Management Of Sandhigatava (Osteo Arthritis) By Matrabasti A Comparative Study

Dr.Pooja B.A\(^1\), Dr.Manjunatha T.Sasanoor\(^2\), Dr.Shylajakumari R.\(^3\)

\(^1\)M.D Scholar, Department of Panchakarma, Government Ayurvedic Medical College, Bangalore.
\(^2\)M.D Scholar, Department of Moulika Siddhanta and Samhita, National Institute of Ayurveda, Jaipur.
\(^3\)Professor, Department of Panchakarma, Government Ayurvedic Medical College, Bangalore

Corresponding Author:- Dr.Pooja B.A M.D Scholar, Department of Panchakarma, Government Ayurvedic Medical College, Bangalore

Osteo arthritis is a degenerative joint disorder very commonly seen in old age people affects in both the sex. Characterised by Pain, Swelling, Stiffness and Crepitus in the joint. Similar clinical symptoms seen in Sandhigatavata which is explained in the classics. The Prime management principle includes the Snehana (Oleation) therapy. Hence Abyantara snehana (Internal Oleation) in the form of Matrabasti (Medicated Oil Enema) with Ksheerabala taila and Ashwagandhabala Lakshadi taila administered in 30 patients to evaluate its efficacy and to achieve the desired effects.

Statistical analysis showed Highly significant result in both the groups. In comparison Group B showed better result than Group A.

Key words: Sandhigata vata, Osteo arthritis, Matrabasti, Ksheerabala taila, Ashwagandhabala Lakshadi taila

INTRODUCTION

Osteo-arthritis or degenerative arthritis is a degenerative joint disorder characterized by degeneration of joint cartilage and adjacent bone that can cause joint pain and stiffness. This is the most common of all joint disorders affects men and women in equal ratio. The prevalence of this diarthrodial (synovial lined movable) joint disease is estimated to be 1-2% world-wide.

Sandhigatavata (Osteo arthritis) is included and explained in the Vatavyadhichikitsa (Treatment of diseases of Vata). When Vatadosha is increased and undergoes Kopa (aggravates), hosts in the Sandhis (joints) and manifests with the symptoms Shootha (Swelling), Vedana during Prasarana and Akunchana (pain during movements). When such a kopa of Vata affect the Janusandhi (Knee joint) the condition is much similar with the Osteo-arthritis, a degenerative joint disease in modern counterpart.

Since OA is a most commonly disturbing joint disease, a number of analgesics and anti-inflammatory drugs are available to it. However a permanent relief is not provided by any of these and the same is still under research works that to be provided to this clinical mystery.

Acharya Susrutha has explained many therapeutic modalities. Among them Snehana (Oleation) is the Prime Line as this disease is one among Vatavyadhi associated with dhatu Kshaya (Decreased body elements). Hence Abyantara snehana (Internal Oleation) in the form of Matrabasti (Medicated Oil Enema) with Ksheerabala taila and Ashwagandhabala Lakshadi taila administered to achieve the desired effects.

AIMS AND OBJECTIVES:-

1. To evaluate the efficacy of Ksheerabala taila Matrabasti in the management of Sandhigata vata(Osteoarthritis).
2. To evaluate the efficacy of Ashwagandhabala Lakshadi taila Matrabasti in the management of Sandhigata vata(Osteoarthritis).

MATERIALS AND METHODOLOGY
Patients who are fulfilling the sign and symptoms and diagnostic criteria of *Sandhigata Vata* (Osteoarthritis) were selected from the OPD and IPD section of Govt. Ayu. Medical College Bengaluru, irrespective of sex, religion, socio-economic status.

**Diagnostic Criteria**
Patients having the symptoms like Swelling, Pain during movements, stiffness, Positive Crepitus in the joints. Suggesting degenerative changes in X-Ray.

**Inclusion Criteria**
1. Patients aged between 30-80 yrs of age.
2. Patients having the sign and symptoms *Sandhigatavata* (Osteoarthrities).

**Exclusion Criteria**
1. Patients age below 30 yrs and above 80 yrs.
2. Patients having severe systemic disorders, infections like tuberculosis of spine, renal disorders, cardiac diseases.

**ASSESSMENT CRITERIA**
The detailed assessment of cardinal signs & symptoms are discussed below.

1. *Sandhi shula* (Pain in Joints):
   - a. No pain: 0
   - b. Occasional pain: 1
   - c. Pain during excess work: 2
   - d. Constant pain disturbing routine: 3
   - e. Severe pain: 4

2. *Sandhi shopha* (Swelling in Joints):
   - a. No swelling: 0
   - b. Slight swelling: 1
   - c. Moderate swelling: 2
   - d. Severe swelling: 3

3. *Sandhi graha* (Stiffness of Joints):
   - a. No stiffness: 0
   - b. Stiffness lasting for 5-15 mints: 1
   - c. Stiffness lasting for 30 mints: 2
   - d. Stiffness lasting for more than 30 mints: 3

4. *Sandhi sputana* (Crepitus):
   - a. No crepitus: 0
   - b. Palpable crepitus: 1
   - c. Audible crepitus: 2

5. *Prasarane Akunchane cha vedana* (pain during movement):
MATERIALS AND METHODS

In the present study drugs utilized are

1. Ksheerabala taila
2. Ashvagandha Bala Lakshadi Taila.

Matrabasti: (Administration of medicated oil through Rectal route)

Method of Administration of Matra Basti:

Purva Karma (Pre operative procedure):
The patients were subjected for Abhyanga (massage) over abdomen, buttock and thighs and Mrudu Svedana (mild fomentation), then advised to take light diet not more than 3/4th of routine quantity.

