



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**A REVIEW ON VAJEDI BASTI IN AYURVEDIC MANAGEMENT OF DIABETIC NEPHROPATHY**

**KEY WORDS:** *Vajedi*, diabetic nephropathy, *mootravaha srotas*, *basti* treatment.

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**ABSTRACT** Diabetic nephropathy is leading cause of kidney disease in patients who need renal replacement and dialysis. It is global threat to health in general and for developing countries in particular as the therapy is expensive and lifelong. It also increases mortality and morbidity. Vajedi basti can act as 'yapana basti', which is proved effective in chronic renal failure. The purpose of this study is to provide literary study for the ayurvedic management of diabetic nephropathy.

**Introduction:**

Diabetic nephropathy is leading cause of kidney disease in patients who need renal replacement therapy and affects~ 40% of type-I & type -II diabetic patients. Cardiovascular impairment is major risk factor of death in these patients, which is defined by increased urinary albumin excretion (UAE) in the absence of other renal diseases. Diabetic nephropathy is categorized into two stages: 1) Microalbuminuria (UAE>20ug/min) and (UAE ≤ 199ug/min) 2) Macroalbuminuria (UAE≥ 20ug/min). Hyperglycaemia, increased blood pressure level and genetic predisposition are the main risk factors for the development of diabetic nephropathy. At present the treatment used for renal failure is haemodialysis and renal transplant. Early signs and symptoms of kidney disease in patients with diabetes are typically unusual. In type-II diabetes more patients have diabetic nephropathy at the time of diagnosis of diabetes as type-II diabetes can undergo unrecognized for years.

Diabetes mellitus can be correlated with 'Madhumeha' in Ayurveda. Madhumeha is subtype of Vataj Prameha. In prameha vyadhi there is 'Prabhoot avil mootrata' (means abundant and turbid urination). In prameha there is involvement of dooshyas like Rasa, Rakta, Mamsa, Meda, Ambu, Vasa, Majja, Lasika, and Oja. It is tridoshaj vyadhi but kapha is predominant dosha with vitiated property as 'Bahu Drav Shleshma'. This vitiated kapha dosha vitiates meda dhatwagni leading to meda dhatu vitiation.

In this metabolic activity, production of 'Kleda' is increased which is waste product. All the dhatus except asthi dhatu are involved in the pathogenesis; therefore at every level of 'Sukshma Pachan', the kleda is being formed in excess. Excretion of kleda from body is function of urine (mootra). In prameha vyadhi due apathy ahar vihar tridoshas get vitiated, these vitiated doshas get accumulated in basti. Hence vitiation of mootravaha srotas develops in prameha vyadhi. As previously explained there is excessive production of kleda and excretion of kleda is function of 'mootra', the mootravaha srotas dushti increases with chronicity.

In diabetic nephropathy, early stage shows hyperglomerular filtration and later stage shows decreased glomerular filtration rate, which leads to renal failure. The glomerular filtration rate can be correlated with kledavahan which is hampered in diabetic nephropathy and the abnormal constituents like albumin, RBC, ketone bodies are observed in urine. Ayurveda does not describe directly the causes and treatment of diabetic nephropathy, so there is liberty to carry out research considering modern diagnosis and ayurvedic management of diabetic nephropathy. In prameha vyadhi basti is contraindicated but mustadi yapana basti is indicated. Vajedi basti is found effective in chronic renal failure patients<sup>3</sup>. Considering these facts there is scope for further clinical study on effects of vajedi basti in diabetic nephropathy.

**Aim:** To study the role of Vajedi basti in the Ayurvedic management of diabetic nephropathy.

**Objectives:-**

1) To study details about ayurvedic management in diabetic

nephropathy.  
2) To study details about vajedi basti.  
Type of study – Literary study

**Material:-**

Literary material i.e. ayurvedic classical texts, previous articles were reviewed to collect data.

**Methodology:-  
Diabetes mellitus-**

Diabetes mellitus is metabolic disorder of multiple etiologies, characterized by chronic hyperglycaemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both.

