



EFFICACY OF SHODHAN BASTI IN MANAGEMENT OF JANU SANDHIGAT VATA

[KNEE JOINT OSTEOARTHRITIS] A PILOT STUDY

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**ABSTRACT:-** Osteoarthritis (OA) is a type of degenerative joint disease that results from breakdown of joint cartilage and underlying bone. Most common symptoms are pain and stiffness. Most of people suffer from knee osteoarthritis. Prevalence rate of Knee osteoarthritis in India is 28%. Most common symptoms of knee osteoarthritis are pain, swelling of knee, stiffness, limited range of motion of Knee Joint. Knee joint osteoarthritis gradually hampered movement of patient. After age of 50 most of people suffer from joint pain particularly knee joint pain i.e knee osteoarthritis. On basis of Ayurvedic fundamental it can correlate with Janu Sandhigat Vata.[Knee osteoarthritis] Morbid Vata is main entity in pathogenesis of Sandhigat vata.[osteoarthritis] Basti i.e Ayurvedic medicinal enema is main line of treatment for vata. In current study effect of Shodhan Basti [Ayurvedic eliminative Enema] in management of knee osteoarthritis was assessed. Material and method – In this study shodhan basti[Ayurvedic eliminative Enema] is administered in 5 patients. First 3 oil enema [Anuvasan Basti] were given. on 4<sup>th</sup> day Shodhan Basti [Ayurvedic medicinal eliminative enema]is administered in morning followed by administration of Anuvasan Basti [Oil Enema] in evening.

**KEY WORDS:** Osteoarthritis, Knee joint, Basti, Sandhigat Vata, Shodhan Basti

**INTRODUCTION:-** Osteoarthritis (OA) is a type of degenerative joint disease that results from breakdown of joint cartilage and underlying bone. Most common symptoms are pain and stiffness. Most of people suffer from knee osteoarthritis.

Prevalence rate of Knee osteoarthritis in India is 28%. Most common symptoms of knee osteoarthritis are pain, swelling of knee, stiffness, limited range of motion of Knee Joint. Knee joint osteoarthritis gradually hampered movement of patient. There is no specific treatment which cure disease



permanently. Only line of management is NSAID, Calcium Vitamin D3, physiotherapy. In this pilot study we have tried to find efficacy of Ayurvedic Basti [Medicated Enema] treatment in management of Osteoarthritis.

Relevance of the research project-Sandhigata Vata [osteoarthritis] is Vata Dominant Disease. Most Of Population above age group 40 suffer from Sandhigat vata. [osteoarthritis]

Acharya Sharangdhar and Acharya Sushruta Mentioned Shodhan Basti [Eliminative Enema] . As Vaman[Emesis] is indicated for Kapha, Virechan[Purgation] For Pitta. Similarly It is necessity to eliminate vitiated Vata. from body. For Elimination of Vata Shodhan Basti [Eliminative Enema] Was be useful. As Sun is situated long distance from earth but rays of sun absorb water from earth. Similarly Active ingredient of Shodhan basti [Eliminative Enema] was eliminate Vata Dosha from all over Body. It was help to reduce symptoms of Sandhigata Vata.[osteoarthritis]

**AIM:-** To evaluate the efficacy of Shodhan Basti[[Eliminative Enema] In Sandhigat Vata.[osteoarthritis]

**OBJECTIVES:-** 1) To evaluate the role of Shodhan Basti on Symptom of Sandhigat Vata Such as Shool [Pain], Shoth [swelling], Sparsh Asahatva [Tenderness], Sandhi Sputhan [crepitation of knee joint], Akunchan Prasarjanya Vedana[Restricted movement of knee joint]

### **HYPOTHESIS:-**

Ho: There is no significant role of Shodhan Basti in reducing Symptom of Sandhigat Vata.

