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## Role of *Vaitarana Basti* in the Management of *Amavata* w.s.r. to Rheumatoid Arthritis – A Case Study

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### ABSTRACT:

Musculoskeletal problems are a rapidly increasing issue for adult population. It not only affects the human's body movement but also quality of lifetime of a well-being. *Aamvata* is disease of *Ama* and *vata* where vitiation of *vata* with accumulation of *Ama* is main pathogenesis. In modern science *Aamvata* is much similar to Rheumatoid Arthritis due to similarity of some signs and symptoms. Ayurveda is taken into account because the science which not only cure the disease but also stop the reoccurrence of disease. Ayurveda has become the most effective measure for treatment of *Amavata* as the other system don't have any complete cure for this disease. In the present study a 17-year-old boy having complaint of bilateral Knee Joint pain, bilateral fingers joint pain, left elbow pain, left shoulder pain, anorexia, malaise, morning stiffness and difficulty in walking for 6 months. Patient having RA factor positive. *Vaitarana basti* with nearly *vata shamana aushadhi* is given to patients. He got relief in pain and stiffness within 5 days of *basti* and within 16 days he got marked improvement in symptoms. As earlier said *Amavata* is because of accumulation of *Ama* and vitiation of *vata* in our body and also said by *Acharya Charak*, *basti* is best treatment for *vata* dosha. So, here *basti* is suggested to patient.

#### KEYWORDS:-

*Aamvata*, *Vaitarana Basti*, Rheumatoid Arthritis, Panchakarma

### INTRODUCTION

Rheumatoid arthritis (RA) is an autoimmune and inflammatory disease in which your immune system mistakenly assaults healthy cells in your body, resulting in inflammation (painful swelling) in the affected areas<sup>1</sup>. Approximately 1.71 billion people have musculoskeletal disorders worldwide. It is extremely dangerous disease as seen about 40% of RA patient registered get disabled

within 3 years, around 80% are moderately to severely disabled within 20 years and 25% will require a large joint replacement<sup>2</sup>. *Aamvata* is additionally one in every of them. It is common in females as compared to males with ratio of 3:1. RA primarily affects the joints, which are frequently attacked at the same time. Approximately 1.71 billion people have musculoskeletal disorders worldwide. *Aamvata* is additionally one in every of them. It is common



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in females as compared to males with ratio of 3:1. The hands, wrists, and knees are the most common joints affected by RA<sup>3</sup>. The lining of a joint affected by RA becomes inflammatory, causing joint tissue destruction. Long-term or chronic pain, unsteadiness (loss of balance), and deformity can all result from tissue injury (misshapeness)<sup>4</sup>. The most frequent type of autoimmune arthritis is rheumatoid arthritis (RA). It is caused by a malfunction of the immunological system (the body's defensive mechanism). The wrist and tiny joints of the hand and feet become swollen and painful as a result of RA<sup>5</sup>. Joint discomfort and inflammation can be reduced with RA treatments. Joint injury is also avoided with treatment. Early therapy will result in greater long-term results.

*Amavata* is first described by *Madhav Nidana*<sup>6</sup>. *Acharya Chakradutta* describe *chikitsa siddhant* of *Amavata*. Accumulated *ama* and vitiated *vata dosha* enters in *kostha*, *trik pradesh* and *sarva sandhi* leads to stiffness and pain is the main pathogenesis of *Amavata*<sup>7</sup>. In many cases of *Amavata*, where pain and stiffness in neck region occurs, *Greeva basti* helps to control the symptoms<sup>8</sup>. In modern science there is not any specific treatment for *Amavata* except steroids and pain killers. In *samhitas* pain of *Amavata* is compared with “*Vrischik dansh vata vedana*” because of severity of pain during this disease. In *Amavata* movement of patient is restricted because of swelling and inflammation of joints. So, some *deepana pachan aushadhi*, *Langhan* and *Basti* is suggested to patient for removal of *ama dosha*<sup>9</sup>.

Also, *basti* acts on *vata dosha* and some *vatahara aushadhi* is advised to removal of vitiated *vata dosha*.

#### **Patient information: -**

A 17-Year-old male patient came to OPD complain of

- *Ubhaya jannu shoola* (bilateral knee joint pain)
- *Ubhaya parvasandhi shoola* (bilateral fingers joint pain)
- Left *kurpar sandhi shoola* (left elbow joint pain)
- Left *ansha sandhi shoola* (left shoulder joint pain)
- *Aruchi* (anorexia)
- *Angamard* (malaise)
- Difficulty in walking due to stiffness and severe pain
- Morning stiffness

Patient have above complained for 6 months.

#### **History of present illness: -**

According to the patient he was alright before 6 months but suddenly onset of bilateral knee joint pain starts first which increases day by day and involves other joint of body like

bilateral fingers joint pain, left elbow pain, left shoulder pain with stiffness in all involved joints. His gait also disturbed day by day due to severe pain and stiffness. Patient take modern treatment also but got no any satisfactory result so, he came to our OPD for Ayurvedic treatment.

