

**STUDY OF USE OF BASTI IN MAMSAMEDOGATA VATA AND  
SAMA VAYU W. S. R. TO HYPOTHYROIDISM – A LITERATURE  
REVIEW FROM BRUHAT TRAYI**

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• **ABSTRACT**

This research article is “Study of use of Basti in Mamsamedogata Vata and Sama Vayu w.s.r. to Hypothyroidism – a literature review from Bruhat Trayi”. Literature review was done regarding Hypothyroidism, Mamsamedogata Vata and Sama Vayu and Vyadhi Avastha in which Basti treatment is to be administered. Symptoms of Hypothyroidism and Mamsamedogata Vata and Sama Vayu were compared which show resemblance. So it can be concluded that same chikitsasutra can be applied in hypothyroidism. By studying Chikitsasutra of Mamsamedogatavat and Sama Vayu, Basti Avastha is decided.

• **KEYWORDS:**– Hypothyroidism, Mamamedogata Vata, Sama Vayu, Vatavyadhi, Basti.

• **INTRODUCTION**

Hypothyroidism is the disease caused by deficiency of thyroid hormone. In clinical practice, many middle aged female patients are diagnosed with hypothyroidism. These days, many patients are found to have even subclinical hypothyroidism. It considerably hampers physical as well as mental health, quality of life of patients. As a treatment, replacement therapy is given with exogenous, synthetic thyroxine. This therapy may normalise laboratory findings of T3, T4, TSH. But, patients still feel unwell. Ayurveda can help in these conditions.

Ayurveda is the ancient life science which has given remedies for many lifestyle disorders. According to Ayurveda, Hypothyroidism is lifestyle disorder. When many patients of hypothyroidism were clinically studied, symptoms show resemblance with symptoms of Sama Vayu and Mamsamedogata Vata. Main treatment of Vatavyadhi especially

Mamsamedogata Vata is Basti. So, this topic was chosen for the literature review. This study can be implemented clinically in patients to give good results clinically.

- **Objectives**

1. To study hypothyroidism.
2. To study Mamsamedogatavat from ayurvedik literatue (Bruhat Trayi)
3. To study Basti Avastha in Mamsamedogata Vata w.s.r. to hypothyroidism.

- **Conceptual study / review of literature**

Literature review of hypothyroidism – <sup>[1]</sup>

Hypothyroidism occurs due to deficiency of thyroid hormone.

This occurs commonly between females of age 40 – 50 years.

**Clinical features** – Reduced basal metabolic rate

Weight gain

Cold intolerance

Fatigue, weakness, malaise

Somnolence

Dry scaly skin

Dry Hair, alopecia

Swelling of face

Infertility, Irregular menses, PCOS

**Constipation** – Due to slowness of peristalsis and diminished intake Hoarseness of voice

**Cardiac manifestations** – Bradycardia, mild diastolic hypertension, breathlessness

**Neurological manifestations** – Stiffness, muscle cramps, physical and mental slowness, lethargy, somnolence, carpal tunnel syndrome, depression and rarely, psychosis.

**Laboratory findings**

TFT – High TSH with low T3 and T4

Low voltage ECG with bradycardia

Hyperlipidaemia

Normocytic normochromic anaemia

**Treatment**

Replacement therapy with synthetic Levothyroxine in single dose 100 – 150 mcg/day, preferably empty stomach.

**Literature review of mamsamedogata vata**

Hetu of Mamsamedogatavat

These can be divided in 2 categories as follows-

Vataprakopak hetu

रुक्षशीताल्पलघ्वन्न.....<sup>[2]</sup>

(चरक चिकित्सास्थान 28/15 - 17)

Srotodushti Hetu -

अभिष्यंदीनि भोज्यानि स्थूलाणि च गुरुणि च।

मांसवाहीनि दूष्यन्ति भुक्त्वा च स्वपतां दिवा॥<sup>[3]</sup>

चरक विमानस्थान ५/१५

अव्यायामाद्विवास्वप्नान्मेद्यानां चातिभक्षणात्।

मेदोवाहीनि दूष्यन्ति वारुण्याश्चातिसेवनात्॥<sup>[4]</sup>

चरक विमानस्थान ५/१६

When these Vataprakopak Hetu occur along with Mamsavaha and Medovaha Srotodushti hetu, Mamsamedogata Vata occurs.

