

**EFFICACY OF PANCHTIKTA GHRITA KSHEER BASTI IN THE
MANAGEMENT OF SANDHIGATA VATA (OSTEOARTHRITIS):- A
CASE STUDY**

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Article Received on
21 April 2019,
Revised on 12 May 2019,
Accepted on 01 June 2019,
DOI: 10.20959/wjpr20197-14902

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ABSTRACT

Ageing is a process of physical, psychological, and social change in multidimensional aspects, in India most of population are older than 60 years is of degenerative joint diseases. *Sandhigata vata* is also known as degenerative joint diseases. Ayurveda the complete life science has given special emphasis to concept of vata, and its physiological and functional aspect in the life of human beings. In Ayurveda it is mentioned that in *Vardhakya avastha* all dhatus undergo kshya leading to *dhatukshayaj vatprakop samprapti*, in *sandhigata vata* there is *kshya of Asthidhatu* for *vataparakop Basti chikitsa* is shreshta chikitsa. *Panchtikta dravyas* are *Rasayan* for *Asthidhatu* and charak has already explained that *tikta rasa* in *Asthimajjagata vata*, In *Asthivaha*

strotodushti chikitsa panchtikta dravya mentioned. The *panchtikta dravyas* and ghrith it help to reduce vata from the body so *Panchtikta Basti* With *Panchtikta ghritha* relive symptoms in *Sandhigata Vata*.

KEYWORDS: *Sandhigata Vata, Panchtikta Kheer Bast, Panchatikta ghritha, Asthidhatu.*

INTRODUCTION

Ayurveda the complete life science has given special emphasis to concept of vata, and its physiological and functional aspects in the life of a human being.

Vata has two main functions *Gati* and *Gandha*, *Gati* means movement and *Gandha* means conduction. So As soon as the life comes in the Mother,s womb the functional Aspects of the *vayu* comes into action and it responsible for the placement of all the parts of the body in their proper position.

Proper development and nourishment are solely dependent upon the functioning of *vayu*.^[1]

Sandhigata Vata is *Madhyama marga gata roga* and it happens due to lodging of *vayu* in *sandhi pradesha*.^[2] it is one among the 80 *Nanatmaja vata vyadhies*.

Sandhigata vata has been described in the *vata vyadhi* chapter in classical text.

Sandhigata vata is the most common articular disorder, In *vridhdhavstha*, all dhatus undergo *kshaya*, thus leading to *vataprakopa* and making individuals prone to many diseases. Among all *vatavyadhi Sandhigata vata* stands top in the list.^[3]

Osteoarthritis is most common type of arthritis, it,s prevalence especially in the elderly and the high rate of disability related to disease make it a leading cause of disability in the elderly.^[4]

CASE REPORT

Patient name- XYZ.

Age & Sex-56years

DOA-10/2/2019

Reg. No.12371

DOD-26/2/2019.

C/O:- Pain in B/L knee joint.

Unable to walk properly

(since 6 month) Difficult in walking and sitting.

No any significant past history. Addictions:- Smoking 2-3 times daily. O/E-Gc- Fair & Afebrile.

P-76/min

Bp-120/70mmof Hg.

S/E- RS-AEBE Clear.

CVS-S1S2Normal

CNS-Conscious & Orientend

Pupils- Normal size reacting to light. P/A- Soft and Non-tender.

Investigations

CBC

X- Ray B/L Knee joint.

Treatment

Panchtikta ksheer Basti with *Panchtikta Ghrita* was given to the patient.

Around 60ml *panchtikta ksheer* and 20 ml *ghrita* was given to the patient for 14 days.

RESULTS

After 14 days of treatment patient got symptomatic relief.

Pain of the b/l knee joint was relief. There was improvement in patients while walking, and sitting. Patient got significant relief.

Clinical Features	Grading	Before treatment	After treatment
Swelling	0-No Swelling 1-Slight grading 2-Moderate swelling 3-severe swelling	2	0
Tenderness	0-Normal 1-Mild 2-Moderate 3-Severe	3	1
Crepitations	0-No crepitations 1-Mild 2-Moderate 3-Severe	3	1
Redness	0-No redness 1-Mild redness 2-Moderate 3-Severe	0	0

DISCUSSION

Sandhigata vata is a diseases which occurs due to excess intake of *vata prakopaka aahar vihar*, having symptoms of shotha, which is palpable as a air filled bag *vata purna driti sparsh* and pain on flexion and extension of the joints *akunchan prasarana vedana*.

As a said before it is very common degenerative join disorder, feature of which found in preponderance with Osteoarthritis i.e degenerative joint diseases, the charak has already mention that *tikta rasatmak dravyas* are used in *asthimajjagata vata*, and *panchtikta ksheer* with *panchtikta ghita* which help in reduce *vata* from the body. Indirectly it reduced the symptoms of the *sandhigata vata* it help to reduce the pain of the patient, after 14 days of the *basti* the patient got symptomatic relief.

CONCLUSION

Sandhigata vata is degenerative joint disorder which calls for an early management, progression of the diseases could be stopped at the right time before it may bring permanent physical impairment. So, the *panchtikta dravyas* are rasayan for *asthimajja gata vata* it really help to our body. The *panchtikta ksheer* is already mentioned for *asthivaha srotas* and the *panchtikta ksheer basti* with *panchtita gherita* which help to reduced *vata* from the body, so it direct act on the symptoms of the patients it help to reduced the symptomatic complain of the patients.

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