



EFFECT OF TIKTA KSHEERA BASTI IN THE MANAGEMENT OF ASTHIMAJJAGATA VATA WITH SPECIAL REFERENCE TO AVASCULAR NECROSIS OF FEMORAL HEAD

Ayurveda

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ABSTRACT

Avascular necrosis of femoral head is a temporary or irreversible loss of bone blood flow. Without blood, bone tissue deteriorates, which could eventually cause the bone to break. Without therapy, the condition is virtually invariably progressing and will eventually result in joint destruction in five years. More than ten percent of complete hip replacement operations are AVN-related. In Ayurveda, there is no particular disease that can be directly compared with AVN. *Asthimajjagata Vata* is in close proximity to AVN due to its manifesting symptoms like *Bhedo Asthi Parvanam* (cracking type of pain in bones and joints), *Sandhi Shula* (joint pain), *Mamsabala Kshaya* (Loss of muscle power), *Aswapna* (Sleeplessness) and *Santata Ruk* (continuous pain) which mostly resemble the advanced stage of AVN of femoral head. In the current context, *Ksheera* is utilised as a *Basti Dravya* that is made with *Ghritha* and *Tikta Rasa Dravya* and is useful in *Asthigata Roga*. Due to the *Snigdha* and *Madhura* qualities of *Ksheera* and *Ghritha*, it has *Vata Shamana* effects on the body. It was determined to assess the *Tikta-Ksheera Basti's* effectiveness in *Asthimajjagata Vata* in light of all these considerations.

KEYWORDS

Asthimajjagata Vata, Avascular necrosis of femoral head, *Tikta Ksheera Basti*.

INTRODUCTION

In Ayurveda, there is no particular disease which can be directly compared with AVN, but its pathogenesis is in close proximity with *Asthimajjagata Vata* manifesting symptoms like *Bhedo Asthi Parvanam* (cracking type of pain in bones and joints), *Sandhi Shula* (joint pain), *Mamsabala Kshaya* (Loss of muscle power), *Aswapna* (Sleeplessness) and *Santata Ruk* (continuous pain) that mostly resemble with AVN of femoral head.

The most important known route cause of osteonecrosis/bone infarction is impaired vascular supply irrespective of cause, which can be considered as *Srotavrodha* (vascular obstruction) which may be due to vitiation of *Meda* and ultimately causes *Vata* vitiation. Factors responsible for vitiation of *Vata*, are ultimately responsible for *Asthidusthi* which causes cracking type of pain in bones and joints in the affected part with restriction of the movements. So, it is clear that *Vata* plays important role as *Vikaraprakrti* in AVN. Symptoms of *Majjadusthi* or *Majjagata Vata*, such as *Santata Ruk* (continuous pain), are involved in the later stages of AVN if they are not addressed early. All of these factors may contribute to *Asthimajja Kshaya*, which results in the death of bone tissue and the collapse of bone. Therefore, we may conclude that a number of factors that contribute to the vitiation of *Vata*, as well as those that affect the vitiation of the *Asthivaha* and *Majjavaha Srotas*, are to blame for the pathogenesis of AVN. In the *Ayurveda* "Purishdhara kala" is similar to "Asthidhara kala". *Tikta Ksheera Basti* is indicated in *Asthipradoshaja Vikara*. As a result, we made the decision to research *Tikta Ksheera Basti's* effects on *Asthimajjagata Vata*, specifically in relation to femoral head avascular necrosis. In light of this context, *Tikta Ksheera Basti* was assessed with the following goals:

1. To research the use of *Tikta Ksheera Basti* in *Asthimajjagata Vata* management.
2. To thoroughly research *Asthimajjagata Vata's* *Lakshanas* from various *Samhitas*.
3. To thoroughly research *Tikta Ksheera Basti*.

MATERIALS & METHODS-

The references for *Asthimajjagata Vata* and *Tikta Ksheera Basti* are compiled from material in *Bruhatrayee* and *Laghutrayee* as well as several textbooks.

Basti concept, *Asthimajjagata Vata*, and *Tikta ksheera Basti* were thoroughly investigated.

All the references have been gathered, and the facts have been logically correlated using *Yukti Pramana*.

