

EFFICACY OF TIKTA KSHIR BASTI IN THE MANAGEMENT OF SANDHIGAT VATA: A PRIMARY TREATMENT APPROACH

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Article Received on
14 Oct. 2024,

Revised on 03 Nov. 2024,
Accepted on 24 Nov. 2024

DOI: 10.20959/wjpr202423-34792



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ABSTRACT

Sandhigat Vata, a manifestation of osteoarthritis in Ayurveda, is characterized by pain, swelling, and restricted movement in the joints. This study explores the therapeutic potential of Tikta Kshir Basti (medicated enema with bitter herbs and milk) as a primary treatment modality. The focus is on the alleviation of symptoms and the overall improvement in the quality of life of patients suffering from Sandhigat Vata.

KEYWORDS: Ayurveda, Panchakarma, Tikta Kshir Basti, Sandhigat Vata, Osteoarthritis, Vata Dosha.

INTRODUCTION

Sandhigat Vata is a disorder correlated with osteoarthritis in modern medicine, predominantly affecting the elderly population. It is caused by the vitiation of Vata dosha, leading to the degeneration of joints. The primary symptoms include pain, crepitus, swelling, and decreased range of motion. Conventional treatments often focus on pain management and anti-inflammatory drugs, but these do not address the underlying causes or provide long-term relief. In contrast, Ayurveda offers a holistic approach to managing Sandhigat Vata, with Panchakarma therapies like Tikta Kshir Basti playing a significant role.

Tikta Kshir Basti

Concept and Composition

Tikta Kshir Basti is a unique Ayurvedic treatment that involves the administration of medicated enema prepared from bitter herbs (Tikta Dravyas) and milk (Kshira). The bitter taste (Tikta Rasa) is known for its Vata pacifying and rejuvenating properties. Common herbs used include Guduchi (*Tinospora cordifolia*), Shatavari (*Asparagus racemosus*), and Nimba (*Azadirachta indica*). Milk acts as a carrier, enhancing the absorption and effectiveness of the herbs while providing nourishment.

Mechanism of Action

- **Vata Pacification:** Tikta Rasa and the unctuous quality of milk help in balancing the aggravated Vata dosha, thereby reducing pain and stiffness in the joints.
- **Nourishment:** The milk used in the basti nourishes the tissues (Dhatus), particularly the bone and joint tissues, which are primarily affected in Sandhigat Vata.
- **Detoxification:** Basti, as part of Panchakarma, aids in the removal of accumulated toxins (Ama) from the colon, which is a significant site for Vata dosha, thereby enhancing overall digestive and metabolic functions.

METHODOLOGY

Participants

Patients diagnosed with Sandhigat Vata based on clinical criteria and confirmed through radiological evidence were selected for the study. Exclusion criteria included individuals with other forms of arthritis or severe systemic diseases.

Treatment Protocol

- **Preparation Phase:** Snehana (internal and external oleation) and Swedana (fomentation) were administered to prepare the body for Basti therapy.
- **Basti Administration:** Tikta Kshir Basti was administered over a period of 8 to 15 days, depending on the severity of the condition. The dose and duration were tailored to individual needs, with close monitoring of symptoms.
- **Follow-Up:** Patients were followed up for a period of 3 months post-treatment to assess long-term benefits and any recurrence of symptoms.

RESULTS

The administration of Tikta Kshir Basti resulted in significant improvement in joint pain,

swelling, and mobility in the majority of patients. Many participants reported a reduction in the frequency and intensity of joint pain, improved joint function, and a better quality of life. The treatment was well-tolerated, with no major side effects observed.

DISCUSSION

The study demonstrates the effectiveness of Tikta Kshir Basti as a primary treatment for Sandhigat Vata. The findings align with the principles of Ayurveda, where balancing the doshas and nourishing the tissues are key to managing degenerative conditions like osteoarthritis. The use of Tikta Dravyas helps to counteract the dryness and roughness associated with Vata vitiation, while milk provides a soothing and nourishing effect.

CONCLUSION

Tikta Kshir Basti offers a promising Ayurvedic approach to managing Sandhigat Vata, providing relief from symptoms and improving joint function. Further large-scale studies are warranted to validate these findings and to explore the long-term benefits of this treatment modality.

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