



Efficacy of Balaguduchyadi Tail Matrabasti in Niram Janusandhigat Vat- A Case Study

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ABSTRACT-

Sandhigat vata (Osteoarthritis) is a progressive degenerative condition of the joints characterized by pain, stiffness, restricted movements and deformity in several cases. It warrants active care to combat the progressive crippling associated with this disease eventually requiring joint replacement. Among these Janusandhigat vata is very common. Janu sandhigat vata responds well to Samanya Vata Upakrama viz., Snehan, Swedan, Mridu sanshodhan, basti. As per ayurveda, it is caused due to localized accumulation of aggravated vata in joints which leads to shool, shoth, vatapurna drutisparsha and functional disability of Janusandhi.

Balaguduchyadi tail is mentioned in Sahasrayoga -Tail prakaran which has Vatahar properties. Present case is 50 yrs male patient diagnosed as Niram Janusandhigat vata treated with Balaguduchyadi taila matrabasti for 15 days.

Key words- Niram Janusandhigat vat, Balaguduchyadi tail, Matrabasti.

INTRODUCTION-

As per Ayurveda, Vata dosha in particular is said to be a chief motivating force of all the Doshas, Dhatus and Malas in healthy as well as diseased individuals. When vitiated vata lodges itself in sandhis or joints of the body, it leads to Sandhigatavata. Sandhigatavata is one such disorder affecting locomotive functions in which movement of joints is restricted due to pain. It is the most common complaint amongst the varied range of Vata vyadhis.

In Ayurveda, Sandhigatavata is characterized by following lakshanas: Vatapoorna Drutisparsha, Sandhishotha, Aakunchan- prasaran vedana, sandhishool and in modern medicine it is characterized as the common joint condition in which there is loss of articular cartilage and periarticular bone remodeling; it is called as 'Osteoarthritis'. In modern science, according to WHO, Osteoarthritis is the 2nd commonest musculoskeletal problem in the world population (30%).

According to Ayurveda, Sandhis are one of the marma and form a part of Madhyam Rogmarga and the vyadhis occurring in sandhis are mentioned as Kashta Sadhya. Among all sandhis, Janu Sandhigata vata is the leading cause of disability in today's era. Hence it is important and necessary to work on it. Panchakarma is a very unique therapeutic procedure because of its preventive, promotive, prophylactic and rejuvenating properties as well as providing radical cure. In Charaka Samhita, for 'Asthi- Pradoshaja' vikaras panchakarma treatment is described.

Among these Panchakarma, Basti Karma is prime treatment. It is considered as the best treatment for vata dosha and is also stated to be ardh chikitsa. Matra basti is a type of Anuvasana basti, used for Snehana karma. Also, Sneha Chikitsa is one of the most important treatment in vata vyadhi because of its snigdha property which has vata alleviating effects.

"Balaguduchyadi Tail" (Sahasrayoga- Tailayoga Prakarana- 05) contains such drugs which acts as Vatahara that means against the properties of vata which helps in its alleviation. Hence it is selected for Matra Basti. This procedure is comparatively easy and can be done even on OPD basis hence it is very suitable in today's practice of Ayurveda. This study is an effort to understand efficacy of Balaguduchyadi tail Matra Basti in Janu Sandhigata Vata.

CASE- A male patient of 50 yrs came to opd having complaints Ubhay janusandhi shool, vatapurn drutisparsh(crepitis) since 2 yrs. Patient has already taken allopathy treatment for 1 year. But he got symptomatic relief. Patient was driver since 25 years., irregular meal timing, shift duty are Hetu seen in this case.

INVESTIGATIONS-

CBC

ESR- 15mm/hr

X Ray of B/L knee joint showing grade 2 degenerative changes

MATERIALS AND METHODS-

1. Balaguduchyadi Tail prepared by using standard method described in 'Sharangadhar Samhita'

Contents of Balaguduchyadi oil- Bala, Guduchi, Chandan, Usheer, Yashtimadhu, Musta, Tiltail, Goksheer.

2. Method of administration of Matra Basti

- Form:** Matrabasti
- Dose:** 60 ml
- Kala:** Just after food ("Aardrapanina")
- Duration of therapy:** For 15Days
- Initial Assessment:** 0th Day
- Follow up:** 15th Day
- Route of administration:** Anal route

PROCEDURE (BASTI DAAN):

Counselling and written consent of patient regarding the Basti procedure was done so as to assure him or her, make comfortable and relax for the Basti Karma.

- Poorva Karma (Pre-Basti Management)**
 1. The patients were instructed to come after taking some light diet. (Adhyashana, Vishamashana, Atirukshaanna, Atisnigdha, Viruddhanna, Pishtanna were strictly contraindicated).
 2. Patients were instructed to pass Urine and defaecate before Basti.
 3. Sthanik Snehana: Patients were oiled with lukewarm Tila Tail by applying it on Kati, Sphika, Udar, Uru Pradesh.
 4. Sthanik Swedana: Sudation was given to these parts by Nadi sweda.
 5. Position of patient: As per the texts, Matra Basti was administered in "Vamaparshwa basti position". This is the position where patient lies down in left lateral position with his left leg kept straight and right leg flexed at knee and hip joint.

