

A CASE STUDY ON ASTHIMAJJAGATA VATA W.S.R. AVASCULAR NECROSIS

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ABSTRACT

Avascular necrosis is the death of bone tissue due to lack of blood supply, it can leads to tiny breaks in bone and bone is eventually collapse.^[1] Avascular necrosis occurs when a blood flow to a bone is interrupted or reduced. It is caused by joint or bone trauma, vascular occlusion, altered lipid metabolism, fatty deposits in blood vessels, vascular compression and post trauma.^[2] In *Ayurveda* there was mentioned the *Vatavyadhi* which occurs due to mainly *Vataprakopa*. When the *vatavruddhi* occurs the *vata* goes one by one to *Ras, Raktadi dhatus*. The patient came to us with the complaints of severe back ache, pain radiating to both legs, difficulty to walking and insomnia due to pain. Same ptient was diagnosed as *asthimajjagata vata*.

According to *ayurveda* the treatment of *Asthimajjagata vata* is *Snehana, Swedana, Basti Upakrama* along with *vatashamak vati* is also useful. So, the treatment like *Snehana, Swedana, Panchatikta sheer basti* and *vatashamak* drug was selected in present case. The result replicated the original study and showed substantial improvement in the patient.

KEYWORDS: *Asthimajjagata vata*, avascular necrosis, *snehana*, *swedana*, *panchtiktaksheer basti*.

INTRODUCTION

Avascular necrosis is the death of bone tissue due to lack of blood supply also called osteonecrosis, avascular necrosis can lead to tiny breaks in the bone & the bones eventually collapse.^[3] The blood flow to the section of bone can be interrupted if the bone is fractured or the joint becomes dislocated. AVN is also associated with long term use of high dose steroid medications & excessive alcohol intake. It's more common in people between the ages of 30 & 60.^[4] If avascular necrosis involves the bones of a joint, it often leads to destruction of joint articular surfaces. In India there are 16,000 cases of avascular necrosis found in every year.^[5]

This Case Report consists a study of case of *Asthi majja gata Vata*, in which *Panchatikta Ksheerghrita Basti* was administered for 21 days. *Sthanic Katibasti & Lakshadi Guggul Vati* was given for 30 days.

CASE REPORT

A 35yr old male patient came to the Rognidan OPD of Govt. Ayurved College, Nanded, Maharashtra.

With presenting c/o: Pain at low back region, (since 12 years).
 Continuous radiating pain in both legs, (since 12 years).
 Difficulty to walk (since 12 years).
 Both knee joint pain (since 5 month).
 Sleeplessness (Insomnia) since 5 month.

Past history

Patient had taken Analgesic & Anti inflammatory medication from private hospital before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was Hotel worker (Waiter) by occupation, Patient did not have history of any major illness/ Trauma.

On examination

General condition -moderate, afebrile.

PR - 80/min, regular.

BP – 120/80mm of Hg.

RR – 18/min, regular.

no pallor, no icterus was present.

Local examination of patient was having

	Right Leg	Left Leg
Crepitations	Present	Present
Swelling	Absent	Absent
Tenderness	Absent	Absent
Flexion and extension	Painful	Painful

SLR test – Right leg – 30degree.

Left leg - 70degree.

INVESTIGATION

Routine investigation such as CBC, Random Blood Glucose, Urine routine & microscopic were in normal range.

HB % - 10.5gm/dl.

BSL Random – 100mg/dl.

RA test – Non reactive.

Urine - Albumin – Nil.

Sugar- Nil.

RA test, Uric acid were found to be Non significant.

X-ray of Lumbosacral region (Pelvis)

Anteroposterior view revealed impression of Bilateral acetabular subcondral sclerosis noted with Osteophytes. Suspicious crescent sign in right femoral head. Significance of Avascular Necrosis of Right Hip joint with secondary Osteoarthritis changes.

As per Ayurvedic text the symptoms of *Asthimajjagata Vata* are

***Bhedoasthiparvanam sandhishulam mansabalakshaya /
Aswapana Santata ruk ch Majjasthikupitenile // ch.chi.18/32***

Gatatva (Movement/Passage) is a phenomenon which is used for explaining about samprapti that results in Dhatukshaya (diminished). The lakshana of Asthimajja gata vata is Bhedo asthi parvani (cracking of bones and joints), Mamsa bala kshaya (diminution of muscle tissue), Aswapna (insomnia), Santata Ruja (constant Pain).^[6]

Diagnosis

Vatavyadhi {Asthimajjagata Vata}.

