ROLE OF GURUCHISIDDHA KSHEER BASTI ALONG WITH KAISHOR GUGGUL & AMRITARISHTA IN VATARAKTA

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ABSTRACT

To assess the effect of Guruchisiddha ksheer basti along with Kaishor guggul & Amritarishta in vatarakta Mrs. Rabia Khatun’s case was observed. 15 days course was design that included Kaishor guggul 250mg t.d.s & Amritarishta 20 m.l. b.d. after meal as internal medicine & Guruchi siddha kshir basti 360 ml (madhu 50 ml+ pind tail 50 ml+10 gm guruchi churna+250 ml guruchi siddha kshira). This combination of treatment was found very effective as patient got complete relief from it.

Key words - Vatarakta, guruchi siddha ksheer basti, ubhayashrita vatarakta

INTRODUCTION

Now-a-days with the march of time, dietary habits, lifestyles and environment have been changing. Due to these changes in everyone’s life, there are many health related problem occurs widely all over, resulting in many systemic diseases. Amongst this, Joints & musculoskeletal diseases affecting majorly in second and third decades of ages which takes the form of chronicity and deformity. Vatarakta is also one of the joint diseases which are explained in Ayurveda with a different etiopathogenesis from other joint diseases. This case study will be attempted for proper management of vatarakta as per Ayurvedic classics.

Vatarakta is a medical condition that usually present with recurrent attack of acute inflammatory arthritis (red, tender, hot &swollen joint) it is caused by elevated level of uric acid in the blood. The uric acid crystallized in the form of monosodium urate monohydrate (MSUM) and deposits in joints, tendons & surrounding tissues.¹

There is no treatment available which can prevent or reverse or block the disease process. The disease is managed by NSAID’S, analgesic drugs, diuretics, physiotherapy & corticosteroids etc. These drugs are very costly & cause unwanted side effects. Therefore it requires some alternative therapy which can cure vatarakta with minimum intervention and hence ayurvedic principles and management play vital role for its management. Acharya Vagbhatta said there is no alternate treatment as ksheerbasti for vatarakta (²). To remove the doshas ksheer basti is beneficial in vatarakta said by Acharya Charak (³).

Case report – A female patient aged 46 years visited Panchakarma o.p.d. of D.Y. Patil Ayurved hospital Nerul, Navi Mumbai
on 6 Nov.2013. She was having following complaints –

**Chief complaints-**
- pain in all joints - since 10 yrs
- burning sensation over both knee joints - since10 yrs
- dryness in mouth
- Difficulty in walking and doing other daily work.
- Aruchi, agnimandya

**H/O present illness**
Patient was having pain, Tenderness and swelling on both knee jt.
Onset of pain was gradual within few days’ pain and tenderness started in elbow, ankle and small jts.of hands and feet.Low grade fever was noted intermittently. Pt. had these complaints since 10 yrs. with on & off episodes.

**Past medical history –**
No history of any previous major illness.

**Family history –**
No contributory

**Personal history** - Menopause 2 yrs back.

**Ashtavidha pariksha:**
Pulse – 68/min Voice- clear
Tongue- miram Urine- regular
Built- medium Eyes- prakrut
Stool- regular Touch-manda,ushna over knee jts

**Dashavidha pariksha**
Region – sadharan Appetite- moderate
Strength – low Prakrut- vata-pitta
Disease- severe Digestive power – moderate
Age -46 yrs mental strength- satva- heen
Diet- meat consumption kala -10 years

**General examination**
Pulse -68/min
CNS-conscious /well oriented

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<thead>
<tr>
<th>Sr.</th>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
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BP -110/70 mmhg CVS- S1 S2 clear
Oedema –no Urine –NAD
RS- clear AEBE P/A-soft non tender
Stool-NAD
Pt. came with above complaints in the OPD of Dr. D.Y Patil Ayurved College on 6/11/2013 & admitted in the hospital. Pt. was advised following blood test on 07/11/2013.

