

A REVIEWING APPROACH TO EVALUATE THE EFFICACY OF BASTI KARMA IN THE MANAGEMENT OF BECKER MUSCULAR DYSTROPHY

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ABSTRACT

Becker muscular dystrophy (BMD) is a neuro-muscular X-linked recessive disorder due to mutation of dystrophin gene responsible for producing a group of hereditary progressive disease. BMD presents a multitude of challenges for the development of effective treatment. The aim of this study is to develop better management and ultimately find ways to treat it. There is currently no satisfactory results in any system of medicine and quality of life can be impacted by this disorder. This review is to improve the quality of life by proper management and to present progress made in this area of research. In *Ayurveda*, almost all major neuro-muscular disorders are comparable with *vata vyadhi*. BMD can be co-related with *kshayaj vata vyadhi* with specific state of *Manshagat vata*. Hence, *Basti* is considered as the best therapeutic regimen for *Vata Vyadhi*, further it is glorified that *Basti chikitsa* as “*Ardha Chikitsa*” or “*Purna Chikitsa*” of *Vata*. *Basti* purifies the *Doshas*, *Srotas* and increases the *Shukra*, *Oja* and *Agni*. *Basti* takes out the morbid substances not only from colon but also pervading in the entire body by its *veerya* and *prabhava*. *Basti* may control *Dhatukshayajanaya Vata prakopa*, causing *dhatu samyata*, as it acts as *Brimhana*. Therefore, the purpose of this study is to potential effects of *Basti* in reducing the symptoms of Muscular Dystrophy and to assess the effects produced on motor functions.

Keywords: Becker muscular dystrophy, Dystrophin protein, *Vata Vyadhi*, *Manshagata Vata*,

INTRODUCTION

Becker muscular dystrophy (BMD) is less severe form of X-linked recessive disorder and is approximately 10 times less frequent than Duchenne with an incidence of about 3 per 100,000 live-born males. Dystrophin plays an essential structural role in both cardiac and skeletal muscle, protecting the Sarcolemma from mechanical stresses of muscle contraction whereas BMD is characterized by reduced expression of the protein². It is usually be-

comes apparent between age 5 and 15 yrs and is characterized by slowly progressive proximal muscle weakness of the leg¹. Severity of the disease may be indicated by age of patient at the onset of the disease. Onset at around age 7-8 yrs of age shows more Cardiac involvement and trouble climbing stairs by age 20, if onset is around age 12, there is less Cardiac involvement. The quality of life for patients with BMD can be impacted by the symp-

toms of the disorder⁷.

MATERIAL & METHODS:

Reviewing the various researches in modern science through this paper and prefer *Ayurvedic* text regarding *Vatavyadhi* and modern text books made by different material.

RESULT:

Panchakarma shows great result among which *Basti* may be used to have beneficial effects for pacifying vitiated *Vata Dosha* and correction of *Agni* which are responsible for the formation of next *Dhatu* or give nutrition to the cells and tissues of the body. Therefore, the *Basti* play a supreme role to normalize *Vata Dosha* and helps in treating degenerative pathology.

DISCUSSION

Becker muscular dystrophy is characterized by *Mamsa-kshaya* with manifestation of vitiated *Vata* and its disorder. Muscular dystrophy indicates there is a depletion of *Dhatu* (*Mamsa*). The increase or decrease of a particular *Dhatu*s indicates the increase or decrease of their respective *Dhatvagnis*. It is genetic predisposition (*Bheej dosha*) that convert physiological *vata* element into pathological morbidity³. The *Srotodushti* is responsible for the *Mamsa dhatu kshaya*. According to *Charak*, *Mamsa-kshaya* may be present when there is prolonged *Majjagata kupita Vata*⁴. The vitiated *Vata* leads to specific *Dhatu kshaya* and vice versa *Dhatu kshaya* further leads to *Vata prakopa*⁵. *Srotorodha* produces hypertrophy in particular region, it also manifests as *Vata prakopa*. This complex pathogenesis is responsible for progressive wasting and necrosis of the affected muscle fibres. We have to focus our attention on the *dhatvagni paka* of *Rasa-Rakta-Mamsa* and *Meda dhatu*s besides *Asthi* and *Majja dhatu*s.

Thus, *Basti* therapy appears to have significant role to play in this context. *Basti* is considered as best therapeutic modality in *Panchakarma*. It performs the function viz *shodhana*, *shamana*, *sangrahana* and instantaneously promote the *Aayu*, *Bala*, *Agni*, *Medha*, *Swara*, *Varna*. Therefore, *Yapana Basti* should be selected for this disorder which is having *Brumhana* and *Balya* properties. It clearly shows its efficacy in this condition considering as *gambhir dhatu gata vikara*. *Yapana Basti* performs both the function viz *shodhana* and *snehana* which is done by *Niruha* and *Sneha Basti* respectively⁶. Moreover, the *Yapana Basti* is having *Rasayana* effect and can be administered for longer duration without any adverse effect.

CONCLUSION

In *Ayurvedic* classics, Becker muscular dystrophy is characterized by *Mamsa-kshaya* with manifestation of vitiated *Vata Dosha*. The *Dhatupaka avastha* clearly signifies the importance of *Agni* which is responsible for the formation of next *Dhatu*. *Panchakarma*, among which *Basti* is useful in the long term management of BMD. *Basti* offers the *shamana* of provoked *vata* which is evident in Muscular Dystrophy as the reason brings a chain of *Dhatu Kshaya* leading to *Vata prakopa* and further *Dhatu Kshaya* due to *Vata prakopa*. Thus, administration of *Basti* should be done for the correction of *Agni*, balancing *Doshas* and eliminating metabolic toxins from *Dhatu* through *Basti*.

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