

**A CASE STUDY – DASHAMULADI KSHEERA BASTI IN SANDHI
GATA VATA W. S. R TO DJD (DEGENERATIVE JOINT DISORDER)****Dr. Saeeda M. Makandar*¹, Dr. S. Y. Bhosale² and Dr. Pavithra Viraktmath³**

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ABSTRACT

Sandhigata vata is well known disease in day today life it have different causative factors, prime causative factor we can consider is age which causes dhatu kshaya. Other is food habits like ruksha, laghu, picchila etc sevana along with routine habits hard word, divaswapna. This vyadhi ccan be merely co related with degenerative joint disorder / osteoarthritis. For this contemporary sciences have different treatment. In ayurveda also mentioned various treatment principles like snehana, lepa, upanaha, basti etc as basti has importance sarvartha kari, brumhana, shaman, shodhana so in this single case study we have choosen dashamuladi ksheera basti as a main line of treatment. Patients detailed case, treatment chart presented here.

KEYWORDS: Sandhigata vata, DJD, Dashamuladi ksheera basti, Chikitsa.**INTRODUCTION**

Degenerative joint disorder also known as osteoarthritis which is common form of arthritis shows strong association with aging and major cause of pain and disability in elderly. Here condition of synovial joints characterized by focal loss of articular hyaline cartilage with proliferation of new bone and remodeling of joint contour.^[1] The prevalence rate of DJD is more than 50% of adults over the age of 65yrs are effected by DJD. Globally as of 2010, approximately 250 million people had osteoarthritis of knee I e 3.6% of the population and hip osteoarthritis affects about 0.85% of population.^[2] Here a single case study has been explained of sandhi gata vata which can be merely compared with DJD and dashamula

ksheera basti which has shothaghna shothaghna properties is discussed along with this other shamana chikitsa has been explained.

MATERIAL AND METHODS

- It is a single case study.

HISTORY OF PRESENT ILLNESS

Demographic details of the patient are mentioned in table. In this case a 57yr old female was apparently healthy before 2-3mon, then she started the complain of low back ache, unable to bent forward, right shoulder joint pain and generalized weakness. Along with these complaints the anubandhi vedana were reduced appetite since 2-3 month and patient often feels dryness of mouth.

PAST HISTORY

- No history of major medical illness like hypertension and diabetes mellitus.
- Patient was frequently suffering from Amlapitta.
- Patient has history of hysterectomy 13yrs ago.

MEDICATION HISTORY

- Patient consulted to the nearby physician and took treatment. The medicine history is not available.
- For amlapitta taken antacids often.

PERSONAL HISTORY

- Food habit- used to take more snigdha ahara and junk food.
- Addiction : Not significant
- Sleep - normal

NIDANA PANCHAKA

- Hetu:
 - Ahara : Junk food, Maida, Oily items
 - Vihara: Diwaswapna,
 - Aggravating factor: Walking, More work
- Purva roopa: avyakta purva roopa
- Roopa:

- Low back ache,
- Stiffness such that she was unable to bent forward,
- Right shoulder joint pain
- Generalized weakness
- Upashaya: During rest. Applying oint
- Samprapti: patient has the habbit of taking junk food, oily foods, and divaswapna these causative factors more in take causes the vitiation of kapha and vata dosha leading to complaints as mentioned above.

INVESTIGATIONS DONE

Patient has done investigations CBC, RBS, Serum Calcium, Urine routine.

- CBC: HB- 10.6gm%, WBC count- 9200 cells/cu mm, RBS Count- 3.0 mill/ ul, platelet- 232000 cells/ cu mm.
- RBS: 84mg / dl
- Serum calcium: 8.1mg / dl
- Urine routine: normal

SAMPRAPTI GHATAKA

- Dosha – Vata
- Dushya – Rasa, Rakta, Asthi
- Srotus – Asthivaha, Majjavaha
- Sroto Dushti – Sanga, Granthi, Vimarga Gamana
- Adhishtana – Asthi Sandhi
- Agni – Vishamagni
- Vyadhi Swabhava – Chirakari

DIAGNOSIS

Sandhi gata vata (degenerative joint disorder)

TREATMENT

By analyzing the above complaints of the disease following treatment plan is prescribed to the patient which is described under 2 headings.