In Ayurveda, this condition can be explained as Madhumeha. In this patient passes honey like sweet urine (raised sugar level in urine & Hyperglycaemia). It is described as subtype of Vataj prameha. Prameha is list of urinary disorders, especially characterized by profuse urination with abnormal quality due to vitiation of doshas. Madhumeha is of two types, one due to the aggravation of Vata on account of dhatukshaya and the other due to kapha meda avaran (blockage of channel along with Vata prakop). When there is condition of 'avaran' there are the additional symptoms of the vitiation of the particular dosha without any other cause.

**Samanya Samprapti:-**

'Medashch mamsam ch shariraj ch kledam kapho bastigatah pradooshya. Karoti mehan samudirnamushnaistanev pittam paridooshya chapi. Ksheeneshu dosheshu avkrushya dhatun Sandooshya mehan kurute anilashch.' Ch.chi 6

Vitiated Kapha dosha vitiates 'Meda' and 'Mamsa' dhatu and 'kleda' leading to kaphaj prameha. Due to 'hot (ushna)'ahar-vihar vitiated pitta vitiates meda and Mamsa which results in pittaj prameha. When kapha and pitta dosha are less vitiated Ksheen, then Vata dosha vitiates and brings dooshyas like Vasa, Majja, Oja (the vitiated dhatwansh in form of kleda) to basti leading to vataj prameha.

'Sarva eva pramehastu kalenapratikarinah. Madhumehattvamayanti tada asadhya bhavanti hi.' Ma.Ni.

All the types of prameha vyadhi when left untreated the pathogenesis keep on going resulting to 'Madhumeha'.

**Basti chikitsa:-**

In Ayurvedic classical texts, head (Shir), heart (hriday), and urinary bladder basti) are described as an important trayomarma. It is important to protect them from vata dosha as other doshas pitta and kapha are inactive. To protect marmas; treatment of vata should be done i.e. Basti karma.

Basti is one of the important treatment amongst all the treatments

of Ayurveda, hence acharya charaka described that "Sarvam chikitsamapi Bastimeke" so basti can be used in all types of diseases and in all conditions. Acharyas explained the action of basti by giving some e.g.

'Uktam hi Parashare mulam gudam sharirasya sirastatra pratishthitaha. Sarva shariram pooshnati moordhanam yavadashritaha.' Ch.si. 1/3

Parashar opined that anus (Guda) is the main root of the body having blood vessels in it. If we administer the basti in guda it nourishes all limbs and organs of body. Basti eliminates the vitiated doshas from the rectal route.

The drug is introduced and absorbed in rectum and large intestine. The rectum has rich blood and lymph supply and drugs can cross through rectal mucosa like other lipid membranes.

Portion absorbed from upper rectal mucosa comes through Sup. Haemorrhoidal veins into portal circulation as rectum provides good absorbing surface and many soluble substances produce major effect quickly without passing liver where they may be destroyed.	Portion absorbed from Lower rectal mucosa comes through middle & inferior Haemorrhoidal veins and then enters into systemic circulation.
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**Drug review:**

**Vajedi-**

Goat's large intestine is called as vajedi. In Ayurveda properties of goat meat (Aja Mamsa) are described as follows-

"Natisheetagurusnigdhaam mamsamajadoshalam. Sharirdhatu samanyadanbhishyandi bruhanam." Vgbhata

Also goat meat contains low potassium and sodium useful to control blood pressure and prevent kidney disease.

**Preparation of basti-**

- 1) 50gms of vajedi (intestines of goat) is taken and cleaned carefully.
- 2) It is boiled in 300ml water and reduced to 1/4<sup>th</sup> of water. 1-2 pinch of saindhav is added to it.

**DISCUSSION:-**

According to modern science it is described that largest structure of digestive system is GIT and large intestine covers most part of the system. Water is absorbed in large intestine and then remaining waste matter is stored prior to defecation. Kidneys filter unwanted substances from blood and produce urine to excrete them out. Same way in Ayurveda it is described that stool ( Purisha) and urine (Mootra) are waste products of 'Aahar ras'.

