

A CASE REPORT – EFFICACY OF NAVAKARSHIK BASTI IN THE MANAGEMENT OF VATARAKTA WITH SPECIAL REFERENCE TO GOUT

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ABSTRACT

Gout is one of the commonest forms of arthritis becoming very common in India. Accumulation of toxins is the primary cause and pathogenesis of this condition. This fact is well accepted by Modern and Ayurveda. A male patient of age 50 years old came in OPD of Kayachikitsa department of M.A. Podar Hospital, Mumbai with complaints of bilateral knee joint pain, bilateral ankle joint pain and swelling treated with Kalbasti krama of Navakarshik Basti as said by Acharya Yogratnakar in Vatrakta Chikitsa Adhyaya but in decoction form as internal medicine. It shown remarkable result in joint pain and swelling as well as in serum uric acid level. Details is available in full article.

KEYWORDS: Bilateral ankle joint pain and swelling (Vatrakta-Gout), Bilateral ankle joint pain, Navakarshik basti, Serum uric acid

level.

INTRODUCTION

Excessive accumulation of uric acid leads to formation of small uric acid crystals which are deposited in the joints and causes recurring joint inflammation and pain. High blood uric acid levels could also lead to this condition without any history of pain. This condition is marked by fever and extremely painful joint inflammation with rapid onset. Panchkarma therapy is one of the most effective treatments in Vatrakta. Vatrakta is a combination of two words Vata and Rakta. There are three known synonyms of Vatrakta. They are Khuda, Adhyavata and

Vatabalasak. Khuda means small joints. Since in this disease, the small joints are inflicted it is called as Khuda Vata. Adhyavata means the rich class of people and those who are delicate. Since this class of people is generally inflicted with the disease. The aggravated vata having been obstructed in its passage by aggravated blood, affects the entire blood. Ayurvedic treatments for Vatrakta vary depending on the condition of the patient and severity of the disease. The treatment consists of Panchkarma, oral medication and diet ; so this case report is planned to evaluate the effect of Navkarshik Basti.

MATERIALS AND METHOD

A male patient of age 50years admitted in male Kayachikitsa ward of M. A. Podar Hospital, Worli, Mumbai 18.

Name- A.B.C. (50yrs /male) DOA- 08/11/2016

OPD No.- E/ 5817 IPD No.- E/ 5817

Diagnosis – Vatrakta [Gout]

c/o – Bilateral knee joint pain and swelling

Bilateral ankle joint pain and swelling 1 week

Cannot walk without support

(Patient had pain during physical activities)

X Ray B/L ankle joint – Within normal limits.

This patient was treated with Navakarshik Basti for 14 days.

Materials

Contents of the Navakarshik Basti

- 1) Daruharidra.(Berberis aristata)
- 2) Guduchi (Tinospora cordifolia)
- 3) Kutaki (Picrorhiza kurroa)
- 4) Vacha (Acorus calamus)
- 5) Manjishtha (Rubia cordifolia)
- 6) Nimba (Azadirachta indica)
- 7) Aamalkai (Emblica officinalis)
- 8) Haritaki (Terminalia chebula)
- 9) Bibhitak (Terminalia bellirica)
- 10) Til taila (Oil of Sesamum indicum)
- 11) Saindhava (type of a salt)

12) Madhu (Honey)

Preparation of Basti

Basti dravya will be mixed in the following order. Initially madhu and saindhava are to be mixed and then til tail will be mixed then kwatha of above mentioned dravya will be mixed properly [Charak siddhithana 3/23]. All total 350 ml niruha basti given to the patient. Basti matra is decided accordingly dharanshakti (retaining property) of patient.

Dose

Anuvasan – Til taila 60 ml

Niruha - 350 ml

Ratio - 1(Anuvasana) : 2 (Niruha)

Duration

Niruha had given on empty stomach and anuvasana basti had given after meal. Ratio of basti was 1:2 ,one anuvasan basti and two niruha basti as per more pachana expected.