#### **History of past illness: -**

1. Patient haven't any history of DM/HTN/Thyroid disease/any major surgery.
2. History of fever before 2 months relieved by conservative treatment.

#### **Personal history: -**

- Occupation – Student
- Appetite – Decreased
- Addiction – No any addiction
- Allergy – No history of any food or drug allergy
- Gait – Disturbed

#### **Asthavidh pariksha: -**

- *Nadi* (pulse)- 74/min
- *Mala* (stool)- *vibandha* (constipated)
- *Mutra* (urine)- *prakrut* (natural)
- *Jihwah* (tongue)- *sama* (coated)
- *Shabda* (voice)- *prakrut* (natural)
- *Drik* (eyes)- *prakrut* (normal)
- *Akriti* (built)- *krish* (lean and thin)

#### **Dashavidha pariksha: -**

- *Prakriti* (constitution)- lean body (*vata pradhan pitta anubandh*)
- *Vikruti* (morbidities)- *dosha* (*vata pradhan tridosha*), *dooshya* (*rasa,meda,asthi*)
- *Satwa* (psychic condition)- *avara*
- *Sara* (excellence of tissue elements)- *asthi sara*
- *Samhanana* (compactness of organs)- *madhyam*
- *Pramana* (measurement of organs)- *madhyam*
- *Satmya* (homologation)- *sarva rasa*
- *Aharasakti* (power of intake and digestion of food)- *avara* (have decreased appetite)
- *Vyayamsakti* (power of performing exercise)- *avara*
- *Vaya* (age)- 17 year

#### **Clinical findings: -**

##### **In physical examination**

- Tenderness and pain in B/L knee joint, B/L fingers joint, left elbow joint and left shoulder joint

- Early morning stiffness present in whole joint involved for 30 minutes.
- Fatigue felt whole day
- Then advised the patient to lie down in the supine position till he gets the urge for defecation.

#### Lab investigations

- i. RA Factor- positive,
- ii. CRP - Positive,
- iii. Serum uric acid- within normal range

## MATERIAL AND METHODS: -

In this case *Vaitarana basti* (Table-1) as *shodhana* is given for 16 days along with *Vatahara aushadhi* as *shamana* yoga (Table-2).

#### Methods of preparation of *vaitarana basti*: -

This is prepared as per the classical method of preparation of *Niruhana Basti*.

- Step 1 - Initially 24gm (1 *Shukti*) of Jaggery (*Guda*) was mixed uniformly with 12 gm (1 *Karsha*) of *Saindhava Lavana*
- Step 2 - 48 gm (1 *Pala*) of *Chincha Kalka* was taken and added to above mixture.
- Step 3 - *Saindhavadi Taila* was added till the mixture become homogeneous.
- Step 4 - *Gomutra* 192 ml (1 *Kudava*) was added slowly and mixing continued so on have uniform *Basti* Dravya.
- Step 5 - *Basti* Dravya was filtered and made lukewarm by keeping it into hot water.

#### Time of administration: -

It is a *Niruhana Basti* that can be given after meal as per *Chakrapanidatt*.

#### Method of administration of *basti*<sup>10</sup>: -

- Patient having symptoms of proper digestion and not having very much hunger after performing *Abhyanga* and *Vashpa Sweda* should be brought to *Basti* room.
- Then advise the patient to lie in the left lateral position on the *basti* table, keeping his left hand below the head as a pillow, extend the left leg completely and flex the right leg at the knee joint, keeping on the left leg by flexing the hip joint.
- Then *Sukhoshna Sneha* is to be applied in the anal region and on the *Basti netra*.
- Introduce the *Bastinetra* slowly in the direction of the vertebral column up to 1/4<sup>th</sup> part of the *Netra* and press the *basti Putaka* gradually with the uniform pressure.

#### Assessment criteria: -

*Aacharya Charak* said that in *Amavata* characteristics features are *Aruci*, *Asyavairasyata*, *Gaurava*, *Angamarda*, *Jvara*, *Srotorodha*(Sotha), *Krisangata*, *Agnimandya* etc. So, according to these features the sign and symptoms present in this case are taken as assessment criteria (Table-3). Detailed clinical observation were done before and after treatment for assessment of result obtained.