H1: There is significant difference of Shodhan Basti in reducing Symptom of Sandhigat Vata

**MATERIAL AND METHOD:-** 5 patients were randomly selected and allocated on the basis of clinical examination selected from OPD of Panchakarma Dept. BVMF Ayurveda Ho Mspital, Pune- 43.A Special case Performa containing details necessary for study were prepared. TilaTaila [Sesame oil], Nishottar Bharad,[operculina Turphetum Gomutra [Cow urine] Kanji [Ayurvedic fermented preparation] Madanphal[Randia Dumetorum] Madhu [Honey] Godugdha[cow milk] was purchased from Pune market.

### **INCLUSION CRITERIA:-**

- Patients having the signs and symptoms of SandhigataVāta - as Shool[Pain] Shoth [swelling]Sparsh Asahatva [Tenderness]Sandhi Sputhan [crepitation of knee joint] Akunchan Prasarjanya Vedana [Restricted movement of knee joint].
- Patients between the age group of 30 -70 years.
- Patients of both the sex.
- Patient who were willing for the treatment.

**EXCLUSION CRITERIA:-**

- Patient contraindicated for Basti
- Patient having cardiac disease
- Pregnant woman.
- Patient suffering from hemorrhoid.
- Patient suffering From Asthma.

**SUPPORTIVE LABORATORY INVESTIGATIONS:** X ray knee joint anteroposterior and Lateral View.

**DRUG ADMINISTRATION SCHEDULE:**

Particular	Number of pt 5 patients
Purvakarama	Sarvang Snehan and Swedan Anuvasan Basti 120 ml- 3Days
Route of administration	Anal route
Time of administration	After breakfast for Anuvasan Basti
	Shodhan Basti Schedule
Purvakarama	Sarvang Snehan –Tila Tail, Sarvang Swedan Bashp Peti.
Pradhan Karma	Niruha Basti
Medicine	TilaTail, Nishottar Bharad, Kanji, madanphala Kalka Gomutra Saindhava
Dose	960ml
Duration	1 Days
Pashat Karma	Anuvasan Basti on evening at Day of Shodhan Basti
Assessment day	A day before starting of treatment and 2 <sup>nd</sup> after completion of Shodhan Basti on day 10 <sup>th</sup> , 3 <sup>rd</sup> Assessment After on 20 <sup>th</sup> day.
Pathya-Apathya	Avoid Direct exposure to air and Sun

**STANDARD OPERATIVE PROCEDURE OF SHODHAN BASTI**

- A special room free from atmospheric effects like direct blow of air, dust and lighted was selected.
- The following things kept in the room:



- Basti Asana – Left Lateral Position.
- Basti Aushadhi– Required- Tila Taila , Nishottar Bharad ,Kanji, Gomutra etc. in sufficient quantity were collected.
- Basti Yantra– Simple rubber Catheter and Glycerine syringe for Anuvasan Basti and Shodhan Basti ..

#### Sop of Shodhan Basti Nirman- Quantity Of Basti Dravaya

- 1.Nishottar Kwath [Operculina turpetnthum Decoction] -----10 Pala
- 2.Tila Tail [Sesame oil] ----- 6 Pala
- 3.Madhu[Honey] ----- 4 Pala
- 4.Madanphala Kalka [Randia Dumetorum] ----- 2 Pala
- 5. Godugdha[cow milk] ----- 1pala
- 6.Gomutra.[cow Urine] ----- ½ Pala
- 7.Kanji [ayurvedic fermented product] ----- ½ Pala

#### PREPARATION OF MEDICINE

- The ingredients were mixed by trituration in the order of Madhu, Saindhava, Sneha, Kalka, Kwatha and then Avapa Dravya one by one gradually till it becomes a homogeneous mixture.

#### POORVA KARMA- PRIOR 3 DAYS OF SHODHAN BASTI:

- Sarvang Snehan –Tila Taila
- Sarvang Swedan- Bashp Peti Sweda
- Anuvasan Basti -120 ml for 3days after Laghu Ahar
- **Poorva Karma Of Shodhan Basti**
- Sarvang Snehan –Tila Taila
- Sarvang Swedan- Bashp Peti Sweda

#### PRADHANA KARMA:

- Preparation of patient:
- Patient indicated for Basti was to be selected.
- Patient Was be in Empty Stomach.



