THE STUDY OF EFFICACY OF DWIPANCHMULADI TAILA BASTI IN AMAVATA

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ABSTRACT

Vata dosha plays a central role in the disease process. Vata aggravating factors are on increase in this modern era. The lifestyle of mankind has changed drastically. While people seem to have become busier, life has become easier due to numerable gadgets and devices available; this has changed the eating habits. These faulty eating habits have given rise to Agnimandya (indigestion) further leading to Ama. This Ama carried by vitiated Vata dosha forms the disease like Amavata. By managing Vatadosha we can gain the control of the disease process before it goes into its migratory phase. Basti is the specific treatment of Vata dosha predominant diseases. By previous work done, it is proved that Vaitarana Basti is effective in Amavata. In this study Dwipanchmuladi Taila Basti has given in the form of Crossover Study.

Key words: Amavata, Vaitarana Basti, Dwipanchmuladi Taila Basti.

INTRODUCTION

According to Ayurveda, the living body is composed of Vata, pitta, Kapha. Vata dosha plays a central role in the disease process. Vata dosha aggravating factors are in increase in this modern era. Due to increased health awareness in the society, majority of people are trying different types of exercise without considering ones Prakruti, such as weight lifting, aerobics etc. night meals, fast food, spicy food as well as vehicle driving acts as causative factors of vitiating Vata dosha.

In today’s modern era, the lifestyle of mankind has changed drastically. While people seem to have become busier, life has become easier due to the numerable gadgets and devices available. This has unknowingly changed the eating habits.

Over eating of hot spicy food, mutually opposite food like vadapav, misal pav, Non-veg food has increased. Also consumption of tea, coffee, cold drinks have replaced easily assimilated natural fruits and cereals.
Eating in hurry, immediately physical exertion after taking food, having cold food carried in lunch boxes with impure water and improper sanitation gives rise to Agnimandya (indigestion) which further leading to Ama\(^1\). This Ama carried by vitiated Vata dosha forms the site of origin to the deeper tissue, where it creates pathology for diseases like Amavata\(^2\).

By managing Vata dosha we can gain the control of the disease process before it goes into its migratory phase.

Basti, one of the Panchakarma procedure is supposed to be the specific treatment of Vatadosha predominant disease \(^3\). Vata dosha is responsible for maintaining the homeostasis in the body. Basti is the principal treatment for such an important factor. Hence Basti is said to be the half of whole treatment and sometimes complete treatment \(^4\). Hence Basti being an important karma gives immediate relief in Amavata.

By previous work done, it is proved that Vaitarana Basti is effective in Amavata\(^5\). In this study Dwipanchmuladi Taila Basti has given in the form of Crossover Study \(^6\). That means in the first series Dwipanchmuladi Taila Basti has given first and Vaitarana Basti was performed after washout period. In the second series Vaitarana basti has given first and Dwipanchmuladi Taila Basti was performed after washout period.

**AIMS AND OBJECTIVES:**

1. To assess the efficacy of Dwipanchmuladi Taila Basti in Amavata.

2. To compare the effect of Dwipanchmuladi Taila Basti with Vaitarana Basti in Amavata by Cross over study.

**MATERIALS AND METHODS:**

**A. Study Design:** Cross Over Study with Dwipanchmuladi Taila Basti with Vaitarana Basti in patients having Amavata.

**B. Selection of Patients:** Total 30 patients were selected irrespective of age, sex, prakruti etc.

**Inclusion Criteria:**
Patients have textual signs and symptoms of Amavata.
Age group 10 to 60 years.

**Exclusion Criteria:**
The diseases described as BastiAnarha.
Other joint deformities which are not related to Amavata such as Sandhigatavata, Vatarakta, kroshtukshirsha, T.B. of joint, ca of joint.

**C. Criteria For Assessment:**
Change in severity index.
Changes in sign and symptom.
Pain assessed by Oxford Pain Chart.

