

ROLE OF TIKTA KSHEER BASTI IN THE MANAGEMENT OF ASTHIMAJJAGAT VATA WITH SPECIAL REFERENCE TO SPONDYLOSIS

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ABSTRACT

Ayurvedic description of *Asthimajjagata Vata* closely resembles with spondylosis of modern medicine. *Basti chikitsa* is considered to be the half the treatment for *Vata* dominated diseases¹. *Basti* is considered as *Param Aushadh* for *Vata*². *Vata Dosha* is predominantly present in *Asthi Dhatu* and *Sandhi* (joints)³. *Tikta Rasa* has tendency to go towards *Asthi dhatu* after assimilation in the body due to dominance of *Akasha* and *Vayu Mahabhuta*. In the present context *Ksheera* is used as *Basti dravya* which is prepared with *Tikta rasa dravyas and ghrut* which is effective in *Asthigata Rogas*. *Ksheera* and *Ghrut* has *Snigdha* and *Madhura* properties hence it does *Vata Shamana* in the body. Considering all these factors it was decided to evaluate the efficacy of *Tikta-ksheera Basti* in *Asthimajjagata Vata*.

KEY WORDS: *Asthimajjagata Vata, Tikta-ksheera Basti, Spondylosis, Vataavyadhi*

INTRODUCTION

Asthimajjagata Vata (Spondylosis) is a common type of *Vatik* disorder found in all races. Owing to distracting nature and difficult management. Due to change in life style like unsuitable sitting, sleeping, bike riding, standing and low nutritional value food as the junk food; *Asthimajjagata Vata* has emerged in society as prominent disease. During the process of pathogenesis, when the vitiated *Vata* gets into the vertebrae (*Asthi*), then due to inverse relationship in *Asthi* & *Vata*, As *Vata* increases *Asthi* decreases i.e. *Asthikshaya*⁴ causing pain, tingling sensation, numbness. Today the modern science deals with these kind of diseases with analgesics and steroids but their side effects hampers the physiology more. In

the Ayurvedic text “*Purishdhara kala*” is similar to “*Asthidhara kala*”⁵. *Tikta ksheera Basti* is indicated in all types of *Asthigat vikar*⁶. Hence we decided to study the effect of *Tikta Ksheer Basti* in *Asthimajjagata vata* with special reference to spondylosis.

Based on this background *Tikta Ksheer Basti* was evaluated in management of *Asthimajjagata vata* with special reference to spondylosis with the objectives of:-

- To study the concept of *Tikta Ksheer Basti* in management of *Asthimajjagata vata*.
- To study in detail about the *lakshanas* of *Asthimajjagata vata* from various *Samhitas*,
- To study in details about *Tikta Ksheer Basti*.

MATERIALS & METHODS –

- All the references regarding *Asthimajjagata vata* and *Tikta Ksheer Basti* are collected from *Bruhatrayee* and *Laghatrayee* and various text books and compilation is done.
- Concept of *Basti*, *Asthimajjagata vata* and *Tikta ksheera Basti* 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 dry, 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 *dhatu*s, 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

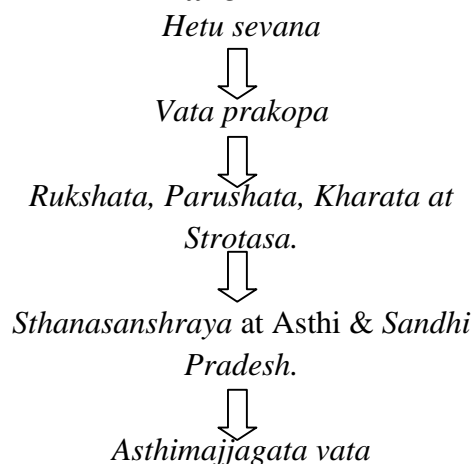
Purvaroop: (Premonitory signs): There are no premonitory symptoms of *Asthimajjagata vata* mentioned in *Samhitas*.⁸

Rupa: (Symptoms) : *Bhedanavat pida at Asthi and parva* (pain in bone and smaller joint), *Sandhishool* (joint pain), *Mansa Bala Kshaya* (Emaciation), *Nidranasha-*

Aswpna (Loss of sleep), *Santata Ruk* (Continuous pain)⁹

Samprapti: (Pathogenesis)

Various etiological factors causes *Vata* vitiation and vitiated of *Vata* travels in different parts of body and causes *Rukshata* (dryness) , *Parushata* , *Kharata* (roughness) in *Strotasa* , gets *Sthanasanshraya* at *Asthi and Majja dhatu* and causes *Asthimajjagata vata*.