## OBSERVATION AND RESULT: -

Patient got relief in pain and swelling within 5 days of treatment and after 16 days of *Vaitarana basti* marked improvement is seen in sign and symptoms of the patient. (Table-4,5,6)

## DISCUSSION

*Amavata* occur due to vitiation of *vata* dosha and accumulation of *Ama* in our body. *Vriuddh aahar* and *vihara sevana* leads to *agnimandhya* in our body. *Aacharya Charaka* said that *agnimandhya* is the main cause of every disease<sup>11</sup>. This *agnimandhya* leads to *Ama* dosha accumulation in our body. *Ama dosha* and aggravated *vata* goes to *kapha sthana* like *sandhi*, *aamashya*, *hridya* etc. leads to *sarvadehik* symptoms like *goravata*, *daurbalya*, swelling, stiffness and pain in whole joints especially smaller joints<sup>12</sup>. So, in that case improving *jatharagni* and removal of *Ama* from body is the main aim of treatment<sup>13</sup>. We gave some *vatahara aushadhi* to control vitiated *vata* and also some *deepana pachana aushadhi* to remove *Ama* dosha. *Basti* also a good procedure for vitiated *vata* as said by *Aacharya Charaka* plays an important role in removal of vitiated *vata* and *Ama* dosha<sup>14</sup>.

*Vaitarana basti* by their *laghu*(lightness), *ruksha*(dryness), *ushna*(hotness), and *tikshna*(sharpness) *guna* reaches to *pakwasaya* which is the main seat of *vata dosha* and destroys *vata dosha*<sup>15</sup>. From there it reaches to whole body and destroy the doshas accumulated in the whole body. *Sneha* dravya present in *basti* by its *sukshma*(subtle) *guna* enters into *sukshma srotas* to reach the *grahani*. Here, it acts on *samana vayu*, which lies in the near the seat of the *jatharagni* leads to ignition of *jatharagni*. So, *Vaitarana basti* performs the function of *Apana anulomana* and hence increases the *jatharagni* which are the main cause of *Amavat*<sup>16</sup>.

*Aamvatari Rasa* has been cited for treating *Amavata* in

*Bhaishajya Ratanawli*. This medicine contains *Shuddha Parada, Shuddha Gandhaka, Triphala, Chitrakmoola* and *Guggulu*. It has anti-inflammatory effects and it also abolish the tingling sensations which occurs as a result of *vata prakopa* thus help in breakdown of Pathogenesis of *Amavata*.

*Sanjeevani Vati* contains *Vayvidang, Pippali, Patha, triphala, Vacha, Giloya, Shuddha Bhilava, Shuddha Vatsanabha*. It helps in digestion of *Ama* and breaks the cycle of *Ama Sanchaya*. It also acts by removing or eliminating the accumulated *Ama* Dosha through urine and sweat. *Vatsanabha* having property of *Ushna*(hotness), *Swedana*(sweating), *Mutral*(diuretic) properties help in proper digestion of *Ama* thus help in breakdown of Pathogenesis of *Amavata*.

*Tribhuvan Kirti Rasa* contains *Shuddha Hingula, Shuddha Vatsanabha, Sotha, Pippali, Kali Mirch, Suhaga* and *Pippalimoola*. These all drugs are *ushna* virya and having *deepana pachana* properties and are *vata kapha nashaka* so help in digestion of *Ama* dosha, ignition of *jatharaagni* and regulation of vitiated *vata* dosha thus help in breakdown of Pathogenesis of *Amavata*. *Godanti Bhasma* acts on *tridosha* specially *Pitta* dosha help in ignition of *jatharaagni* and malaise occur in *Amavata*. It also improves muscle strength and immunity. *Shuddha Kupilu* is used as brilliant drug after purification. Seeds of this herb are aphrodisiac, appetizers, digestive, purgative and stimulant in nature. This helps in balance of *vata* and *kapha* dosha, improve taste and also improve digestive strength by ignition of *jatharaagni* and eliminates *ama sanchaya* by its *ushna virya* and *kapha nashka* property thus help in breakdown of Pathogenesis of *Amavata*. *Swarna Makshik Bhasma* is an updhatu of *loha dhatu*, but it does not contain *kathor, ushna* and *triva* guna of *loha dhatu*. Instead it is *tikta, vrashya, rasayana* and *yogavahi, shita* in *virya* and *madhur* in *vipaka*. Due to its guna it enters in the minute *srotas* and eliminates the accumulated *Ama* from the body. *Ajmodadi Churna* contains *ajamoda, vacha, kutha, amalvetas, saindha namak, sajjkshar* etc. All medicines have *ushna virya* and having *deepana pachana* properties help in ignition of *jatharagni* and elimination of *ama sanchaya* in whole body. Also help in removal of vitiated *vata* dosha thus help in breakdown of pathogenesis of *Amavata*.

