

EFFICACY OF VAITARAN BASTI AND SIMHANAD GUGGUL IN AMAVATA

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ABSTRACT :

Amavata is an autoimmune disease & compared with Rheumatic arthritis. *Vaitaran Basti* is indicated to control this disorder. To prove its efficacy in *Amavata* 10 patients were selected with classical symptoms of *Amavata* from Panchakarma OPD of Dr.D.Y.Patil school of Ayurved & Research Institute Nerul. First & last *Saindhavadi tail matra basti* of 50 m.l. was followed by 8 no. of *vaitaran Basti*. Total 10 *Basti* was administered. *Simhanad guggul* 500mg. twice in a day for 30 days was advised as *shaman aushadhi*. Patients got significant result with these treatment.

Key words: *Vaitaran Basti, Simhanad guggul, Amavata.*

INTRODUCTION: *Amavata* is a chronic disease which is a disease of *rasayaha strotas* and *madhyama rogamarga*. Due to tremendous pain in *Amavata* patient's daily life get disturbed. Also the severity of disease disturbs routine work of the patient. Today millions of adults in the world suffer from *amavata*. The prevalence of R.A. is approximately 1% of the population. The prevalence increases with age and sex difference, diminish in the older age group. R.A. is seen throughout the world and affects all races. The onset is most frequent during the fourth decades of life, Family studies indicate a genetic predisposition.

The term "Ama" means *unripe, immature* and *undigested*. It is resulted as a consequence of impaired functioning of 'kayagni'. According to *vagbhata*; due to the hypo functioning of *ushma* (Agni), the *anna-rasa* undergoes fermentation and or putrefaction (*dushta*). It is this state of *Rasa*, which is known as 'Ama'. The vitiated doshas along with *Ama* causes *Amavata*.

AIMS & OBJECTIVES:

AIMS: Management of *Amavata* with *Vairan Basti* and *simhanad guggul*

OBJECTIVES:

- 1) To study the efficacy of *Vairan Basti* in *Amavata*.
- 2) To study the effect of *simhanad guggul* in *Amavata*.

MATERIAL & METHODS:

1) Selection of patients: 10 Patients were selected randomly with symptoms of *Amavata* irrespective of their age, religion, & sex etc. Patients were then subjected to detailed clinical history on the basis of specially prepared case proforma.

INCLUSION CRITERIA:

- The patients with age 19 to 60 years were selected irrespective of their sex, religion and socioeconomic status.
- The patients having clinical signs and symptoms of *Amavata*
- *Bastiraha* patients were included

EXCLUSION CRITERIA:

- *Bastianaraha*
- Patients with symptoms of *Jeerna Aamvata*.

Vaitran Basti: (Vangasena 79/186- 190)¹

Ingredients:Table No.1

Name	Quantity
Saindhav	10gm
Amlika	40gm
Guda	20gm
Go-mutra	200ml
Tila Taila	50 ml

Plan and Protocol: Table No.2

Therapy	<i>Vaitran Basti</i>
Dose	320 ml
Kal	<i>Abhuktakal</i>
Duration	10 days (2 matrabasti & 8 vaitaran basti)

Method of preparation of vaitaran basti:

Vaitarana Basti was prepared as per the classical method:

Initially 20 gm of *Jaggary* (*Guda*) was mixed uniformly with equal quantity of lukewarm water. 10 gm of *Saindhava* was added to the above. *Tila Taila* (50 ml) was added till the mixture become homogenous. 40 gm of *Chincha Kalka* was taken and added to above mixture carefully. Lastly 200 ml of *Gomutra* was added slowly and mixing continued so as to have uniform *Basti Dravya*. Finally after filtering, *Basti dravya* was made lukekwarm by keeping it in hot water pot.

First & last Saindhavadi tail² matra basti of 50 m.l. was given. Total 10 Basti was administered.