**Poorvaroop**

अव्यक्तं लक्षणं तेषां पूर्वरूपमिति स्मृतम्।<sup>[5]</sup>

चरक चिकित्सास्थान 28/ 19

Presymptoms are the symptoms of Mamsamedogata Vata which are not fully expressed.

**Lakshan**

Lakshan of Aam and Sama Vayu

स्रोतरोध बलभंश गौरवानिलमूढता।

आलस्यापक्तिनिष्ठीव मलसंगारुचि क्लमाः॥

लिंगं मलानां सामानां निरामाणां विपर्ययः।<sup>[6]</sup> (अष्टांगहृदय सूत्रस्थान 13/23-24)

सर्वं च मारुतं सामं तन्द्रा स्तैमित्य गौरवैः।

स्निग्धत्वरोचकालस्य शैत्यशोफाग्निहानिभिः॥

कटुरुक्षाभिलाषेण तद्विधोपशयेन च।

युक्तं विद्यान्निरामं तु तंद्रादीनां विपर्ययात्॥<sup>[7]</sup> (अष्टांगहृदय निदानस्थान 16/29-30)

Srotorodh, Balabhramsh (weakness), Gourav (heaviness), Anilmoodhata, Alasya (lethargy), Apakti, Agnihani, (reduced metabolism), Nishtheev (stickiness in mouth), Malasanga (constipation), Aruchi (anorexia), Klama (malaise), Staimitya (Stiffness), Snigdhata, Shaitya (cold intolerance), Shofa (edema), Katu Ruksha abhilasha (liking for spicy and dry food) are the symptoms of Sama Vayu.

#### **Lakshan of mamsamedogata vata**

मांसमेदोगतो ग्रन्थीन् तोदाद्यान् कर्कशान् भ्रमम्।

गुर्वगं चातिरुक्स्तब्धं मुष्टिदण्डहतोपमम्॥<sup>[8]</sup> (अष्टांगहृदय निदानस्थान 15/11)

गुर्वगं तुदयतेत्यर्थं दण्डमुष्टिहतं तथा।

सरुक् श्रमितमत्यर्थं मांसमेदोगतेनिले॥<sup>[9]</sup> (चरक चिकित्सास्थान 28/32)

Todayukta granthi (painful muscle stiffness and aches), Bhrama (giddiness), Guru Stabdha Dandamushtihata Anga (heaviness, stiffness, feels like beaten by fist), Shrama (fatigue) are the symptoms of Mamsamedogata Vata.

**When the symptoms of Hypothyroidism are compared with symptoms of Sama Vayu and Mamsamedogata Vata, they show resemblance.**

#### **Chikitsa sutra**

यद्यनेन सदोषत्वात्कर्मणा न प्रशाम्यति।

मृदुभिः स्नेहसंयुक्तैरौषधैस्तं विशोधयेत्॥

दुर्बलो यो अविरेच्यः स्यात्तं निरुहैरुपाचरेत्।

पाचनैर्दीपनीयैर्वा भोजनैस्तद्युतैर्नरम्॥

संशुद्धस्योत्थिते चाग्नौ स्नेहस्वेदौ पुनर्हितौ।<sup>[10]</sup> (चरक चिकित्सास्थान 28/620)

विरेको मांसमेदस्थे निरुहाः शमनानि च।<sup>[11]</sup> (अष्टांगहृदय चिकित्सास्थान 21/ 18), (चरक चिकित्सास्थान 28/32)

It is clearly mentioned in Chikitsasutra that in Upastambhit Vatavyadhi with Dosh, Mrudu shodhan with Sneha is to be administered. In Durbal and Avirechya patients, first Deepan and Pachan should be administered. After this, instead of Shodhan, Niruha Basti should be administered. When Dosha in body are removed out of body by Niruhabasti, Shaman chikitsa which alleviates vitiated Vata and acts on Mamsa and Medodhatu is to be administered.