Disease Review

Nidana (Etiology):

According to Acharya *Charaka*, *Vayu* is made worse by the consumption of dry, cold, scanty, light food, excessive sexual indulgence, lack of sleep at night, inappropriate therapeutic measures, the administration of therapies that cause an excessive amount of *Doshas* and blood to be eliminated, *Langhana*, excessive swimming, turning to travel, exercise and other physical activities in excess, loss of *Dhatus*, excessive emaciation due to worry, grief, and illness, and uncomfortably long nights spent sleeping.

Purvaroopo: (Premonitory signs):

No *Asthimajjagata Vata* premonitory symptoms are described in *Samhitas*.

Rupa: (Symptoms):

Bhedanavat pida at Asthi and parva (pain in bone and smaller joint), *Sandhishool* (joint pain), *Mansa Bala Kshaya* (Emaciation), *Nidranasha-Aswpna* (Loss of sleep), *Santata Ruk* (Continuous pain)⁵

Samprapti: (Pathogenesis)

According to Acharya *Charaka*, *Nidana Sevana* aggravates *Vata*, and this vitiated *Vata* builds up in *Rikta Srotas* and causes a variety of both broad and specific ailments. Additionally, according to Acharya *Vagbhata*, the vitiated *Vata* circulates through the body's empty channels (*Rikta Srotas*) and fills them. According to *Chakrapani*, *Rikta Srotas* means that which is devoid of *Snehansa* and which is empty.

Due to the opposite properties of *Sneha*, increased *Vata* brought on by *Nidana Sevana* or any trauma, such as fractures, falls, impact accidents (such as whiplash injury), etc., lessens the *Sneha* from *Asthi Dhatu*. Degeneration is started or accelerated when *Sneha* declines, causing *Khavaigunya* (*Rikta Sthana*) in *Asthi Dhatu* where *Vata* builds up and causes *Kshaya* of *Asthi Dhatu* and *Majja Dhatu*. It's also possible that the *Kupita Vata* that enters the *Srotas* acquires *Avarana* from other *Doshas*, *Dushyas*, etc. and exhibits the symptoms. In the instance of *Asthi-Majjagata Vata*, both of these mechanisms are viable options.

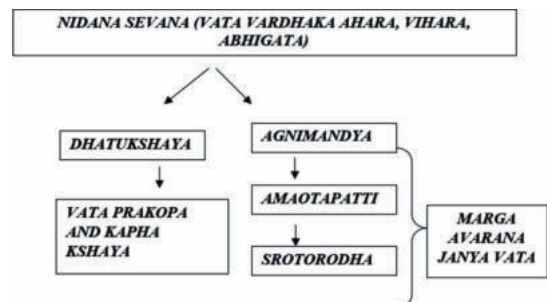
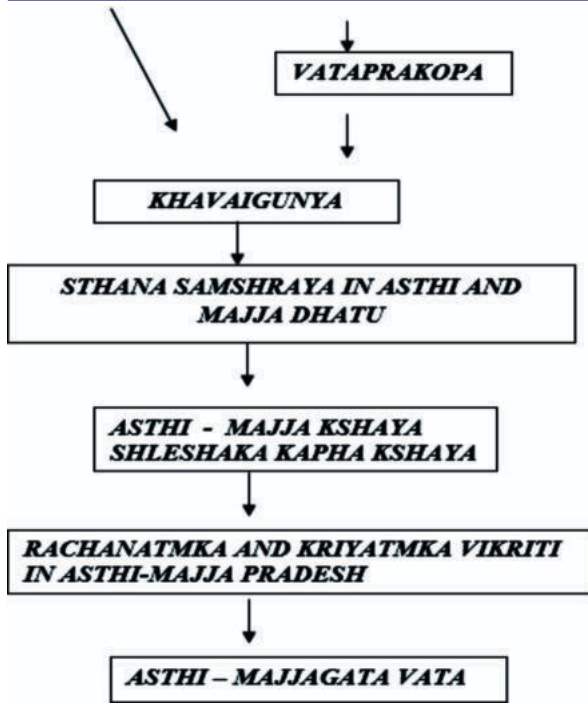


Chart 1. Flow chart for *Samprapti* of *Asthi-Majjagata Vata*:



Avascular Necrosis Of Femoral Head

The pathological condition known as avascular necrosis (AVN) of the femoral head happens when the blood supply to the bone is cut off. Other names for it include osteonecrosis and aseptic necrosis. Alcoholism, diabetes mellitus, prolonged steroid use, sickle cell disease, Gaucher's disease, and trauma are conditions linked to aseptic necrosis. Without a blood supply, the bone tissue dies, which could eventually cause the bone to break. Without therapy, the condition is virtually invariably progressive and within five years will result in joint damage. The treatment's goals include the maintenance of structure and function as well as pain reduction. Orthopedic surgeons must deal with one of their most difficult cases when this ailment arises. Numerous surgical methods, including drilling, placing bone grafts, reconstructing the Whitman or Colonna in a modified fashion, and inserting prosthesis are carried out to remedy this condition. Most common site is hip joint. AVN accounts for more than 10% of total hip replacement surgeries performed with a male to female ratio of 8:1.

BASTI REVIEW

Being the most popular and successful *Panchakarma* therapy method is *Basti*, it is mentioned in vitiation of *Vata*, *Pitta*, *Kapha*, and *Rakta Doshas*. It is specially indicated for *Vatika* disorders. According to Acharya *Charaka*, *Basti* first affects the *Pakvashaya* and maintains *Samavastha* for the *Vata*. It generates *Vata Shamana*. As a result, all of the *Vatavikaras* will diminish, much as a tree cut down by its roots loses its branches, stem, and *Pushpa*.

TIKTAKSHEERABASTI

According to Acharya *Charaka*, we should administer *Basti* utilising *Tikta Rasatmaka Aushadhi Dravya* coupled with *Ghritha* and *Ksheera* for disorders associated with *Asthi*

ROLE OF BASTI:

Asthidhara Kala is *Purishdhara Kala*, according to the Acharya *Dalhana*. *Pakvashaya* is all that *Purishdhara Kala*. *Pakvashaya* is a crucial *Sihana* for *Vata Dosh*. The *Nirmiti* of *Vata Dosh* and *Asthi Dhatu* are present here. *Pakvashaya* is the *Karyakshetra* of the *Basti*.

DISCUSSION

Commentator *Arundatta* claims that because *Asthi* is naturally *Khara*, it is increased by the substance that has *Snigdha* and *Shoshana* qualities and generates *Kharatwa*. However, there is no substance that possesses both *Snigdha* and *Shoshana* qualities. Therefore, it is advisable to utilise *Ksheera* and *Ghritha*, which are *Snigdha* in nature, with substances that are *Tikta* and have *Shoshana* properties. It was suggested that *Ksheera Basti*, which combines *Ksheera*, *Ghritha*, and *Tikta Dravya*, be employed. This mixture has the capacity to yield *Kharatwa*. Therefore, it may be said that *Tikta Ksheera Basti* has the

ability to treat bone and cartilage deterioration. Therefore, *Ksheera*, *Ghritha*, and *Tikta Dravya* will act on the *Asthimajjagata Vata* lesion site, which is the joint, and will be able to break down the chain of events that result in *Samprapti* on the one hand and halt the progression of the diseases on the other, in addition to bringing about subjective improvement in the patients. One additional *Ashtang Hridaya Samhita* citation indicates that excessive *Tikta Rasa* use results in *Dhatukshaya* and *Vatavyadhi*. According to this, *Tikta Rasa* is capable of interacting with *Vata Dosh* and *Asthi Dhatu*. We can therefore conclude that *Tikta Rasa* definitely affects *Asthi* and *Vata* in this case. *Ghritha* and *Ksheera*, who excel at *Vatashamana* and *Asthi Poshana*, are used in *Tikta Ksheera Basti*. Therefore, it is safe to assume that *Tikta Rasa* will bring, *Vatashamaka*, and *Asthiposhaka* to *Asthi Dhatu*. It will fix *Asthi Dhatukshaya*. *Tikta Ksheera Basti's* pharmacological effects may also show themselves in one or more of the ways listed below. These elements may work independently or in concert to complete the task of *Basti* in the form of *Tikta Ksheera Basti*, resulting in the desired outcomes in the form of:

1. Slowing the disease's progression and postponing *Asthi's* degenerative changes
2. Correcting *Asthi's* deteriorating changes.

CONCLUSION

Asthimajjagata Vata can get significant outcomes through *Tikta Ksheera Basti*. As a result, *Tikta Ksheera Basti* can be utilised to control *Asthimajjagata Vata* with respect to avascular necrosis of the femoral head.

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