Signs and symptoms mentioned in classics: *Sandhishoola Sandhishotha Sandhigraha Akunchana prasarnajanya Vedana Sandhisphutana*.

Gradation Criteria: Table 2

Treatment Detail: *Ketakyadi taila* Type of Basti: *Matra basti* Time: after having lunch Route: per rectum Dose: 60ml Duration: 21 days Follow-up: on 42TH day.

Procedure Detail: POORVA KARMA: *Sthanik Snehan* and *Sthanik Swedana* over *Kati, Prushta* and *Nitamba*

Region will be done. PRADHAN KARMA: *Matra basti* will be administered slowly through the rectum in left lateral position.

PASCHAT KARMA: *Taadan karma* and *uttan* position. *Basti dharan* kala of subjects will noted.

RESULT

(Table 1) After treatment with *Ketakyadi taila Matra basti* patient had good relief in symptoms of *JanuSandhigata Vata*.

Table 1: shows Gradation criteria.

Pramukh Vedana	Gradation	Gradation Marks
<i>Sandhishoola(JointPain)</i>	No pain	1
	Mild pain/	2
	occasional Moderate/	3
	frequent Severe pain	4
<i>Sandhishotha (Swelling)</i>	No swelling	1
	Slight swelling	2
	Moderate swelling	3
	Severe swelling	4
<i>Sandhigraha (stiffness)</i>	No stiffness	1
	Mild stiffness	2
	Moderate stiffness	3
	Severe difficulty due to stiffness	4
<i>Akunchana Prasaranjanya Vedana (pain during extension and flexion of joint)</i>	No Pain	1
	Pain without winching of face	2
	Pain with winching of face	3
	Prevent complete flexion	4
<i>Sandhisphutana Crepitus)</i>	No Crepitus	1
	Palpable Crepitus	2
	Audible Crepitus	3
	Always audible crepitus	4

Table 2: Shows Result.

Subjective criteria	Before treatment Day 1	After treatment Day 21	Follow up Day 42
<i>Sandhishoola</i>	3	0	1
<i>Sandhishotha</i>	1	0	0
<i>Sandhigraha</i>	2	1	0
<i>Akunchana Prasaranjanya Vedana</i>	2	1	1
<i>Sandhisphutana</i>	2	1	1

DISCUSSION

Sandhigatavata is the commonest disorder which mainly occurs due to *Dhatukashya* and other Vata Prakopaka Nidana. Even though *Sandhigatavata* is not a fatal disease but it cripples the movement of patient and makes him or her dependent on others. Majority of drugs used in *Ketakyadi taila* for *Matra basti* has *Vatashamaka* action. Due to *Snigdha Guna* it is also helpful in chronic stage of the diseases and balancing the Vata. Basti helps in *Vata Anulomana* thus helps in correcting Apana. In this case study patient came up with severe pain in both the knees which was relieved and the swelling over the knees got completely relieved along with stiffness. The pain which was present with extension and flexion movement of knees also got significantly reduced. Audible crepitus was also reduced. *Ketakyadi taila* has significant effect on *Janu Sandhigatavata*.

CONCLUSION

On the basis of single case study it can be concluded that Panchakarma treatment like *Matra basti* is effective in treatment of *Janu Sandhigatavata*.

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