

CLINICAL EVALUATION OF THE ROLE OF ASTHISANHARAKADI KSHEERA BASTI IN THE MANAGEMENT OF COMPRESION FRACTURE

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ABSTRACT

Vertebral Compression Fracture may be defined as a clinical event characterized by loss of height and acute pain. The pain of acute fracture usually lasts 4 to 6 weeks with intense pain at the site of fracture. Traditional treatment for these patients includes bed rest, analgesics, and bracing. Chronic pain may also occur in patients with multiple compression fractures, Patients with vertebra fracture are at increased risk of peripheral fracture and further vertebral fracture. For such problems in modern medicine conservative treatment is available. Bone healing naturally takes longer time. But *Asthisanharaka*, *Laksha*, *Godhuma* & *Arjuna* mentioned in Ayurveda literature, has given answers to above problems.

Keywords: Compression Fracture, *Asthisanharakadi ksheer basti*, *Basti*, *Bhagna*

INTRODUCTION

Asthisanharaka contains naturally occurring phytosteroids that gives anti-inflammatory action¹. *Basti* with Milk and *Ghrita* is mentioned in diseases of bones and especially in fractures by almost all the Acharyas. It has dual action i.e. it pacify vitiated *Vata*^{2,3} and also it gives direct nourishment to the bones through the *Asthidhara Kala*. With this background *Asthi-*

sanharakadi Ksheerbasti was selected as management of compression fracture.

Ayurvedic description *Ksheera Basti* is one of the best Treatments in *Bhagna* (Fracture). *Bastichikitsa* is considered to be the half the treatment for *Vata* dominated diseases⁴. *Basti* is considered as *Param Aushadh* for *Vata*. *Vata Dosha* is predominantly present in *Asthi Dhatu*

*Asthisanharak*⁵ *Cissusquadrangular* is showed a marked influence in the rate of fracture healing by influencing early regeneration of all connective tissues involved in the healing and quicker mineralization of callus⁶ Present context *Ksheera* is used as *Basti dravya* which is prepared with *Asthisanharak*, *Laksha*, *Godhum*, *Arjuna 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 *Asthisanharakadi-ksheera Basti* in *Vertebral Compression fracture*.

VCF is 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; *VCF* has emerged in society as prominent disease. In VCF vitiated *Vata* gets into the vertebrae (*Asthi*), then due to inverse relationship in *Asthi & Vata*, as *Vata* increases *Asthi* decreases i.e. *Asthi kshaya* causing pain, prevent bone healing property. Today the modern science deals with these kinds of diseases with analgesics and steroids but their side effects hampers the physiology more. In *Ayurvedic* text “*Purishdhara kala*” similar to “*Asthidhara kala*” *Asthisanharakadiksheera Basti* is indicated in all types of *Asthigat vikar*⁶. Hence we decided to study the effect of *Asthisanharakadi Ksheer Basti* in *VCF*.

MATERIALS & METHODS

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

DISEASE REVIEW:

A **compression fracture** is a collapse of a vertebra. It may be due to trauma or due to a weakening of the vertebra (compare with burst fracture). This weakening is seen in patients with osteoporosis or osteogenesis imperfecta, lytic lesions from metastatic or primary tumors,^[1] or infection.^[2] In healthy patients it is most often seen in individuals suffering extreme vertical shocks, such as ejecting from an ejection seat. Seen in lateral views in plain x-ray films, compression fractures of the spine characteristically appear as *wedge deformities*, with greater loss of height anteriorly than posteriorly and intact pedicles in the antero-posterior view.^[3]

SIGN AND SYMPTOMS:

Acute fractures will cause severe back pain. Compression fractures which develop gradually, such as in osteoporosis, may initially not cause any symptoms, but will later often lead to back pain and loss of height.

DRUG REVIEW:

Table 1: Drug and Guna Rasa Virya Vipaka

NAME OF DRUG	LATIN NAME	RASA	VIPAKA	VIRYA	GUNA
⁷ Asthisanhar	<i>Cissusquadrangularis</i>	Madhur	Madhur	Ushna	Laghu, Ruksha
Laksha	<i>Lacciferlacca Kerr.</i>	Tikta, Kashay	Katu	Sheet	Ruksha
⁸ Arjuna	<i>Terminaliaarjuna</i>	Kashay	Katu	Sheet	Laghu, Ruksha
Godhum	<i>Triticumaestivum Linn.</i>	Madhur	Madhur	Sheet	Snigdha, Guru
Ghrita		Madhur	Madhur	Sheet	Snigdha, Guru
Ksheer		Madhur	Madhur	Sheet	

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 Doshas⁹. It is specially indicated for Vatik disorders¹⁰. Acharya Charaka states Basti first acts on Pakvashaya (large intestine) and keeps the Vata in Samavastha (equilibrium). It produces Shamana of Vata. So, all the Vata vikaras will be diminished just like the tree which is cut by its roots loses the extremities & Stem, shakha (branches), Kanda, Pushpa (flowers)¹¹.

DISCUSSION

According to Commentator Arundatta the substance has 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 Asthisanharak has healing property. It was advised that Ksheera, Ghrut and Asthisanharakadi dravyas should be used together in the form of Ksheera Basti. This combination has ability to produce Kharatwa. Hence it can be

said that AthisanharakadiKsheer basti has ability to repair degeneration of bones and cartilage and reduce pain. So, Ksheera, Ghrut and Athisanharakadi dravyas will act on the site of VCF.

Asthisanharakadi ksheera Basti and there by producing desired effects in the form of:

1. Formation of callus; i.e. 1st step of bone calcification.
2. Analgesic action.
3. Subside pain.

CONCLUSION

Asthisanharakadi ksheera Basti can provide significant results in Vertebral Compression Fracture.

Thus Athisanharakadi ksheera Basti can be effectively used in management of Vertebral Compression Fracture.

Asthisanharakadi ksheera Basti reduce pain (shool) in Vertebral Compression Fracture. Asthisanharakadi ksheera Basti has anti-inflammatory action.

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