**D. Methodology:**
Subject fulfilling the inclusion criteria were selected and divided in two groups-
Group A- 15 patients – Dwipanchmuladi Tail Basti
Group B- 15 patients – Vaitarana Basti
Considering wash out period i.e. Aushadhiparihar kala 14 days (Decided to stop all medicines and Basti in above period.)
After 14 days i.e. washout period,
Group A- 15 patients – Vaitarana Basti
Group B- 15 patients – Dwipanchmuladi Tail Basti
Dose: 120 ml per day
Duration: For each group 7 days.
Drug Preparation:
The drug prepared is Dwipanchmuladi Tail. It was prepared by Snehasiddhi kalpana. For this oil preparation, herbs/medicine, oil and water were taken in ratio of 1:4:16 respectively. It was boiled till Snehasiddhi lakshana appeared.

RESULTS AND OBSERVATION:
Total 30 patients were registered and studied in this project.
15 patients were taken in group A and 15 patients were taken in group B.
The treatment to the patients of Amavata was given for 28 days in two series by observing all the rules of Basti.

The Visual Analog Scale was applied before and after treatment to analyze the results. The scores of each symptom were analyzed in a patient before and after the treatment. These scores were used for the statistical analysis and the mean of each observation and percentage of difference between two observations (i.e. before and after treatment) were calculated.
The percentage is as follows:

FOR GROUP A
1. Out of 8 symptoms, best results were observed in the following symptoms.
   a) Angagaurav-83.33%
   b) Sandhishotha-72.22%

2. Better results were observed in the following symptoms.
   a) Agnimandya-68.89%
   b) Alasya-68.33%
   c) Aruchi-55.56%

3. Good results were observed in the following symptoms.
   a) Sandhishoola-47.78%
   b) Trishna-41.67%
   c) Jvara- 41.67%

4) The average percentage of relief in group A is about 59.93%

FOR GROUP B
1. Out of 8 symptoms, best results were observed in the following symptoms,
   a) Alasya-71.11%
   b) Sandhishotha-70.56%

2. Better results were observed in the following symptoms.
   a) Angagaurav-65.00%
   b) Sandhishoola-53.33%
   c) Agnimandya-53.33%

3. Good results were observed in the following symptoms.
   a) Aruchi-47.78%
   b) Jvara-28.33%
   c) Trishna-26.67%

4) The average percentage of relief in group B is about 52.01%
By comparing the average result of group A and B, it has been found that percentage of relief in group A is better than group B. So the treatment schedule in group A i.e. Dwipanchmuladi Tail Basti followed by Vaitarana Basti is effective than Vaitarana Basti followed by Dwipanchmuladi Tail Basti in group B.

DISCUSSION
In this study, total 36 patients of Amavata were registered. Study was carried out on 30 patients. Out of these 15 patients were in Group A and 15 patients were in group B.
Patients in group A were treated with the series as,
Dwipanchmuladi Tail Basti for 7 days (study group)
Then 14 days - washout period and then Vaitarana Basti for 7 days (control group)
While patients in Group B were treated with the series as, VaitaranaBasti for 7 days (control group)
Then 14 days – washout period and then Dwipanchmuladi Tail Basti for 7 days (study group)
Each patient was observed every day for each sign and symptom.

Note- Importance of crossover study is that, we can cover 30 patients in each group concerning short number of patients. The sign and symptoms of the Amavata were main criteria for diagnosis and assessment. Oxford Pain chart and visual analog scale were used for pain assessment to make subjective criteria of the symptoms to objective criteria of the symptoms. The assessment was also carried out before and after treatment to evaluate the total effect of treatment. Results were analyzed statistically by using paired ‘t’ test.

CONCLUSION

In this study, Dwipanchmuladi Tail Basti with Vaitarana Basti was given in the patients of Amavata in the form of cross over study.

By previous work it is already proved that Vaitarana Basti is effective in Amavata. In this study, the effect of Dwipanchmuladi Tail Basti was found in Amavata. So it has been proven that Dwipanchmuladi Tail Basti and Vaitarana Basti have same efficacy.

REFERENCES
5. Efficacy of VaitaranaBasti in Amavata, Dr V. P. Gaikawad, 2001, Pune University.
SYMPTOMWISE AVERAGE PERCENTAGE OF RELIEF IN GR. A & GR. B:

AVERAGE PERCENTAGE OF RELIEF:

Source of Support: Nil
Conflict Of Interest: None Declared