

CONCEPTUAL STUDY OF MATRA BASTI IN MANAGEMENT OF SANDHIGATAVATA

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ABSTRACT

With changing trends to food and lifestyle there is increasing trends to Vatavyadhis. Ayurveda considers aggravated Vata as the main contributory factor for many disorders. Sandhigatavata is described under Vatavyadhi in all Samhitas and Sangraha Granthas. Sandhigatavata is one of such disorder in which there is Sandhishool (joint pain), Sandhishotha (joint swelling) , Sandhigraha (joint stiffness) ,Vatapurnadrutisparsa. Basti is considered best to treat all Vatavyadhis. Matra basti is subtype of Anuvasana basti. It is very much convient to administer in present daylife as it is a subtype of Anuvasanabasti. Matrabasti which itself is in small amount is being helpful to treat various Vatavyadhis. So here in this article I have discussed the effect of Matrabasti in management of Sandhigatavata. Sandhigatavata may be correlated with degenerative joint disease or Osteoarthritis.

KEY WORDS: Sandhigatavata , Matrabasti , Anuvasanabasti, Vatavyadhi, Osteoarthritis.

INTRODUCTION

Ayurveda – The science of life deals with physical , psychological as well as spiritual well being of an individual. It covers all the spheres of human life. All human beings wish to lead a healthy life in there healthy and active body. There are several such disorders which curtails one from leading a happy , healthy and active life. Osteoarthritis is one such disorder . It is one of the most common disorder which may begin asymptotically even in 2nd & 3rd decades of life.¹ Osteoarthritis is correleated with *Sandhigatavata* in *Ayurveda*. *Sandhigatavata* is

described under *Vatavyadhi* in *Samhita* and *Sangraha* texts. The proposed study focus on management of *Sandhigatavata*. *Sandhigatavata* is *Vata* disorder. *Basti* treatment is indicated to be the best for management of *Vata* disorder.² According to *Agnivesha*, *Basti* is said to be half of the whole treatment of *Vata* disorder.³ *Anuvasanabasti* is type of *Basti*.⁴ in which *Snehadravya* is given by *Basti*. *Matrabasti* is type of *Anuvasana Basti*.⁵ It is explained that this type of *Basti* can be given to almost everybody, in all seasons and it can be given with maxi-

mum ease and has no complications thereafter.⁶ *Matrabasti* can be administered at all times and in all seasons .It is recommended for daily use in those affected with *Vata-vikara*. Based on this background *Matrabasti* was evaluated in management of *Sandhigatavata* with the objectives of :-

- To study the concept of *Matrabasti* in management of *Sandhigatavata*.
- To study in detail about the lakshanas of *Sandhigatavata* from various *Samhitas*,
- To study in details about *Matrabasti*.

MATERIALS & METHODS –

- All the references regarding *Sandhigatavata* and *Matrabasti* are collected from *Bruhatrayee* and *Laghutrayee* and various text books and compilation is done.
- Concept of *Basti* ,*Sandhigatavata* and *Matrabasti* studied in details.
- Collection of all the references is done and correlation between the data is done logically i.e. by using *Yukti Pramana*.

DISEASE REVIEW

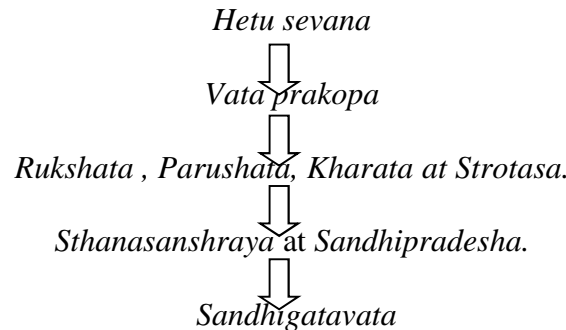
nidana (etiology) : According to *Acharya Charaka* , *Vayu* gets aggravated by intake of nctuous , cold , scanty , light food , excessive sexual indulgence , lack of night sleep , inappropriate therapeutic measures , administration of therapies which cause excessive

elimination of *Doshas* and blood , *Langhana* , swimming in excess , resorting to wayfaring , exercise and other physical activities in excess , loss of *Dhatus* , excessive emaciation because of worry grief and affliction by disease , sleeping over uncomfortable beds and seats , anger , sleep during day time , fear and suppression of natural urges , formation of *Aama* suffering from trauma , abstinence from food , injuries to *Marmas* and riding over elephant , camel , horse or fast moving vehicles and falling down from the seats on these animals and vehicles.⁷

