



BASTI CHIKITSA IN MUSCULOSKELETAL DISORDERS: CRITICAL REVIEW

Rishu Sharma^{*1}, Poonam Sharma², Gyanendra Datta Shukla³ and Parul Sharma⁴

^{1,2}P.G. Scholar, Dept. of Panchkarma, Rishikul Campus, U.A.U, Haridwar.

³Associate Professor, Gurukul Campus, U.A.U, Haridwar.

⁴Assistant Professor, Rishikul Campus, U.A.U, Haridwar.

***Corresponding Author: Dr. Rishu Sharma**

P.G. Scholar, Dept. of Panchkarma, Rishikul Campus, U.A.U, Haridwar.

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ABSTRACT

Musculoskeletal Disorders (MSD) affect people of all age groups in all regions of the world. Musculoskeletal conditions are characterized by pain, limitations in mobility, dexterity and functional ability which restrict a person's ability to work and participate in society which in turn affects mental well-being as well. According to the data by WHO 20-30% of people across the globe live with a painful musculoskeletal conditions. Pain and restricted mobility are the main features in MSD and the drugs used in contemporary medicine are analgesics, NSAIDs, DMARDS, corticosteroids etc. which are associated with long term adverse-effects. In Ayurveda Classics MSD's can be related with the various diseases described under *Vata Vyadhi*. *Basti Chikitsa* is the best line of treatment for treating all types of *Vataj* disorders.

KEYWORDS: Musculoskeletal disorders, *Vata Vyadhi*, *Panchakarma*, *Basti chikitsa*.

INTRODUCTION

Musculoskeletal disorders (MSDs) are injuries or pain in human musculoskeletal system including the joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back.^[1] The most common musculoskeletal conditions are osteoarthritis, back and neck pain, fractures associated with bone fragility, injury and systemic inflammatory conditions such as rheumatoid arthritis.^[2] According to the data by WHO between 20-30% of people across the globe lives with a painful musculoskeletal conditions. The most common feature of musculoskeletal disease is pain and restricted mobility in which pain typically persist for long term conditions. In Ayurveda MSDs comes under the major heading of *Vata vyadhi* which involves all types of musculoskeletal disorders. According to Acharya Charaka^[3] - Sankoch (muscle contraction), Parva sthambha (stiffness in joints), Parvabheda (pain in joints), Pani, Prishtha and Shirograha (stiffness in hand, back and head), Khanja (lame), Pangulya (paraplegia), Kubjatava (hump back), Anga shosha (muscular atrophy), Gatra spandan (feeling of something moving in body), Gatra suptata (numbness in whole body), Greeva hundan (cracking of scalp and pain in temporal region), Bheda, Toda (types of pain), Akeshapa (convulsions), Moha (loss of sensorium), Aayasa (feeling of exertion).

Pathogenesis of Musculoskeletal disorders^[4]

Nidana sevana includes excessive use of dry, cold, less and light diet, excessive coitus, night awakening, not

following diet and regimen after therapy, excessive expulsion of bio humors or blood, due to Langhana (prolong fasting), swimming, excess use of vehicles, sitting in wrong postures, due to depletion of Dhatus or psychological causes like anxiety, stress, sorrow, anger, day sleeping, fear, suppression of natural urges, external trauma or injury, avoidance of food intake, injury to Marma points (vitals points), falling off from certain heights all these factors leads to vitiation of *Vata* mainly but can be associated with *Pitta* and *Kapha* also. This vitiated *Vata* reaches to Srotas and manifests localized or generalized disorders.

Management of Musculoskeletal disorders

In contemporary science, the management mainly includes uses of NSAIDs drugs (non-steroidal anti-inflammatory drugs) which are having adverse effect on health. According to one study conducted in Nigerian patients found that they were not informed about the side effects of NSAIDs by the prescribers. Dizziness and abdominal pains were the most experienced side effects of NSAIDs.^[5] After the introduction of selective cyclooxygenase-2 (COX-2) inhibitors (or coxibs) there has been ongoing discussion and debate about the safety of all NSAIDs. Current available evidence suggests both traditional NSAIDs and coxibs increase the risk of gastrointestinal and cardiovascular toxicity.^[6]

