MANAGEMENT OF ASTHIVAHA SROTODUSHTI WSR TO OSTEO- ARTHRITIS – AN APPRAISAL

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ABSTRACT

In Ayurveda internal transportation system of the body is explained by the concept of Srotas, which means the structure through which Sravana takes place. Vata being aggravated will vitiate the AsthivahaSrotas leading to the degeneration of the joints including articular cartilage and subchondral bone because of Asthivaha Srotodushti leading to Osteo-arthritis. Osteoarthritis is the disease of Asthivahasrotas featured with symptoms like breaking pain, edema and limitation of movements of the joints etc., with worldwide prevalence of 9.6% in men and 18% in women at the age of 60 years. It is the highest ranking disease among Musculo-skeletal diseases. Tikta Samyukta Ksheera SarpiBasti can be adopted for the better management of this ailment.

Key words: Asthi, Asthivaha, Srotas, Dushti, Osteoarthritis, Basti, TiktaKsheeraBasti, Calcium.

INTRODUCTION

In Ayurveda internal transportation system of the body is explained by the concept of Srotas(channel) which means the structure through which Sravana (i.e. Oozing) takes place. Among all the Srotas, Asthivahasrotas is having its own importance with its susceptibility to get vitiated (Dushti) and giving rise to different disorders. Osteoarthritis is one among them with worldwide prevalence of 9.6% in men and 18% in women at the age of 60 years. It is the highest ranking disease among Musculo-skeletal diseases. Srotodushti(vitiation) is of four types like Atipravrutti, Sanga, VimargaGamana and Siragranthi. Vata being aggravated at the age of 50-60 years will cause AsthivahaSrotodushti leading to the degeneration of the joints (Asthidhatu) including articular cartilage and subchondral bones (Osteoarthritis). Ashraya-AshrayeebhavaSambandha of Vata and Asthidhatu having its own role in the disease causation.

AsthivahaSrotodushtiLakshanas includes AsthiVriddhi and KshayaLakshanas. We can observe the similarities in the symptoms of Osteoarthritis with AsthivahaSrotodushtiLakshanas like heaviness, inflammation in the joints, pain, and deformity in the joints and crepitus in movements. So Osteoarthritis can be considered as a Vikaraof AsthivahaSrotodushti and treatment principles mentioned for AsthidhatuVikaras like Panchakarma procedures especially TiktaSamyukta KsheeraSarpiBasti can be adopted for better management. The mode of action of drug in this procedure can be interpreted by using the concepts like Panchamahabhutas, Ashraya- AshrayeebhavaSambandha, Dravyas used for the procedure with their Gunas(attributes) and concept of Kalaa (like AsthidharaKalaa is nothing but Pureeshad-
haraKala). In contemporary science also it is proved that intestines only regulate the absorption of calcium which is very essential for healthy bones. In this way Osteoarthritis can be better managed with Ayurvedic approach in a scientific manner.

MATERIALS AND METHODS

Review of literature of concepts related to Asthivaha Srotodushti Vikara, Osteoarthritis and analysis and interpretation of probable mode of action of TiktaSamyuktaKsheera-SarpiBasti.

AIMS AND OBJECTIVES:
1. To interpret symptoms of Asthivaha Srotodushti with Osteo-Arthritis.
2. To analyze critically the Probable mode of action of TiktaSamyuktaKsheeraSarpiBasti for the management.

LITERATURE REVIEW

Asthidhatu: It is the fifth Dhatu(tissue) among the Saptadhatu mentioned by the Acharyas, formed from Medodhatu. Dehadharana(supporting the body) is the prime function of Asthidhatu. It can be comparable with osseous tissues i.e. bones, cartilages and teeth. Asthidhatu Vridhhi leads to the excessive growth of bones and teeth and over growth (one above the other). Its Kshaya causes pricking pain in the bones, falling of tooth, nail and hairs. Asthi becomes so porous and get fractured even with little strain or accidents.

