



**CLINICAL EVALUATION OF MATRA BASTI WITH KSHEERBALA
TAILA AND DASHMULA TAILA IN SANDHIGATA VATA
(OSTEOARTHRITIS)**

¹*Varghese Jibi Thankachan, ²Nakade Mamta, ³Patil Aboli and ⁴Chowdhari Vaishali

¹Assist Prof. Department of Kayachikitsa, ²H.O.D. & Prof. Department of Panchakarma,

³Assist Prof. Department of Kaumarbhritya, ⁴Asso. Prof. Department of Panchakarma,

Dr. D.Y. Patil College of Ayurveda and Research Centre, Pimpri -Pune -18. Maharashtra,
India.

Article Received on 27/05/2016

Article Revised on 17/06/2016

Article Accepted on 07/07/2016

***Corresponding Author**

Dr. Varghese Jibi

Thankachan

Dr. D.Y. Patil College of
Ayurveda and Research
Centre, Pimpri -Pune -18.
Maharashtra, India

ABSTRACT

Kshaya or degeneration is a gradually progressive deterioration and loss of function in the tissues. As vriddhavastha proceeds it leads to kshaya of all the dhatus further leading to vataprakopa and causing vatavyadhi. Sandhigata vata is a disorder which nearly affects all the aged people. On the basis of symptomolgy it resembles with that of osteoarthritis. Vatavyadhi is best treated by basti chikitsa. Matra basti

is a type of sneha basti which provides nutrition as well as pacify the morbid vata dosha. In this study matra basti of Ksheerbala taila and Dashmula taila were selected for trial.

KEYWORDS: Matra basti, Sandhigata vata, Osteoarthritis.

INTRODUCTION

Sandhigata vata is a disease which is caused by vitiation of Vata dosha. Symptoms like *vata purna driti sparsha* ie shotha, palpable as filled air bag, ie pain during flexion and extension of joints are seen.^[1] It resembles that with Osteoarthritis. Osteoarthritis (O.A.) which is also known as degenerative joint disease (D.J.D.) is a progressive disorder of the joints caused by gradual loss of cartilage and resulting in the development of bony spurs and cysts of the margins of the joints, especially seen in weight bearing joints like knee and hip. O.A. is one of the most common causes of disability due to limitation of joint movement particularly in

people over 50. Vata and vatavyadhi are best treated by basti. Basti basically has two actions viz expelling the dosha and nourishing the body. The potency of the basti dravyas get absorbed and shows a systemic action on the body. It facilitates the excretion of morbid doshas responsible for the disease. Vatavyadhi are distinguished in major two categories ie avarna and dhatukshaya.^[2] Both can be well treated by basti chikitsa. Basti chikitsa directly treats the vata dosha at its site and it also has the ability to control the other doshas involving in the pathogenesis of the disease.^[3] Hence basti chikitsa is considered as Ardha chikitsa.^[4]

The present study was undertaken to study the conceptual and curative aspect of matra basti of Ksheerbala taila^[5] and Dashmula taila in janu sandhigata vata. The principle of treatment was Shaman, Brimhana and Rasayana.

MATERIALS AND METHODS

Aim

1. To evaluate the effect of matra basti of Ksheerbala taila and Dashmula taila in Sandhigata vata.
2. To compare and analyse both the drugs individually in separate groups.

Source of data

The patients who attended the OPD and IPD of Dr D. Y Patil college of Ayurveda and Research centre, Pimpri – Pune having the signs and symptoms of Sandhigata vata were screened. Among them 30 patients fulfilling the criteria of the present study were selected randomly and was placed in three groups A and B.

Statistical Estimation of Results

The obtained data were analyzed statistically and the values were expressed as percentage of relief. The data were analyzed by paired 't' test and unpaired 't' test was applied for comparative study.

Inclusion criteria

1. Patients having the pratyatma lakshana of Sandhigata vata - Janu Sandhi
2. Patients between the age group of 40-70 yrs.
3. Patients without any anatomical defect.

Exclusion criteria

1. Age below 40 yrs and above 70 yrs
2. Secondary Osteoarthritis due to rheumatic arthritis, gout, tuberculosis, psoriatic arthritis, trauma etc were excluded.

Drug and Dose Schedule

Duration of Study – 15 days

Group A was prescribed with matra basti of Ksheerbala taila 60 ml and 5 gm saindhav.

Group B was prescribed with matra basti of Dashmula taila 60 ml and 5 gm saindhav.

Criteria for Assessment

Subjective parameters

Symptoms	Grade			
	0	1	2	3
Swelling	No swelling	Slight swelling	Moderate swelling	Severe swelling
Tenderness	No tenderness	Mild tenderness	Moderate tenderness & wincing	Severe tenderness, wincing and withdrawal
Crepitus	No crepitus	Mild crepitus complained by patient	Moderate crepitus on examination	Severe crepitus felt and heard on examination
Pain	No pain	Mild pain	Moderate pain	Severe pain

Distribution of patient.

