

## **Efficacy of *sahachar taila matra basti* in the management of *sandhigata vata* with special reference to osteoarthritis.**

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### **ABSTRACT:**

*The trouble of Sandhis by Prakupita Vata is the main phenomenon in Samprapti of Sandhigat Vata. Sandhis come under the Madhyama Roga Marga and thus, involvement of Madhyama Roga Marga, Vata Dosha and Dhatukshaya figures disease Kashta Sadhya. According to modern science Sandhigatavata symptoms are correlated with Osteoarthritis. So here subjective and objective criteria are taken for assessment. In Ayurveda, Sandhigat Vata is given as a Vatavyadhi and it is also believed that any type of pain cannot be without presence of Vata. In Ayurvedic classics, our Acharya have given so many special therapeutic procedures for specific disease along with thousands of medicaments. There are many siddhataila used for Sandhigat Vata. Sahachar Taila (Cha.chi.28/145) is one of them. Hence we decided to study effect of Sahachar tail Matrabasti in Sandhigat Vata with special reference to Osteoarthritis. For study 30 patients of Sandhigatavata was taken and observations and results were drawn.*

**Keywords:** Sandhigatavata, Matrabasti, Sahachartaila, Osteoarthritis.

### **INTRODUCTION:**

Today is the era of modernization and fast life. Everybody is busy and living stressful life. Changing of life style of modern human being has created several disturbances in his biological system. Advancement of busy, professional and social life, improper sitting posture in offices, continuous work in one posture and overexertion, With reference to the Dinacharya and Rutucharya the norms of daily routine in present day situation are quite contradictory.

The trouble of Sandhis by Prakupita Vata is the main phenomenon in Samprapti of Sandhigat Vata. Sandhis come under the Madhyama Roga Marga and thus, involvement of Madhyama Roga Marga, Vata Dosha and Dhatukshaya figures disease Kashta Sadhya.

Osteoarthritis or Degenerative Joint Disease (DJD) may first appear without symptoms between 20 and 30 years of age. It is estimated that approximately four out of 100 people are affected. The incidence of osteoarthritis in India is as high as 12%. By 2030, 20% of American about 70 million people will have passed. Their 65th birthday and will be

risk for Osteoarthritis. Osteoarthritis will be common before age of 45 more in men than women and after age of 45 more common in women. In this way, this disease is now becoming significant threat to the working population.

In this point of view, Ayurveda has a unique approach to cure i.e. two fold strategies comprising of:

- 1) Samshodhana or Biopurification by Panchkarma therapy & related measures.
- 2) Samshamana or Palliation of imbalances by appropriately planned diet, drug, & life style interventions.

To give the definition of Samshodhana therapy, Acharya Hemadri has said that the method by which the vitiated Doshas are eliminated out of body is known as Shodhana Chikitsa. Out of Panchkarmas, Basti is most important

In Ayurveda, SandhigatVata is given as a Vatavyadhi and it is also believed that any type of pain cannot be without presence of Vata. In Ayurvedic classics, our Acharya have given so many special therapeutic procedures for specific disease along with thousands of medicaments. There are many siddha taila used for Sandhigat Vata. Sahachar Taila (Cha.chi.28/145) is one of them.

Hence we decided to study effect of Sahachar tail Matrabasti in Sandhigat Vata.

### AIM:

To study the efficacy of Sahachar Taila Matra Basti in the management of Sandhigat Vata w.s.r. to Osteoarthritis.

### OBJECTIVES:

1. To study the etiopathology, symptomatology and progress of Sandhigat Vata.
2. To ascertain the avastha of Sahachar Taila Matra Basti in Sandhigat Vata.

### MATERIAL & METHODS:

#### Drugs used for Sahachar Taila –

Contents:

- Sahachar moola (Barleria prionotis .Linn)
- Godughdha (Cow's milk)
- Sharkara
- Til taila (Sesamum indicum)

#### Preparation:

Sahachara taila was prepared as per described in Charak samhita<sup>1</sup>.

Properties of drugs used<sup>2</sup>

Drug name→	Sahachara	Godughdha	Sharkara	Til tail
Gune	Snigdha	Snigdha, Sheeta	Snigdha, Sheeta	
Rasa	Tikta, Madhur	Madhur	Madhur	Madhur, Anurasa- Kashaya, Tikta
Virya	Katu	Madhur	Madhur	Madhur
Vipaka	Ushna	Sheeta	Sheeta	Ushna
Doshagnata	Kaphavatasham aka.	Vatapittarakta mak	Vatapittarakta mak	Vatasamak, Kaphapittasamaka
Rogagnata	Shothagn, Kushthaghn, Jwaraghna,	Murchanashaman, Jwaraghna, Vishapaha,	Murchanashanan, Jwaraghna, Vishapaha,	Keshvikara, Vatavikara, Rasayan, Arsha,