#### List of basti to be used in mamsamedogatavat patients

##### Niruha basti

द्विपंचमूलदि निरुह बस्ति – सर्वानिलव्याधिहर<sup>[12]</sup> (अष्टांगहृदय कल्पस्थान 4/4)

बृहत् एरण्डमूलादि निरुह<sup>[13]</sup> (अष्टांगहृदय कल्पस्थान 4/7-10)

एरण्डमूलादि माधुतैलिक निरुह<sup>[14]</sup> (अष्टांगहृदय कल्पस्थान 4/27-28)

शंपाकादि निरुह<sup>[15]</sup> (सुश्रुत चिकित्सास्थान 38/45-47)

गुडूच्यादि निरुह<sup>[16]</sup> (सुश्रुत चिकित्सास्थान 38/47-50)

रास्नादि निरुह<sup>[17]</sup> (सुश्रुत चिकित्सास्थान 38/71-76)

माधुतैलिक बस्ति<sup>[18]</sup> (सुश्रुत चिकित्सास्थान 38/96-99)

##### Anuvasan basti

दशमूलादि अनुवासन<sup>[19]</sup> (अष्टांगहृदय कल्पस्थान 4/54-57)

शताहवादि अनुवासन<sup>[20]</sup> (अष्टांगहृदय कल्पस्थान 4/58)

सहचरादि तैल<sup>[21]</sup> (अष्टांगहृदय चिकित्सास्थान 21/66-67)

प्रसारिणी तैल<sup>[22]</sup> (अष्टांगहृदय चिकित्सास्थान 21/64-65)

- **MATERIALS AND METHODS**

Literature review was done regarding Hypothyroidism, Mamsamedogata Vata and Sama Vayu and Vyadhi Avastha in which Basti treatment is to be administered. Symptoms of Hypothyroidism and Mamsamedogata Vata and Sama Vayu were compared. They show resemblance. So it was concluded that same chikitsasutra can be applied in hypothyroidism. By studying Chikitsasutra of Mamsamedogatavat and Sama Vayu, Basti Avastha is decided. Then, Basti which can be used in Mamsamedogata Vata patients were enlisted by studying Ayurvedic literature.

- **OBSERVATIONS**

Literature review of Hypothyroidism, Mamsamedogatavat and Sama Vayu was carried out. After this, Basti awastha in Mamsamedogatavat was decided and useful Basti were listed. Symptoms of hypothyroidism show resemblance with symptoms of Sama Vayu and Mamsamedogata Vata.

Chikitsasutra of Mamsamedogata Vata states that Pachan and Deepan Chikitsa must be given at first. After this, in Durbal, Avirechya patients, “Basti” will be main line of treatment.

- **RESULTS**

When multiple petients of Hypothyroidism were examined, symptoms were having resemblance with Mamsamedogata Vata and Sama Vayu. So, Chikitsasutra of Mamsamedogata Vata and Sama Vayu can be applied in cases of Hypothyroidism.

- **DISCUSSION**

Basti is the main treatment in Vatavyadhi. In Sama Vayu, after Deepan and Pachan, if Basti is administered, it is the best treatment. Basti acts on main site of Vata, i.e. Pakvashaya. By using combination of herbs, Basti can act on various Dhatu. So, in case of Mamsamedogata Vata, when Shodhan is not possible, Basti will be the main line of treatment.

- **CONCLUSION**

Symptoms of hypothyroidism show resemblance with symptoms of Sama Vayu and Mamsamedogata Vata. So, same chikitsasutra can be used. First of all, Pachan and Deepan Chikitsa must be given. After this, in Durbal, Avirechya patients, “Basti” will be main line of treatment.

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