

**CLINICAL EFFICACY OF MAHAMASHATAILA IN DHATU KSHAYA
JANYAVATAVYADHI – A CASE STUDY**

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ABSTRACT

Dhatukshaya JanyaVataVyadhi refers to the group of disorders caused due to aggravated Vata Dosha leading to obstruction in nourishment of body tissues (Dhatus) which ultimately leads to depletion of the same. Dhatukshaya Janya Prushtha Shoola refers to back pain caused due to Dhatukshaya i.e body tissues such as Asthi Dhatu (bone tissue), Mamsa Dhatu (muscle tissue), MajjaDhatu (marrow tissue). Mahamash Taila, an Ayurvedic medicated oil, traditionally used to pacify Vata Dosha and restore the body tissues. Various properties of MahamashTaila like Vata pacifying, Dhatuposhan, anti-inflammatory, analgesic etc helps in treating above disease condition.

INTRODUCTION

Dhatukshaya Janya Prushtha Shoola is the condition characterized by degenerative changes in body tissues primarily affecting spine, muscles, and joints. This condition is commonly seen in middle-aged and elderly individuals, where the depletion of Dhatus (tissues) such as Asthi (bone), Mamsa (muscle), and Majja (marrow) leads to an aggravation of VataDosha, resulting in chronic pain (Shula), stiffness (Stambha), and restricted mobility.

In Ayurveda, Dhatukshaya is considered a major factor in the pathogenesis of VataVyadhi (diseases caused by Vata), particularly in degenerative disorders like osteoarthritis, lumbar spondylosis, and other spinal conditions. Prushtha Shoola, or back pain, is a common manifestation of such disorders and is often difficult to manage through conventional treatments, which focus mainly on symptom relief rather than addressing the underlying cause.

The primary aim of this study is to explore the efficacy of Mahamasha Taila in managing Dhatukshaya Janya Prushtha Shoola. By focusing on its therapeutic properties, including its ability to balance Vata Dosha, promote tissue regeneration, and alleviate symptoms such as pain and stiffness, this research seeks to evaluate its role as a potential long-term solution for patients suffering from degenerative back disorders.

Presenting complaints – A 46 year old male corporate officer by occupation came to OPD with complaints of right sided back pain which is needle pricking (Toda) in nature. Stiffness especially in morning, restricted mobility since 1 year. Complaints increases on physical activity and prolonged sitting for work.

Patient had taken allopathic treatment including analgesics for 7-8 months but got temporary reliefs with relapsed pain after stoppage of medication.

Previous medical history- No significant medical history; however, the patient had poor dietary habits, leading to the probable depletion of Dhatus.

Diagnosis

The diagnosis involves a combination of Ayurvedic principles, clinical history, and physical examination.

Symptom analysis- Chronic Back Pain: Persistent pain in the lower or upper back, often exacerbated by physical activity, long periods of sitting or standing.

Weakness and Stiffness - Stiffness in the back, particularly in the morning or after rest, with difficulty in bending or standing straight.

Examination of Dhatus - Assessment of Sarata of Asthi, Mamsa, Majja with reference to tissue depletion.

VataDosha Dominance - Dhatukshaya is closely associated with an imbalance or aggravation of VataDosha, as Vata governs movement and pain. Key signs of aggravated Vata include –

Vyatha (Pain): The back pain is sharp or pulsating, worsens with cold exposure, and improves with warmth.

Shosha (Dryness): Dry skin, brittle hair, and joints that feel “dry” or creak during movement.

Anidra (Insomnia): Difficulty sleeping due to discomfort and restlessness, a common Vata-related symptom.

Personal History

Ahar&Vihar – Raw salads, cold food items (cold drinks), fried fish, Viruddha Ahar/incompatible food (milk shakes, Biryani), liking towards spicy food.

Long time sitting type of work provided with AC exposure.

Appetite – Less appetite

Sleep – Disturbed

SYSTEMIC EXAMINATION

Asthavidha Pariksha:

Nadi(pulse) – 74/min;

Mala(stools) – once/day Samadhankaraka, KwachitBaddha mala

Mootra (urine) – 4-5 times/day.

Jiwha(tounge) – Alpa Upalipta.

Shabda(speech) – Samyak (proper).

