

A CLINICAL STUDY TO EVALUATE THE EFFECTIVENESS OF SUDHA BALA TAILA MATRA BASTI IN JANUSANDHIGATA VATA– A CASE STUDY

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ABSTRACT

Sandhigata Vata is Vata Pradhana Vyadhi, which mainly occurs in *Vriddhavastha* due to *Dhatukshaya*. We can correlate Sandhigata Vata with Osteoarthritis (OA) on the basis of clinical features. Osteoarthritis is the most common articular- degenerative type of arthritis which mainly occurs in old age characterized by loss of articular cartilage and periarticular bone remodelling. The current pharmacological management of Sandhigata Vata includes the administration of *analgesics* and NSAID's. It can provide either conservative or surgical treatment and is highly symptomatic and with troublesome side effects. This is case study of 70 years female patient admitted with c/o of Sandhishool, Sphutan, Akunchana Prasarna Vedana typically showing all the classical signs of Sandhigata Vata. Here Matra Basti was given with Sudha Bala Taila for 21 days which showed remarkable results in classical symptoms of Sandhigata Vata.

KEYWORDS: Sandhigata Vata, Matra Basti.

INTRODUCTION

When the vitiated Vata lodges in Janusandhi (knee joint) it is considered as Janu Sandhigata Vata. Sandhigata Vata is first described by Acharya Charak as sandhigata anila with the symptoms of Shotha (swelling) which on palpation feels like a bag filled with air and Shoola (pain) on Prasarna and Akunchana (pain on flexion and extension of the joint).

Acharya Sushruta also mentioned Shoola and Shotha in this disease leading to the diminution (hanti) of the movement at the joint involved. Acharya Charak has mentioned repeated use of Snehana, Svedana, Vasti and mrudu Virechana for the treatment of Vatavyadhi.^[1] Basti has been hailed as “Ardha Chikitsa” by acharyas. Matra Basti is a type of Anuvasana Basti in which Sneha Dravya is used & can be given to almost everybody, in all the seasons with maximum ease and has no complications thereafter.

METHODOLOGY

A female patient of 70years came to opd with c/o Sandhishool, SandhiSphutan, Sandhigraha and Akunchana-Prasarna Vedana. She was facing difficulty in movement since 3-4years. For management of same got treatment from orthopedics and was advised knee replacement along with basic symptomatic treatment.

Clinical examination –

Nadi – Vatapradhan pitta anubandhi

Mala – samadhankarak

Mutra – samayak

Jihva – niraam

Shabda – spastha

Sparsh – anushnasheet

Drik – spastha

Akruti – madhyam

Investigations

CBC – WBC – 10459/mm³ Hb- 15.7gm%

ESR – 38mm/hr.

X-RAY B/L KNEE JOINT – Showed Degenerative changes with multiple osteophytes, reduced space in medial compartment, indicative of Grade- III OA.

RA FACTOR – NEGATIVE

URIC ACID – 3.5/dl

Assessment of patient was done on the basis subjective and objective criteria. For subjective criteria all the cardinal signs mentioned by Acharyas in Samhita were taken – Sandhishool, SandhiShotha, Sandhigraha, Akunchana-Prasarna Vedana, SandhiSphutan.

For objective criteria VAS pain scale and ROM measured using goniometer.

THERAPEUTIC INTERVENTION

Poorva karma	Pradhan karma	Paschat karma
Sthanik Snehan with Til Taila followed by Nadi Swedana with Dashmoola Kwath over kati, prsutha and nitamba region was done.	Patient was laid down in left lateral position with left leg extended and right leg flexed from knee and Basti was administered slowly through rectum. After administration of Basti patient was asked to lie in supine position. Rubbing of soles and tapping from foot to Sphik Pradesh was done, along with stretching the great toe of bilateral foot.	In uttan position, abhyanga of patient was done from sole to pindika Pradesh. Afterwards patient was asked to rest.

RESULT

Lakshan	Before treatment (1st day)	7th day	14th day	After treatment (21st day)	42th day (follow up)
SANDHISHOOL	PRESENT	PRESENT	PRESENT	REDUCED	REDUCED
SANDHISHOTHA	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
SANDHIGRAHA	PRESENT	PRESENT	PRESENT	MILD REDUCTION	REDUCED
AKUNCHANA PRASARNA VEDANA	PRESENT	PRESENT	PRESENT	REDUCED	REDUCED
SANDHISPHUTAN	PRESENT	PRESENT	PRESENT	MILD REDUCTION	REDUCED
VAS PAIN SCALE ^[7]	9	9	8	7	5
KNEE FLEXION ANGLE BY GONIOMETER ^[8]	Right – 118°	118°	118°	119°	120°
	Left – 120°	120°	120°	122°	126°

Following results were obtained after giving Matra Basti of Sudha Bala Taila for 21 days in Dhatu-Kshaya-Janya Sandhigata Vata. After 42days when patient came for follow up there was huge change in cardinal signs of Sandhigata Vata and her VAS SCALE measurement.

- VAS SCALE at start of study showed pain score of 9 at day 0 but after completion of study at follow up on 42nd day it was reduced to 5.
- Angle of knee flexion at start of study was 118° and 120° for right and left knee respectively which improved by almost 2° in right knee and 6° in left knee on examination on 42nd day.
- This is single case study presented here, but same protocol has been followed for many patients of Dhatukshya Janya Sandhigata Vata and obtained positive results.

DISCUSSION

Vata and Asthi have Ashraya-Ashrayi Sambandha, this means that Vata is situated in Asthi. Vriddha-Increased Vata diminishes Sneha from Asthidhatu due to its opposite qualities to Sneha. Due to diminution of Sneha, Khavaigunya (Rikta Srotas) occurs in Asthi which is responsible for the production of SandhigataVata. Though, SandhigataVata usually occurs in Vriddhavastha which is parihanikala in which Dhatukshya takes place which leads Vataprakopa. In the Samprapti of SandhigataVata, Prakupita Vata gets situated in Asthi Sandhi where Khavaigunya Rikta Srotas is already present. Then Dosha- Dushya-Sammurchana takes place in Asthi Sandhi and further in Samprapti, the disease SandhigataVata appears with its Symptoms.^[8]

It is Kastasadhya vyadhi, Madhyam Rogmarga, situated in Marma Asthi Sandhi. Basti chikista is considered to be the best management of vitiated Vata. The panchakarma procedure of Basti has been hailed as “Ardha Chikista” by acharyas that is, half of the whole treatment.^[4] Matra Basti can be given to almost everybody, in all the seasons without any strict regime of Ahara-vihara and it is Nishpariharya i.e., it can be given with maximum ease and has no complications thereafter.^[5] Acharya Charak refers to taila as “Marutaghana”.

Taila is mentioned to reduce Vata without increasing kapha. It stabilizes the Mansa dhatu. Due to its Sneha property, it balances the Rooksha guna of vayu, due to its Guru guna treats Laghu guna of vayu and due to Ushna guna treats Sheeta guna of vayu.^[6]

Also, Sudha Bala Taila is used among the tailas because it is described as ‘Shrestha Vata Vyadi Vinashanam’.^[10] Thus, the use of Basti (Matra Basti) having taila as Sneha Dravya, and taila used is Sudha Bala Taila collectively becomes very fruitful for the management of Janu SandhigataVata.^[8]

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