Srotas: Internal transportation system of the body is explained by the concept of Srotas which cannot be compared exactly with any modern terminology. The term Srotas is derived from the main Sanskrit root ‘Srusrawane’ which means the structure to exudate, to ooze, to filter and to permeate. It is neutral in gender. The Srotas are numerous but for the convenience and easy understanding AcharyaCharakahas described 13 types of Srotas which includes Prana, Udaka, Anna, Rasa, Rakta, Mamsa, Medo, Asthi, Majja, Shukra, Mutra, Sweda and Pureeshavahasrotas. But AcharyaSushrutahas described 11 pairs of Srotas excluding Asthi, Majja, Swedavahasrotas and adding Artavavahasrotas.

Asraya- AshrayeebhavaSambandha: Vata Dosha resides in the Asthidhatu, Pitta Dosha resides in the Rakthadhatu and Kapha Dosha in the rest of the Dhatu. When Dosha residing in a Dhatu increases, the particular Dhatu will also get increased. But this rule is just reverse in case of Vataand Asthi. i.e. the aggravated Vata will cause the depletion of Asthidhatu.

Asthivahasrotas: Channels of transportation for Asthaya (Poshaka, Sukshma) Asthidhatu to their destination are Asthivahasrotas. According to contemporary view, Asthivahasrotas may be compared with nutrient artery of bone which carries essential nutrients to it. Charaka mentions Mulasthanaof Asthivahasrotas as Medas and Jaghana (groin region/flat pelvic bones). Medas is the fourth Dhatu and Asthi is formed from Asthiopashakamshaof Meda i.e. Asthaayi Medodhatu. Nutrition of Asthidhatu depends on proper nourishment of Medodhatu. So Meda is the Mulasthanaof Asthi. Any abnormality in structure and function of Jaghana i.e. groin or pelvic regions leads to disturbance in the upright position of living body because they are the pillars of the body, doing the Dhara-na Karma, which is the prime function of Asthidhatu; so Medas and Jaghana are rightly said as root of Asthivahasrotas.

Asthivaha Srotodushti: Components of the body cannot undergo any change i.e. Kshaya or Vridhhi without any involvement of the Srotas. Srotodushti i.e. deformity or malfunctioning will takes place when vi-
tiated Dosha get localized in the Srotas. Atipravruttita (Excessive flow), Sanga (Obstruction), Siragranthi (Extra growths) and VimargaGamana (Reverse flow) are the types of Srotodushti. Exercise, involving excessive irritation and rubbing of bones and intake of Vata provoking food will lead to Sanga and VimargaGamana types of Srotodushti in Asthivahasrotas. It will lead to Vridhthi (Adhyasthi, Adhidanththa, Danta, AsthiBhedha) or Kshaya (Shoola, Vivarnatha of Dantha and Asthi, deformity of Kesha, Loma, Nakha and Smasru) of Asthidhatu.

Khavaigunya in SandhiSthana leads to accumulation of Vata (Sthana Samshraya). At this stage, Dosha Dushya Sammurchhana takes place leading to destructive changes in Asthi and diminution of SleshakaKapha, further leading to appearance of symptoms of SandhigataVata like the joint feels as an air filled bag (VataPurnadritisparsha) and pain during flexion and extension (AkunchanaPrasaranaPravrittiSavedana).

OSTEARTHRITIS VIS-À-VIS SANDHIGATA VATA

Osteoarthritis is a condition of synovial joints characterized by focal loss of articular hyaline cartilage with proliferation of new bone and remodeling of joint structure. It is the most common type of arthritis. Cartilages are slippery tissues covering ends of bones and allow bones to glide one over another. After cartilage degeneration, bones rub together causing pain, swelling and loss of motion of joints or limitation of movements resulting in joint stiffness which may be caused by synovitis with effusion or osteophyte formation (as in Heberden’s nodes). Deep achy pain that worsens with use, morning stiffness, crepitus and limitation of range of movement are characteristic features.