Sparsha (touch) – AlpaRuksha (little rough) Druk(eyes) – Doosarvarnya.

Akruti(built) – moderate.

Nidra(sleep)- Khandita (due to pain).

Sweda(sweat) – Alpa.

Samprapti Ghataka

Dosha – Vata Pradhan Tridoshaja.

Dushya – Rasa, Mamsa, Asthi, Majja.

Upadhatu – Snayu.

Ama – Agnimandyajanya.

Agni – Jatharagni, Dhatwagni.

Srotas – Rasavaha, Mansavaha, Asthivaha, Majjavaha.

Vyaktasthana – Prushtha.

UdbhavaSthana – Pakvashaya.

Rogaswabhaba – Chirakari.

Sadhyasathyatwa – Sadhya.

Line of Treatment

The treatment for DhatukshayaJanya Prushtha Shoola (back pain due to tissue depletion) aims to pacify aggravated VataDosha, nourish the depleted Dhatus (especially Asthi and MajjaDhatu), and reduce pain and inflammation. The treatment approach includes Shamana (palliative) and Shodhana (purification) therapies, along with a supportive regimen of diet and lifestyle changes which comes under Nidana Parivarjana Chikitsa.

Shamana and Shodhana Treatment

| Day of start of course | Medicine | Dose | Time | Anupana |
|------------------------|--|--------------------|-----------------------------------|------------|
| 1 | T.Arogyavardhini | 250 mg | Morning 6am | Water |
| | T.Shankhavati | 250mg | Between meals Morning and evening | Water |
| | T. Sutshekhar | 125 mg | After food Morning and evening | Warm water |
| | T. Mahayograj Guggulu | 250 mg | After food Morning and evening | Warm water |
| | T. GokshuradiGuggulu | 2 tablets of 125mg | Evening 6pm | Warm water |
| | SukhasarakChurna | 3gms | Bed time | Warm water |
| 15 | Same treatment was continued | | - | - |
| | MahamashTaila | Local application | - | - |
| | UpanaSweda | Local application | - | - |
| 45 | Same treatment was continued | | - | - |
| | Rasa PachakChurna | 500 mg | Morning empty stomach | Warm water |
| 60 | Oral medication reduced and local treatment was continued for next 15 days | - | - | - |

(B) Dietary management and lifestyle modification

Chikitsa is not only about medications but diet and lifestyle modifications also plays important role in curing diseases. Patient was advised to have Vata pacifying, nourishing and easily digestible food. Ghee, sesame oil, whole grains, cooked vegetables, bone broths, and milk, dates, figs, and raisins should be included in diet. And avoid Vata-aggravating foods such as raw salads, dry, cold, and processed foods.

Abhyanga (Oil Massage): Daily massage with Mahamash Taila to soothe Vata and nourish the body. Practice Vata-pacifying Yogasanas like Bhujangasana (Cobra Pose), Shalabhasana (Locust Pose), and Marjaryasana (Cat-Cow Pose). Refrain from heavy lifting or high-impact exercises that may worsen the condition. Adequate rest, ensuring proper sleep (7-8 hours), and avoiding irregular sleep patterns.

OBSERVATION AND RESULTS

According to schedule patient was given treatment for 2.5 months in total.

To assess and monitor the severity of PrushthaShoola (back pain) in DhatukshayaJanya conditions, a Numeric Pain Rating Scale (NPRS) can be used. This is particularly useful for evaluating the effectiveness of treatment and tracking the patient's progress over time.

Numeric Pain Rating Scale (NPRS)

The NPRS is a simple, subjective scale where the patient rates their pain on a scale from 0 to 10, with 0 indicating no pain and 10 indicating the worst possible pain.

| Time | Pain scale | Description |
|------------------|------------|---|
| Before treatment | 7-8 | Severe pain, restricted mobility, constant discomfort. |
| After 1-2 weeks | 4-6 | Moderate pain, noticeable improvement, But still interference with activity |
| After 4-6 weeks | 1-3 | Mild pain, minimal discomfort, patient able to resume normal activity. |
| After 2 months | 0-1 | No pain or negligible pain. |

DISCUSSION

Arogyavardhini Rasa – it is composed of Triphala, Kutki, and various mineral contents which helps in balancing Tridosha and promotion repair of tissues and overall nourishing them.