Table no.1: Properties of dravya

Dravya	Rasa	Virya	Vipaka	Guna	Doshghnata
Daruharidra	Tikta Kashaya	Ushna	Katu	Laghu Ruksha	Kaphghna Pittaghna
Guduchi	Tikta Kashaya	Ushna	Madhura	Guru Snigdha	Tridhoshar
Kutaki	Tikta	Sheeta	Katu	Laghu Ruksha	Kaphghna Pittaghna
Vacha	Katu Tikta	Ushna	Katu	Laghu Tikshna	Vataghna Kaphshamak
Manjishtha	Tikta Madhura Kashaya	Ushna	Katu	Guru Ruksha	Pittaghna Kaphghna
Nimba	Tikta Kashya	Sheeta	Katu	Laghu	Kaphashamak Pittashamak
Aamlaki	Amlapradhan (Pancharasa)	Sheeta	Madhur	Guru Ruksha Sheeta	Tridhoshar
Haritaki	Kashayapradhan (Panchrasa)	Ushna	Madhur	Laghu Ruksha	Tridhoshar
Bibhitak	Kashay	Ushna	Madhur	Laghu Ruksha	Tridhoshar (Kaphaghna)
Saindhav	Lavana Madhura		Snigdha	Tridoshaghna	

OBSERVATION AND RESULT CRITERIA FOR ASSESMENT

- 1) Pain
- 2) Joint tenderness

3) Swelling

4) Serum uric acid level

Likert Scale: For gradation of pain.

Grade	
0	No pain
1	mild pain
2	moderate pain
3	severe pain
4	extreme pain

Tenderness

Grade	
0	No tenderness
1	Patient feels pain on touch
2	Wincing of face.
3	Wincing of face and withdrawal of affecting part
4	Patient will not allow the joint to be touched

Swelling

Grade	
0	No Swelling
1	Slight Swelling
2	Moderate Swelling
3	Severe Swelling

Serum Uric

Before treatment	After treatment
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Interpretation of score

Patient had following score,

Sr.no.	Criterion	Before Basti	After Basti
1	Pain	2	0
2	Tenderness	3	0
3	Swelling	3	0
4	Serum Uric acid	9.2	8

DISCUSSION

Type of vatrakta in this study was Vatapradhan pitta along with raktadushti. All the contents used in the Navakarshik basti are raktadushtihar and tridoshar. Tightening of veins and joints,

inflexibility are due to Vatadushti. Inflammation with severe pain and sharp pain and swelling due to raktadushti.

- 1) By its properties Daruharidra is vedanasthapana, pittasarak and raktavahashodhak.
- 2) Guduchi is tridosh-shamak mentioned in Ayurvedic classical texrbooks.due to its tikta Kashaya rasa and madhura vipaka it is pittashamak and raktadushtihar.
- 3) Triphala used in the basti is tridoshar and its vipaka is madhura help is neutralising Pitta and Vatadushti.
- 4) Vacha is katu-tiktarasatmaka, ushnaviryatmaka, katu vipaki dravya, it mitigates vata and kapha dosha.
- 5) Nimba has Tikta rasa predominance which purifies blood and cures Raktjanya vyadhi as mentioned in Ayurvedic classical texrbooks.
- 6) All the contents has Tikta Rasa which detoxifies bacteria, germs & kills worms. It relieves fainting, burning sensation, itching, inflammatory skin conditions & thirst. Bitter taste creates lightness of the skin & muscles. It is antipyretic, enkindles digestive fire, promotes digestion of undigested toxins (ama), purifies lactation, helps scrape away fat & removes toxic accumulation in fat, marrow, lymph, sweat, urine, excrement, pitta & kapha. It is dry (Ruksha), cold (sita), & light (laghu).

CONCLUSION

Vatarakta (Gout) is a type of inflammatory disease in which Navakarshik basti is one of the best treatments than taking decoction of the same drug. The Navakarshik basti is much beneficial in the patient of Vatarakta (Gout) by relieving the local pain, swelling and tenderness as most of its contents are Vataghna, Vednasthapan and Shothahara Dravya and bloodpurifier which detoxify body.

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