

ROLE OF PANCHATIKTA KSHEERA BASTI IN MANAGEMENT OF ASTHIKSHAYA WITH SPECIAL REFERENCE TO PANCHAMAHABHUTA

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ABSTRACT

Asthi is the predominant part seen in old age (*Vardhkyā kala*). Old age is *Vata kala* or there is a predominance of *Vata Dosha* (*Vayu* and *Akasha Mahabhuta*) in the body. So to pacify those disorder the opposite *Guna Mahabhuta Dravya* has to be use. *Ksheera* and *Ghrta* has significant *Snigdha* and *Madhura* properties hence it does *Vata Shamana* in the body. *Basti* is considered as *Pradhan karma* in the *Vata Vyadhi*. *Tikta rasa* has *Mahabhuta sanghatan* of *Aakash* and *Vayu Mahabhutas*. *Tikta rasa* has the lightest *Mahabhutas* so it has property of deep penetration and helps to removes obstructions to reach at target. Thus *Tikta rasa* has tendency to go towards *Asthi*

Dhatu after assimilation in the body due to dominance of *Aakash* and *Vayu Mahabhuta*. In the present context *Ksheera* is used as *Basti dravya*. Thus in this abstract, we will know the effect of *Panchatikta Ksheera Basti* in *Asthi* according to there *Panchabhautika Sanghatana*.

KEYWORDS: *Panchatikta, Ksheera, Asthi, Sandhi, Asthi*

INTRODUCTION

Human body is made up of *Panchamahabhutas* and it also nourished by *Panchamahabhutatmaka Aahara*. *Asthi* are made up of *Prithvi, Aakash* and *Vayu Mahabhuta*. As the *Mahabhuta Guna* of *Prithavi, Vayu* and *Aakash* of *Asthi* get disturbed, and the *Asthi* *Lakshanas* are seen. *Asthi* *Lakshanas* are predominantly seen in old age (*Vardhkyā kala*). Old age is *Vata kala* or there is a predominance of *Vata Dosha* (*Vayu* and *Akasha Mahabhuta*) in the body. So to pacify those disorder the *Dravya* having

opposite *Guna* has to be use. *Ksheera* (Cow Milk) is of *Madhura rasa* and *Madhura Rasa* has *Prithvi* and *Jala Mahabhuta Sanghatana*. *Ksheera* and *Ghrita* has significant *Snigdha* and *Madhura* properties hence it does *Vata Shamana* in the body.

Vata Dosha is predominantly present in *Asthi* and *Sandhi*. In the present context *Ksheera* is *Basti dravya* which is prepared with *Tikta rasa Dravya* and *Ghrita* which is effective in *Asthikshaya*

AIM

To study effect of *Panchtikta ksheer Basti* in *Asthikshaya* according to *Panchmahabhutas*.

OBJECTIVE

- 1) To study *Mahabhuta Sanghatana* of *Asthi*, *Tikta rasa*, *Ksheer*.
- 2) To study effect of *Tikta ksheera basti* in *Asthikshaya*.

MATERIAL AND METHODS

Literary review from Samhitas. [Cha. Chi.-15/30, Cha. Chi.- 28/27]

Asthi

स्वतेजोअम्बुगुणास्निग्धोद्विक्तं मेदोअभिजायते ।
 पृथिव्यग्न्यनिलादीनां संघातः स्वोष्मणा कृतः ।
 खरत्वं प्रकरोत्यस्य जायतेअस्थि ततो नृणाम ॥
 करोति तत्र सौषिर्यमस्थनां मध्ये समीरणः ॥
 (च. चि.१५/३०-३१)

Asthi mahabhuta Sanghatana- Prithavi + Teja/Agni + Vayu



It covered by *Kapha*



Snehadi factors present in *Prithavi* is get absorbed



Intereaction of *Prithavi*, *Vayu* and *Teja Mahabhutas* gives *Kharatva* and *Asthirupa*



In this structure *Vayu Mahabhuta* makes space



Asthi

<i>Tikta Rasa</i>	<i>Ghrita</i> ^[3]	<i>Ksheer</i> ^[4]
<i>Aakash</i> + <i>Vayu Tikta rasa</i> ^[2] increases the <i>Dhatvagni</i> . As <i>Dhatvagni</i> increases, nutrition of all the <i>Dhatu</i> s will be increases	<i>Ghrita</i> ^[3] is <i>Vata- Pitthashamaka</i> , <i>Balya</i> , <i>Agnivardhaka</i> , <i>Madhura</i> , <i>Saumya</i> , <i>Sheeta virya</i> , <i>Vrishya</i> and <i>Vayusthapaka</i> . Thus, it pacifies <i>Vata</i> , improves the general condition of the body and acts as rejuvetor of the body.	<i>Prithavi</i> + <i>Jala Ksheera</i> possesses <i>Snigdha</i> , <i>Brihana</i> , <i>Balya</i> and <i>Sandhaneeya</i> property and hence used for <i>Dhatuposhan</i> purpose