- Patient had passed his natural urges like urine and stool and bath..
- Stanika Snehan and Swedan was done on Udar and Kati.
- Patients posture: left lateral position with lower extremity flexed on knee and hip joint.
- Oleation of anus: Taila applied in gudamarga and in BastiNetra also.
- The patient was asked to take deep breath while the Basti Netra and Basti Aushaadh is given.
- Basti Netra was be immediately pulled out after Basti
- Patient was remain lying in the same(left lateral) position for1 minute after of Basti and Nitamba Tadan was given.

**PACHATAKARMA:**

- Basti pratyagaman.
- After Basti Pratyagaman in evening after Mudga Yush Anuvasan was given.
- Cold water was not be used for drinking or bathing, only warm water is to be used. The symptoms related to Samyak yoga, Ayoga and Atiyoga was seen in the patient.

**CRITERIA FOR ASSESSMENT:**

- Assessment was done on 1<sup>st</sup> day, 2<sup>nd</sup> assessment on 5<sup>th</sup> of Basti.
- Third Assesment was done after 1month.
- The improvement in the patient was assessing mainly on the basis of relief in the sign and symptoms of the Sandhigat Vata. To assess the effect of therapy objectively, all the sign and symptoms was give scoring depending upon their severity.

**ASSESSMENT CRITERIA**

<b>Vedana(Pain)</b>	<b>Score</b>
No Pain	0
Mild Pain	1
Moderate pain but no difficulty in walking	2
Severe difficulty in walking	3

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*Section A-Research paper*

<b>Shotha (swelling) in joint</b>	<b>Score</b>
No Swelling	0
Slight Swelling	1
Moderate Swelling	2
Severe Swelling	3
<b>AkunchanPrasaranajnyaVedana</b>	<b>Score</b>
No pain	0
Pain without winching of face	1
Pain with winching of face	2
Does not allow passive movement	3
<b>Sparsha Asahatva (Tenderness)</b>	<b>Score</b>
No Tenderness	0
Patients says Tenderness	1
Winching of face on touch	2
Dose not allow to touch the joint	3
<b>Sandhi Sphutan (crepitus)</b>	<b>Score</b>
No crepitus	0
Palpable crepitus	1
Audible crepitus	2
Palpable and Audible crepitus	3

**OBSERVATIONS.**

Pt 1.	45 yrs /M
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	3
Shotha[Swelling]	3
Sparsha Asahatva [Tenderness]	3
Akunchan Prasarjanya Vedana [Restricted Movent of knee Joint]	3



Sandhi Spathan [Cepitation in Knee]	3
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Pt2.	55 yrs /M
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	3
Shotha[Swelling]	2
Sparsha Asahatva[Tenderness]	2
Akunchan Prasarjanya Vedana[Restricted Movent of knee Joint]	3
Sandhi Spathan [Cepitation in Knee]	3

Pt 3.	60yrs /F
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	3
Shotha[Swelling]	3
Sparsha Asahatva[Tenderness]	3
Akunchan Prasarjanya Vedana [Restricted Movent of knee Joint]	3
Sandhi Spathan [Cepitation in Knee]	3

Pt 4.	57yrs /M
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	3
Shotha[Swelling]	2
Sparsha Asahatva[Tenderness]	1
Akunchan Prasarjanya Vedana [Restricted Movent of knee Joint]	2
Sandhi Spathan [Cepitation in Knee]	1

Pt 5	53yrs /F
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	2
Shotha[Swelling]	2
Sparsha Asahatva[Tenderness]	1
Akunchan Prasarjanya Vedana [Restricted Movent of knee Joint]	1
Sandhi Spathan [Cepitation in Knee]	1

Case No 1- Pt 1. 45 yrs /F

Symptoms	Before Treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> follow up
Vedana(Pain)	3	2	2