- **SHAMANA**

1. Bonton granules 2tsp OD with milk for 8 days.

2. Guggulu tiktaka kashaya 4tsp BD B/F for 8 days.
3. Madiphala rasayana 2tsp TID for 8days

• SHODHANA

- 1) Sarvanga abhyanga with B M Taila
- 2) Bhashpa sweda
- 3) Kati basi with B M Taila + Arnopen linament
- 4) Matra basti with pancha tiktaka guggulu ghrita (60ml)
- 5) Dashamuladi ksheera basti

- Madhu – 50ml
- Saindhava – 5gm
- Pancha tiktaka guggulu ghrita – 70ml
- Shatapushpa – 30gm
- Dashamula ksheera paaka – 300ml

	22/4	23	24	25	26	27	28	29
N B		✓		✓		✓		
S A	✓	✓	✓	✓	✓	✓	✓	✓
B S	✓	✓	✓	✓	✓	✓	✓	✓
K B	✓	✓	✓	✓	✓	✓	✓	✓
A B	✓	✓	✓	✓	✓	✓	✓	✓

OBSERVATION AND RESULTS

All the systemic examinations and other history has been taken done,

RS	B/L Lung field is clear
CVS	S ₁ & S ₂ heard, No murmur sound heard
CNS	Patient is well oriented to time, place and person.
BP	130/90 mm of Hg
Pulse	80b/m
Jihva	Saama
Mala	Prakrita
Mutra	Prakrita
Nidra	Prakrita

Different examinations related to disease has been done among that we found these results,

O/E :	Before treatment	After treatment
Tenderness	+++	-
SLR Test	Rt – 40°, Lt – N	Rt – N, Lt – N
ROM	Restricted	Normal

DISCUSSION

In this patient based on symptoms if we observed the prakupita doshas involved is vata and kapha, due to age factor and nidana sevana like ati laghu, ruksha, snigdha ahara sevana and divaswapna vitiates the kapha and vata dosha vitiation which leads to formation of symptoms low back ache, Stiffness such that she was unable to bent forward, Right shoulder joint pain and Generalized weakness. Along with this patient has history of Amlapitta considering that treatment was planned both the shaman and shodhana chikitsa given simultaneously. After taking treatment patient got relived in almost all the symptoms.

- **Shodhana chikitsa**

- For sarvanga abhyanga here B m Oil used that is ksheera bala taila which has bala, ksheera and tila taila which has snigdha guna and brumhana reduces the ruksha guna of vata dosha and nourishes the dhatus ie asthi.
- In kati basti with B M Oil, arnopen lint used which is the combination of mahanarayana taila, nilgiri taila, gandhapura taila, turpentine oil and karpura which does soothing effect.
- Pancha tiktaka guggulu ghrita used for matra basti has the tikta rasa pradhana dravyas like nimba, patola, guduchi, vasa, patha, guggulu etc along with these it has ghrita. Acharyas charaka has mentioned tikta sarpi in asthi vikaras like sandhi gata vata.^[3] It is due to degeneration of asthi dhatu, the ghrita used does poshna and brumhana to the asthi dhatu. Number of matra basti are more because as the patient is aged asthi dhatu kshaya is jara janya which caused the vata prakopa to role out these the number of matra basti increased.
- Dashamula niruha basti given in this format it is vatahara, kaphahara, pachana, shothagna and shulaghna^[4,5] and mainly indicated for vata rogas. Niruha basti is sarvarthakari, shodhana. In this patient vata prakopa is due to degeneration of asthi. Madhu used cause lekhana if vitiated kapha, saindhava helps to absorption of drug frequently, used ksheera paka cause poshana to the asthi dhatu.
- Shamana chikitsa: Simultaneously with shodhana procedures shaman aushadhi also advised.
- Bonton granules have hajdud, aswagandha, shatavari gives the rasayana effect and arjuna, nidgundi, guggulu act as shula nashaka, vata shamaka. Granules advised to take with milk which does asthi poshana.
- Guggulu tiktaka kashaya contains tikta rasa pradhana dravyas like nimbi, vasa, patola, nidigdhika, pata, vidanga, chavya, chitraka etc has kapha vata shamaka dravyas.

- Madiphala rasayana mainly given patient for amlapitta as patient has amlapitta history. It has matulunga, trikatu, saindhava and sharkara. Trikatu does kapha vilayana and matulunga, sharkara has pitta shamaka properties.

CONCLUSION

It is a single case study case done of sandhigata vata ie merely correlated with degenerative joint disease. Considering vitiation of kapha and vata dosha treatment given dashamula ksheera niruha basti as main line of treatment along with this other procedures also advised like kati basti. Shaman aushadhis also has own effects in reducing vitiated kapha vata dosha. This treatment reduced the symptoms severity and gives relief to patient.

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