



A Role of Vaitaranbasti and Shaman in Amavata – A Case Study

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Abstract-

Amavata is a common disease seen in people, which affects in both male and female but percentage of female is greater. Wrong dietary habits, lifestyle and environmental have led to various autoimmune disorders and Rheumatoid arthritis is one of them. Due to similarities in lakshanas, R.A. can be correlated with Amavata. Modern treatment consists of immunosuppressants, steroids and anti-inflammatory drugs which may slow down disease progression; but have more or less side effects. So, it is a need of time to seek Ayurvedic and Panchakarma treatment to manage pain, slow down the disease progression and improve patient's quality of life.

Now-a-days, incidence of Amavata in postpartum stage is increasing. It causes physical incapability and psychological trauma as well. Present case is 29 yrs female patient who developed Amavata 3 months after full termed normal delivery. This case was successfully managed by Vaitaran Basti and shaman chikitsa.

Keywords- Amavata, Vaitaran Basti, Shaman chikitsa.

INTRODUCTION-

In the present era, Amavata is the most common disease affecting a large no. of population. Amavata derived from word as Ama and Vata. Amavata is the condition in which various ailments in system create toxic effect. The Ama combines with Vata dosha and occupies Shleshma sthana results in painful disease Pain, swelling stiffness, fever, general debility, fatigue are common symptoms in Amavata and R.A.

Acharya Yogaratnakara describe Langhan, Swedana, Tikta-Katu Deepan, Virechana, Basti, Upanaha, etc. as main line of treatment. Chakradatta and Vangasena suggested Vaitaran Basti in treatment of Amavata.

A case report-

A 29 yrs old female patient came to Panchakarma OPD with complaints of pain, swelling and stiffness in wrist joint, knee joint, ankle joint since 3 months. She had history of full termed normal delivery 4 months prior. Patient had taken analgesics and steroidal for 2 months after onset of disease; But has no relief.

On Examination-

Nadi- Mand

Mala- Avashtambh

Shabd, Druk, Mutra- Prakrit

Sparsh- Ushn

Jivha- saam

Akriti- Madhyam

SAMPRAPTI GHATAK-

Dosh- Tridosh(Mainly Vat- kapha)

Dushya- Ras, Mansa, Asthi, Majja.

Srotas- Rasavaha, Mansavaha, Asthivaha, Majjavaha

Srotodushti- Sang, Vimarga gaman

Udbhavasthan- Pakvashaya

Vyaktisthan- Sandhisthan

Maarg- Madhyam

LOCAL EXAMINATION-

1. Swelling and tenderness are present on both wrist, knee, ankle joints.
2. Restricted and painful wrist, knee, ankle, meta-phalangeal joints.

INVESTIGATIONS-

CBC- Hb-9gm/dl

RA factor- Positive

ESR- 72mm/hr

CRP- WNL

TREATMENT PLANNING-

1. **INTERNAL MEDICINES-**
 - a. Sinhanad guggul- 500mg bd
 - b. Rasnasaptak kwath -20ml bd
 - c. Erandbhrusta haritaki- 500mg

Anupana- Koshna Jal

Internal medicines were given throughout 21 days

2. Vaitaran basti-

3 Vaitaran Basti followed by 1 Matrabasti for 21 days.

- A. Contents of Vaitaran Basti-
 1. Guda- 10gm
 2. Amleeka- 20gm
 3. Gomutra- 50ml
 4. Tiltail- 50ml
 5. Saindhav- 5gm
- B. Matrabasti – Tiltaila – 60ml

Preparation of Vaitaran basti – Firstly Chinchalkalka was soaked in 100ml lukewarm water at night. Next day, it should be filtered. Guda is mixed uniformly in equal quantity of lukewarm water. Saindhav is added to above mixture. Tiltaila is added till the mixture becomes homogeneous. Chinchalkalka (Filtered) is taken and added to above mixture. Gomutra is added slowly and mixed it well so that it becomes uniform basti dravya.