	Vishghna, Vatavyadhihara, Kandughna	Raktapittahara. Atisara, Jwara, Daha, Shwayathu	Raktapittahara	Udara, Agnimandya, Hikka-Shwasa, Vatashoola, Kashtartva, Raktag ulma
Karma	Vedanasthapana , swedajanana, mootrala, shothahara, raktashodhaka, keshranjana, keshya	Ruchikarak, Dahajit, Vishaghna, Jivaniya, Bruhana, Vrushya, Medhya, Rasayana, Shramahara,	Ruchikarak, Dahajit, Vishaghna	Snehan, Deepan, Grahi, Vedanasthapan, Keshya, Balya, Twachya, Shukral

### DRUG ADMINISTRATION OR PROCEDURE DETAILS:

*SahacharTailaMatraBasti:*

<b>Procedure</b>	<i>MatraBasti</i>
<b>Purvakarma</b>	
<i>Atursidhata</i>	Indicated patient of <i>Sandhigat Vata</i> as per inclusive criteria is selected.
<i>Aushadhsidhata</i>	<i>Sahachara taila</i>
<i>Yantrasidhata</i>	Glycerin Syringe with Disposable <i>Netra</i>
Procedure	<i>Sthanik Snehan</i> with Sesame oil & <i>Sthanik Swedan</i> by <i>Nadi sweda</i> on <i>Udara, Kati &amp; sphika Pradesha</i> .
<i>Basti preparation</i>	<i>Madhu + Saindhaw + Sukhoshna Sahachar taila</i>
Quantity	60 ml
<b>Pradhankarma</b>	
Position of Patient	Left lateral position
Route of Administration	Ano-rectal
Time	Just after food taken, once a day, In the Morning
Duration	7days
Procedure	The <i>Matrabasti</i> of <i>Sahachar Taila</i> was administered with deep inspiration
<b>Paschatkarma</b>	<i>Uttanshayana</i> <i>Tadan karma at prishtha, sphika, nitamba</i> <i>Parshanitadan</i> <i>UdarSamwahana,</i> Rest at <i>Nirvata Room</i> .

### SELECTION CRITERIA:

Total 30 patients suffering from 'Sandhigat vata' were selected for

Project study. Following will be the criteria for selection –

**A. INCLUSION CRITERIA:**

1. Patients having textual symptoms of Sandhigat Vata were taken as a subject to study.

The symptoms are

- Sandhi Shoola
  - Sandhi Shotha
2. Sex: Male / Female
  3. Age: 30 to 70 Years.
  4. Patient who will give written consent.

**B. EXCLUSION CRITERIA:**

1. Patients with other joints deformities or diseases which are not related to Sandhigat Vata, such as Amavata, Vatarakta, etc.
2. Fracture of joints and other deformities which need surgical care will be excluded.
3. Patients having major illness since long time and systemic Pathologies like Cardiac, Renal were excluded.

**C. WITHDRAWAL CRITERIA:**

1. Occurrence of Serious adverse events.
2. The investigator feels that the protocol has been violated.
3. Further continuation of the study is likely to be detrimental to health of the patients.
4. Patients absent for continuous 2 days will be considered as dropped out from this project.
5. The patients are not willing to continue the trial.

**D. ASSESSMENT CRITERIA:**

**1. Sandhi Shoola** was assessed by Oxford pain chart

**2. Sandhi Shotha** of Janusandhi was assessed at three levels

Level A - At the upper level of joint,

Level B - At the centre of joint,

Level C - At the lower level of joint

All measurements were taken. Mean calculated

**OBSERVATIONS:**

Total 30 patients were registered in this study. All the 30 patients were studied and their observations were recorded and necessary tables, graphs and charts were prepared.

**1. Average Sandhi Shoola (Graph no.1)**

Sandhishool	BT	AT
Janu	3.184	0.817
Gulpha	1.384	0.167
Amsa	0.834	0.067
Kurpar	0.767	0.0
Manibandha	0.7	0.0
Kati	1.334	0.1
Vankshana	0.590	0.116
Hastaparva	0.167	0.05
Padaparva	0.1	0.034
Manya	0.634	0.03

**2. Average Shotha By Measurment (Graph no.2)**

Avg. Shotha Measurment	BT	AT
Of Janu	31.89	31.4

**3. Overall assessment (Graph no.3)**

Symptoms	BT	AT
Shool	9.694	1.351
Shotha	1.94	0.03
Atopa	2.5	0.567
Graha	2.25	0.4
Oxford pain Chart	3.44	0.83
Overall assessment Score	12	1.47

