



Effect of *Matra Basti* with *Mahanarayana Taila* in *Sandhigata Vata* w.s.r. Osteoarthritis-A Single Case Study.

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ABSTRACT:

Now a days Osteoarthritis (OA) is the most common musculoskeletal abnormality. In *Ayurveda* the disease *Sandhigata Vata* resembles with OA, which is described under *Vatavyadhi*. It is a degenerative joint disease that mostly affects weight-bearing joints, such as the knee joint mostly in *Vridhavastha*. *Ayurvedic* approach in management of *Sandhigatvata* can be the best treatment modality. In *panchakarma basti* is the best treatment for *Vatavyadhi*. considering this *Matra basti* with *Mahanarayana taila* is selected to access the outcome. A female patient of 65 years old came in opd with complaining of bilateral knee joint pain for 8 years. Difficulty while walking for 2 years. There was a significant joint space reduction with osteophyte in X-ray of bilateral knee joint. In this disease *Matra basti* with *Mahanarayana taila* is found to be the best treatment in *Sandhigata Vata*.

Keywords- *Sandhigata Vata*, Osteoarthritis, *Mahanarayana taila*, *Matra basti*

INTRODUCTION

Sandhigata Vata is described under *Vatavyadhi* in all the *Samhita Grantha*. In *Jaraavastha*, all *Dhatu*s go through *Kshya* situation, therefore leading to *Vataprakopa* and making individualities susceptible to numerous diseases. Among them, *Sandhigata Vata* stands pinnacle of the list. Osteoarthritis is one such ailments. It is one of the maximum not usual disease which may start asymptotically certainly in 2nd & 3rd decades of life. *Jara* (senility) is the stage of the life where *Vata* is in the dominant state and *Rasadi saptadhatu* are in deprived state. This strong combination is responsible for many *Vata*

vikaras.¹ The proposed study cognizance on management of *Sandhigata Vata*. *Sandhigata Vata* is *Vata* disorder. *Basti* treatment is indicated to be the great for control of *Vata disorder*.² OA may be correlated with *Sandhigata Vata*. in *Ayurveda*. Acharya Charaka had defined this disease under *Vataj Nanatmaj Vyadhi* (different diseases of *Vata*). He described it as a disease, with the symptoms of swelling (*Shotha*), that is palpable as air crammed bag (*Vata purna driti sparsha*) and ache on flexion and extension of the joints (*akunchana prasarane Vedana*).³ Acharya Sushruta described pain (*shoola*), swelling



(*shotha*) and diminution of the moves on the joints involved (*hanti sandhigatah*) as signs of *Sandhigata Vata*.⁴ Symptoms of *Sandhigata Vata* are *Vatapurnadrutishopha*, and *Akunchana prasarana janya Vedana* described by Acharya Vagbhata.⁵

Basti is preferred line of remedy for all *Vata vyadhi* as referred to by way of Acharya Charak. *Matra Basti* is a kind of *Anuvasan Basti*.⁶ which is used for many degenerative diseases. By *Matra Basti* we acquire suitable end result without following strict regime. So, for present study *Matra Basti* with *Mahanarayana Taila* was selected.

MATERIAL AND METHODS

CASE REPORT

A Female patient of age 65 years present with complaint of bilateral knee joint pain(*Sandhishool*), Stiffness(*Sandhigraha*) and moderate swelling(*Sandhishotha*) with tenderness(*Sparsha Asahyta*) which increases day by day since 8 years, Difficulty while walking since 5 years(*Aakunchan prasaranjanya vedana*). Crepitus(*Sandhisphutana*) was started from 4 years. She took allopathic treatment but patient condition was not improved then she came to RAC Varanasi for better treatment.

Past history-No history of trauma or fall was reported

Personal history: - Table 1

Astavidha pariksha: - Table 2

Method of administration

1. Form:Matra Basti.
2. Dose: 60ml.
3. Kala:Just after lunch once a day.
4. Duration of therapy: For 21 days Daily.
5. Follow up: 9 day, 15th& 21th days.

Procedure

Purvakarma-Patients had been asked to take mild meal i.e- neither too much *Snigdha* nor too much *Ruksha* and no longer extra than three fourth of the equal old amount. Before administration of *Basti*, the entire body underwent *Abhyanga* with *Mahanarayana taila*. *Bashpa Swedana* afterwards started to be performed.

Pradhankarma-The patient come to be recommended to take left lateral position with left lower extremity instantly

and right lower extremity flexed on knee and hip joint. The patient was instructed to keep his left hand below the head. *Mahanarayana taila* was applied to anus in small amount. Sixty milliliters of luke warm *Mahanarayana taila* was taken in enema syringe. Rubber catheter oiled with *Mahanarayana taila* was attached to enema syringe. After removing the air from enema syringe, rubber catheter was administered into the anus of the patient upto the length of 4-5 inches. The patient was asked to take deep breath while introducing the catheter and drug. The total *taila* was not administered in order to avoid entrance of *vayu* into the *Pakvashaya* which may produce pain.

Pashchatakarma-patient was recommended to lie in supine position and patient's buttocks were gently tapped and their legs were raised few times on the way to improve the waist. After a while patient was advised to arise from the desk and rest after a time.

