

Efficacy of *Churna Basti* in the Management of *Amavata* W.S.R. Rheumatoid Arthritis: A Case Study

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ABSTRACT

When *Ama* (improperly digested material) and *Vata* (one among *Tridosha*) simultaneously get vitiated and enters the *Trika* and *Sandhi* finally leading to *Stabdhatata* (stiffness) of the body, the condition is known as *Amavata*. *Amavata* is one of the chronic diseases mainly affecting the joints with some other constitutional symptoms. According to modern point of view the *Amavata* is very similar to rheumatoid arthritis, a disease of unknown aetiology. Now a day's theories of autoimmune mechanism, genetic susceptibility and free radical are most commonly incriminated role in etiopathology of the disease. The *Chikitsa* explained for *Amavata* includes *Shodhana* as well as *Shamana* which includes *Langhana*, *Deepana*, *Swedana*, *Virechana*, *Snehapana*, *Basti* and *Upanaha*. Therefore, the study planned to evaluate the efficacy of *Churna basti* in modified *Kala basti* schedule in the management of *Amavata*. *Acharya Chakrapani* mentions *Churna Basti* comprising of *Saindhava Lavana*, *Sneha*, *Churnas* (*Rasna*, *Vacha*, *Bilwa*, *Shatapushpa*, *Ela*, *Putika*, *Madanaphala*, *Pippali*, *Devadaru*, *Kushta*), *Ushnajala* and *Amladravya* as the key ingredients. These drugs possess *Deepana-Pachana*, *Vata Kaphahara* and *Shoola-Shothahara* properties which may help in attaining *Agni deepati*, *Nirama Lakshana* and *Shoolahara* & *Shothahara* effect. Therefore, *Churna Basti* comprising of drugs possessing properties opposite to *Ama* can be considered as a good remedy in the management of *Amavata*.

Keywords: *Amavata*, *Churna Basti*, Rheumatoid Arthritis.

INTRODUCTION

Rheumatoid Arthritis is characterised by pain, joint swelling and stiffness affecting the small and large joints and also associated with anorexia, weight loss and fatigue. In Ayurveda Rheumatoid Arthritis is correlated to *Amavata* on the basis of its aetiology, pathology, therapeutic signs and symptoms. *Agni* (digestive fire) has important part in the pathogenesis and in management of *Amavata*. In *Amavata*, *Agnimandhya* causes formation of *Ama* and thus aggravated *Ama* occupies the *Shleshmasthanas* like *Sandhi* with the help of vitiated *Vata*.^[1] Rheumatoid Arthritis is a

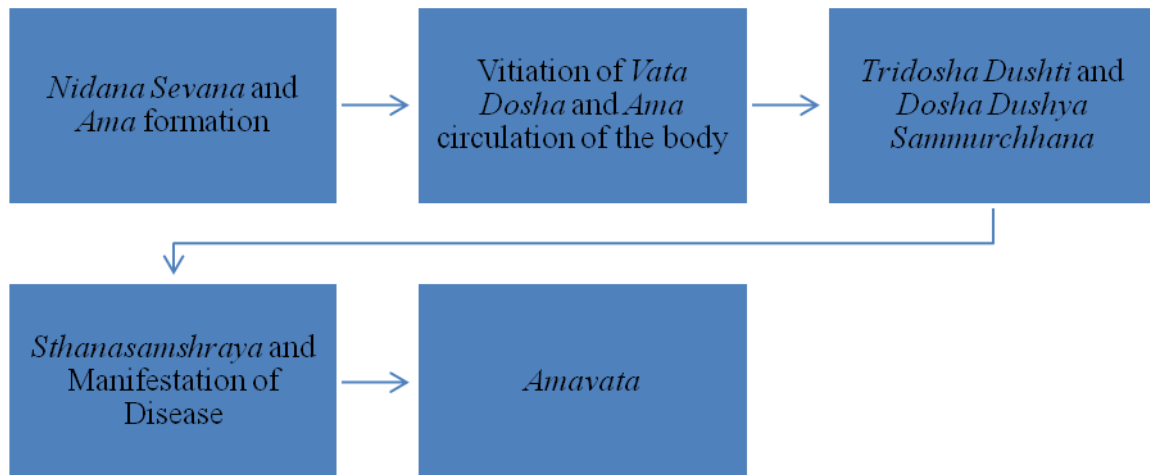
persistent inflammatory arthritis, affecting 0.3-2.1% of the adult population worldwide.