Simhanad guggul 500mg. twice in a day for 30 days was adviced as *shaman aushadhi*. *Simhanad guggul* was prepared in ras-shala of D.Y.Patil school of Ayurveda Nerul. Followings are the ingradient of *Simhanad guggul*³

Simhanad guggulu ; *triphalaka kashay* 140 ml, *Suddha gandhak* 46 gm

Suddha guggulu 46 gm

Erand tail 187 gm

CRITERIA FOR ASSESMENT

1. SUBJECTIVE PARAMETER

All patients were registere for clinical trial and they were looked after any changes in their clinical manifestation and growing feeling of well being ,if any before and after treatment , we collected data of selected patients.

On the basis of following sings and symptoms of *amavata* were assessed for any improvement after the course of therapy.⁴

1. *Vrischikdanshvavatvedana* (severe pain)
2. *Angamarda* (Bodyache)
3. *Aruchi* (Anorexia)
4. *Jwara* (Fever)
5. *Apaka* (Indigestion of food)
6. *Shunatanganam* (Edema)

A] Clinical assesment was done according to ARA criteria for the classification of Rheumatoid Arthritis, Symptoms, Self-assessment and improvement on the basis of following gradation.⁵

1. Duration of morning stiffness :

Score 3	: above 60 min.
Score 2	: for 30-59 min.
Score 1	: for 0-29 min.
Score 0	: no stiffness.

2. Severity of Pain : (by VAS)

Score 3	: severe.
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Score 2 : Moderate.
 Score 1 : Mild.
 Score 0 : Nil.

3) Tenderness :

Score 3 : Severe.
 Score 2 : Moderate.
 Score 1 : Mild.
 Score 0 : Nil.

OBJECTIVE PARAMETERS :

4) Swelling :

Score 3 : Severely present.
 Score 2 : Markedly present.
 Score 1 : Slightly present.
 Score 0 : Absent.

Swelling of inter phalangeal joints with rings of various diameters to assess increase or decrease in swelling.

Swelling of big joints by measuring their circumference.

5) Grip strength:

measured by recording the pressure that patients can exert by squeezing a partially inflated balloon (at a starting of 20 mm of Hg) of a standard sphygmomanometer.

Score 3 : Poor (below 38mm of Hg)

Score 2 : Moderate (40-140mm of Hg)
 Score 1 : Mild (142-280 mm of Hg)
 Score 0 : Normal (above 282 mm of Hg)

6) Functional Score :

Score 3 : Unable to do
 Score 2 : With the help of other person or device

Score 1 : Able to do so with difficulty

Score 0 : Able to do so without any difficulty

LABORATORY INVESTIGATIONS:

Lab investigations were done for the selection of patients.

1)CBC & E.S.R.

2)R.A. FACTORS

RELIEF OF SYMPTOMS : Patient was assessed before & after the treatment on 1st & 30th day and parameters are shown in the table given below. Result was drawn statistically by Wilcoxon test method. It was observed that elevated E.S.R. was improved after the treatment.

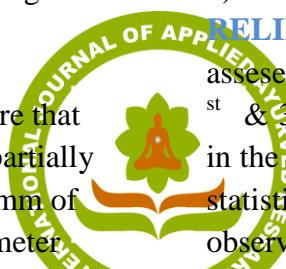
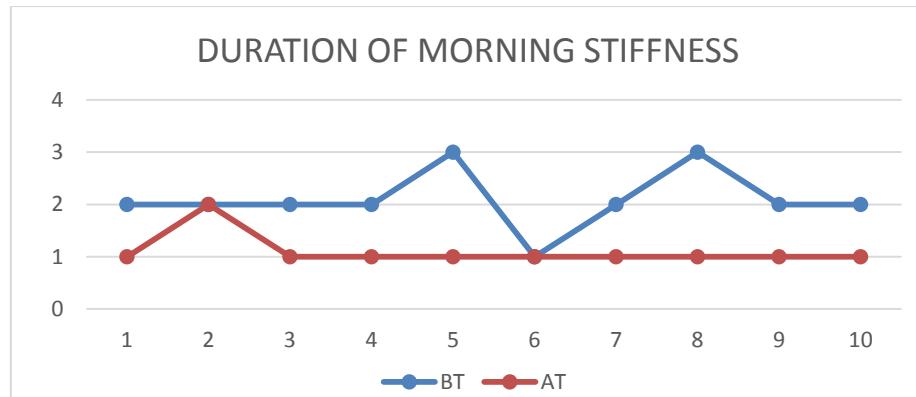