Panchatikta Ghrita

- It is dominant of *Tikta rasa* and *Ushana virya*.
- It is a predominant of *Prithvi*, *Akasha* and *Vayu Mahabhuta*, which helps in the preservation of the normal health of *Asthi Dhatu*.

As *Asthi Mahabhuta Sanghtana* is *Prithavi* + *Vayu* + *Teja*.

- *Tikta dravya*- *Nimba*, *Patol*, *Guduchi*, *Vyaghri*, *Haritki*, *Bibhitak*, *Amlaki*-
B.R.Kushtaadhikar

Preparation of *Panchatikta Ksheer Basti*

- 1) *Guduchi kanda*, *Patol panchanga* soak in 800ml water for whole night then make its decoction by keeping 1/8th part of it As *Guduchi* and *Patol* are *Tiktarasatmaka Dravyas* but not increases *vata dosha*.
- 2) Decoction and Cow milk mix it and heat it on mild flam upto the evaporation of water-
Panchatikta Ksheera.
- 3) Add warm *Panchatikta Grihta* and mix it well.

Asthi and Asthikshaya Lakshanas

Asthi Toda (Pain), *Kesha, danta, Nakha Patana* (Hair fall, Nail and teeth fall) - *Rukshata* (Dryness).^[5]

तत्रास्थनि स्थितो वायुः ।

(वा. सू. ११/२६)

अस्थ्याश्रयाणां व्याधीनां पंचकर्माणि भेषजम् ।

बस्तयः क्षीरसर्पीषि तिक्तकोपहितानि च ॥

(च. सू. २८/२७)

Asthi : Prithavi+

Teja+Vayu Mahabhuta

Asthikshaya : *Vayu, Teja*
guna- Increase,

Prithivi Guna -decrease

Asthi – Vayu
mahabhuta sthana^[1]

Tikta rasa : *Vayu + Aakash*
Mahabhuta^[2]

Ksheera (Cowmilk):

Madhura Rasa- *Prithavi+*
Jala Mahabhuta

Ghrita- *Snigdha (Jala Guna)*

Basti – *Parama Vatahara*
upkrama

DISCUSSION

Vata Dosha is predominantly present in *Asthi*. *Basti* is *Param Vatahara*. *Tikta rasa* has *Mahabhuta sanghatan* of *Aakash* and *Vayu Mahabhutas*. *Tikta rasa* has the lightest *Mahabhuta Sanghatana* that is *Akasha* and *Vayu mahabhutas* so it has property of deep penetration. It helps to makes space and carry *Parthivi Mahabhuta guna* of *Ksheera* upto the *Asthi*. Thus *Tikta rasa* has tendency to go towards *Asthi Dhatu* after assimilation in the body due to dominance of *Aakasha* and *Vayu Mahabhuta*. *Panchtikta Ksheera Basti* nullify the effect of increased *Vayu Mahabhuta* and *Kshaya* will be decrease and get relief from

symptoms produce due to *Asthikshaya*. Therefore degeneration in *Asthi Dhatu* may not occur rapidly. It slows down degeneration process.

CONCLUSION

The substantial *Snigdha* and *Madhura* qualities in *Ksheera* and *Ghrita*, it has *Vata Shamana* effects on the body. *Basti* is regarded in the *Vata Vyadhi* as *Pradhan karma*. *Aakash* and *Vayu Mahabhutas* make up the *Mahabhuta sanghatan* in *Tikta Ras*. *Tikta rasa* possesses the lightest *Mahabhutas*, which gives it the ability to penetrate deeply and assist in removing obstacles in its path to reach. As a result of *Aakash* and *Vayu Mahabhuta's* dominance, *Tikta rasa* has a propensity to move toward *Asthi Dhatu* after being assimilated by the body.

Hence *Panchatikta ksheer basti* i.e *Basti* with a substance such as milk, *Ghrita* and *Tikta dravya* is best suitable for the *Asthikshaya* according to their *Mahabhuta Sanghatana*.

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