#### 4. Sandhi Shoola wise Percentage

#### 5. Symptoms wise Percentage

Sandhi	% of Relief
Janu	74.34
Gulpha	87.93
Amsa	91.97
Kurpar	100
Manibandh	100
Kati	92.50
Vankshana	80.34
Hastaparva	70.06
Padparva	66
Manya	95.27

Symptoms	% of Relief
Shoola	85.84
Shotha	96.94
Atop	77.32
Graha	84
Aushnya	100
VAS	78.01
Oxfordpain grade	75.87
Overall assessment Score	87.84

#### Paired T for BT -AT Janushoola

	N	Mean	SD	SE Mean
BT	30	3.200	0.4842	0.0884
AT	30	0.800	0.4068	0.0743
Difference	30	2.400	0.4983	0.0910

95% CI for mean difference: (2.2139, 2.5861)

T-Test of mean difference = 0 (vs not = 0):

T-Value = 26.38 P-Value = 0.000

Therefore, Highly significant.

#### DISCUSSION:

This Samshodhan therapy consists of a number of physiologic measures advocated in the treatment of the diseases. It is believed that imbalanced Doshas spread from the Koshtha to the Shakha and thus be able to produce various types of diseases depending upon the Dosha Dushya-Adishthana pattern. To eradicate the imbalanced Doshas, it is essential to mobilize the vitiated Doshas in the Shakha and to bring them back to the Koshtha so that they may be easily expelled out by Vamanadi Samshodhana Karmas.

Acharya Charaka has mentioned common treatment for Vatavyadhi i.e. repeated use of Snehana, Svedana, Basti and mruduvirechana<sup>3</sup>. Among those panchakarmas, here Matrabasti is such a chikitsa that is applicable in all the Vatavyadhi. Sandhigat Vata is a vatika disorders and vata is also control and regulator of other two doshas, all dhatus, malas and also all the body activities. Therefore once vata is controlled by Matrabasti (Snehana) all these factors are automatically regulated and total body equilibrium is achieved

Basti Chikitsa is most important as it radically pacifies the morbid Vata, the sole Dosha, responsible for the movements of all Dosha, Dhātu and Mala within the body. Basti is the only Karma, which covers Rasayana and Vajikarana in its ambit and removes Doshas out of all three Rog-Margas<sup>4</sup>. Charaka apply highlighted the glorified designation of Basti, conclusively Basti, indeed, is the half of the entire management of diseases<sup>5</sup>.

With more and more use of vehicles, disturbed eating habits, unnecessary excessive traveling, improper time

schedule of sleep and work all have lead to increase in the Vatadosha. Sandhigat Vata is one of the end result of above routine. Faulty dietetic habits and irregular life style is responsible for early degenerative changes in bodily tissue and play a vital role in the manifestation of such degenerative disorders.

#### According to symptoms:-

- **According to Sandhi shoola:-** Shoola reduced in all patients up to 85.84%.
- **According to percentage of Relief in shoola:-** Kurper & Manibandh Shoola-100% relief. Manya-95.27% Kati-92.50% Amasa-91.97% Gulpha - 87.93% Vanksha-80.34% Janu 74.34% Hastparva-70.06% Padparva -66% relief was noted.
- **According to Shotha:-** Shotha reduces 96.94% this suggests that the Amapachana definitely reduces the shotha & as the Amapacham takes place obstruction of Vatadosha also decreases.
- **According to Graha:-** Graha is mostly due to Ama, as pachan is achieved; it reduces significantly i.e. upto 84%.
- **According to Atopa:-** Atopa is result of “Khar, Ruksha” guna of Vata present at sandhi. Sahchar taila act as Snehana. So Atopa was significantly reduces upto 77.33%.

**According to Overall assessment Score of the treatment:-** According to the statically analysis of the observation, the efficacy of Sahachar taila Matra Basti is proved to be Highly

significant in Sandhigat Vata that was 87.84% relief in overall symptoms.

#### PROBABLE ACTION OF SAHACHAR TAILA MATRABASTI

Raspanchak of Sahachar Taila:-

- |          |   |         |
|----------|---|---------|
| • Rasa   | - | Madhura |
| Tikta    |   |         |
| • Vipaka | - | Madhura |
| • Virya  | - | Ushna   |
| • Guna   | - | Guru    |
| Singdha  |   |         |

In Sandhigat vata, due to Vataprakopa & Shleshak Kapha kshaya, the Ruksha, Khara, Parusha gunas are increased at all over the body especially in sandhies. Sahachar Taila decreases all above gunas with its Guru Snigdha gunas & pacifies Vata. Due to Madhura rasa & Madhura Vipaka it acts as Bruhana so ultimately Dhatukshaya was reduced.