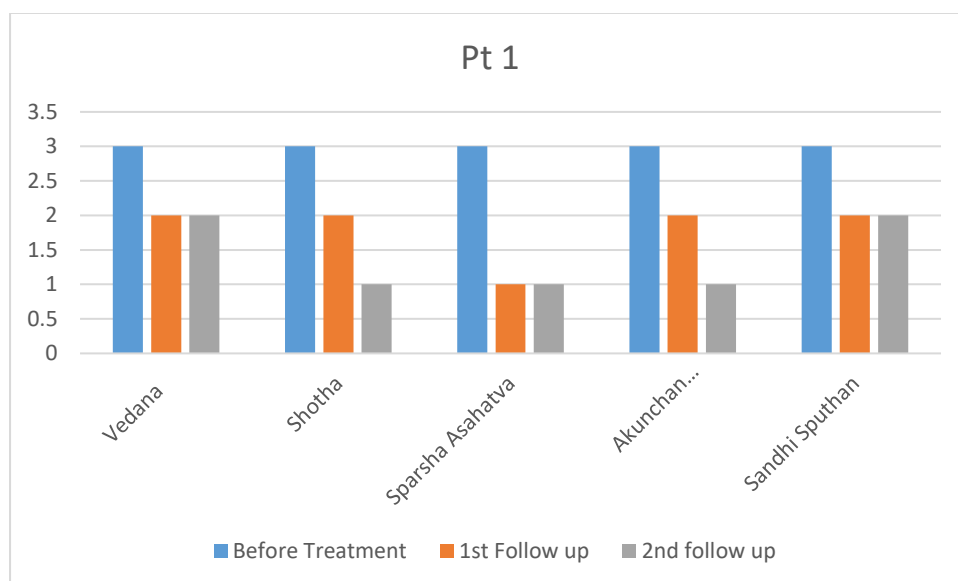
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*Section A-Research paper*

Shotha[Swelling]	3	2	1
Sparsha Asahatva[Tenderness]	3	1	1
Akunchan Prasarjanya Vedana [Restricted Movement]	3	2	1
Sandhi Sputhan [Crepitation in Knee]	3	2	2



Case 2-Pt 2 55yrs/M

Pt 2	55yrs /M
<b>Symptoms</b>	<b>Grade</b>
Vedana(Pain)	3
Shotha[Swelling]	2
Sparsha Asahatva[Tenderness]	2
Akunchan Prasarjanya Vedana [Restricted Movent of knee Joint]	3
Sandhi Sputhan [Cepitation in Knee]	3