CRITERIA FOR ASSESSMENT-

1. Grading of Sandhishool-

No pain- 0

Mild pain- 1

Moderate pain, but no difficulty in movements- 2

Slight difficulty in movements due to pain-3

Much difficulty in moving body parts due to pain-4

2. Grading of Sandhishotha-

No swelling- 0

Slight swelling-1

Moderate swelling-2

Severe swelling-3

3. Grading of stiffness-

No stiffness- 0

Stiffness for 5 min to 2 hrs- 1

Stiffness for 2 hrs to 8 hrs-2

Stiffness for >8 hrs-3

1. ASSESSMENT OF SANDHISHOOL-

Left	Name of Joint	Right
BT AT	Interphalanges	BT AT
3 0	Wrist joint	2 0
3 1	Ankle joint	3 1
4 1	Knee joint	3 0

2. ASSESSMENT OF SANDHISHOTH-

Left	Name of Joint	Right
BT AT	Interphalanges	BT AT
2 0	Wrist joint	2 0
2 1	Ankle joint	1 1
2 1	Knee joint	1 0

3. ASSESSMENT OF MORNING STIFFNESS-

BT	AT
1 hr	15 min

DISCUSSION-

MODE OF ACTION OF VAITARAN BASTI-

Chakradutta mentions Vaitarana Basti in Niruhadhikar 73/32. Amalika (Emali), Guda, Saindhava, Gomutra, and Tila taila are the ingredients of Vaitarana Basti in the ratio of 4:2:1:16. Vaitarana Basti's attributes can be summed up as Laghu, Ruksha, Ushna, and Tikshna. Most medications have Vata Kapha Shamaka effects. Due to these qualities, treatment with the Basti has significantly improved illness signs and symptoms. By conquering the Srotodushti that results from Sanga, the Tikshna Guna of Basti aids in dismantling the aetiology of disease.

Numerous intraluminal, luminal, and overall bodily functions may be stimulated by bast treatment. In addition to its local effects through the large intestine, Basti Karma also has a more systemic effect that involves the enteric nerve system. The enteric nervous system is a group of neurons that make up the gut's brain in the gastrointestinal tract (GIT). In addition to having an impact on the GIT, the enteric neural system also has an impact on the autonomic nervous system, which results in systemic effects..

Vata is essential. Dosh must be handled throughout the treatment of any condition since, according to Acharya, the other doshas cannot function properly without Vata Dosh. Basti, also known as Ardha Chikitsa, is a highly important therapy for managing Vata Dosh.

The effects of Basti can be broken down into three categories: encolonic (impact on colonic tissue), endcolonic (activity inside the colon), and diacolic (for systemic action). Due to the Laghu, Ushna, Tikshna, and Ruksha Guna of Vaitarana Basti Dravya, it breaks down obstructions and expels out the

morbid material from all over the body, thereby aiding in the breakdown of disease pathogenesis, after reaching the large and small intestine and getting absorbed from the intestine..

INTERNAL MEDICINES-

1. Sinhanad guggul- Deepan, Pachan, Shoolaghna, Amahara, shothaghna and Balya properties. It enhances Agni Bala which prevents the further formation of Aama
2. Rasnasaptak kwath- It has properties of digesting Aam and alleviates pain, swelling ,joint stiffness.
3. Erandbhurut haritaki – Both Erand and Haritaki are appreciated as good Rechal drugs and useful in Pachan and Apanvayu disorders.

CONCLUSION-

Acharya Chakradatta and Acharya Vangasena have explained the role of Vaitaran basti in management of Amavata. The majority of the content drugs of Vaitaran basti are having Laghu, Ruksha, Ushna and Teekshna properties which works as Vaat kapha shamak and effective in ama, shool, Shoth avastha. In this case study, Vaitaran basti along with Sinhanad guggul, Rasnasaptak kwath and Erandbhurut haritaki shows significant result in Amavata.

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