ROLE OF PANCHAKARMA WITH SPECIAL REFERENCE TO BASTI CHIKITSA IN JANUSANDHIGATA VATA - A CRITICAL REVIEW

Hemant1* and Seetharamu M. S.2

1P.G. Scholar, Department of Panchakarma, Sri Kalabryaveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India.
2Assistant Professor, Department of Panchakarma, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

*Corresponding Author: Dr. Hemant
P.G. Scholar, Department of Panchakarma, Sri Kalabryaveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India.

ABSTRACT
Sandhigata Vata is the commonest form of articular disorder affecting the musculoskeletal system and characterized by progressive degenerative changes in the articular cartilages especially in the old ages. Janu being a Marma and weight bearing joint, it is most affected by this condition characterized by pain, swelling, painful movement of the knee joint, crepitus and stiffness which further restricts a person’s ability to indulge in his daily routine activities and can in turn affects mental status of the disease. The prevalence of symptomatic osteoarthrosis of the knee occurs in ~12% of person’s age ≥60 years. The current line of treatment in contemporary field of medicine includes the administration of analgesics, NSAIDs, intra articular steroids and surgical interventions which later may have delirious adverse effect in all over the body. In contemporary field of medicine osteoarthrosis can be compared with Janusandhigata Vata due to its similarities in signs and symptoms in classical texts and also stated under Vata Vyadhi. Treatment modalities have variety of options, among them Basti is said to be prime regimen for the treatment of Vata Vyadhi. By reviewing the classical text one can understand that Basti have servers multifaceted actions throughout the body, hence known as ArdhaChikitsa. Through this article an attempt is made to explain the effect of Basti Karma in the management of Janusandhigata Vata and analyzing various researches available through websites and library for the betterment of patient and to spread awareness of this special treatment.

KEYWORDS: Osteoarthritis, Janusandhigata Vata, Basti Karma, Pachakarma, Vata Vyadhi.

INTRODUCTION
Osteoarthrosis is a type of joint disease that results from the breakdown of joint cartilage and underlying bone. It is an increasing health care issue which affects a large number of population at some point in their life. Janu being a Marma and weight bearing joint gets most affected by this condition characterizing mainly pain in the knee joint along with painful movements, stiffness, swelling and crepitus which further restricts a person’s ability to indulge in his daily routine activities and can in turn affects mental status of the disease. The prevalence of symptomatic osteoarthrosis of the Knee occurs in ~12% of person’s age ≥60 years. The current line of treatment in contemporary field of medicine includes the administration of analgesics, NSAIDs, intra articular steroids and surgical interventions which later may have delirious adverse effect in all over the body. Janusandhigata Vata is a disease mainly persists with the complaint of pain and comes under the major heading of Vata Vyadhi. Most common features found in classical texts are Janusandhi Shoola, Janusandhi Shotha, Janusandhi Stambha, Janusandhi Prasarana Akanchana Vedana and Janusandhi Atopa.

Pathogenesis of janusandhigata vata disorders
Before execution of any treatment one should be very clear about the Nidana Panchakas then plan for the best suitable treatment. In Sandhigata Vata there is a mainly vitiation of the Vata Dosha, therefore its Nidana is similar to the Nidana of Vata Vyadhi which includes excessive intake of Ruksha (Dry), Sheeta (Cold), Alpa Aahara, excessive coitus, excessive exercise, Vegodharna (suppression of natural urges), excess riding horse which now a days are bikes and cars, prolonged fasting, due to depletion of Dhatus or psychological causes like anxiety, stress, sorrow, anger, day sleeping, night awakening. In old ages Vata Dosha dominates the body this will in turn lead to Kapha Kshaya. As decrease in the Shleshma Bhava, there will be decrease in the Shleshaka Kapha in the joints in both quantity and
quality. Asthi being main participant of the Sandhi, its Kshaya leads to Khavaigunya in the Sandhi. In this condition further Vata Prahopya Nidana Sewana spreads the Vata Doshaya in all over body by the Srotas. There is an increase in Akasha Mahabuta due to Dhatukshaya which occurs due to the excess intake of Laghu Ruksha, Khara Guna which leads to Guru and Sneha Guna Abhava due to opposite Gunas. This will create Rikata in Sandhi and Shtr溏samsamravya of Prakupita Vata Doshaya will accumulate in Jana Sandhi and manifests the disease Janusandhigata Vata.\[7\]