Nidana of Amavata

In *Madhava Nidana* specific etiological factors responsible to cause *Amavata* have been mentioned, which are as follow:

- *Viruddha Ahara* (unwholesome diet)
- *Viruddha Chesta* (erroneous habits)
- *Mandagni* (diminished *Agni*)
- *Nishchalata* (sedentary habits)
- Any type of exertion immediately after taking *Snigdha Ahara*^[2]
- In *Harita Samhita*, *Kandamula Sevana* has also been mentioned as the causative factor of *Amavata*.

SAMPRAPTI OF AMAVATA [3]



Chikitsa of Amavata

Among *Shodana*, *Basti* plays major role in the management of *Amavata*. Though *Basti* is contraindicated in *Amaavastha* of *Amavata*, *Teekshna Niruha Basti* which is having *Agni Deepaka*, *Pachaka* and *Amahara* properties are indicated. [4] *Churna Basti* mentioned by *Chakrapani* commentary on *Charaka* is one among them and it contains *Saindhava Lavana*, *Sneha*, *Rasnadi Churna*, *Ushnajala* and *Amla dravya*. *Rasnadi Churna* contains *Rasna*, *Vacha*, *Bilwa*, *Shatapushpa*, *Ela*, *Putika*, *Madanaphala*, *Pippali*, *Devadaru*, and *Kushta* in equal quantity and the drugs collectively are *Ushna*, *Teekshna*, *Deepana-Pachana*, *Vata-Kaphahara* and *Shula-*

Shothahara in nature. Based on this idea, clinical study with *Rasnadi Churna* in the form of *Basti* was carried out to ascertain the effect on *Amavata* patients in *Amaavastha*. It has shown encouraging results on attaining *Agni Deepti*, *Laghutva*, *Nirama Lakshana* and *Shoolahara*.

AIMS AND OBJECTIVES:

To evaluate the efficacy of *Churna Basti* in the management of *Amavata*.

MATERIALS AND METHODS

In this study patient diagnosed by fulfilling the criteria of *Amavata* were selected for the study from IPD of IPGT&RA, Jamnagar

Table-01 Ingredients of Churna Basti:

Aushadh Name	Prayojang	Virya	Doshagnata	Karmukata
Rashna	Moola	Ushna	KV	Vednasthapan/Sleshmshanshaman
Vacha	Moola	Ushna	KV	Sangyasthapan/Lekhaniya
Bilwa	Moola	Ushna	KV	Shothhara/Vednasthapan
Shatapushpa	Phala	Sheeta	VP	Vatanulomaka
Ela	Phala	Sheeta	VPK	Angmardaprashmana
Putika	Twak	Ushna	KV	Kandughna/ Sleshmshanshaman
Madanaphala	Phala	Ushna	KV	Shothhara/Vednasthapan
Pipalli	Moola	Anushnasheeta	KV	Shoolprashmana
Devadaru	Kaanda	Ushna	KV	Vednasthapan
Kushta	Moola	Ushna	KV	Shukrashodhana/ Vednasthapan
Chincha	Phala	Ushna	KV	Shothhara/Vednasthapan
Eranda Taila	Oil	Ushna	KV	Vednasthapan/Angmardaprashmana
Saindhava		Sheeta	VPK	Deepana Paachana

Table-02 Quantity of Ingredients:

Sr. No.	Ingredients	In Pala	In ml/gm
1.	Saindava Lavana	½ Karsha	6gm
2.	Eranda Taila	1 ½ Pala	75 ml
3.	Rasnadi Churna	1 Pala	50 gm
4.	Usna Jala	4 Pala	250 ml
5.	Chincha	1 ½ Pala	75ml
	Total		456 ml

