

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 putrefication (*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 *Vaitran Basti* and *simhanadguggul*

OBJECTIVES:

- 1) To study the efficacy of *Vaitran 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 *JeernaAmavata*.

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

Ingredients: Table No.1

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

Plan and Protocol: Table No.2

Therapy	Vaitran Basti
Dose	320 ml
Kal	Abhuktakal
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. 40gm of Chinchka 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 lukewarm 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 advised as shaman aushadhi. Simhanad guggul was prepared in ras-shala of D.Y. Patil school of Ayurveda Nerul. Followings are the ingredient of Simhanad guggul³

Simhanad guggulu ; triphala kashay 140 ml, Suddha gandhak 46 gm

Suddha guggulu 46 gm

Erand tail 187gm

CRITERIA FOR ASSESMENT

1. SUBJECTIVE PARAMETER

All patients were registered 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 signs and symptoms of amavata were assessed for any improvement after the course of therapy.⁴

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

A] Clinical assessment 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.

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 ballon (at a starting of 20 mm of Hg) of a standard sphygmo-manometer.

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

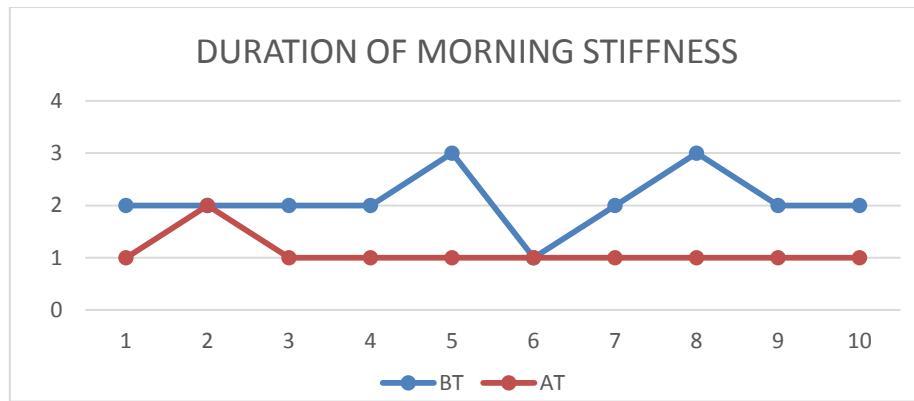
assessed before & after the treatment on 1st & 30th day and parameters are shown in the table given below. Result was drawn statistically by Wilcox test method. It was observed that elevated E.S.R. was improved after the treatment.



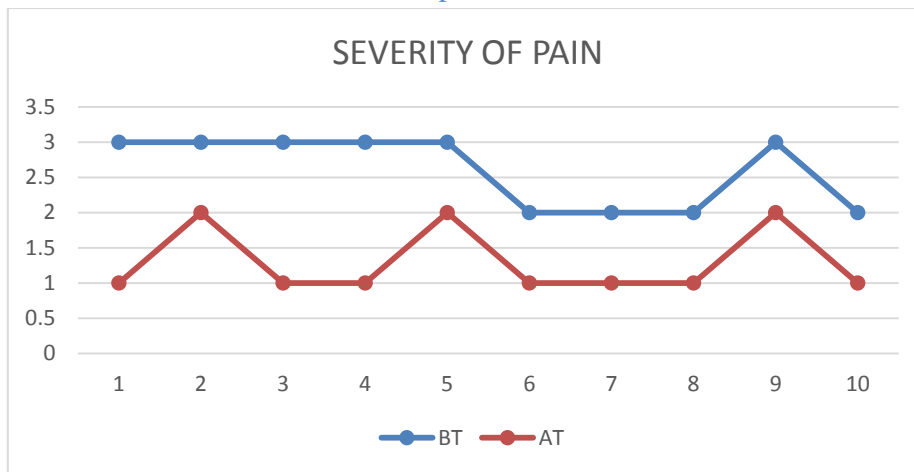
Table No.3

No Of Pt.	Duration Of Morning Stiffness		Severity Of Pain		Tenderness		Swelling		Grip Strength		Functional Score	
	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