*Aarogyavardhni Vati* contains *parada, gandhaka, loha bhasma, abharak, tamra bhasma, shilajeeta, guggulu, chitakmoola, triphala* and *kutki*. Its major role is *srotoshodhak* by which it helps in eliminating excess *Ama* in *Amavata*. It is best *deepana pachana* also. Hence by its

ultimate role on *srotas*, it has best role to play in *Amavata* by breaking its pathogenesis at the foremost step i.e., *agnimandhya* and *srotoavarana*. *Yograj Guggulu* is well known drug for *vata vikara*. Major content of this drug is *guggulu* and *triphala*. *Guggulu* has *vatahara, shodhak, saraka, rochaka* and *poshtik* guna. so, by its gunas it eliminates the *vata dosha*, eliminates the accumulated *Ama* and ignites the *jatharagni*, hence assist in breaking down the pathogenesis of *Amavata*. The action of *triphala* is to lessen the *ushna* and *ugara* guna of *guggulu* and to enhance its *roganik* guna. *Dashmool Kwath* contains panchang of *choti* and *badi kateri, shalparni* and *prishnaparni panchang, bilwa, gambhari, sonapatha, arni* and *gokshura*. This drug mainly act in *vata* and *vata-kapha* disease. It is anti-inflammatory as its content *dashmoola* is *shothhar* in properties. It is basically used as *anupana* in *vata vikara*. *Triphala Churna* It contains *harada, baheda* and *amla*. It is *mridu virechak* and hence eliminates the excess *Ama* which has accumulated in *Amavata*. It also ignites our *jatharagni* which is the initial management of *Amavata*, because *agnimandhya* leads to *Ama* accumulation and hence deposit of this *Ama* in *sandhi* of *Amavata* patients.

## CONCLUSION

Ayurveda is considered as the science which not only cure the disease but also lessens the reoccurrence of any disease. *Shodhan chikitsa* in ayurveda is considered as the process of detoxification not only physical and chemical toxic material eliminated but also make this toxic material to useful biochemical form which is easily absorb by the body. In this case vitiated *vata* dosha and accumulated *Ama* dosha in *Amavata* is expelled outside by help of *Vaitarana basti* and *vatahara aushadhi* with marked improvement is seen. This single case study give a belief that ayurveda can be the best treatment for chronic disease.

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**Table.1- Contents of *Vaitarana Basti***

S.No	Name	Quantity
1	<i>Saindhav Lavan</i>	1 Karsha (12gm)
2	<i>Guda (Jaggery)</i>	1 Shukti (24gm)
3	<i>Chincha (Tamarindus)</i>	1 Pala (48gm)
4	<i>Gomutra (Cow's Urine)</i>	1 Kudava (192ml)
5	<i>Saindhavadi Tail</i>	50 ml

**Table.2- Drugs used in *Shamana Aushadhi***

S.No	<i>Dravya</i>	Dose	Duration
1	<i>Aamvatari Rasa</i>	250 mg	3 times a day
2	<i>Sanjeevani Vati</i>	250 mg	3 times a day
3	<i>Tribhuvan Kirti Rasa</i>	125 mg	3 times a day
4	<i>Godanti Bhasma</i>	500 mg	3 times a day
5	<i>Shuddha Kpilu</i>	60 mg	3 times a day
6	<i>Swarna Makshik Bhasma</i>	60 mg	3 times a day
7	<i>Ajmodadi Churna</i>	2 gm	3 times a day
8	<i>Aarogyavardhni Vati</i>	2 BD	Twice a day
9	<i>Yograj Guggulu</i>	2 BD	Twice a day
10	<i>Dashmool Kwath</i>	50 ml	Twice a day
11	<i>Triphala Churna</i>	3 gm	Twice a day

**Table.3- Grading of Assessment criteria**

Particulars	Grading
<b><i>Sandhishoola (Pain)</i></b>	
• No Pain	0
• Mild Pain	1
• Moderate Pain, but no difficulty in moving	2
• Severe Pain in moving body Part	3
<b><i>Sandhi stabdhta (Stiffness of Joints)</i></b>	
• Free movement of joints	0
• Mild restriction of Movement	1
• Moderate restriction of Movement	2
• Severe restriction of Movement	3
<b><i>Sandhi Shoth (Swelling of Joints)</i></b>	
• No Swelling	0
• Mild Swelling	1
• Moderate Swelling	2
• Severe Swelling	3

**Table.4- Assessment of Pain**

Name of Joint	Left		Right	
	Before	After	Before	After
Knee Joint	3	1	3	1
Elbow Joint	2	0	-	-
Shoulder Joint	2	0	-	-
Phalangeal Joint	3	1	3	1

**Table.5- Assessment of stiffness of Joint**

Name of Joint	Left		Right	
	Before	After	Before	After
Knee Joint	3	1	3	1
Elbow Joint	1	0	-	-
Shoulder Joint	1	0	-	-
Phalangeal Joint	2	0	2	0

**Table.6- Assessment of swelling of Joints**

Name of Joint	Left		Right	
	Before	After	Before	After
Knee Joint	2	0	2	1
Elbow Joint	-	-	-	-
Shoulder Joint	1	0	-	-
Phalangeal Joint	1	0	1	0