ShankhaVati – As it contains Shankha Bhasma, Pippali, black pepper, ginger and does effectively digestion and absorption of the nutrition. Also given in case of AmaUtpatti leading to worsening of condition.

Sutshekhar Rasa –Sutshekhar Rasa also has calming properties, which can help reduce stress and anxiety, which often exacerbate chronic pain conditions, including back pain. Sutshekhar Rasa strengthens Agni (digestive fire), ensuring better digestion and absorption of nutrients, which is crucial for the formation and nourishment of Dhatus.

Mahayogaraj Guggulu–It is composed of Guggulu (Commiphoramukul) along with several herbs and minerals like Triphala, Trikatu, Loha Bhasma, Abhrak Bhasma, and Shuddha Guggulu. This makes it highly effective for conditions involving pain, inflammation, and tissue degeneration. Mahayogaraj Guggulu has potent anti-inflammatory and analgesic effects, strengthens musculoskeletal system.

Gokshuradi Guggulu- It contains Gokshura (Tribulusterrestris) along with Guggulu (Commiphora mukul) and other herbs like Triphala, Trikatu, and Musta, which provide anti-inflammatory, diuretic, and tissue-nourishing effects. Gokshura (Tribulusterrestris), the main ingredient, is known for its rejuvenating properties (Rasayana). It supports the body's overall vitality and can indirectly help in managing tissue health by improving the nourishment and strength of the body's tissues, including bones and muscles.

MahamashTaila –In the case of DhatukshayaJanyaPrushthaShoola (back pain due to tissue depletion), MahamashTailaAbhyanga is an excellent therapeutic option for providing relief from pain and improving tissue health. The main ingredient, Mash (black gram or Urad dal), is known for its potent Vata-pacifying, muscle-strengthening, and pain-relieving properties.

Application and Frequency

Abhyanga (massage) with MahamashTaila should ideally be done regularly, either daily or a few times a week, depending on the severity of the back pain.

Warm the oil slightly before application to enhance its absorption and effectiveness.

Massage the oil gently but deeply into the affected area (back) for at least 15–30 minutes, followed by a warm bath or steam to allow the oil to penetrate deeply into the tissues.

Upanaha Sweda

In the case of Dhatukshaya Janya Prushtha Shoola (back pain due to tissue depletion), Upanaha Swedana is a highly effective external therapy. It provides localized warmth, nourishment, and pain relief to the affected area, especially in conditions where tissue depletion and Vata aggravation cause back pain.

CONCLUSION

The management of Dhatukshaya Janya Prushtha Shoola (back pain due to tissue depletion) in Ayurveda focuses on addressing the underlying Vata Dosha imbalance and Dhātu depletion (particularly Asthi and Majja Dhātu). The treatment includes a combination of Shodhana (purification therapies) such as Basti, and Shamana (palliative treatments) like Mahamash Taila Abhyanga, oral administration of Rasayana herbs, and lifestyle modifications to nourish the tissues and pacify Vata.

The use of Mahamash Taila Abhyanga (medicated oil massage) has proven to be highly effective in the management of Dhatukshaya Janya Prushtha Shoola (back pain due to tissue depletion). This treatment primarily targets the Vata Dosha, which is aggravated in cases of Dhātu depletion, particularly affecting Asthi Dhātu (bone) and Majja Dhātu (bone marrow and nerve tissue).

Mahamash Taila, being rich in Vata-pacifying properties, helps nourish and strengthen the depleted Dhatus, offering profound relief from pain and stiffness. The warm, unctuous nature of the oil, combined with the therapeutic benefits of Abhyanga, helps restore mobility, reduce stiffness, and relieve the chronic pain associated with tissue degeneration. It also improves local blood circulation, promotes muscle relaxation, and rejuvenates the underlying tissues.

Patients typically experience marked improvements in pain relief, mobility, and quality of life over a 4-6 week treatment period, with sustained results when combined with Rasayana and Vata-pacifying regimens. The holistic approach of Ayurveda in treating both symptoms and root causes ensures not only pain management but also the prevention of further tissue degeneration, making it an effective and long-lasting solution for Dhatukshaya Janya Prushtha Shoola.

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