CONCEPTUAL STUDY OF PANCHAPRASRUTIKA BASTIIN SARVANGAGATA KUPITA VATA LAKSHANAS

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ABSTRACT

With changing trends of food and lifestyle there is increasing trends of Vata Vyadhis Ayurveda considers aggravated Vata as the main contributory factor for many disorders. Sarvangagatakupitavata(Vata aggravated all over the body) is one such disorder in which there is Gatrasphurana (fasciculation), Bhanjana(cracking sound), SarvaSandhigataSphutitaVedana(multiple joint pain). Basti (Medicated enema) is considered best to treat all VataVyadhis. PanchaprasrutikaBasti is although NiruhaBasti (decoction enema) but it is indicated in CarakaSamhita that it has Brimhana(nourishing)effect as well. The ingredients of PanchaprasrutikaBasti are Godugdha(Cow Milk), Madhu(Honey), TilaTaila(Seassum oil), Go-ghrita( Cow Ghee). Majority of Ingredient are having Madhur Rasa, MadhurVipaka which provides Brimhana of AsthiMajjaDhatus and SnigdhaGuna which helps in Vatahara. Basti is having Sodhana/Vataanulomana effect. Ingredients of PanchaprasrutikaBasti can be easily available universally. Thus this study is undertaken to study the the role of PanchaprasrutikaBasti in SarvangagataKupitaVata Disorders.

Key Words: SarvangagataKupitaVata, PanchaprasrutikaBasti, Brimhana, Sodhana

INTRODUCTION

Aggravation of Vayu gives rise to the contraction, stiffness of joints and pain in the bones as well as joints, horripilation delirium and spasticity of hands back as well as head, lameness of hands and feet and hunch back, atrophy of limbs and insomnia, destruction of foetus semen and menses, twitching sensation and numbness in the body, shrinking of the head, nose, eyes, clavicular region and neck, splitting pain, pricking pain, excruciating pain, convulsions, unconsciousness and prostration and similar other signs and symptoms¹. The aggravated Vayu produces specific disease because of the specific nature of the causative factors and the seats of manifestation. Sarvangagatakupitavata(Vata aggravated all over the body) one among various types of aggravation of Vata². There is Gatrasphurana (fasciculation), Bhanjana(cracking sound), SarvaSandhigataSphutitaVedana (multiple joint pain)³ Basti
(medicated enema) having major role in eliminating aggravated VataDosha is useful for treatment of SarvangagatakupitaVata (whole body Aggravated). With changing trends of food and lifestyle in this 21st century there is increasing trends of VataVyadhis. There adverse effects of use of various analgesics have made the world to look for alternative therapies. Basti is described as the best line of treatment to cure the imbalance of Vata Dosa. Simultaneously it is also true that this procedure is equally effective in rectifying the abnormal accumulation of the Pitta as well as Kapha Dosa. As the VataDosa has predominant role in the pathogenesis of any disease and this VataDosa alone is capable of mobilizing pathological accumulation of the Dosas from the Saakha (periphery) into the Kostha (abdomen) from where it is eliminated. Basti having major role in eliminating aggravated VataDosais useful for treatment of SarvangagatakupitaVata. Ingredients of PanchaprasrutikaBasti can be easily available universally. Thus this study is undertaken to study the the role of PanchaprasrutikaBasti in SarvangagatakupitaVataLakshanas.

Aim & objectives
- To study the role of Panchaprasrutika-Basti in SarvangagatakupitaVata.
- To study in detail about the Lakshanas of SarvangagatakupitaVata form various Samhitas
- To study in detail about PanchaprasrutikaBasti.
- To study the Brimhana(nourishing) effect of PanchaprasrutikaBasti.

MATERIALS & METHODS
- All the references regarding SarvangagatakupitaVataand PanchaprasrutikaBasti are collected from BrhatTrayiand LaghuTrayiand various text-books and compilation is done.
- Concept of Basti, SarvangagatakupitaVataand PanchaprasrutikaBasti is studied in detail.
- Collection of all the references is done and correlation between the data is done logically i.e. by using YuktiPramana (logical inferences).

Disease Review

Nidana (Etiology): According to Acharya Charaka Vayu gets aggravated by intake of unctuous, cold, scanty, light food, excessive sexual indulgence, lack of night sleep, inappropriate therapeutic measures, administration of therapies which cause excessive elimination of Dosas and blood, Langhan (fasting), 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 over uncomfortable beds and seats, anger, sleep during day time, fear and suppression of natural urges, formation of Aama suffering from trauma, abstinence from food, injuries to Marmas (vital points) 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 SarvangagatakupitaVata mentioned in various Samhitas (Classical Texts).

