Enhancement of retention time of matra basti by addition of prakshep of shatavha and saindhav in sesame oil in treating dhatukshyatmaka janusandhigata vata: A brief note

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Abstract

Acharya Sushruta mentioned maximum retention period of snehika basti is up to nine hours. If snehika basti retains for maximum time, then it’s very effective. This is probably because there is enough time for absorption of the Sneha. Acharya Sushruta has stated that the action of basti is mainly due to its virya (specific action or property). He further elaborates that the drugs used in basti spread in the body from pakwashaya through appropriate channels; similarly as a tree gets irrigated at the root and nutrients circulate to all parts of the tree. Basti eliminates the morbid dosha from the entire body (i.e. from rasa dhatu to shukra dhatu) gradually and all dhatus get nourishment as per Sushruta. This is possible when basti retains inside for maximum duration. The management of osteoarthritis of knee is broadly divided into non-pharmacological, pharmacological, and surgical treatments. These treatments are either expensive or not available for common people in developing countries. Basti treatment is useful in such patients, especially in elderly persons having natural predominance of vata dosha in their body. As sesame oil [tila taila] possesses having specific properties like snigdha, ushna, madhur, kashaya, tikta rasa & is ushna guna in nature, hence it diminishes vitiated vata and removes kapha. Addition of powders of shatavaha and sandhaiv in sesame oil used for basti, helps the maximum retention of matrabasti, so its useful in managing dhatkshyatmka janusandhigata vata.

Keywords: Matrabasti; Prakshep; Jaunsandhigata Vata; Osteoarthritis of knee

1. Introduction

Basti karma is one of the procedures of Panchakarma. Basti [medicated enema] is a prime treatment for treating vata disorders. It is mainly of two types viz. asthapana and anuvasana 1. Matra Basti is a type of snehik basti, the retention time of which can be enhanced by adding powders of shatavha and saindhav. The retention time of matra basti depends on many factors in patients. Instead of administration of matra basti by plain tila taila, it is observed that adding powder of fibrous herb shatavha, and saindhav lavan can enhance the efficacy of matra basti. Shatavha [fennel seeds] is also tridosha balancing. Saindhav [rock salt] removes vibandha and stanbha and also helps in alleviating vata. Lavan rasa is known for removing stambha, sanghata, bandha, vidhmapana and increases agni.

Osteoarthritis of knee is more prevalent in Indian population. This disease simulates to the Sandhigata Vata. It is one of the degenerative joint diseases, characterised by breakdown of joint cartilage, leading to pain, air filled bag like swelling and stiffness at the joints. Osteoarthritis is the 2nd most common disease in the world population i.e., 30%. Knee joint is the most affected site. The major risk factors associated with knee joint are old age, obesity, occupational knee bending etc. which makes it an important cause of disability. Sandhigata Vata is developed by the excessive intake of vata aggravating foods like pungent, bitter, astringent tasing food and due to excess exercise and exertion. 2. Osteoarthritis

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is a degenerative joint disease due to the degradation of the joints, the articular cartilages and subchondral bone. It is caused by the mechanical stress to the joints and produces the symptoms like joint pain, swelling, stiffness etc. Even though the disease effects any joint in the body, most commonly involved joints are major joints and weight bearing joints of the body like hip and knee joint.

Matra basti is performed with prakshepdravya to normalize deranged vata in digestive tract. It promotes strength and restore general well-being. Tila taila is ushna, tikshna, sukshma, vyavayi, sarak, vikasi, vrushya, srotovishodhak, stability inducing, tonic, constructive, guru and preenam. Its action alleviates vata and kapha and vitiates pitta. It relieves aching pain from joints and body.

There is no clear-cut definition of sandhigata vāta, but however the classical text of Āyurveda, Charaka Samhitā reveals that aggravated vāta enters in the joints and get established thereby producing swelling of the joints, which is felt like a bag filled with air and the pain occurs mainly during the flexion and extension of the joints.

The characteristics signs and symptoms with which the disease can be easily diagnosed are known as rūpa. While describing the rūpa it is explained.

2. Mode of action of basti

It is the best effective treatment indicated in various conditions, especially in Vāta Doṣa predominant disorders. The basti dravya gets rid of mala and vata from the pakvashaya and has exerts alleviating effect in the sites viza nabhi, kati, parshava, kukshi [lover abdomen and pelvis]. Basti is an ardra cikītsā and is a treatment of choice on vāta doṣa. Basti karma is a unique and broad-spectrum therapeutic and preventive approach. Basti is the medicated enema using Ayurvedic oils, decoctions, herbs etc which was administered using bladder of goat in ancient time. The word 'Basti' is used here with meaning "to reside" or "to retain". The Ayurvedic oils are administered by anal route in the rectum. It has action in sarvanga vata roga.

Basti is described as an internal route of drug administration by Dalhana and is considered as one of the methods of snehan. The prime site of vata dosha is mainly pakwashaya; and basti administered at this site can prevent aggravation of vata all over the body. The type apana vata resides mainly in this region. matra basti is generally administered with only tila taila. However maximum retention of matrabasti with Til Tail mixed with praksep dravya shatavaha [Fennel seeds, Foeniculum vulgare] and sandhav [rock salt] can be more effective than use of tila taila alone. Recent research has suggested that rectal absorption can prove the good alternative route of drug administration as it provides partial avoidance of first portal pass metabolism.

3. Conclusion

As per our preliminary data, as matra basti (seasame oil) with praksep dravya has more retention time and may prove to be more effective. Matra basti (seasame oil) with praksep dravya (shatavaha and sandidhay) may help to prevent and cure the dhatuksayatmka janusandhigat vata. matra basti with praksep dravya can definitely be used for asthivaha srotas vyadhī i.e. dhatuksayatmka janusandhigat vata.

Compliance with ethical standards

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Disclosure of conflict of interest

Authors declare that there are no conflicts of interest.

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