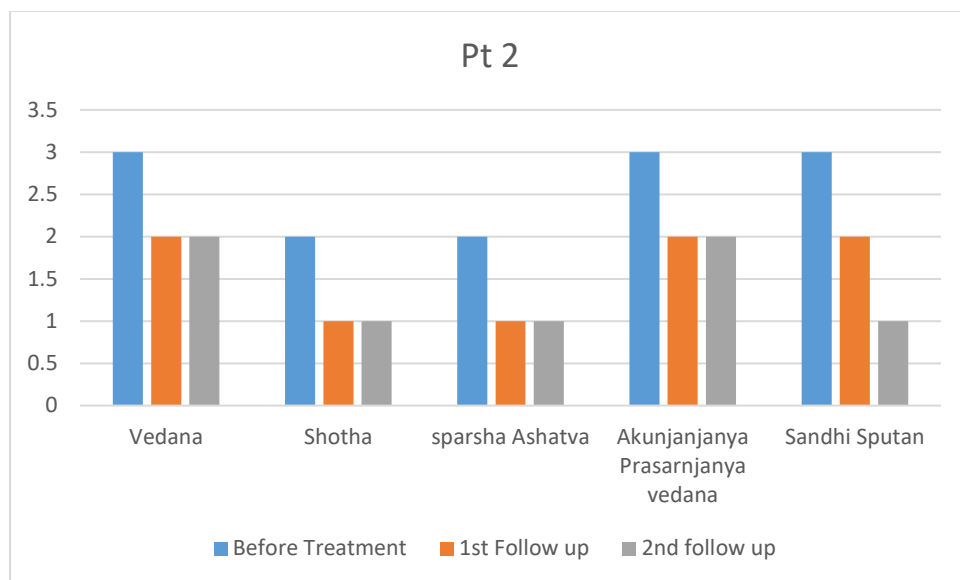


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*Section A-Research paper*



**Case 3-Pt 3. 60yrs /F**

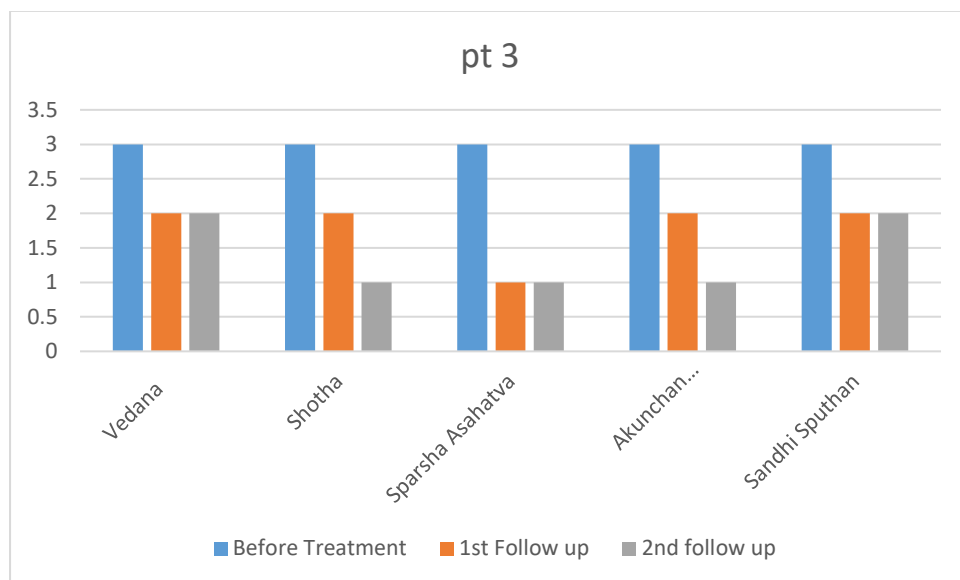
Symptoms	Before Treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> follow up
Vedana(Pain)	3	3	2
Shotha[Swelling]	3	2	2
Sparsha Asahatva[Tenderness]	3	3	2
Akunchan Prasarjanya Vedana [Restricted Movement]	3	3	2
Sandhi Spathan [Crepitation in Knee]	3	3	2

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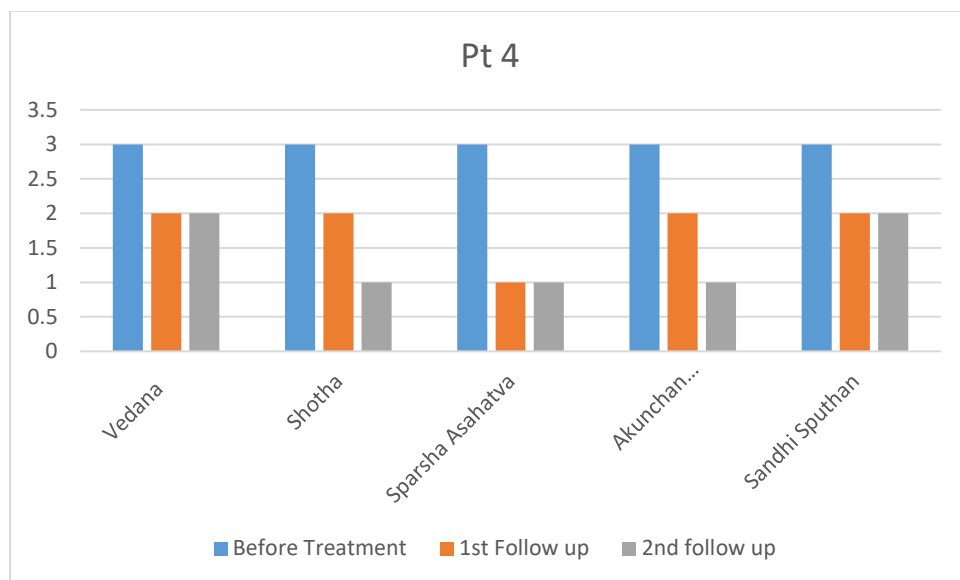