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<tbody>
<tr>
<td>CBC</td>
<td>ESR</td>
<td>R.A TEST</td>
<td>Sr. creatinine</td>
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<td></td>
<td></td>
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<td>Hb. -9.4</td>
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<td>ESR -75 mm/hr</td>
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<td>R.A Test – negative</td>
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<td>Sr. creatinine – 0.4 mg/dl</td>
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<td>Sr.uric acid - 7.2 mg/d</td>
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<td>After detecting elevated sr. uric acid pt. was diagnosed vatarakta. Following treatment was given -</td>
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<td>kaishor guggul 250 mg 2tds</td>
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<td>liq.amrutarishta 20 ml BD</td>
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<td>Following panchakarma was advised -</td>
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<td></td>
<td>guduchi siddha kshir basti</td>
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<td>from 07/11/2013 to 21/11/2013 the above t/t was given.</td>
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<td>The severity of symptoms ↓↓</td>
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<td>Following test were done on 21/11/2013</td>
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<tr>
<td>CBC</td>
<td>ESR</td>
<td>Sr. uric acid</td>
<td>Test report –</td>
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<td>Hb. -10.1 g/dl</td>
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<td>ESR -54 mm/hr</td>
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<td>Sr. uric acid 4.3 mg/dl</td>
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A. **SUBJECTIVE PARAMETERS** - SUBJECTIVE PARAMETERS are based on ubhayashrita vatarakta(4).
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<table>
<thead>
<tr>
<th>No.</th>
<th>Grade</th>
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<tbody>
<tr>
<td>1.</td>
<td>Daha</td>
<td>3</td>
</tr>
<tr>
<td>2.</td>
<td>Ruja</td>
<td>3</td>
</tr>
<tr>
<td>3.</td>
<td>Toda</td>
<td>2</td>
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<tr>
<td>4.</td>
<td>Shotha</td>
<td>3</td>
</tr>
<tr>
<td>5.</td>
<td>Shavavarna Twacha</td>
<td>1</td>
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Above grading was done on the following basis:-

1. **Daha** –
   - 0 - no burning sensation
   - 1 - involvement of 1 joint
   - 2 - involvement of 2 joint
   - 3 - Daha all over the body

2. **Ruja** -
   - 0 - no pain for
   - 1 - mild pain
   - 2 - moderate
   - 3 - severe pain

3. **Toda** - Grading is done same as Daha

4. **Shotha** -
   - 0 - no shoth
   - 1 - mild (0-3mm)
   - 2 - moderate shoth (3-6mm)
   - 2 - severe shoth more than 6mm

5. **Shavavarna twacha** - grading is done same as Daha.

**OBJECTIVE PARAMETER** - Before the treatment Sr. Uric Acid was 7.2mg/dl & 4.3 mg/dl Was reported after treatment. Preparation of guruchisiddha ksheer basti: Gudu-uchi bharad -50 gm prepare decoction 250 ml add Milk 250 ml reduced until milk remain (madhu 50 ml+ pind tail 50 ml+10 gm guruchi churna+250 ml guruchi siddha ksheera)

**RESULT&DISCUSSION**

Respond to the treatment was recorded and therapeutic effect s were evaluated by symptomatic relief of the patient. It was observed that the patients clinical symptoms were reduced gradually after the treatment period (Table 1). At the end of the treatment Sr. uric acid was within normal limits which was earlier more than normal. Pt. was discharged with proper diet chart & maintainance dose of internal medicine.

Since patient was having vatarakta with low grade fever, guruchi was used as orally in the form of Kaishor guggul, Amritarishta & Guruchi siddha kshir basti was given. Guruchi is having tikta rasa & madhur vipaka cause Rasagata dosha shaman & nutrition of dhatus in jwara. Guruchi eliminates mansgata aama & removes obstruction to movement of vyana. Thus it eliminates inflammation of joints & associated pain & fever. Kaishor guggul mainly contains Amruta i.e. guduchi. Rogadhikaar of guduchi is vatarakta(5). hence it is specifically useful in the disease of vaatraka. In kaishor guggul alongwith guduchi, other contents are triphala, tryushan i.e. trikatu, vidanga, danti, and nishottar. Guggul is having yog-vaahitwa guna so it enhances the properties of guduchi.

**CONCLUSION**

It is concluded that this treatment regimen completely relieves the symptoms in vatarakta. These medicines can be utilized in treating patients who are suffering from vatarakta, to reduce both signs & symptoms successfully & with greater effectiveness.

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