Effect of Anuvasana Basti with Ksheerabala Taila in Sandhigata Vata (Osteoarthritis)

Introduction: Osteoarthritis (OA) is the most common joint disorder which is characterized primarily by articular cartilage degeneration and a secondary periaricular bone response.[2,3] World-wide prevalence rate of OA is 20% for men, 41% for women and it causes pain or dysfunction in 20% of the elderly respectively.[4] Relieving pain stiffness and improving physical functions are the important goals of the present day therapy.[5,6] Although OA itself is not a life-threatening disease, Quality of life can significantly deteriorate with pain and loss of mobility causing dependence and disability.[7] In Ayurveda, the disease Sandhigata Vata resembles with OA, which is described under Vatavyadhi.

Aim: To evaluate the effect of Ksheerabala Taila Anuvasana Basti in Sandhigata Vata.

Design: It is a single group clinical study with pre-test and post-test design. A special proforma was prepared with all points of history taking, examination, laboratory and roentgen-logic investigations to confirm the diagnosis as mentioned in our classics and allied sciences.

Materials and Methods: In the present study, 30 patients of Sandhigata Vata were given Anuvasana Basti with Ksheerabala Taila. Subjective assessment of pain by visual analog scale and swelling, tenderness, crepitus and walking velocity were graded according to their severity.

Results: There was significant reduction (P < 0.05) in subjective symptoms such as pain, swelling, tenderness, crepitus and walking velocity. There was insignificant change in radiological findings [Table 1]. In the overall effect of the therapy, 56% (14) had mild improvement, 48% (08) had moderate improvement and 12% (03) had no improvement.

Conclusion: There was significant improvement in gait and walking. This proves that Anuvasana Basti with Ksheerabala Taila is effective in Sandhigata Vata. Pain and crepitus are mainly due to Vata Dosha and above data proves that Anuvasana Basti with Ksheerabala Taila controls Vata Dosha and relieves these symptoms. Anuvasana Basti with Ksheerabala Taila was significant in the subjective symptoms of Sandhigata Vata.

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Domain Expert Corner

Approach to IBS - an Ayurveda perspective

Irritable bowel syndrome (IBS) is a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage. Gastro-colic (from stomach to intestines) & colo-rectal (intestines to rectum) transit time is affected in this disorder called Irritable Bowel Syndrome (IBS). Transit time is the time it takes for food to travel from mouth through digestive tract to anus (bowel transit time).

There can be 3 clinical variants of IBS considered for an easy understanding: (a) IBS-D – Shorter transit time due to hyper-motility of intestinal peristalsis leads to IBS with Diarrhea. (b) IBS-C – in IBS with Constipation there is longer transit time. (c) IBS-M – this is the kind where there will be a mixed pattern of diarrhea and constipation.

In Ayurveda, IBS can be correlated with Vataja Grahani where the afflicted dosha is Vata, main function of which is all kind of movements in the body. In IBS-D symptoms raktahara vata is in, in IBS-C vyanasa apara and in IBS-M samana avrita vata is considered (faulty functioning of the sub-types of Vata). Line of treatment is specific for various types of IBS.

It may be concluded that aggravated Vata has following effect: 1) either it increases peristalsis thereby reducing transit time and impairing the digestion. Or may reduce the peristalsis and increase the transit time thereby hampering digestion. (2) Impairs contraction and relaxation of sphincters thereby impairing the entry and exit of food within GI tract. 3) Vata can cause atrophy by its ruksha (dry), kshara (rough) guna (attributes) and thereby reducing secretion of digestive glands and endocrine hormones. 4) Vata can present neural transport of specific ions, amino acids and thus impair the digestion. All the above process proves aggravated Vata encompasses the Agni (digestive fire) and leads to indigestion.

Gut - Brain relationship has been observed by research; Prana - samana - apana (3 of the 5 sub-types of Vata) interrelationship is important to digestion and absorption of nutrients and vitamins.

Treatment of IBS: In all these conditions nadihja anulomana (an action of the drug for regulating the proper movement of Vata) is referred, for which eranda sneha (Castor oil), or Gandhara Haritaki (an Ayurvedic formulation), or and Simhanada Guggulu (an Ayurvedic formulation) are given for effective treatment. Fiber rich diet, good amount of water, and proper exercise schedule help a lot in normalizing colon motility. Bilva (An Ayurvedic formu)

A case report on Ayurvedic management of Spastic Diplegic Cerebral Palsy

Key words: Spastic diplegic Cerebral Palsy, Gross motor function, Ayurvedic interventions

About CP: Cerebral palsy (CP) is a non-progressive neuro-motor disorder of cerebral origin. It includes heterogeneous clinical states of variable aetiology and severity ranging from minor incoordination to total handicap. There are multiple factors which lead to CP ranging from antenatal, natal and postnatal causes. Spastic CP is the most common accounting up to 65%.

Case study: A child was unable to stand and walk. He was undergoing physiotherapy. On examination, there was spasticity in both the body parts. It may be concluded that aggravated Vata has following effect: 1) either it increases peristalsis thereby reducing transit time and impairing the digestion. Or may reduce the peristalsis and increase the transit time thereby hampering digestion. (2) Impairs contraction and relaxation of sphincters thereby impairing the entry and exit of food within GI tract. 3) Vata can cause atrophy by its ruksha (dry), kshara (rough) guna (attributes) and thereby reducing secretion of digestive glands and endocrine hormones. 4) Vata can present neural transport of specific ions, amino acids and thus impair the digestion. All the above process proves aggravated Vata encompasses the Agni (digestive fire) and leads to indigestion.

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