Table-03 Case

Patient Name	XYZ
Age	45
Gender	Female
Religion	Hindu
Marital Status	Married
Occupation	Farmer & House maker
Address	village Godavari Jamnagar
OPD NO	49329
IPD NO	192958
Chief Complaints	<ul style="list-style-type: none"> • Sandhishula (Pain in joints) • Sandhishotha (Swelling in joints) • Sandhigraha (Morning stiffness) • Jvara (Fever) • Alasya (Malaise) • Shunata- Anganam (Numbness) Patient having these symptoms in the last 2 years, gradually increasing.
Personal History	
<i>Aharaja</i>	
Appetite	Madhyam
Type of diet	Vegetarian
Dominance Rasa	Madhura, Amla
Dietary habit	Adhyasana, Virudhasana (Patient had h/o taking milk with Ahara and sleep just after taking food.)
<i>Viharaja</i>	
Vyayam	No
Snana	Daily
Abhyanga	No
Nidra	6 hours/Night, 2hours/day
Type of Life style	Sedentary
Psychological factors	Ati-Chinta
<i>Kostha</i>	
Kostha	Krura
Mala Pravruti	Ama yukt (sometime Unset.)
Consistency	Pischil Durgandh Yukt
Frequency	once a day
<i>Mutra</i>	
Urine colour	Vaivarnya
Frequency	7-8 times/day 2-3 times/night

System Examination

- RS – normal
- CNS– normal
- CVS – normal

Dashavidha Pareeksha

- Prakriti – Vata - Kapha
- Vikriti – Kapha
- Sara – Madhyama
- Samhanana – Avara
- Satmya – Madhyama
- Satwa – Madhyama

- Pramana – Madhyama (Ht.-155cm, Wt.-65kg)
- Aahara Shakthi – Avara
- Vyayama Shakthi – Avara
- Vaya–Madhyama

Table-04 General Examination

Built	Pre- Obese (BMI-27.05)
Pallor	Absent
Icterus	Absent
Cyanosis & Clubbing	Absent
Lymphadenopathy	Absent
Tongue	Coated
Blood pressure	110/70mm of Hg
Pulse	74/min

Table-05 Laboratory Investigation

Haematological Examination	All parameter in normal range except ESR was 20 mm/hr
Biochemical Examination	All parameter in normal range.
Urine Examination	N/A
RA Factor	200 U/ML

Treatment Protocol

Following medication and procedure followed-

- Shunthi Siddha Phanta Kalpna for Ama Pachana (10gm in 1liter hot water)
- Udawartan with Yava Churna followed by Sarvanga Vashpa Swedana

• **Churna Basti.** [5]

These procedures followed for 7 days.

Method of Preparation of Churna Basti:

To prepare *Churna Basti*, initially *Saindava Lavana* and *Eranda Taila* were taken in a *Khalvayantra* and mixed homogenously, after that *Chincha* added and *Rasnadi Churna* was added first in hot water than little by little to above mixture. Lastly, *Basti Dravya* was filtered and administered.

Administration of Basti:

The Basti administration involves 3 main steps

- *Poorva karma* (pre-operative procedure)
- *Pradhana Karma* (main procedure)
- *Paschat Karma* (post-operative procedure)

Poorva Karma:

After *Vegapravrutti* (defecation) patient was given *Udwartan* followed by *Sarwanga Vashpa Swedana*.

Pradhana Karma:

Position of Patient: Patient was made to lie in the left lateral position by keeping left leg straight and right leg flexed at the knee joint.

Churna Basti administration: *Anus* was anointed by cotton swab dipped in oil and appropriate quantity of prepared *Churna Basti* was administered using *Basti Putaka* and *Netra*.

Paschat Karma:

Patient was advised to turn and lie down in supine position and advised to pass the bowel after getting the urge.