In Shulas usually Sandhigata Vata occurs in weight bearing joints due to Kaphamedasa Margavrana which vititates the Vata Doshya. Excess Meda Dhatu will produce obstructions for formation of future Dhatu i.e. Asthi, Majja and Shukra, leads to their Kshaya and manifest Janusandhigata Vata.\[8\] Particular Poorvaroopa is not available in literatures therefore Auyukta features are to be considered as Poorvaroopa.\[9\] Management of Sandhigata Vata in contemporary science mainly includes the administration of analgesics, NSAIDs, intra articular steroids and surgical interventions which later may have delirious adverse effect in all over the body.\[1\] Treatment of Sandhigata Vata in Indian Medicine System i.e. Ayurveda, depends on 3 principles which are Hetu (cause), Linga (symptoms), Aushadha (drugs).\[10\] As being a Vata Disorder, Samanya Chikitsa for Vata Vyadhi can be adopted as a regimen.\[11\] Sushruta states a specific line of treatment for the same\[12\] which includes Snehana, Swedana, Agnikarma, Upanahanas, Bandhana, Unmardana etc. Panchakarma includes five major Karma of the Chikitsa in which Basti is a regimen which has multifaced actions making it a unique therapeutic procedure and termed as Pradhan Chikitsa for Vata Vyadhis.\[13\] It is also considered to be Sreshtha among all the regimens by Sushruta.\[14\] Basti have a huge classification which will be too elaborate to describe from route of administration to Dravya and numbers of Basti. If we look at the classification it is classified into two, Niruha Basti having Kashaya as a Pradhan Dravya and Anuvasana Basti having Taila as Pradhan Dravya which classified further in Matra Basti. Niruha contains a homogenous mixture of Madhu, Saindhava, Sneha, Kalka, Kwatha, and Ayapa Dravya and to be mixed in sequential order by Manthatana method. Basti have an ability to move into Sukshma Srotas in all over the body and give its effect all over because of the qualities of the ingredients. Its large variety of actions is helpful in pacifying the vitiated Vata and to nourish the Dhatu which has gone Kshaya in a period of time. On reviewing it is found that a lot of researches have been done on the Basti Karma in Janusandhigata Vata using objective and subjective criteria in different regions of India. In Janusandhigata Vata the prime symptom is pain which brings the patients to the OPD. Pain is caused as the increased Chala Guna of vitiated Vata which has a Sthansamshya in Janu. Basti Karma can bring down the pain and also have a quality to nourish the degenerated tissues or Dhatu which overall is beneficial in relieving further occurring symptoms also.

Most commonly used niruha basti

Most commonly used anuvasana basti
Ksheerabala Taila, Dashmooladi Taila, Bala Taila, Maha Tikta Ghrita, Moorchita Taila Tila Taila, Indukanta Ghrita, Bilwadi Taila,

Researches done on basti used in janusandhigata vata
1. A comparative study of the effect of indukanta ghrita mata Basti and Jalaukavacharanana on janusandhigata vata\[15\]
According to this to 30 days study two groups were compared, in one group (Group M) Indukanta Ghrita 60ml is given and in other group (Group J) Jalaukavacharanana was performed and as conclusion he founds that the severity of pain and swelling were markedly decreased in both the groups and the results were statistically significant but no improvement in crepitus. On comparison between the groups, no significant difference is found but the Group M had longer sustained effect in comparison to Group J. The Gait parameter has more improved in Group M than group J. Clinically best remission was observed in majority of patients in both the groups, where in group M was more effective than group J in sustained effect, where as Group J was having instant relief in symptoms like pain and swelling.

2. Effect of anuvasana basti with ksheerabala taila in sandhigata vata (Osteoarthritis)\[16\]
According to this study including 30 subjects, Anuvana Basti was given with Ksheerabala Taila for 10 days in dosage of 120 ml. They were assessed on the criteria of swelling, tenderness by Ritchie articular index, pain by visual analog scale, crepitus, walking velocity and radiological by klgren-lawrence index. There was significant reduction in subjective parameters such as pain, swelling, tenderness, crepitus and walking velocity. There were insignificant changes in radiological findings. Anuvasana Basti with Ksheerabala Taila was significant in reducing the subjective symptoms of Sandhigata Vata. There was no significant improvement in radiological findings.

3. A clinical study to evaluate the effect of navaprasritika basti in sandhigata vata w.s.r. osteoarthritis of knee joint\[17\]
In this study Navaprasritika Basti is given as Niruha Basti and Anuvasana Basti is given by Bilwadi Taila in the pattern of Yoga Basti to 40 subjects. In the parameter like pain, discomfort after getting up from sitting without use of arms, climbing up the stairs, swelling, tenderness and crepitus, statistically significant improvement was observed. There is no statistically significant improvement in morning stiffness, increased pain on standing for 30min but had a mild improvements in
There are many navaprasritika Basti helps in preventing degenerative tissue damage and reduced Asthi Dhatu Kshaya.