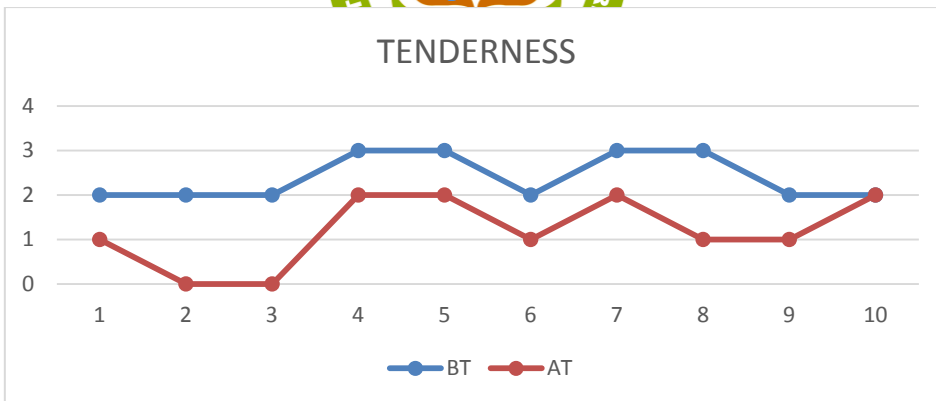
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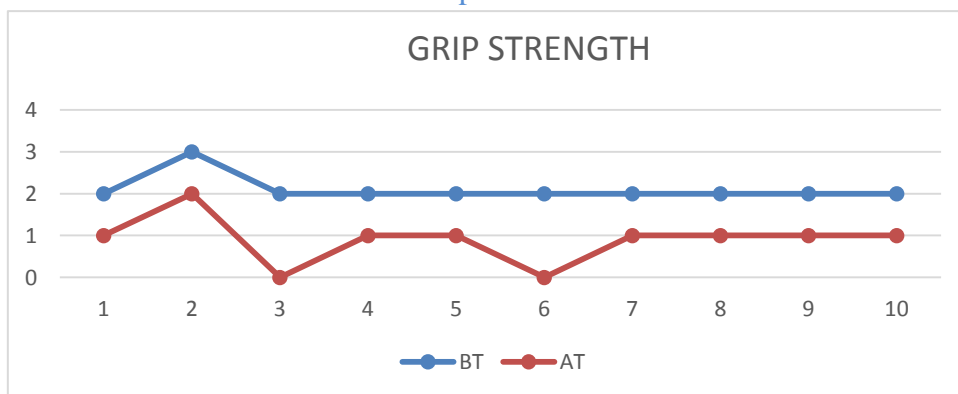
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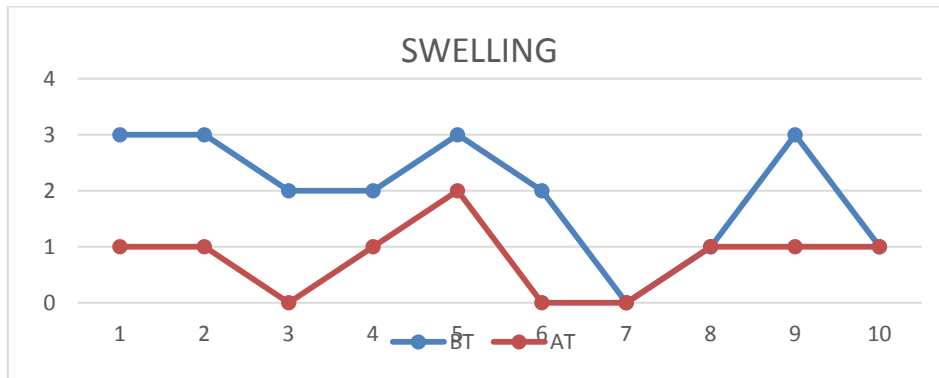
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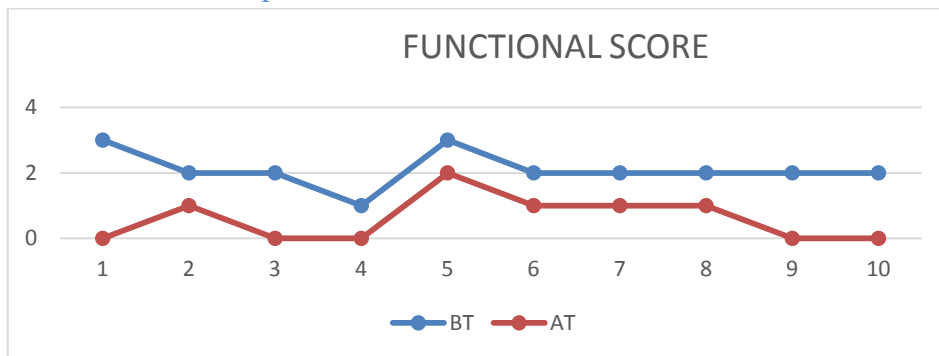
Graph-No.4



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 effecacy in Aamvata. This Basti works on the basis of its ingradients 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 kaphahara⁷ it helps in carrying the drug up to agnivardhan & micro cellular level. Chinch is having Kaphavata shamak, Deepan, laghu⁸ ruksha & ushna properties which makes it useful in amavata disease. The main ingredient Gomutra is ruksha, tikshna, laghu & Ushna⁹ which helps in aam pachan & does vata anuloman. Til taila is having Ushna,

Tikshan. Suksham properties¹⁰ that helps in samprapti 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 patern.

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Declared