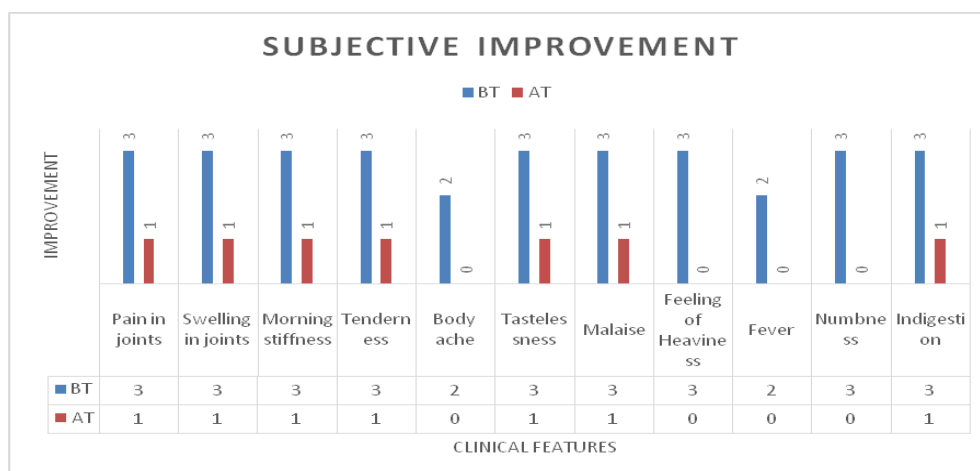
OBSERVATION AND RESULTS

Table-06

Days	Amount	Toa	Retention	Output
1 st	450ml	11:30 AM	2 min	Basti content with stool 3time
2 nd	450ml	11:40 AM	4 min	Basti content with stool 2 time
3 rd	450ml	11:30 AM	5 min	Basti content with stool 3 time
4 th	450ml	11:50 AM	8 min	Basti content with stool 2 time
5 th	450ml	12:00 PM	4 min	Basti content with stool 5 time
6 th	450ml	11:30 AM	5 min	Basti content with stool 4 time
7 th	450ml	11:45 AM	5 min	Basti content with stool 3 time

Table-07 Subjective Improvement

Sr. No.	Clinical feature	Before treatment	After treatment
1.	<i>Sandhishula</i> (Pain in joints)	3	1
2.	<i>Sandhishotha</i> (Swelling in joints)	3	1
3.	<i>Sandhigraha</i> (Morning stiffness)	3	1
4.	<i>Sparshasahatva</i> (Tenderness)	3	1
5.	<i>Angamarda</i> (Body ache)	2	0
6.	<i>Aruchi</i> (Tastelessness)	3	1
7.	<i>Alasya</i> (Malaise)	3	1
8.	<i>Gaurava</i> (feeling of heaviness)	3	0
9.	<i>Jvar</i> (Fever)	2	0
10.	<i>Shunata-Anganam</i> (Numbness)	3	0
11.	<i>Agnidourbalya</i> (Indigestion)	3	1



Graph-01

DISCUSSION

The *Chikitsa* explained for *Amavata* includes *Shodhana* as well as *Shamana* which includes *Langhana*, *Deepana*, *Swedana*, *Virechana*, *Snehapana* and *Basti*. In *Amavata*, *Dosha's* are deep rooted in *Sandhis* and affects the whole body. [6] In order to remove deep rooted *Doshas*, *Basti* has been selected for *Shodana*. In *Churna Basti Usnajala* was mentioned in the place of *Kwatha* as *Jala* is the source of *Rasa* and it is the medium to reach the *Dhatus*. *Usnajala* has the property of *Vata-Kapha Hara*, *Deepaniya* [7] and *Basti Shodhana*. *Chincha* was used as *Avapa* and it is also *Vata-Kapha Hara* in nature. *Eranda Taila* is used as *Sneha* in the *Basti* due to its *Vata-Kapha Hara* property and is indicated in *Moodha Vata* condition. Due to all these qualities, *Churna Basti* is extremely beneficial in the *Amavata*.

CONCLUSION

Amavata is the disease having *Vata* and *Kapha* predominance and origin from both *Pakvashaya* and *Amashaya*. The *Basti* plays an important role in the *Amavata*. *Churna Basti* administered in modified *Yoga Basti* schedule significantly reduced *Amavata* symptoms like *Agni Dourbalya*, morning stiffness, *Gourava*, *Utsahahani*, *Vairasya* etc., Also it showed significant results in reducing swelling and improving the ROM of involved joints. It can be concluded that *Churna Basti* comprising of drugs possessing properties opposite to *Ama* can be considered as a good remedy in the management of the disease.

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