Due to its Ksheerpaki nature it acts as Kaphavardhaka. In strotorodhapardhan condition due to its Ushna Virya & Tiktaanurasa it does the stroto vishodhana & then pacifies Vata. Because of this property of Sahachar Taila, the symptoms like Shoola, Atopa, Shotha, Graha was reduced. Basti is the best root for treatment of Vatadosha.

So when this taila was used for Matrabasti i.e. Vatanashak taila & Vatshamak upakrama both rapidly resolves the samprapti of the Sandhigat vata, as follows Basti stays at Pakwashaya and starts its action from there. Pakwashaya is the natural sthana of Vayu. Basti pacifies the vitiated Vata in its Prakruta Sthana so automatically Shakhashrit Vata also pacifies<sup>6</sup>. Basti removes Malasanghata<sup>7</sup> and thus maintains the Prakritgati of Apana Vayu. This further helps in regulation of



Samana & Vyana Vayu. Vata is vitiated by Laghu, Ruksha, and Sheeta etc Gunas. Sahachar taila with its Snigdha Guna destroys Rukshata, with Guru Guna, Laghuta and with Ushna Virya, Sheetata of Vata. Basti administered with proper methodology spreads in the organs of the lower abdomen viz. Pakwashaya, Nabhi etc. but effects can be visualized throughout the body<sup>8</sup>. It removes Doshas from all over of the body<sup>9</sup>.

Thus the effect of Basti is not restricted to Apana Kshetra but by its strength, its virtues traverse throughout the body & Apana, Udana & Vyana Vayu<sup>10</sup>. The Adhithana of Basti is Purishadhara Kala. Dalhan states that Purishadhara kala is Asthidhara kala. (Su.K.4/40). Also Asthi and Vata have Ashraya-ashreyi Sambandha. Hence Sachara Taila Basti with their Madhur, Tikta rasa, Ushna Virya, Snigdha Guna pacifies Vayu and act on Asthivahasrotas. Majja is the habitat of Vata according to Kashyapa. Also Pittadharakala is Majjadharakala<sup>11</sup> (Su.K.4/40). Basti Dravyas come in direct contact with Grahani where Pittadharakala lies<sup>12</sup>. (Ch. Si. 3/24). So they directly act on Majjadharakala nourishing MajjaDhatu. A

Also it has been documented that in Majjadhatu Shehana, Tarpana is brought about by the ninth Basti given succession<sup>13</sup>. (Su.Chi.37/74).

Sheha given at Guda which is considered the Moola of the body, reaches the whole body and nourishes all Dhatus upto Shukra<sup>14</sup> (Chakrapani Ch. Si. 1/31). Also, Anuvasana (Matra) Basti gives strength to Kati, Prishtha, Pada etc<sup>15</sup> (Ch. Si 4/24). Thus, Basti nourishes and replenishes all the Dhatus, thereby

combating Dhatukshaya. Basti also increase Agni by Amapachana & Srotoshodhan. It scavenges the Doshas and Malas from the body and purifies the canals. Ushna, Tikshna, properties of Basti help in Amapachan and Kaphashoshan and Srotovishodhana. Madhu added in Basti scrapes out the Doshas which are producing Upalepa in the Srotas as by Lekhan Karma Saindhav with its Sukshma Guna carries the drug to minute parts and destroys Avarodha. Thus, the whole therapy removes the Srotorodha and Vata kaphashaman also occurs.

Basti is also seen to act upon the Rupas i.e. Lakshanas of a disease. Vatapurnadruti Sparsha, Prasaran Akunchan Vedana is the cardinal symptoms of *Sandhigat vata*, which are produced by Vayu. Basti by pacifies Vata relieves the symptoms. Also, it acts on other symptoms like Shotha Graha Aushnya by the Pachana and Kaphanashan karma. Thus, Basti acts on the Doshas, Dushyas, and Srotasas involved in *Sandhigat vata* and also on its Rupas. It hits both the types of Samprapti i.e. Dhatukshyajanya and Margavrodhnajanya.

### **CONCLUSION**

Sahachar Taila Matra Basti in Sandhigat Vata was found to be statistically highly significant.

Sandhi shoola reduced up to 85.84%. Overall assessment score shows 87.84% relief in all symptoms. Sahachar taila Matra Basti was found to be good pachan and Bruhana, vatashamana.

Sahachar taila Matra Basti was highly effective in Shoola, Shotha, Aushnya, Dhatukshya, Nav Avastha. It was also highly effective in the symptoms like

Atop, Graha. No adverse effect was found during or after treatment.

So, we can conclude that Sahachara taila Matra Basti in Sandhigat Vata is found to be statistically highly significant. The effect of sahachar tail Matra Basti on Sandhi shoola, Shotha were statistically highly significant. Thus we can conclude Sahachar taila Matra Basti was Brunhana, Vedanasthapan, Grahanashan, Atopnashan, Aampachan as well as very good Vatashaman without any adverse effects.

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