CONCEPTUAL STUDY OF MATRA BASTI IN MANAGEMENT OF SANDHIGATAVATA

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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 a healthy and active body. There are several such disorders which curtail 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. Osteoarthritis is correlated with Sandhigatavata in Ayurveda. Sandhigatavata is described under Vatavyadhi in Samhitas 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.1 According to Agnivesha, Basti is said to be half of the whole treatment of Vata disorder.2 Anuvasa type of Basti is given by Basti. Matrabasti is type of Anuvasanabasti.3 It is explained that this type of Basti can be given to almost everybody, in all seasons and it can be given with maxi-

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) ,Vatapurnadruitsparsha. Basti is considered best to treat all Vatavyadhis. Matra basti is subtype of Anuvasana basti. It is very much convenient 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.
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 Bruhattrayee 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.

purvaroopa : (premonitory signs): There are no premonitory symptoms of Sandhigatavata mentioned in Samhitas.

rupa : (symptoms): Sandhisshool (joint pain), Sandhishotha (joint swelling), Sandhigraham (joint stiffness), Sandhiatatop (joint crepitus), Vatapurnadrutisparsha, Prasaranaakunchanayovedana. (painfull movements of joints)

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 Sthanasamshraya at Sandhipradesh and causes Sandhigatavata.

Hetu sevana

Vata prakopa

Rukshata, Parushata, Kharata at Strotasa.

Sthanasamshraya at Sandhipradesh.

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. 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 diminished just like the tree which is cut by its roots loses the extremities, stem, Shakha (branches), Kanda, Pushpa (flowers). According to Chakrapani the correctly given Basti will stay in the Pakvaashaya (large intestine), Shruti (pelvis), Nabhi (umbilicus) and Adhobhaga. Basti Dravya will reach the entire Srotasa 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 Divaswapna (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 aliments affecting the whole body or a part. Basti is considered as best therapy in Sandhigatavata. Matrabasti has no restrictions as like 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 contraindicated. 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 an 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.

REFERENCES


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