purvarooopa : (premonitory signs): There are no premonitory symptoms of *Sandhigatavata* mentioned in *Samhitas*.⁸

rupa : (symptoms): *Sandhishool* (joint pain) ,*Sandhishotha* (joint swelling) , *Sandhigraham* (joint stiffness) , *Sandhiaatop* (joint crepitus) , *Vatapurnadrutisparsha* , *Prasaranaakunchanayovedana*. (painfull movements of joints)⁹

samprati : (pathogenesis): Various etiological factors causes *Vata* vitiation and vitiation of *Vata* occurs in different parts of body and causes *Rukshata* (dryness) , *Parushata* , *Kharata* (roughness) in *Strotasa* , gets *Sthanasanshraya* at *Sandhipradesha* and causes *Sandhigatavata*.



BASTI REVIEW *Basti* being is the most widely used and highly effective treatment

modality in *Panchakarma*. Though *Basti* is mentioned in vitiation of all the *Vata* , *Pitta* ,

*Kapha , Rakta Doshas.*¹⁰ It is specially indicated for *Vatika disorders*. *Acharya Charaka* states *Basti* first act on *Pakvaashaya* (large intestine) and keep the *Vata* in *Samaavastha* (equilibrium). It produces *Chedana* of *Vata*. So all the *Vatavikaras* will be adiminished just like the tree which is cut by its roots loses the extremities, stem, *Shakha* (branches) , *Kanda* , *Pushpa*(flowers).¹¹ According to *Chakrapani* the correctly given *Basti* will stay in the *Pakvaashaya* (large intestine) ,*Shroni* (pelvis) , *Nabhi* (umbellicus) and *Adhobhaga* . *Basti Dravya* will reach the entire *Strotasa* in view of its *Veerya* and produce *Shamanadi Karmas*. After the administration of *Basti*, it will come out to the effect of *Apanavayu*. It also causes *Shodhana* of *Doshas* from *Pada* to *Shiras*.

MATRA BASTI: *Matrabasti* is a type of *Anuvasanabasti* based on *Matra* of *Basti Dravya*. All *Acharyas* explained about *Matrabasti* and considered safe and useful in many conditions where other varieties of *Basties* are contraindicated. The term *Matra* , gives various meanings with respect to different contexts, such as measurements , quantity , size , number , degree , movement , unit of time. In the present context the term *Matra* gives the meaning for the unit of measurement i.e. for the quantity of *Bastidravya*. *Basti* also having different meanings in various quantexts but in present quantext it is considered as therapeutic procedure of *Panchakarma*.

Indications of matra basti - According to *Acharya Charaka* , *Matrabasti* is always applicable to those emaciated due to over work , physical exercise , weight lifting , way faring , journey on vehicles and indulgence in women , in debilitated persons as

well as in those afflicted with *Vata Disorders*. *VruddhaVagbhata* has emphasized on regular administration of the *Matrabasti* and it can be administered at all times and in all seasons just like *Madhutailikabasti*.

Contraindications - In classics, there are no major contractions mentioned for *Matrabasti* , but *Ashtangasangrahakara* has stated that *Matrabasti* should not be administered in *Ajeerna* (indigestion) condition and to those who resort to *Diwaswapna*.(sleep during day time)

DISCUSSION

According to *Acharya Charaka* the aggravated *Vayu* while filling up the channels of circulation which are empty or have become weak in quality because of the lack of the unctuousness , produces different kinds of ailments affecting the whole body or a part. *Basti* is considered as best therapy in *Sandhigatavata*. *Matrabasti* has no restrictions as like the that of *Asthapanabasti* and *Anuvasana* , one can perform routine works after administration of *Matrabasti*. *Matrabasti* can be administered any time irrespective of age, day and time .It can be administered to *Durbalapurusha* (weak person) where other *Basties* are contra indicated. It does not produce any complications .Even though *Matra* is less it has wide spread action throughout the body. *Niruhabasti* and *Anuvasanabasti* should be administered alternatively but *Matrabasti* alone can be administered everyday continuously without any complications.

Thus *Matra basti* helps in *Sampraptibhanga* of *Sandhigatavata*.

CONCLUSION

- *Matra Basti* is having *Snehana* effect.

- *Matra Basti* can provide significant results in *Sandhigatavata*.
- Thus *Matra Basti* can be effectively used in management of *Sandhigatavata*.

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