Pradhana Karma (Operative Procedure):
The patient was advised to lie down on left lateral position with left lower extremity straight and right lower extremity flexed on knee and hip joint. Then patient was asked to keep his left hand below the head. The anal region was anointed with Taila. Using Enema Syringe fitted with Catheter, the Luke warm oil mixed with Shatapuspa (Anaenthum sova) and Saindhava lavana (Rock salt) was administered through anal route.

Pashchat Karma (Post operative Procedure):
After the administration of Basti (Enema) the patient was advised to lie in supine position with hand and legs freely spread over the table. Thereafter patient’s both legs were raised few times and gently tapped over the hips. Simultaneously taps were also given over elbow and palms, so that the taila may spread throughout the body and may be retained for the required period. Patient was advised not to take day sleep. Basti Pratyagamana Kala (time of expulsion) was noted.

METHODOLOGY
30 Patients fulfilling the criteria were selected and a research proforma was prepared. Randomly Patients were divided into two groups Group A and Group B, irrespective of age, sex, religion.

GROUP A
15 patients were administered Matrabasti with 72 ml of Ksheerabala taila.

GROUP B
15 patients were administered Matrabasti with 72 ml Ashwagandhabala Lakshadi taila.

Time of Administration: Between 3-4 PM.

Duration: 9 Days

OBSERVATIONS AND RESULTS
Out of 30 patients maximum 72% patients were female, 83.33% patients in between the age group 50-60 yrs. 53.33% patients were hindu, 80% patients were having the history of stainous work, 53.33% were *VataKapha Prakriti*, 53% were *kroora kosta*, 78% patients were non vegetarians, Statistical Analysis was done using *Z* – Test. Results of both the group are shown below

**Group A**

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Mean B.T.</th>
<th>Mean A.T.</th>
<th>Mean Diff.</th>
<th>Mean %</th>
<th>S.D.</th>
<th>S.E.</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandhi shula (Pain)</td>
<td>3.2</td>
<td>1.93</td>
<td>1.26</td>
<td>39</td>
<td>0.45</td>
<td>0.11</td>
<td>10.71</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Sandhi shopha (Swelling)</td>
<td>2.6</td>
<td>1.2</td>
<td>1.4</td>
<td>53</td>
<td>0.50</td>
<td>0.13</td>
<td>10.69</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Sandhi graha (Stiffness):</td>
<td>2.6</td>
<td>1.4</td>
<td>1.2</td>
<td>46.15</td>
<td>0.414</td>
<td>0.106</td>
<td>11.2</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Sandhi sphutana (Creptus):</td>
<td>1.4</td>
<td>0.86</td>
<td>0.53</td>
<td>38.94</td>
<td>0.516</td>
<td>0.13</td>
<td>4</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Prasarane Akunchane cha vedana (pain during movement)</td>
<td>3.2</td>
<td>1.33</td>
<td>1.86</td>
<td>58.33</td>
<td>0.74</td>
<td>0.19</td>
<td>9.72</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

Statistical analysis showed that there is significant reduction in all the symptoms after the treatment as the p value is ≤0.001, which is statistically highly significant.

**Group B**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Mean B.T.</th>
<th>Mean A.T.</th>
<th>Mean Diff.</th>
<th>Mean %</th>
<th>S.D.</th>
<th>S.E.</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandhi shula (Pain)</td>
<td>3.46</td>
<td>1.2</td>
<td>2.26</td>
<td>65.38</td>
<td>0.70</td>
<td>0.18</td>
<td>12.47</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Sandhi shopha (Swelling)</td>
<td>2.66</td>
<td>1.13</td>
<td>1.53</td>
<td>37.5</td>
<td>0.51</td>
<td>0.13</td>
<td>11.5</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Sandhi graha (Stiffness):</td>
<td>2.66</td>
<td>0.93</td>
<td>1.73</td>
<td>65</td>
<td>0.59</td>
<td>0.15</td>
<td>11.30</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>
DISCUSSION

Biological humors are the same in every individual and ayurveda throws its attention to these body sustaining biological principles, and gives much relief. Susruta mentioned Snehana (Oleation) therapy in first line in the management of Sandhigata vata (Osteo arthritis). Where Matrbasti is one of the route to administer Snehana.

The advantages of this route are total gastric irritation is avoided and that by using a suitable solvent the duration of action can be controlled. Moreover, it is often more convenient to use drugs rectally in the long time in case of Geriatric and terminally ill patients.

Matra Basti of Ksheerabala taila Taila comprises mainly Ksheera (Milk), Bala (Sida cordifolia), and Tila Taila (Sesamum oil). All these drugs possess mainly Snigdha Guna (Unctous Property), Vatahara (Alleviates Vata) properties, Nourishes the Dhatus (Body elements) thus provided significant effect on almost all the symptoms of Sandhigata vata (Osteo arthritis)

Matra Basti of Ashwagandhabala Lakshadi taila Taila comprises mainly Ashvagandha (Withania somnifera), Bala (Sida cordifolia), Laksha( ) and Tila Taila (Sesamum oil). All these drugs possess mainly Snigdha Guna, Vatashamaka- Brimhana (nourishing), Sandhaneeya (Compacting) properties, Strengths the dhatus (Vital elements) thus provided significant effect on almost all the symptoms of Sandhigata vata (Osteo arthritis).

CONCLUSION

1. Group A showed relief in all the signs and symptom after the treatment as statistcal analysis showed highly significant result.
2. Group B showed relief in all the signs and symptom after the treatment as statistcal analysis showed highly significant result.
3. By comparision Group B showed better result than Group A in general and in particular on Sandhi shula (Pain), Prasarane Akunchane cha vedana (pain during movement).

REFERENCES

1. Charaka chikistastana 28/35
2. Sushruta chikiststana 4/8
3. Sushruta chikistasthana 37/58

BIBLIOGRAPHY