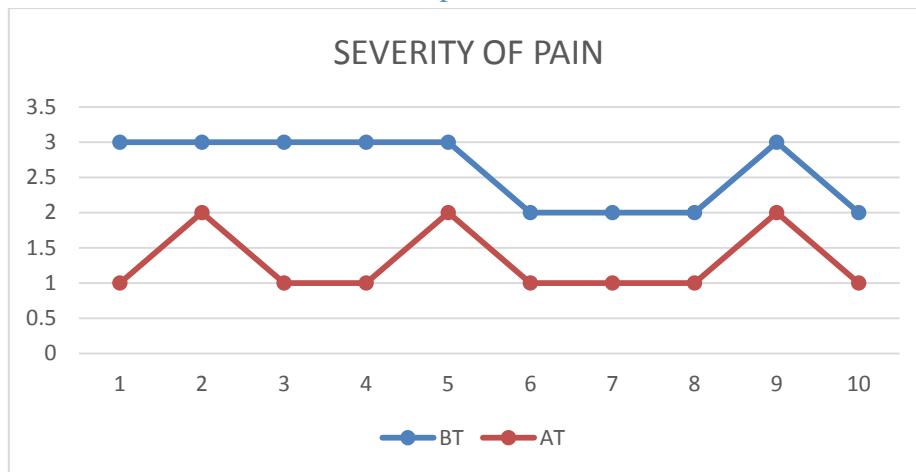
Table No.3

No Of Pt.	Duration Of Morning Stiffness		Severity Of Pain		Tenderness		Swelling		Grip Strength		Functional Score	
Sr.No.	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
1	2	1	3	1	2	1	3	1	2	1	3	0
2	2	2	3	2	2	0	3	1	3	2	2	1
3	2	1	3	1	2	0	2	0	2	0	2	0
4	2	1	3	1	3	2	2	1	2	1	1	0
5	3	1	3	2	3	2	3	2	2	1	3	2
6	1	1	2	1	2	1	2	0	2	0	2	1
7	2	1	2	1	3	2	0	0	2	1	2	1
8	3	1	2	1	3	1	1	1	2	1	2	1
9	2	1	3	2	2	1	3	1	2	1	2	0
10	2	1	2	1	2	2	1	1	2	1	2	0