4. Role of dashmooladi taila matra basti in janu sandhigata vata

In this study, Matra Basti was given by Dashmooladi Taila in dosage of 60 ml for 15 days to 6 subjects and it was observed that the Dashmooladi Taila Matra Basti is beneficial to reduce the intensity of the taken parameters and was long lasting after follow up. The womac scale showed marked improvement. Among 6 subjects 4 got significant improvement while two of them got mild improvements.

5. Clinical evaluation of panchatikta ksheer basti in sandhigata vata w.s.r.to osteoarthritis of knee joint

In this study, Group A was given Panchatiktaksheera Basti to 30 subjects in dosage of 150 ml for 8 days and in Group B 30 subjects 60ml of Anuvasana Basti with Taila Taila and 500 ml of Niruha Basti with Dashmoola was given. In reducing Shotha, Shoola, Sandhigraha and Vatapormadratri Sparsha, Panchatiktiksheera Basti was more effective than Yoga Basti.

6. Effect of yoga basti in sandhivata w.s.r. to osteoarthritis of knee joint

In this study, 30 subjects were given Anuvasana Basti with Dashmoola Taila in dosage of 150ml and Niruha Basti with Erandamooladi Basti in dosage of 600ml in Yoga Basti pattern. The observations were made on various parameters and significant results were found in all the symptoms. There is improvement noted in the walking velocity also. It was observed that Yoga basti is a effective treatment in the form of Dashmoola Taila as Anuvasan Basti and Erandmuladi Niruha Basti in Sandhivata. Pain and crepitus are mainly due to Vata Dosha and above data proves that Yoga basti controls Vata Dosha and relieves these symptoms.

7. 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

In this study 20 subjects were given Matra Basti with Bala Taila for 7 days effects were verified based on the parameter of ability to climb stairs .Statistically significant improvement was observed.

8. Role of tikta ksheera Basti and Adityapaka guggulu in the management of sandhigatavata (Osteoarthritis)

In this study 45 subjects were given Adityapaka Guggulu 2 tablets twice a day for 30 days (each tablet – 500mg) and Tikta Ksheera Bati as Niruha Basti in 250 ml and Dashamoola Taila 50ml as Anuvasana Basti in Karma Basti pattern. The research concludes highly statistically significant result in all the taken parameters.

DISCUSSION

Janusandhigata Vata is a disorder dominated by Shoola caused by Vata Dosha. Basti considered as Ardhabhikrits and prime modality for treating Vata Vyadhi, as Basti by having multifaceted actions it is very efficient to maintain the health and nourish the Dhatus which have undergone Kshaya. By pacifying Vata it also pacify remaining Doshas. Niruha Basti, Anuvasana Basti is found to be effective also in the pattern of Yoga Basti or modified Kala Basti, but to pacify and gain full effect one must undergo Karma Basti Pattern and actual full effect can be seen after Dwiparihar Kala (follow up). It is found that there are many Basti available in the texts among them Tikta Rasa Yukta Basti was found to be more effective in Asthigatavikaras as Vayu and Akash Mahabhuba in Tikta Rasa has ability to go in Sukshma Srotas and act on Vata Dosha and Tikta Rasa along with Ksheera helps in managing Asthi or Asthigata Roga. Others Basti like Anuvasana with Vata Ghana Taila and Niruha Basti with Vata Ghana Dravya also found to be effective. In Niruha Basti, Sukshma, Teekshna and Vayvya Gunas of Makshika and Lavana help Basti Dravya to reach to minute channels of the body. Srotomukha Vishodhana will be caused by Sneha present in Basti which help in easily elimination of imbalance Dosha. The Kalka used, helps in attaining the consistency of Basti. All ingredients play a vital role and only get a homogenous mixture if mixed in sequence properly. Anuvasana Basti nourishes all the Dhatu and provides Bala to the Sharira which can reduce the symptoms of disease and stops its prognosis.

CONCLUSION

On reviewing the various literatures and research works, it has been found that Basti Karma is highly significant in the treatment of Janusandhigata Vata. Basti also give effect for long term, after follow up also its effects is seen all over the body. Basti Chikitsa can be made more efficient if some local regimen like Upanaha, Agrikarma, Janu Basti etc. are also opted along with it. Thus by adopting Basti Chikitsa by considering the Sukshma knowledge of Doshas, Bhesha, Desha, Kala, Bala, Sharira, Aharuadi aspects and by applying Yukti for the different combinations will found to be highly statistically effective and can provide a scope of further researches. Basti is found to be effective in treating Janusandhigata Vata very significantly.

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