We can observe the similarities in the features of Osteoarthritis with AsthivahaSrotoduShti like heaviness, inflammation in the joints, pain, crepitation in movements and deformity in the joints. So it can be considered as AsthivahaSrotodushtiVikara.

TREATMENT PRINCIPLE

Considering as an AsthivahaSrotodushiVikara, treatment mentioned for AsthiDhatuVikaras i.e. TiktaSamyuktaKsheeraSarpiBastican be adopted for Osteoarthritis.

DISCUSSION

Osteoarthritis is an Asthivaha SrotodushtiVikara, X-ray findings in Osteoarthritis like joint space narrowing, subchondral sclerosis, formation of osteophytes and subchondral cysts also gives us an idea about AsthivahaSrotodushtiLakshanas.

A number of analgesics, anti-inflammatory drugs as well as steroids are available for it. However, a permanent relief is not provided by any of these and the same is still under research. Ayurveda can provide such treatment which controls pathogenesis and prevent the patient from developing complications and surgical treatment.

Asthivaha SrotodushtiVyadhi can be treated by Basti procedure of Panchakarma by taking TiktaSamyuktaKsheeraBasti added with Sarpi.

For the purpose of interpreting the probable mode of drug action four concepts are utilized here under:

- Concept of Dosha
- Concept of PureeshadharaKalaa
- Concept of Guna
- Concept of Panchamahabhutas
- Calcium metabolism in Large intestines
PROBABLE MODE OF DRUG ACTION:

- *Vata* is the dominant involved *Dosha* in the causation of Osteoarthritis so *Basti* (*Anuvvasana*) is the specific choice of treatment\(^\text{14}\).

- Importance of *Basti* in this context also can be interpreted using the concept of *Kalaa*. *PureeshadharaKalaa* and *AsthidharaKalaa* are one and the same\(^\text{15}\) i.e. if *PureeshadharaKalaa* is nourished (by *Basti*) thereby it will nourish the *AsthidharaKalaa* (*Asthidhatu*). Hence *Basti* is the treatment mentioned in the management of *Asthidhatu Vikaras*.

- A drug which is having *Snigdha*, *Shoshana* and *Khara Gunas* only can nourish the *Asthidhatu* but unfortunately no single *Dravya* is available having all these 3 properties so Acharyas explained to use the combination of *Dravyas* having all three properties to act at *Dhatu* level by the combination of *Tikta Rasa Dravya*, *Ksheera* and *Sarpi*. *Tikta rasa* having*Khara, ShoshanaGunas* and *SnigdhaGuna* is the quality of *Ksheera* and *Sarpi*, Which will aid in the successful nourishment of *Asthidhatu*\(^\text{16}\).

- *Panchabhoutikatwa* of *Tikta Rasa* is *Vayu* and *Akasha* because of which it can easily penetrate through and capable of reaching deeper *Dhatu* i.e. *Asthidhatu* having similar Composition and it will act as a medium for *Ksheera* and *Sarpi* to reach *Asthi* thereby nourishing it\(^\text{17}\). Even *Ksheera* and *Sarpi* surely have their role in pacifying the *VataVardhaka* property of *Tikta Rasa*\(^\text{18}\).

- Calcium metabolism which is very essential for the rigidity of bones is regulated by the intestine by adjusting the absorption of calcium\(^\text{19}\). Cow milk composed of maximum Calcium which is used in *TiktaSamyuktaKsheeraSarpiBasti* procedure. Calcium is being absorbed both actively and passively in the Large intestine there by expected to help the healthy growth and rejuvenation of osseous tissue\(^\text{20}\).

CONCLUSION

Osteoarthritis which can be comparable with *Asthivahasrotodushti Janita Vyadhi* which can be better managed with *Ayurvedic* special modality treatment *Basti* i.e. *Tikta Samyukta Ksheera Sarpi Basti*.

REFERENCES


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