Rupa (Symptoms): Gatrasphurana (fasciculation), Bhanjana (cracking sound), SarvaSandhigataSphutitaVedana (multiple joint pain), are mentioned in CharakSamhita, Bhavaprakasha, Madhav Nidana, Yogaratnakara, Stambhana (stiffness), Akshepana (convulsions), Swapa (loss of sensa-
tion), Shula (pain), Shotha (swelling), are mentioned in Susruta Samhita,12 Gatrashpurana, Bhjanjana, Stambhana, Akhspepana, Swapa, Shula, sandhyakuncha (flexion) and kampan (shaking/shivering) are mentioned in Astangahridaya13 and Astangasamgraha14.

Samprapti (Pathogenesis): Various etiological factors causes Vata vitiation and vitiation of Vata occurs in different parts of body gives rise to different diseases. When vitiation of Vata occurs in whole body then the sarvangagatakupitavatalakshanas appear.

Basti Review
Basti being is the most widely used and highly effective treatment modality in Panchakarma. Though Basti is mentioned in vitiation of all the Vata, Pitta, Kapha, Rakta Doshika.15 It is specially indicated for Vatikadiseases. Acharyacharak states Basti 1st act on Pakawashaya, and keep the vata in samavastha (equilibrium) It produce che-dana of vata. So all the vatavikaras will be diminished just like the tree which is cut by its root loses the extremities, stem, shakha (branches), kanda, pushpa (flowers).16 According to Chakrapani The correctly given Basti will stay in thepakawashaya (colon), shroni, nabhi and adhobhaga (lower part of body). Bastidravya will reach the entire srotas (Channels) in view of its veerya (potency) and produce shamanadi karmas (alleviating action). After the administration of Basti, it will come out, but it does shodhana of mala. It comes out due to the effect ofapanavayu. It also causes shodhana of doshas from pada to the Shiras.

Panchaprasritik Basti Review
The panchaprasrutika Basti having ingredients Godugdha 2 Prasrata (Cow Milk: 192 ml), Madhu 1 Prasrata (Honey: 96 ml), Tila-Taila 1 Prasrata (Seassum oil: 96 ml), Go-ghrita 1 Prasrata (Cow Ghee: 96 ml).17 Majority of Ingredient are having Madhur-Rasa and Madhuvipa which provides Brimhana (nourishment), SnidhagaGunahelp in Vatahara.19 Basti is having Vatahara and Brimhana effect is beneficial in Sarvanga-gatakupitavata.

DISCUSSION
According to Acharya Charakathe aggravated Vayu while filling up the channels of circulation which are empty or have become weak in quality because of the lack of the unctuousness, produces different kinds of ailments affecting the whole body or a part there of. Basti is considered as the best therapy in sarvangagatakupitavatalakshanas. In sarvangagatakupitavatalakshanas Bri mhanatype of Basti is most beneficial. Godugdhaand Go-ghrita have similar Madhur Rasa and Sheet Virya hence it has Brimhana effect. Tila Taila (oil) having UshnaVirya and SnigdhaGuna helps in Vata Shamana. Taila is considered best for Vata Shamana as it alleviates Gatrashpurana in sarvanga-gata Kupita Vata. Sneha Dravya Tail and Ghruta have Brimhana properties and helps to prevent Bhanjana. Sneha Dravya Tail also has the property to treat Sandhi Sphutana. Madhuis Yogavahi and according to Acharya Sushruta it has the property of Tridosh Shama. Panchaprasrutika Basti is Sulahara (relieves pain) and Sothahara (relieves swelling). Due to Brimhanaproperties of Taila Dhatuksyajanya vatavridhiis treated and due to tosodhana/Vatanuloman. (Removes
Thus Panchaprasrutika Basti helps in Samprapti Bhangi (breaking pathogenesis) of sarvangagata kupita vata.

CONCLUSION
1. Panchaprasutika Basti is having Brimhana effect.
2. Panchaprasrutika Basti can provide significant results in Sarvangagata Kupita Vata Lakshanas.
3. Thus Panchaprasrutika Basti can be effectively used in the management of Sarvangagata Kupita Vata.

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