Graph no.1



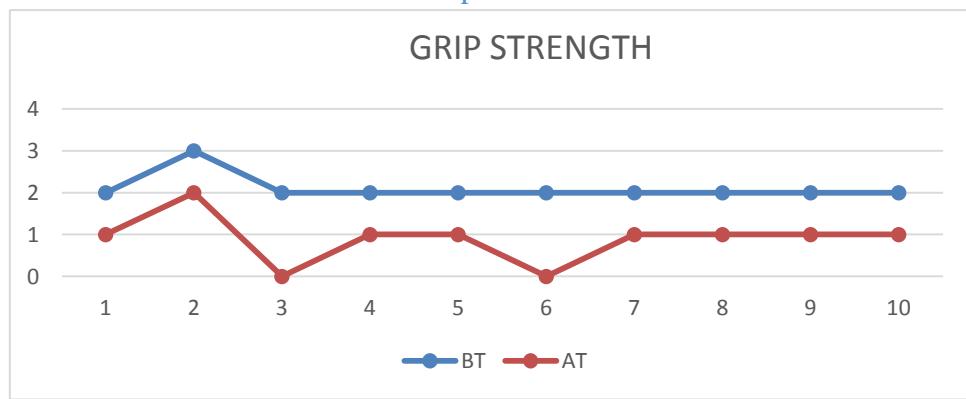
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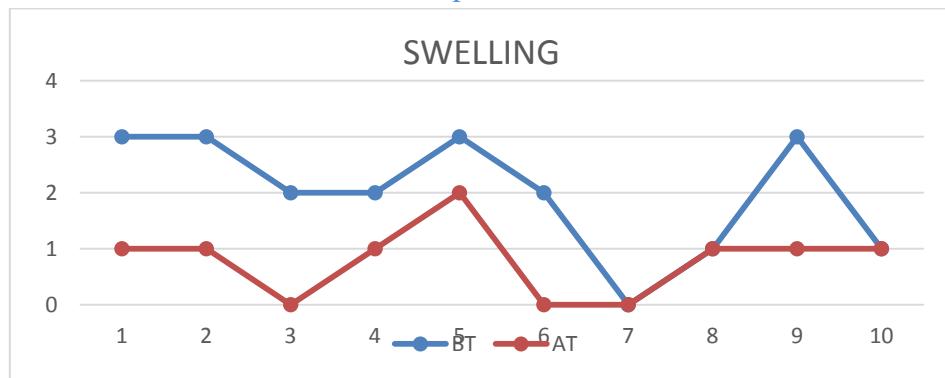
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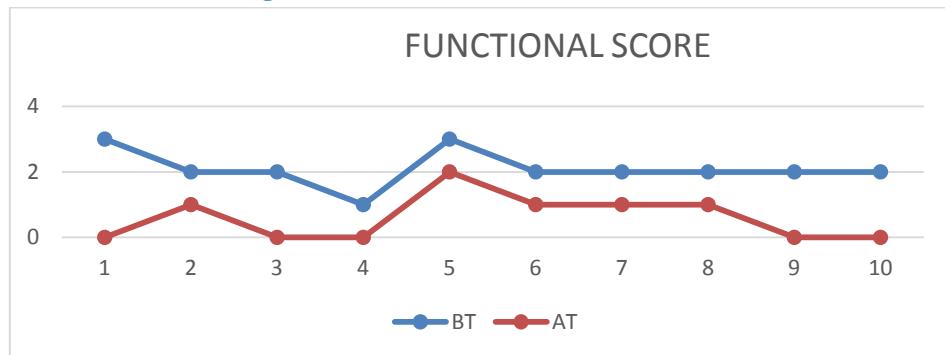
Graph-No.4



Graph-No.5



Graph-No.6



DISCUSSION: *Basti* is main line of treatment for *all vataj vyadhi*, here *vaitaran basti* was given to know its efficacy in *Aamvata*. This *Basti* works on the basis of its ingredients i.e. *Saindhav*, *lavana* by its *Sukshma* and *Tikshna* properties⁶ it helps to pass the drug molecule in systemic circulation through mucosa. Thus, it helps the *Basti Dravya* to reach up to the molecular level. It is also helpful for the elimination of waste due to its irritant property. It is capable of liquefying the viscid matter and breaking it into minute particles. Here, *Purana Guda* should be taken as it is *laghu, pathya, vata kaphahara*⁷ it helps in carrying the drug up to *agnivardhan* & micro cellular level. *Chincha* is having *Kaphavata shamak*, *Deepan*, *laghu*⁸ *ruksha* & *ushna* properties which makes it useful in *amavata* disease. The main ingredient *Gomutra* is *ruksha*, *tikshna*, *laghu* & *Ushna*⁹ which helps in *aam pachan* & does *vata anuloman*. *Til taila* is having *Ushna*,



Tikshna. *Sukshma* properties¹⁰ that helps in *samp्रapti vighatan* of *aamavata*. *Simhanad guggul* has *trifala* & *gandhak* which act as *rasayan* and improves the immunity system. *Guggul* has anti inflammatory & analgesic property that helps to control joint pain & swelling symptoms. *Erand tail* is *aamapachak* & *vata anulomak*.

CONCLUSION: The present clinical study has been undertaken to evolve the treatment procedure for *aamavata* to observe the efficacy of *vaitaran Basti* & *simhaanad guggul*. The study has revealed that patients has got significant result in functional score & swelling. Patients had got very significant result in morning stiffness, pain, tenderness & grip. Since *amavata* is an autoimmune disease patient may require second course of the same pattern.

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Declared