SPONDYLOSIS: Spondylosis is a term referring to degenerative osteoarthritis of the joints between the centre of the spinal vertebrae and /or neural canal. It may cause pressure on the nerve roots with subsequent pain, paresthesia, tingling sensation, numbness, diminished muscle power diminished reflex in the limbs¹⁰.

BASTI REVIEW: *Basti* being the most widely used and highly effective treatment modality in *Panchakarma*. Though *basti* is mentioned in vitiation of all the *Vata*, *Pitta*, *Kapha*, and *Rakta Doshas*.¹¹ It is specially indicated for *Vatik disorders*.¹² *Acharya Charaka* states *Basti* first acts on *Pakvashaya* (large intestine) and keep the *Vata* in *Samavastha* (equilibrium). It produces *Shamana* of *Vata*. So, all the *Vatavikaras* will be diminished just like the tree which is cut by its roots loses the extremities & Stem, *shakha* (branches), *Kanda*, *Pushpa* (flowers).¹³

TIKTA KSHEER BASTI: Acharya Charaka has said that in the diseases related to Asthi, We should give Basti using *Tikta rasatmaka aushadhi dravya* along with *ghrut* (Ghee) and *Ksheer* (milk).¹⁴

ROLE OF BASTI: As the Acharya Dalhana has said *Asthidhara kala* is *Purishdhara kala*¹⁵. *Purishdhara kala* is nothing but *Pakvashaya* (large intestine). “*Pakvashaya*” is very important *Sthan* (Site) of *Vat Dosha*¹⁶. Here there is *Nirmiti* (Origin) of *vata Dosha*¹⁷ and *Asthi dhatu*. *Karyakshetra* of *basti* is *Pakvashaya*.

DISCUSSION

According to Commentator *Arundatta*, the substance having *Snigdha* (unctuous) and *Shoshana* (drying) properties and produces *Kharatwa* (roughness) increases *Asthi* (*Asthivardhan*), as *Asthi* is also *Khara* by nature. But no substance is available that has both *Snigdha* and *Shoshana* properties. So *Ksheer* (milk) and *ghrut* (ghee) which are *Snigdha* in nature are advised to be used with the substances which are *Tikta* (Bitter) and possess *Shoshana* (drying) property. It was advised that *Ksheera*, *Ghrut* and *Tikta dravyas* should be used together in the form of *Ksheera Basti*. This combination has ability to produce *Kharatwa*. Hence it can be said that *Tikta Ksheer basti* has ability to repair degeneration of bones and cartilage. So, *Ksheera*, *Ghrut* and *Tikta dravyas* will act on the site of lesion in *Asthimajjagata vata* i.e. joints and will be in a position to breakdown chain of reactions occurring in the form of *Samprapti* at one hand and

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arrest the progress of the diseases on the other hand in addition to producing subjective improvement in patients. One more reference from *Ashtang Hruday samhita* denotes that Excess use of *Tikta ras* causes *Dhatukshay* and *Vatavyadhi*¹. This states that *Tikta ras* has ability to reach to *Asthi dhatu* and deal with *vata dosha*. So, here we can say that *Tikta ras* has definite effect on *Asthi* and *vata*.

In *Tikta Ksheer basti* we are using *ghrut* and *ksheer* which are good at *Vatashaman* and *Asthi poshan*. Hence, we can say that *Tikta ras* will lead the *vatashamak* & *asthiposhak* *Ghrut* and *Ksheer* to *Asthi dhatu*. It will repair degeneration (*Dhatukshay*) of *Asthi*. *Tikta ksheera Basti* may also manifest its pharmacological actions in one or all the ways as mentioned below. These factors may act individually or in collaboration with each other to accomplish the task of *Basti* in the form of *Tikta ksheera Basti* and there by producing desired effects in the form of:

1. Arresting progress of the disease; delaying the degenerative changes in *Asthi*.
2. Repairing the degenerative changes in *Asthi*.

CONCLUSION

Tikta ksheera Basti can provide significant results in *Asthimajjagata vata*.

Thus *Tikta ksheera Basti* can be effectively used in management of *Asthimajjagata vata*. w.s.r. to Spondylosis.

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