A CASE STUDY ON ASTHIMAJJAGATA VATA W.S.R. AVASCULAR NECROSIS


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ABSTRACT
Avascular necrosis is the death of bone tissue due to lack of blood supply, it can leads to tiny breaks in bone and bone is eventually collapse.[1] Avascular necrosis occurs when a blood flow to a bone is interrupted or reduced. It is caused by joint or bone trauma, vascular occlusion, altered lipid metabolism, fatty deposits in blood vessels, vascular compression and post trauma.[2] In Ayurveda there was mentioned the Vatavyadhi which occurs due to mainly Vataprakopa. When the vatavruddhi occurs the vata goes one by one to Ras.Raktadi dhatus. The patient came to us with the complaints of severe back ache, pain radiating to both legs, difficulty to walking and insomnia due to pain. Same ptient was diagnosed as asthimajjagata vata. According to ayurveda the treatment of Asthimajjagata vata is Snehana, Swedana, Basti Upakrama along with vatashamak vati is also useful. So, the treatment like Snehana, Swedana, Panchatkta shear basti and vatashamak drug was selected in present case. The result replicated the original study and showed substantial improvement in the patient.

KEYWORDS: Asthimajjagata vata, avascular necrosis, snehana, swedana, panchtiktaksheer basti.
INTRODUCTION
Avascular necrosis is the death of bone tissue due to lack of blood supply also called osteonecrosis, avascular necrosis can leads to tiny breaks in the bone & the bones’s eventually collapse.[3] The blood flow to the section of bone can be interrupted if the bone is fractured or the joint becomes dislocated. AVN is also associated with long term use of high dose steroid medications & excessive alcohol intake. It’s more common in people between the ages of 30 &60.[4] If avascular necrosis involves the bones of a joint, it often leads to destruction of joint articular surfaces. In India there are, 16,000 cases of avascular necrosis found in every year.[5]

This Case Report consist a study of case of Asthi majja gata Vata, in which Panchatikta Ksheerghrita Basti was administered for 21 days. Sthanic Katibasti & Lakshadi Guggul Vati was given for 30 days.

CASE REPORT
A 35yr old male patient came to the Rognidan OPD of Govt. Ayurved College, Nanded, Maharashtra.

With presenting c/o: Pain at low back region, (since 12 years).
Continuous radiating pain in both legs, (since 12 years).
Difficulty to walk (since 12 years).
Both knee joint pain (since 5 month).
Sleeplessness (Insomnia) since 5 month.

Past history
Patient had taken Analgesic & Anti inflammatory medication from private hospital before coming to our hospital. Patient was thoroughly examined and detailed history was taken. Patient was Hotel worker (Waiter) by occupation, Patient did not have history of any major illness/Trauma.

On examination
General condition -moderate, afebrile.
PR - 80/min, regular.
BP – 120/80mm of Hg.
RR – 18/min, regular.
no pallor, no icterus was present.
Local examination of patient was having

<table>
<thead>
<tr>
<th></th>
<th>Right Leg</th>
<th>Left Leg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crepitations</td>
<td>Present</td>
<td>Present</td>
</tr>
<tr>
<td>Swelling</td>
<td>Absent</td>
<td>Absent</td>
</tr>
<tr>
<td>Tenderness</td>
<td>Absent</td>
<td>Absent</td>
</tr>
<tr>
<td>Flexion and extension</td>
<td>Painful</td>
<td>Painful</td>
</tr>
</tbody>
</table>

SLR test – Right leg – 30degree.
\[Left\ \text{leg} - 70\text{degree}.

**INVESTIGATION**

Routine investigation such as CBC, Random Blood Glucose, Urine routine & microscopic were in normal range.
\[HB \ % - 10.5\text{gm/dl}.
\[BSL \text{ Random} – 100\text{mg/dl}.
RA test – Non reactive.
Urine - Albumin – Nil.
Sugar- Nil.
RA test, Uric acid were found to be Non significant.

X-ray of Lumbosacral region (Pelvis)
Anterioposterior view revealed impression of Bilateral acetabular subcondral sclerosis noted with Osteophytes. Suspicious crescent sign in right femoral head. Significance of Avascular Necrosis of Right Hip joint with secondary Osteoarthritis changes.

As per Ayurvedic text the symptoms of *Asthimajjagata Vata* are

\[
\text{Bhedaosthiparvanam sandhishulam mansabalakshaya} | \\
\text{Aswapana Santata ruk ch Majjasthikupitenile} || \text{ch.chi.18/32}
\]

*Gatatva (Movement/Passage) is a phenomenon which is used for explaining about samprapti that results in Dhatukshaya (diminished). The lakshana of Asthimajja gata vata is Bhedo asthi parvani (cracking of bones and joints), Mamsa bala kshaya (diminution of muscle tissue), Aswapna (insomnia), Santata Ruja (constant Pain).}[^16]

**Diagnosis**

*Vatavyadhi {Asthimajjagata Vata}.*
Treatment
As Asthimajjagata vata is one of the type of Vatavyadhi so the line of treatment is Snehana Swedana and Bastichikitsa.