Assessment criteria -To assess the effect of therapy objectively, all the signs and symptoms were given scoring depending upon their severity.

Table 3 Grading for *Sandhishula*

Table 4 Grading for *Sandhisotha*

Table 5 Grading for *Sandhigraha* (Joint Stiffness)

Table 6 Grading for *Akunchana Prasaranayoh Vedana*

Table 7 Grading for *Sandhisphutana*

Table 8 Grading for *Sparsha Asahyata*

OBSERVATION AND RESULTS

After completion of therapy, the patient got significant relief in pain while walking, stiffness, and swelling of knee joint.

Table 9 Effect of *Matra basti* on *Sandhigata Vata*

DISCUSSION

As *Sandhigata Vata* is taken into consideration under *Vatavyadhi*, *Basti* is the exceptional line of remedy. The administered *Basti* reaches the *Pakvashaya* that's the region of *Purishadhara Kala*. *Pakvashaya* and *Asthi* are the principle seats of *Vata Dosha*, therefore increased or decreased formation of *Vata* impacts all the sites of *Vata* in particular *Asthi*. Hence *Purishadhara Kala* is also taken into consideration *Asthidhara kala*. So it invariably nourishes the *Asthi* also.

According to Ayurveda, the *Virya* of components used inside the *Basti*, gets absorbed and then via circulation reaches on the side of lesion and relieves the disease.

Mahanarayana taila consists of variety of herbs which includes *Ashwagandha* (*Withania somnifera*), *Jatamansi* (*Nordostachys jatamansi*), *Rasna* (*Pluchea lanceolata*), *Karanj* (*Pongamia pinnata*), *Vacha* (*Acorus calamus*). Such characteristic herbs make this method a unique because those drugs have *Santarpan* quality. *Mahanarayana taila* with its *katu*, *tikta* rasa, *laghu*, *ruksha* guna, *ushna virya* and *katu vipaka* and *Vata kaphasamaka doshaghnata* ultimately lead to *karma* (action) such as *deepana*, *pachana* & *srotoshodhana* ensuing *amapachana* and *Vatakaphasamana* property. *Mahanarayana taila* is used widely in all *VATA VYADHI* and it is the well-known one for its benefits. *Shool nashak* literally means Analgesic is the key assets of those phytoconstituents. It additionally possesses anti-inflammatory and anti-arthritic properties. *Mahanarayana Taila* become used to conquer the *Vata*. In additional, *Mahanarayana Taila* induces nourishment of various musculature involved within the knee joint of this patient.

CONCLUSION

Matrabasti with *Mahanarayana taila* in the dose of 60ml per day for 21 days showed remarkable improvement on all the symptom of *Sandhigata Vata*. Highly significant result was found in *Sandhi Shoola*, *Akunchana Prasaranajanya Vedana*, *Sandhigraha*. *Matrabasti* is a secure and effective management alternative for the elderly subjects suffering from *Sandhigata Vata*. It is able to be administered without much hassles or prolonged preparations. The benefit of the procedure can be an encouraging factor for the physician to employ *Panchakarma* to provide alleviation to the patient.

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Table 1 Personal history: -

Addiction-None
Bowel-Regular
Appetite-Decrease
BP-130/90mmhg
Weight-60kg
Bala-Madhyama
Sleep-Sleeplessness
Height-160cm
Desh-Sadharan

Table 2 Astavidha pariksha: -

Nadi-76/min
Mala-Vibandha
Mutra-Samyak
Jihva-Niram
Shabda-Spashta
Sparsha-Anushana sheeta
Druk-Prakruta
Aakriti-Madhyama

Table 3 Grading for Sandhishula

Parameter	Grade
No Pain	0
Mild Pain	1
Moderate pain but Slight difficulty in moving	2
Severe difficulty in walking/ Unable to walk	3

Table 4 Grading for Sandhisotha

Parameter	Grade
No swelling	0
Mild swelling	1
Moderate swelling	2
Severe swelling	3

Table 5 Grading for Sandhigraha (Joint Stiffness)

Parameter	Grade
Normal flexion/No stiffness	0
Mild restriction	1
Moderate restriction	2
Severe restriction	3

Table 6 Grading for Akunchana Prasaranayoh Vedana

Parameter	Grade
No pain	0
Pain with winching of face	1
Prevent complete flexion	2
Does not allow passive movement	3

Table 7 Grading for *Sandhisphutana*

Parameter	Grade
No crepitus	0
Palpable crepitus	1
Slightly audible crepitus	2
Severe audible crepitus	3

Table 8 Grading for *Sparsha Asahyata*

Parameter	Grade
No tenderness	0
Patient says tenderness	1
Winching of face on touch	2
Does not allow to touch the joint	3

Table 9 Effect of *Matra basti* on *Sandhigata Vata*-

S.N.	Symptom	B.T.	A.T.
1.	<i>Sandhishula</i>	3	1
2.	<i>Sandhishotha</i>	2	0
3.	<i>Sandhigraha</i>	3	1
4.	<i>Akunchana Prasaranayoh Vedana</i>	3	1
5.	<i>Sandhisphutana</i>	1	0
6.	<i>Sparsha Asahyata</i>	3	1



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