ROLE OF TIKTA KSHEER BASTI IN THE MANAGEMENT OF ASTHIMAJJAGAT VATA WITH SPECIAL REFERENCE TO SPONDYLOSIS

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INTRODUCTION

Asthimajjagata Vata (Spondylosis) is a 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; Asthimajjagata Vata has emerged in society as prominent disease. During the process of pathogenesis, when the vitiated Vata gets into the vertebrae (Asthi), then due to inverse relationship in Asthi & Vata, As Vata increases Asthi decreases i.e. Asthikshaya\(^6\) causing pain, tingling sensation, numbness. Today the modern science deals with these kind of diseases with analgesics and steroids but their side effects hampers the physiology more. In the Ayurvedic text “Purishdhara kala” is similar to “Asthidhara kala”\(^5\). Tikta ksheera Basti is indicated in all types of Asthigat vikar\(^6\). Hence we decided to study the effect of Tikta-ksheera Basti in Asthimajjagata Vata.

ABSTRACT

Ayurvedic description of Asthimajjagata Vata closely resembles with spondylosis of modern medicine. Basti chikitsa is considered to be the half the treatment for Vata dominated diseases\(^1\). Basti is considered as Param Aushadh for Vata\(^2\). Vata Dosha is predominantly present in Asthi Dhatu and Sandhi (joints)\(^3\). Tikta Rasa has tendency to go towards Asthi dhatu after assimilation in the body due to dominance of Akasha and Vayu Mahabhuta. In the present context Ksheera is used as Basti dravya which is prepared with Tikta rasa 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 Tikta-ksheera Basti in Asthimajjagata Vata.

KEY WORDS: Asthimajjagata Vata, Tikta-ksheera Basti, Spondylosis, Vatavyadhi

INTRODUCTION

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Based on this background Tikta Ksheer Basti was evaluated in management of Asthimajjagata vata with special reference to spondylosis with the objectives of:-

- To study the concept of Tikta Ksheer Basti in management of Asthimajjagata vata.
- To study in detail about the lakshanas of Asthimajjagata vata from various Samhitas.
- To study in details about Tikta Ksheer Basti.
MATERIALS & METHODS

- All the references regarding Asthimajjagata vata and Tikta Ksheer Basti are collected from Bruhattrayee and Laghutrayee and various text books and compilation is done.
- Concept of Basti, Asthimajjagata vata and Tikta Ksheera Basti 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 dry, 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 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 Asthimajjagata vata mentioned in Samhitas.

Rupa: (Symptoms): Bhedanavat pida at Asthi and parva (pain in bone and smaller joint), Sandhishool (joint pain), Mansa Bala Kshaya (Emaciation), Nidranasha-Aswpna (Loss of sleep), Santata Ruk (Continuous pain)

Samprapti: (Pathogenesis)
Various etiological factors causes Vata vitiation and vitiating of Vata travels in different parts of body and causes Rukshata (dryness), Parushata, Kharata (roughness) in Strotasa, gets Sthanasanshraya at Asthi and Majja dhatu and causes Asthimajjagata vata.

Hetu sevana
Vata prakopa

Rukshata, Parushata, Kharata at Strotasa.

Sthanasanshraya at Asthi & Sandhi Pradesh.

Asthimajjagata vata

SPONDYLOSIS: Spondylosis is a term referring to degenerative osteoarthritis of the joints between the centre of the spinal vertebrae and /or neural canal. It may cause pressure on the nerve roots with subsequent pain, paresthesia, tingling sensation, numbness, diminished muscle power diminished reflex in the limbs.

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 keep the Vata in Samavastha (equilibrium). It produces Shamana 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).
TIKT A KSKHEER BASTI: Acharya Charaka has said that in the diseases related to Asthi, We should give Basti using Tikta rasatmaka aushadhi dravya along with ghrut (Ghee) and Ksheer (milk).^{14}

ROLE OF BASTI: As the Acharya Dalhana has said Asthidhara kala is Purishdhara kala^{15}. Purishdhara kala is nothing but Pakvashaya (large intestine). “Pakvashaya” is very important Sthan (Site) of VatDosha^{16}. Here there is Nirmiti (Origin) of vata Dosha^{17} and Asthi dhatu. Karyakshetra of basti is Pakvashaya.

DISCUSSION

According to Commentator Arundatta, the substance having 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 Tikta (Bitter) and possess Shoshana (drying) property. It was advised that Ksheera, Ghrut and Tikta dravyas should be used together in the form of Ksheera Basti. This combination has ability to produce Kharatwa. Hence it can be said that Tikta Ksheer basti has ability to repair degeneration of bones and cartilage. So, Ksheera, Ghrut and Tikta dravyas will act on the site of lesion in Asthimajjagata vata i.e. joints and will be in a position to breakdown chain of reactions occurring in the form of Samprapti at one hand and arrest the progress of the diseases on the other hand in addition to producing subjective improvement in patients. One more reference from Ashtang Hruday samhita denotes that Excess use of Tikta ras causes Dhatukshay and Vatavyadhi^{1}. This states that Tikta ras has ability to reach to Asthi dhatu and deal with vata dosha. So, here we can say that Tikta ras has definite effect on Asthi and vata.

In Tikta Ksheer basti we are using ghrut and ksheer which are good at Vatashaman and Asthi poshan. Hence, we can say that Tikta ras will lead the vatashamak & asthiposhak Ghrut and Ksheer to Asthi dhatu. It will repair degeneration (Dhatukshay) of Asthi. Tikta ksheera Basti may also manifest its pharmacological actions in one or all the ways as mentioned below. These factors may act individually or in collaboration with each other to accomplish the task of Basti in the form of Tikta ksheera Basti and there by producing desired effects in the form of:

1. Arresting progress of the disease; delaying the degenerative changes in Asthi.
2. Repairing the degenerative changes in Asthi.

CONCLUSION

Tikta ksheera Basti can provide significant results in Asthimajjagata vata. Thus Tikta ksheera Basti can be effectively used in management of Asthimajjagata vata. w.s.r. to Spondylosis.

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