Treatment of MSDs in Ayurveda depends on causation of disease that is either due to aggravation of *Vata* dosha

or due to depletion of Dosha.^[7] So, when there is accumulation of morbid Doshas Shodhana therapy and in Kshaya condition Brihana chikitsa should be done respectively. In Ayurveda there is one specialized field known as Panchakarma which mainly includes five therapeutic procedures namely Vamana, Virechana, Basti, Nasya and Raktamokshan.^[8] Among them Basti is one therapeutic procedures in which medicated drugs are administered through anal route with the help of Basti yantra.^[9] Acharya Charaka says that Basti is best therapeutic procedure to treat all types Vata disorders.^[10] They mentioned that Basti can be used in multidimensional approach like Apatarpana or Santarpana depends upon the usage of respective drugs.^[11] In the pathogenesis of Vatavyadhi one term "Rikta sthana" has been mentioned which means vitiated Vata leads to decrease or diminished Snehadi qualities in the passages, so it is helpful in achieving those qualities.^[4]

DISCUSSION

The first and foremost sign in the patient of musculoskeletal disorders is persistent of pain which mainly due to vitiation of Vata dosha.^[12] Acharya Sushruta says that Basti can be administered if there is vitiation of Vata alone or if it is associated with Pitta, Kapha, and Rakta also.^[13]

Researches done on Basti given in various MSD

1. Clinical efficacy of Eranda Muladi Yapan Basti in the management of Kati Graha (Lumbar spondylosis).^[14] Fernando et al did trial on 23 patients of either sex in the age between 20 to 65 years having signs and symptoms of LS were selected and were administered Yapan Basti for a period of 15 days. Highly significant results were observed and improvement in cardinal symptoms of Kati Graha was observed.
2. The role of Matra Basti with Bala taila in Sandhigata Vata w.s.r to ability to Climbing stairs in patients of osteoarthritis - Knee Joint.^[15] According to this study done by Anurag et al. subjective parameter that is climbing ability was used to assess effectiveness of Basti therapy. In this trial Matra basti was given for seven days and significant improvement was observed.
3. A clinical study of Nirgundi Ghana Vati and Matra Basti in the management of Gridhrasi with special reference to sciatica.^[16] According to Ali et al. a total of 119 patients were registered for the study, out of which 102 patients completed the treatment: 52 patients in group A (Nirgundi Ghan Vati) and 50 in group B (Nirgundi Ghan Vati + Matra Basti). The results show that both treatments had an effect on Gridhrasi, but there was better relief of the signs and symptoms in group B.
4. Clinical efficacy of Madhu ghrītadi yapan basti (enema) in the management of Vataja gridhrasi (Sciatica).^[17] Iikumaba et al. given Niruha basti with Madhughritadi yapan and Anuvāsana basti

with Murchita ghrīta in Vataja Gridhrasi for 9 days in form of Yoga basti sequence followed by Parihara kala of 18 days. Study were assessed using paired 't' test and wilcoxon matched pair signed rank test and it was found that 60% patients showed major improvement, 27% moderate improvement and 13% minor improvement.

5. Basti chikitsa in Vatarakta with special reference to hyperurecemia.^[18] Katariya paresh et al performed Guduchi siddha ksheera basti and found 80% relief in swelling, pain and burning sensation. Also significant reduction in serum uric acid level was observed.
6. Prevalence of use alternative medicine and complementary medicine among patients.^[19] There was one cross sectional study done in UAE in which prevalence of use of alternative and complementary medicine in a sample 305 patients in Ajman UAE were assessed and it was found that 51.1% of subjects use alternative medicine. Out of these, 30.1% use it along with allopathic medicine. 34% subjects used Ayurveda medicine for general aches and 46.8% for pain. Most subjects chose CAM because they felt that allopathic were not effective (30.2%). They also felt that the benefit of using CAM was relieving stress (23%) and reducing the severity of the condition at (22.6%). No significant difference was found between the effectiveness of CAM alone and CAM with allopathic.

On reviewing the literature and online published data it has been found that in most of the trials Basti therapy given along with some other Panchakarma procedures was given to the patients. It was found that there are few Basti which are very efficiently practicing in musculoskeletal disorders these are; Vaitaran basti, Kshara basti, Saindhavadi taila basti and Panchamooladi kaal basti in Rheumatoid arthritis, Tail Basti are specially indicated where vata shaman is required like osteoarthritis, Sciatica and disc degenerative disorders, whereas Yapan basti is given where nourishment of Dhatus are required like in Ducchen's muscular dystrophy, spondylitic disease, avascular necrosis of femur etc.

CONCLUSION

In Ayurveda basti therapy is consider as Ardha chikitsa that means Basti therapy have potency to cure the disease provided selection and proper execution of Basti therapy according to nature of Dosha, Dushya, Vyadhi, and Vyadhita (patient). In this article we can conclude that significant improvement can be achieved by implementing Basti therapy in the patients of MSDs.

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