The treatment was planned as below
1. Sarvanga Snehana Swedana for 15 days.
2. Sthanik Katibasti for 15 days.
3. Panchatikta Ksheergruha Basti for 21 days
4. Lakshadi Guggul Vati for 30 days.

Contents of Katibasti
Tiltail 200ml.
Udad dal flour -500 gm.
Katibasti done for 20 minute.

Panchatikta Ksheergruha Basti
130 ml Decoction (Kwatha) of Panchatikta Dravyas was made.
130 ml of Godugdha was added and the Siddha Kshir was prepared.

Preparation of Basti: Madhu (5ml)+ Lavan (5gm)+ Panchtiktagrita (20ml)+ Siddhaksheer (130ml).

Basti was administered & Bastipratyagaman Kala was noted. Total 150 ml of Panchatikta Ksheergruha Basti was given daily for 21days. Bastipratyagaman Kala was found to be 5 to 7 hrs.
Lakshadi Guggulu Vati: 250mg 4 tablets TDS/day.

Assessment Criteria
Low Back pain

<table>
<thead>
<tr>
<th>Type</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absent</td>
<td>0</td>
</tr>
<tr>
<td>Mild</td>
<td>1</td>
</tr>
<tr>
<td>Moderate</td>
<td>2</td>
</tr>
<tr>
<td>Severe</td>
<td>3</td>
</tr>
</tbody>
</table>

SLR TEST

<table>
<thead>
<tr>
<th>Type</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>80-90 degree</td>
<td>0</td>
</tr>
<tr>
<td>70-80 degree</td>
<td>1</td>
</tr>
<tr>
<td>40-60 degree</td>
<td>2</td>
</tr>
<tr>
<td>0-30 degree</td>
<td>3</td>
</tr>
</tbody>
</table>
Distance walked by patient within 10 minutes

<table>
<thead>
<tr>
<th>Distance walked by Patient</th>
<th>Before Treatment</th>
<th>After Treatment</th>
<th>Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 feet</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60 feet</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 feet</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Less than 30 feet</td>
<td>3</td>
<td>2</td>
<td>33%</td>
</tr>
</tbody>
</table>

Observations in present case

<table>
<thead>
<tr>
<th>Examination</th>
<th>Before Treatment</th>
<th>After Treatment</th>
<th>Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Back pain</td>
<td>3</td>
<td>1</td>
<td>66%</td>
</tr>
<tr>
<td>SLR Test</td>
<td>3</td>
<td>2</td>
<td>33%</td>
</tr>
<tr>
<td>Distance walked by patient 10 minute</td>
<td>3</td>
<td>2</td>
<td>33%</td>
</tr>
</tbody>
</table>

RESULT AND DISCUSSION
In above case study patient got 44% relief in above symptoms of Asthi Majja Gata vata. In above case which Asthi & Majja dhatu dushti was present. As the vitiated DoshaJ circulate in the body and where they found the “Kha-vaigunya” i.e. Sandhi, they lodged there to produce the disease.[7]

MODE OF ACTION
Bahya abhyantartaha snehairsthimajjagatam jayet ||

The factors influencing the disease were vitiated Asthi & Majja for treating through Snehan in both Bahya (externally) and Abhyanatara (internally). So, line of treatment was Snehan, Swedan, Basti containing ghrita and ksheera as main dravya.[8]

Samprapti Vighatana
- Tiktaka ksheerbasti was planned for strengthening of asthi dhat. Tikta rasa is predominance of vayu and akash mahabhut. Hence it gas got affinity towards the bony elements like asthi which has same mahabhautik tatva.[9]
- Ghrita is vata pitta shamak, balya, agnivardhak, madhu, sheet virya. Ghrita has also contains vitamin D which plays and important role to utilise calcium and phosphorous from blood and helps in bone formation.
- Ksheera has madhur and sneegdha properties which helps to control vata dosha and acts as Bruhana.
• Panch Tikta Dravya i.e. Guduchi, Nimb, Vasa, Patol & Kantakari these tikta rasatmak dravyas formulated with ksheer or ghrita and administered in form of Basti.\[9\]

Thus, helps in samprapti vightana of the Asthi majja gata Vata.
• Katibasti helps for local Snehana, Swedana and Vedana Shaman.
• Lakshadi Guggul Vati has Bhagnasandhanka showed that enhance the bone healing.\[9\]

Ingredients of Lakshadi Guggul: Laksha, Asthishrinkhla, