

**EFFECT OF KSHARA VASTI IN THE MANAGEMENT OF AMAVATA
(RHEUMATOID ARTHRITIS)- A REVIEW**

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ABSTRACT

Amavata is a disease condition which occurs due to Mandagni or derangement of agni in the body. Which is the main cause of formation of Ama in side the body. Amavata is a clinical condition where ama is stimulated by the aggravated vata dosha and Ama settles in trika sandhi's and is characterized by immense pain in joints with inflammation, fever and ultimately stiffness of the joints, causing the temporary or permanent disability of Joints and it hampers daily life activities. In modern medicine a number of factors have been described as a risk factors for rheumatoid arthritis however the exact aetiopathogenesis is yet to be ascertained. Despite the modern advancement in immune-genetics and disease understanding the

treatment and management of amavata or rheumatoid arthritis remains an enigma for the present day medical science. As Rheumatoid Arthritis is a chronic inflammatory disease any modern medication for a long duration leads to toxic effects. Also medicines generally give only symptomatic relieve to the patients. As it is an autoimmune disease once medication is stop the disease flares up. In allopathic treatment are advised anti-inflammatory analgesics, steroids and disease modifying antirheumatic drugs, which provides the symptomatic relief. Amavata is mentioned in Ayurveda since the period of Madhavakar are under the category of vata kaphaja disorders and chikitsa sutra mentined by chakradutta in details, Kshara basti given significant place. Basti Chikitsa was selected for analysis as Basti is the major treatment in Ayurveda, which directly acts over the Vata dosha and many a times, is called as

Ardha Chikitsa or Sarva Chikitsa. Kshara basti due to its ushna tikshna guna and peculiar mode of action, act significantly in the treatment for Amavata.

KEYWORDS: *Kshara Basti, Amavata, Rheumatoid Arthritis, Basti.*

INTRODUCTION

Now a days due to sedentary life style, hectic schedule, stress, faulty dietary habit and many such reasons, incidence of metabolic and autoimmune diseases are increasing; one of them is *Amavata*. Ama is the condition in which various ailments in system create toxic effect. It is a disease of Rasavaha srotas. *Amavata* is first mentioned as a separate disease in *Madhav Nidana*^[1], where it is stated that *Mandagni* is the main cause of the manifestation of the disease. Ama formation occurs from *ahar rasa* due to *mandagni* and its interaction with *vata dosa*, the main causative factor for *Amavata*. Acharya *Madhava* has described details about *amavata*, except the treatment part. *Asthi* and *Sandhi* are the chief sites of presentation of the cardinal symptoms such as *Sandhishoola*, *Sandhigraha*, *Sandhi Sotha*, etc. These symptoms resemble the cardinal features of rheumatoid arthritis, i.e., pain, swelling, stiffness, fever, general debility etc. *Chakradutta*, 1st mentioned the treatment principle for *Amavata*.^[2]

Rheumatoid arthritis (RA) is a chronic inflammatory disease of unknown aetiology marked by a symmetric peripheral polyarthritis. RA affects approximately 0.5- 1% of the adult population worldwide. Because it is a systemic disease RA may result in a variety of extra articular manifestations including fatigue, subcutaneous nodules, lung involvement, pericarditis, peripheral neuropathy, vasculitis and hematologic abnormalities. Onset is most frequent during middle age and women are affected 3 times as frequently as men are. The onset is most frequent during fourth and fifth decades of life. The disease initially manifests as a gut disorder with symptoms of indigestion and anorexia. Later the disease is seen to encroach all the tissues, mainly bones, muscles and joints and multiple organs to cause a symptoms complex.^[3] The cause of RA is not clear, it is believed to involve a combination of genetic and environment factors. Major histocompatibility complex (MHC) antigen HLADR4 is the major genetic factor to cause of RA^[4] Smoking cigarettes and having diabetes can raise a person's likelihood of developing RA. RA can create feeling of depression and low self-esteem.^[5] X-ray and laboratory testing may support a diagnosis. Modern science has no known cure for RA. Pain medication, steroids and NSAIDS are frequently used in RA, but those have more side effect In *Ayurveda* RA correlated with *Amavata*. Which is occur due to vitiation of *vata dosha* and accumulation of *ama* take place in joints. In the management of

Amavata sequential employment of *Deepana*, *Amapachan*, *Shodhan*, and *Shaman* therapies have been mentioned. *Amavata* chikitsa described by *chakradatta* is *deepan*, *tiktakatu ras*, *kshara basti*, *vaitaran basti*, *saindhavadi anuvasan basti* and many *yogas*.^[3] *Basti* is considered as the most useful therapeutic procedures in which medicated oils, decoctions, decoctions with milk, *mamsa rasa* or paste of herbs or oils or *ghee* are introduced into the large intestines through rectum with the help of *basti yantra*. *Basti* is the best treatment for *vata dosas*, so also for *pitta*, *kapha*, *rakta* in *sansarga & sannipata dosas*. *Basti* has the capacity to eradicate most of the diseases occurring in *Samhanan*-, *kostha & marma sthana*, it is referred to as “Half of the whole treatment” and sometimes a “complete treatment” (*charaka*).^[6]

VASTI AND GUT BRAIN

In Ayurveda, much importance has been given to *vayu*. It controls the entire physiological functions in the human body. *Pakwasaya* is supposed to be main seat of *vata*. *Vasti chikitsa* is supposed to be best therapy for *vayu*. This is most probably due to its controlling and regulating mechanism over the enteric nervous system (ENS). The autonomic innervations comprise components both extrinsic and intrinsic to the colon. The former includes the ganglia, plexuses and nerve fibers that serve the colon, but lies outside its wall. The later consists of rich network of nerve fibers and ganglia cells situated within the layers of the colon wall, although the extrinsic components are clearly of greater functional significance.

The connection by which the enteric nervous system of colon, these neural elements within the wall of bowel, integrates and modulates contractile events is still unclear, Wood (1981) described the enteric nervous system as “The brain of the Gut”, that integrates information received and issues and appropriate response. Enteric nervous system is connected to the central nervous system by for more afferent fibers than afferent fiber. Furthermore, gut brain (ENS) integrates sensor information from mucosal receptor and organizes an appropriate motor response form a choice of predetermined programs. So enteric nervous system of gut brain is an independent integrative system with structural and functional properties, that are similar to those in CNS (wood, 1981) and Physiological and pharmacological properties of *vasti cikitsa* are said to be outcome of modulation of Gut brain up to certain extent. It is also reported in some studies (*Ayurvedic Panchakarma*- by Kasture) that after *vasti karma*, there is reduction of pyruvic acid content of ketoacidosis in blood, due to reduction in pyruvic acid content, there is rise in vitamin B1 in blood which is responsible for integrity of peripheral

nerve functioning and prevents its degeneration. This vitamin also influences the heart and circulatory system.

Kshara Basti

Acharya Chakrapani has mentioned *Kshara Basti* in *Niruha Basti Adhikara*.^[7] also in *Vangasena*.^[8] The term *Kshara Basti* is consists of two words *Kshara* and *Basti*. In this context the word *Kshara* refers to *Kshapana* i.e *Shodhana*.^[9] The specific *Gunas* of *Kshara Basti* are, it should not be *Ati Teekshna*, *Ati Mrudu*, *Ati Shukla*, *Ati Picchila* and should be *Slakshna*, *Avishandi*, *Soumyatva* and *Sheegrakari*. It Also has *Tridoshagna*, *Agneya Gunayukta*, *Ushna*, *Teekshna*, *Pachana*, *Shodhana*, *Ropana*, *Vilayana*, *Shoshana*, *Stambana*, *Lekhana* properties.^[10] In our classics we get references of Bastis where *Kshara*, *Gomutra* and *Teekshna dravyas* are used as one of the ingredient and those Bastis can also considered as *Kshara / Teekshna Basti*.

Ingredients of Kshara Basti

Ingredients	Quantity
<i>Guda</i>	2 pala
<i>Saindhav lavan</i>	1 aksha
<i>Amlika</i>	2 pala
<i>Satapuspa</i>	1 aksha
<i>Gomutra</i>	8 pala

Indication of Kshara Basti- Directly mentioned in the chikitsa sustra of *Amavata*. Other Indications like *Shoola*, *Vitstambha*, *Aanaha*, *Mutrakrichra*, *Krimi*, *Udavarta* and *Gulma*.

Guda

English Name: Jaggery

Guna/Properties

- *Rasa- Madhur*
- *Guna-Snigdha, laghu*
- *Virjya-Usna*
- *Vipak- Madhur*
- *Dhosa prabhav-Vata shamak, Tridoshashamak, (according to anupan)*

Saindhav Lavan (Rock salt)

- *Rasa-Lavana, Madhura Sigdha, Teeksha*
- *Guna- Snigdha, Tikshna*

- *Virya - Sita*
- *Vipak -Madhura*
- *Dosha prabhav- Tridosahara*

Amlika (Imli)

Botanical name: Tamarindus indica

Guna

- *Rasa-Madhur, Amla*
- *Guna- Guru, Ruksha*
- *Virjya-Ushna*
- *Vipak-Amla*
- *Doshs Prabhav- Vata kaphagna, Deepaniya.*

Satapuspa

Botanical Name: Anethum sowa Kurz

Guna

- *Rasa-Katu, Tikta*
- *Guna-Laghu, Tikshna*
- *Virjya-Sita*
- *Vipak-Madhur*
- *Dosha prabhav- Tridoshagna.*

Gomutra(Cow's urine)

Guna/ properties

Guna

- *Rasa- Katu, lavan, tikta, Kasaya; Madhur (ch)*
- *Guna- Laghu, Tikshna, Ushna, Ruksha*
- *Virjya- Ushna*
- *Vipak- Katu*
- *Dosha Prabhav- Kaphavata hara.*
- Biochemical profile: A bulletin published by the "Indian Agricultural Research Institute New Delhi, has analyzed the chemical composition of Gomotra as: Nitrogen(N₂), Lactose, Supheur(S),Water, Ammonia, Creatinine, Copper, Iron, Urea, Uric Acid, Phosphate, Carboic acid, Mangnese, Hippuric acid, Vit.A.B.C,D,E., Calcium.

A modern experiments have proved it as Antifungal, Antibacterial, Antimicrobial, dyslipidaemia in action and hence can be easily prescribed too lower the cholesterol and triglycerides in *kaphaja prakriti* person only. Some Tribal Traditional claims for its Anti-cancer activity also but it is yet to prove by experimental research. It possesses a well bio-enhancing property too. That means when *Gomutra* is *sahapand* or *Anupana* in any formulation, it helps to increase the medicinal properties of the other drugs as well as their Bio-availability in the body after consumption. In *Ayurveda* *Gomutra* is used for multiple purpose from *sodhana* or *marana* of *rasa aushadhi* to oral administration of it as *tiksna virechan* in many cases like *udararoga*. Due to its *triksna* and *ushna* qualities, it should be noted that *Gomutra* is strictly contraindicated in "*Pittaja Disorders*" as it is "*sarvaabhaven Pittaprapakopaka*" *Dravya*.

DISCUSSION

Kshara basti is a type of *tikshna niruha basti* works on the basis of *Guna Vaisheshika Siddhanta* shows significant result in *Amavata*. As a whole, the properties of *Kshara basti* can be considered as *Laghu*, *Ruksha*, *Ushna*, *Tikshna guna* which are opposite to *Guru-Snigdha guna* of *Kapha*. Most of the drugs of *Kshara Basti* possess *Vatakapha Shamak* action. These properties of *kshara basti* are antagonist to *kapha* and *ama*, hence it provides significant improvement in the sign and symptoms of disease. *Saindhava lavana* via its *Sukshma* and *Tikshna guna* causes *Srotoshodhana* via overcoming the '*Sanga*' and helps to pass the drug molecules in the systemic circulation through mucosa. Thus it helps the *Basti Dravya* to reach up to the molecular level. It also posses irritant property, so helps in the elimination of waste material. It is capable of liquefying the viscous matter and break down them into tiny particles. Instead of honey jaggery (*Purana Guda*) is used which along with *Saidhava lavana* forms homogeneous mixture and forms a solution having properties to permeable the water easily. The retention of irritants may be favoured by making its solution as nearly isotonic as possible by using colloidal fluids. *Purana Guda* (jaggery) is *Laghu*, *Pathya*, *Anabhishtandi*, *Agnivardhaka* and *Vatapittashamaka*. It also helps in carrying the drugs up to micro-cellular level. *Chincha* posses *Ruksha*, *Ushna*, *Amla*, *Vatakaphashamaka* properties which makes it useful for the *Amavata*. *Gomutra* is the chief content of *Kshara Basti* which owing to its *Katu rasa*, *Katu vipaka*, *Ushna virya*, *Laghu*, *Ruksha* and *Tikshna Guna* pacify the *Kapha Dosha*. It also possesses *Tridoshahara*, *Agnideepana*, *Pachana*, *Srotovishodhana* and *Vatanulomana* properties.

The drugs administered through the rectum can achieve higher blood levels due to partial avoidance of hepatic first pass metabolism because rectum has rich blood and lymph supply so the drugs can cross the rectal mucosa as they can cross other lipid membrane. So, unionized and lipid-soluble substances are readily absorbed from the rectum. The portion absorbed from upper rectal mucosa is carried by superior hemorrhoidal vein into the portal circulation, whereas that absorbed from lower rectum enters directly into the systemic circulation via the middle and inferior hemorrhoidal veins. Hence administration of drugs in the Basti form has faster absorption and provides quicker results.

The rectal wall contains pressure receptors and neuroreceptors which are stimulated by various drugs present in *Kshara Basti Dravya* which results in increase in conduction of sodium ions. The inward rush of sodium ions through the membrane of unmyelinated terminal is responsible for generating action potential. *Saindhava Lavana* present in *Kshara Basti* probably generates action potential and helps in diffusion and absorption of the *Basti Dravyas*. *Basti* therapy can be considered as a prime remedy for *Amavata* as it exerts a more systemic action besides exerting local action via large intestine involving enteric nervous system. Enteric nervous system is a collection of neurons in the gastro-intestinal tract constituting the brain of gut. *Basti* therapy may be the stimulator for many intra-luminal, luminal and whole body function. Apart from its influence on GIT, enteric nervous system also influences the autonomic nervous system thereby producing systemic effect. The overall effect of *Kshara Basti* can be summarized as encolononic i.e. action on tissues of colon, endocolonic i.e. action inside colon and diacolononic (systemic action). Thus *Basti Dravyas* after reaching large and small intestine get absorbed from intestine and due to *Laghu*, *Ushna*, *Tikshna* and *Ruksha guna* of drugs of *Kshara basti*, it breaks the obstructions and expels out the morbid material from all over the body thus helps in breaking down the pathogenesis of disease.

CONCLUSIONS

From the analysis, *kshara basti* is proved to be an effective therapy in *Amavata*. By the action of *Guna vaisheshik sidhanta* of *Kshara Basti* ingredients, it combating *Vata Dosha* and *Ama* (the chief pathological factors), it lead to *Samprapti vighatana* of *Amavata* and hence, highly significant results were achieved in all the cardinal symptoms as mentioned in Ayurvedic classics.

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