Pradhana Karma (Process of giving Basti)

1. Luke warm (Koshna) 60ml Balaguduchyadi Tail was loaded in 100cc glycerine syringe.
2. Disposable simple rubber catheter of size 10 was attached to the nozzle of the syringe.
3. The piston of syringe was pushed forward gently so that extra oil and air from catheter gets off.
4. 2-3 ml of Tila Tail was applied to anal opening and to the catheter tip with a piece of cotton soaked in it.
5. The patient was then asked to take deep inspiration so as to help him or her to relax the anal opening and facilitated the entry of catheter.
6. Then the catheter was introduced per rectum up to length equal to 4 fingers, as per the standard ayurvedic texts.
7. The piston of syringe was pushed gently to deliver the Balaguduchyadi tail with equal and balanced force into the Pakwashaya.

Paschatkarma (Process after Basti)

1. As mentioned in text, the tadan karma was done at Sphika region.
2. The patient was asked to briskly rub the palms against each other and soles of patient were rubbed. The patient was asked to lie down calm for 10 minutes.
3. Basti Pratyagama kala was noted in each patient everyday.

ASSESSMENT CRITERIA-

1. VAS score- Pain during flexion and extension of knee joint by VAS scale – Before after treatment

2. Assessment of “Vatapoorna Druti Sparsha” (Crepitus):

Condition	Grade
No Crepitus	0
Palpable Crepitus	1
Palpable audible Crepitus	2
Always audible	3

- **Assessment of Aakunchan Prasaran Pravrutti Savedana:**

Sandhishoola	Grade
None	0
Mild	1
Moderate	2
Severe	3

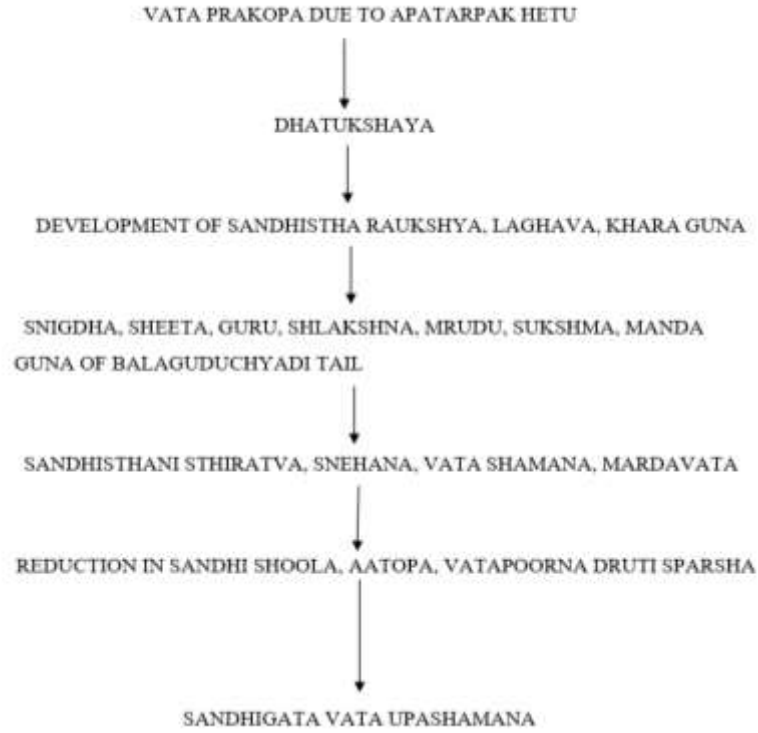
ASSESSMENT SCORE-

Criteria	Before treatment	After treatment
Pain (VAS SCALE)	7	2
Vatapurna drutisparsha(Crepitus)	2	1
Akunchan prasarana pravritti vedana	2	0

DISCUSSION-

Properties of Drugs in Balaguduchaydi taila

NAME	LATIN	RAS	VEERYA	VIPAK	DOSHAGHNATA	GUNA
Bala	Sida cordifolia	Madhur	Sheet	Madhur	Vaatpitta	Laghu, Snigdha, Picchil
Guduchi	Tinospora cordifolia	Tikt, Kashay	Ushn	Madhur	Tridosh	Guru, Snigdha
Chandan	Santalum album	Tikt, Madhur	Sheet	Katu	Kaphapitta	Laghu, Ruksha
Usheer	Veitiveria zinzanioidis	Tikt, Madhur	Sheet	Katu	Kaphapitta	Laghu, Ruksha
Yashtimadhu	Glycyrrhiza glabra	Madhur	Sheet	Madhur	Vaatpitta	Guru, Snigdha
Musta	Cyperus rotundas	Tikt, Katu, Kashay	Sheet	Katu	Kaphapitta	Laghu, Ruksha
Tiltal	Sesamum indicum	Madhur, Kashay, Tikt	Ushn	Madhur	Vaat	Guru, Snigdha
Godugdha		Madhur	Sheet	Madhur	Vaatpitta	Guru, Snigdha, Sar

SAMPRAPTI BHANGA BY BALAGUDUCHYADI TAIL:**CONCLUSION-**

Janusandhigat vata is a vatavyadhi which is one among Ashta Maharoga. Acharya explains different types of Basti in treatment of Vatavyadhi. Balaguduchyadi tail matrasti in Janusandhigat vata shows significant effect due to its Vata shamak property.

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