"Kittam annasya vinmootram rasasya tu kapho asrujaha. Pittam....." Ch.chi.15

The process of 'digestion (Aahar Pachan) starts from time of food taken. Digestion which takes place from mouth to small intestine (Grahani) is called as 'Sthool pachan'. In Grahani division of 'Aahar ras' as 'Sar bhag' and 'kitta bhag' takes place. Sar bhag is aahar ras which is used for nourishment of all dhatu. Digestion which takes place at the level of dhatu with the help of dhatwagni is called as 'Sukshma Pachan'. Again in Sukshma Pachan there is production of 'Prasad bhag' and 'Kitta bhag'. Prasad bhag is used by dhatu for self nourishment and to nourish next dhatu. Kitta bhag that is waste product of dhatu divided into 'solid (Ghana)' and 'liquid (Drava)' bhag. Drava bhag is considered as 'Kleda'. This waste matter again carried to heart (Hriday) with the help of vyan vayu, from where it mixes with rasa.

"Sthulantrasthita purishadharaya kalaya mootrapurishataya annakittastha pruthakkaran kriyate iti praguktameva.

Dravroopam annakittam vrukkau neeyate." Chakrapanidatta.

Purishadhara kala from large intestine (Sthulantra) divides 'Aahar ras' into 'Mootra' and 'Purisha'. Dravamala i.e. 'Kleda' which is produced in Sukshma Pachan as explained above enters into aahar ras. Then this (Dravamala) brought to kidneys (Vrukka). In kidneys again separation (Vivechan)' occurs, so that dhatuposhak components are reabsorbed and waste matter is allowed to pass into basti.

"Mootravahasrotasam bastirmoolam vankshanau ch. Ch vi.5

Basti and Vankshan are origin place (moolsthana) of mootravaha srotas. Since anatomically viewing kidneys are situated near to vankshan, we can consider (Vrukka) as origin place of mootravaha srotas. From kidneys 'Dravamala' is converted into mootra and passes to basti from where it is excreted out.

"Pakwashayagatstra nadyo mootravahastu yaah. Tarpayanti sada mootram saritah sagaram yatha. Sookshamtwa nopalabhyate mukhanyasam sahasrashah. Su.sha.

As main function of separation of ahar ras into Purisha and mootra occurs in (Sthulantra) i.e. (Pakwashaya) then it comes to kidneys and from kidney to basti. In this way urine formation occurs. In diabetic patients there is kapha prakop and Dhatwagnimandya, due to which there is excessive production of malroop kleda resulting in more production of mootra. In patients of diabetic nephropathy this process of urine production gets hampered in later stage leading to increased BUL and Sr.Creatinine levels, which we can be correlate with kleda bhag. As earlier explained kidneys filter unwanted waste matter from blood but in this patient of diabetic nephropathy due increased waste matter i.e. kleda kidneys work load increases. Due to this kidneys fail to do their function of filtration resulting in low production of urine. Due less urine production 'Mootrasya kleda vahanam' doesn't takes place and more kleda accumulates in body.

As per siddhant "Sarvada sarva bhavanam samanyam vrudhi karanam" properties of goat intestine (vajedi) are similar to human large intestine. 'Moolam iti prabhav sthanam' to treat any disease treatment of origin place (moolsthana) should be done. Basti is moolsthan of mootravaha srotas. Prameh is disease of mootravaha srotas. Basti is area (Kshetra) of (Apan Vayu) i.e. vata dosha. Madhumeha is subtype of vataj prameha; hence to treat vata dosha 'basti karma' is best treatment. So if we give vajedi soup in the form of basti it retains in pakwashaya for some time , as properties of vajedi and human large intestine are similar stimulation occurs which leads to activation of concern part resulting in increased urine production. Vajedi contains selenium and glutamine which helps to excrete waste matter and protects kidneys from damage. It also prevents anaemia which develops in diabetic nephropathy patients as dialysis proceeds.

**Conclusion:-**

1. Vajedi basti may act as yapana basti and helps to protect kidneys from damage by improving glomerular filtration rate or capacity of kleda vahan i.e. excretion of waste products and can be effectively used in diabetic nephropathy.

**Scope for further study:**

Clinical study of vajedi basti in diabetic nephropathy.

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