Treatment

As *Asthimajagata vata* is one of the type of *Vatavyadhi* so the line of treatment is *Snehana Swedana* and *Bastichikitsa*.

The treatment was planned as below

1. *Sarvanga Snehana Swedana* for 15 days.
2. *Sthanik Katibasti* for 15 days.
3. *Panchatikta Ksheerghrut Basti* for 21 days
4. *Lakshadi Guggul Vati* for 30 days.

Contents of Katibasti

Tiltail 200ml.

Udad dal flour -500 gm.

Katibasti done for 20 minute.

Panchatikta Ksheerghrita Basti

130 ml Decoction (*Kwatha*) of *Panchatikta Dravyas* was made.

130 ml of *Godugdha* was added and the *Siddha Kshir* was prepared.

Preparation of *Basti: Madhu*(5ml)+*Lavan*(5gm)+ *Panchtiktaghrita* (20ml)+*Siddhaksheer* (130ml).

Basti was administered & *Bastipratyagaman Kala* was noted. Total 150 ml of *Panchatikta Ksheerghrita Basti* was given daily for 21days.

Bastipratyagaman Kala was found to be 5 to 7 hrs.

Lakshadi Guggulu Vati: 250mg 4 tablets TDS/day.

Assessment Criteria

Low Back pain

Absent	0
Mild	1
Moderate	2
Severe	3

SLR TEST

80- 90 degree	0
70- 80 degree	1
40-60 degree	2
0-30 degree	3

Distance walked by patient within 10 minutes

90 feet	0
60 feet	1
30feet	2
Less than 30 feet	3

Observations in present case

Examination	Before treatment	After treatment	Relief
Low Back pain	3	1	66%
SLR Test	3	2	33%
Distance walked by patient 10 minute	3	2	33%

RESULT AND DISCUSSION

In above case study patient got **44% relief** in above symptoms of *Asthi Majja Gata vata*. In above case which *Asthi & Majja dhatu dushti was present*. As the vitiated *Doshaj* circulate in the body and where they found the “*Kha-vaigunya*” i.e. *Sandhi*, they lodged there to produce the disease.^[7]

MODE OF ACTION**Bahya abhyantartaha snehasthimajjagatam jayet ||**

The factors influencing the disease were vitiated *Asthi & Majja* for treating through *Snehan* in both *Bahya* (externally) and *Abhyantara* (internally). So, line of treatment was *Snehan*, *Swedan*, *Basti* containing *ghrita* and *ksheera* as main *dravya*.^[8]

AxjrÉÉ´ÉrÉÉhÉÇÉ urÉÉkÉİhÉÉÇ mÉlcÉMüqÉÉİhÉ pÉâwÉeÉqÉÇ|
oÉxiÉrÉ: ¢ÉİUxÉ İmÉİlwÉ İiÉY´ÉÉâmÉİWûiÉÉİÉ cÉ || (cÉ.xÉÔ.28/27)

Samprapti Vighatana

- *Tiktaka ksheerbasti* was planned for strengthening of *asthi dhat*. *Tikta rasa* is predominance of *vayu* and *akash mahabhut*. Hence it has got affinity towards the bony elements like *asthi* which has same *mahabhautik tatva*.^[9]
- *Ghrita* is *vata pitta shamak*, *balya*, *agnivardhak*, *madhu*, *sheet virya*. *Ghrita* has also contains vitamin D which plays an important role to utilise calcium and phosphorous from blood and helps in bone formation.
- *Ksheera* has *madhur* and *sneegdha* properties which helps to control *vata dosha* and acts as *Bruhana*.

- *Panch Tikta Dravya* i.e. *Guduchi, Nimb, Vasa, Patol & Kantakari* these *tikta rasatmak dravyas* formulated with *ksheer or ghrta* and administered in form of *Basti*.^[9]

Thus, helps in *samprapti vightana* of the *Asthi majja gata Vata*.

- *Katibasti* helps for local *Snehana, Swedana* and *Vedana Shaman*.
- *Lakshadi Guggul Vati* has *Bhagnasandhanka* showed that enhance the bone healing.^[9]

Ingredients of *Lakshadi Guggul*: *Laksha, Asthishrinkhla, Nagbala, Ashwagandha* and *Shuddha guggula*.

CONCLUSION

In this Case study we got good results of *Panchakarma & Ayurvedic* medicines. The treatment given for *Asthimajja gata vata* was *Snehana, Swedana, and Basti* which helped in *Vatadosha Shaman*, Relief in symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

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