Group	Male	Female	Total
Group A	7	8	15
Group B	6	9	15
Total	13	17	30

Effect of Matra Basti of Ksheerbala taila on Group A.

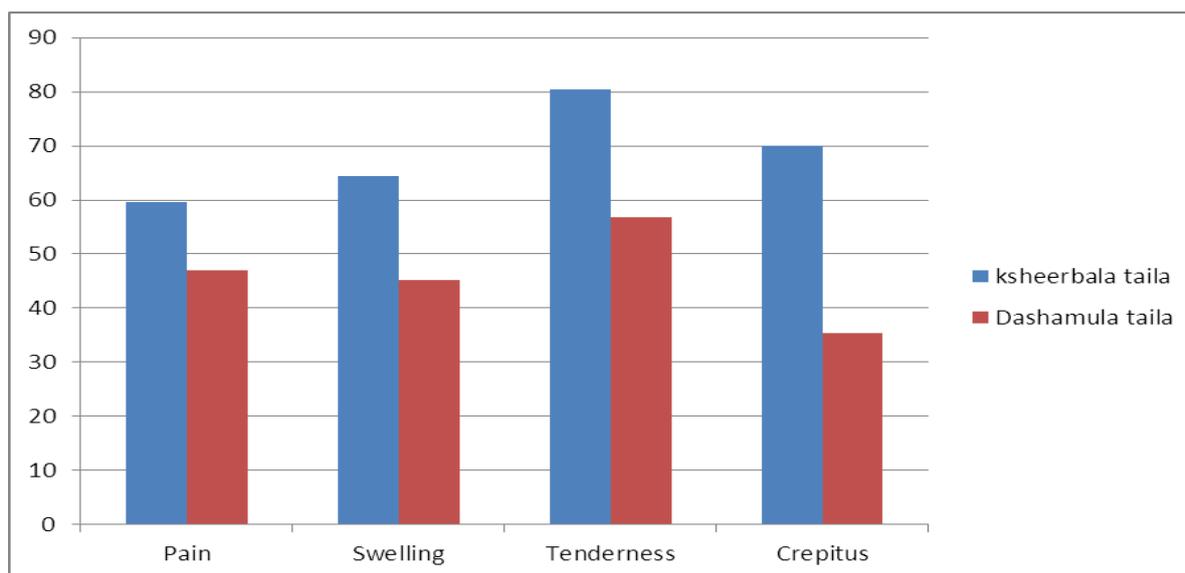
Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% of relief	p value	Remarks
Pain	2.13	0.86	1.27	59.62%	< 0.001	H.S.
Swelling	1.33	0.46	0.87	64.41%	< 0.001	H.S.
Tenderness	1.33	0.26	1.07	80.45%	< 0.001	H.S.
Crepitus	1.06	0.40	0.66	69.96%	< 0.001	H.S.

Effect of Pathyadi Kashaya on Group B.

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	% of relief	p value	Remarks
Pain	2.00	1.06	0.94	47.00%	< 0.01	S.
Swelling	1.33	0.73	0.60	45.11%	< 0.01	S
Tenderness	1.53	0.66	0.87	56.86%	< 0.001	H.S
Crepitus	0.93	0.60	0.33	35.48%	> 0.05	N.S

Summary of Results between Groups.

Groups	Mean B.T.	Mean A.T.	Mean Diff.	Percentage of relief
Group A	1.46	0.49	0.97	66.43%
Group B	1.44	0.76	0.68	47.22%



Probable mode of action of Matra Basti

Being a madhyam roga marga vyadhi sandhigata vata afflicts the sandhi pradesh. Hence drugs acting on vata as well as asthi sandhi should be the line of treatment. Ksheerbala taila and Dashmula taila acts well on these terms. Both these taila are having shaman rasayana and brimhana properties. Sneha basti provide strength to the body. The contents of the taila adds to its effect. Saindhav increases the absorption of sneha dravya in the large gut.

Ksheerbala taila having contents of bala, dugdha and sesame oil normalizes the vata and pitta and shows anti inflammatory action. It also acts as a nervine tonic , strengthens the muscles and accelerate wound healing.

Dashmula taila containing roots of bilva, agnimantha, bruhati etc act more as vata kapha shamana. Its serves as a nervine tonic as well as analgesic effect.

DISCUSSION

Group A: Clinical assessment of Group A showed significant results in tenderness with 80.45 % relief and lessened the pain and swelling with 59.62% and 64.41% respectively and p value < 0.001 making it statistically significant.

Group B: Clinical assessment of Group B showed statistically significant results with pain relief 47%, swelling and tenderness showed 45.11 % and 56.86% relief.

CONCLUSION

Group A with matra basti of Ksheerbala Taila showed good results in pain, swelling and tenderness thus increasing the function of knee joint as compared to Group B which was given with matra basti of Dashmula Taila.

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