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

Mamata Nakade¹, Digambar Dipankar², Pranesh Gaikwad³, Vijay Kawale P.G⁴

¹HOD. Panchakarma Dept., Reader Kayachikitsa Dept., Lecturer Panchakarma Dept., PG panchakarma Dept.

Dr. D. Y. Patil College of Ayurved and Research Center, Pimpri, Pune, Maharashtra, India

Email: drvgkawale1@gmail.com

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 vertebral 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 Vata²,³ and also it gives direct nourishment to the bones through the Asthidhara Kala. With this background Asthisanharakadi 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 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 callus. 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. Asthikshaya 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. 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 Bruhattrayee 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, or infection. 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.

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

<table>
<thead>
<tr>
<th>NAME OF DRUG</th>
<th>LATIN NAME</th>
<th>RASA</th>
<th>VIPAKA</th>
<th>VIRYA</th>
<th>GUNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthisanhar</td>
<td>Cissus quadrangularis</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
</tr>
<tr>
<td>Laksha</td>
<td>Lacciferlacca Kerr.</td>
<td>Tikta, Kashay</td>
<td>Katu</td>
<td>Sheet</td>
<td>Ruksha</td>
</tr>
<tr>
<td>Arjuna</td>
<td>Terminalia arjuna</td>
<td>Kashay</td>
<td>Katu</td>
<td>Sheet</td>
<td>Laghu, Ruksha</td>
</tr>
<tr>
<td>Godhum</td>
<td>Triticumaestivum Linn.</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Sheet</td>
<td>Snigdh, Guru</td>
</tr>
<tr>
<td>Ghrita</td>
<td>Triticumaestivum Linn.</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Sheet</td>
<td>Snigdh, Guru</td>
</tr>
<tr>
<td>Ksheer</td>
<td>Triticumaestivum Linn.</td>
<td>Madhur</td>
<td>Madhur</td>
<td>Sheet</td>
<td>Snigdh, Guru</td>
</tr>
</tbody>
</table>

**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. It is specially indicated for Vatik disorders. 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).

**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 Asthisbanharak 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 Asthisanharakadi Ksheer basti has ability to repair degeneration of bones and cartilage and reduce pain. So, Ksheera, Ghrut and Asthisanharakadi dravyas will act on the site of VCF.

**CONCLUSION**

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

**REFERENCES**

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