Section A-Research paper



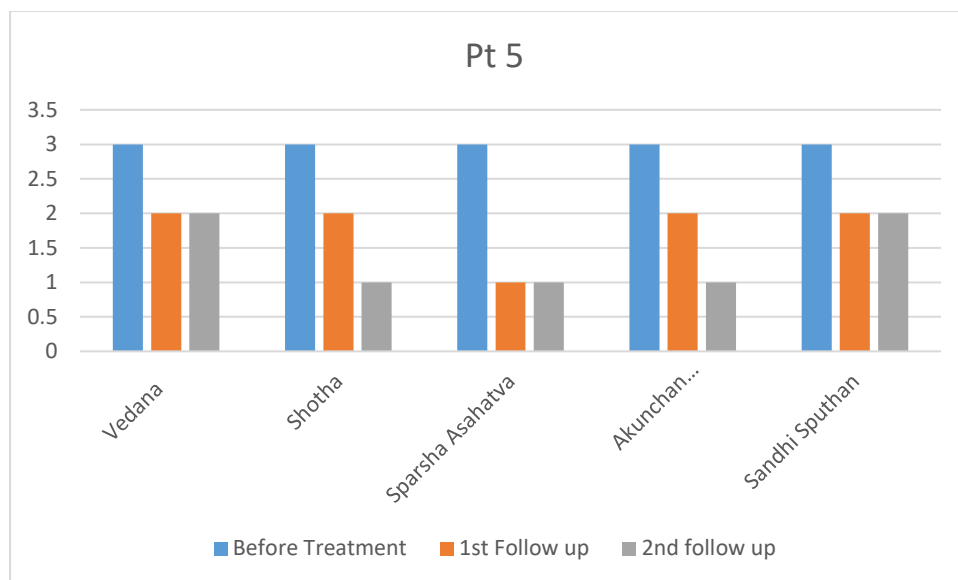
Case 4-Pt 4. 57yrs /M

Symptoms	Before Treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> follow up
Vedana(Pain)	3	2	1
Shotha[Swelling]	1	1	0
Sparsha Asahatva[Tenderness]	1	1	0
Akunchan Prasarjanya Vedana [Restricted Movement]	2	2	1
Sandhi Spathan [Crepitation in Knee]	1	1	1



Case 5-Pt 5 53 yrs /F

Symptoms	Before Treatment	1 <sup>st</sup> Follow up	2 <sup>nd</sup> follow up
Vedana(Pain)	2	1	1
Shotha[Swelling]	1	1	0
Sparsha Asahatva[Tenderness]	1	1	0
Akunchan Prasarjanya Vedana [Restricted Movement]	1	1	0
Sandhi Spathan [Crepitation in Knee]	1	1	1



**DISCUSSION:-** Total 5 patients having sign and symptoms of Janu sandhigat vata i.e osteoarthritis were selected for study. Total 5 Basti were administered. First 3 were Anuvasan [oil Enema] on 4<sup>th</sup> day Shodhan basti was given in early morning while 5<sup>th</sup> anuvasna was given in evening on 4<sup>th</sup> day. As Basti was Dwiparihar kala first follow up taken on day 10 and second follow up was taken on day 20. Out of 5 patients 3 were female while 2 were male. Out of 5 patients 3 patients had significant reduction in pain, one had moderate improvement, one patient had mild reduction in pain. Out of 5 patients 2 had total reduction in swelling while 2 had significant reduction. One patient was not too much improved. 2 patients were 5-6 bouts while 3 patients were 2-3 bouts. Tenderness was significantly reduced in 4 patients. Restricted movements were significantly reduced in 3 patients. There is no significant reduction in symptom crepitation.

**CONCLUSION: -** Shodhan Basti in treatment of Janu Sandhigat Vata [knee osteoarthritis] is effective. Shodhan basti was effective on symptoms such as pain, swelling. Shodhan Basti was less effective on symptom crepitation of the knee joint. This is a pilot study, there is scope for major research study with a large number of samples.

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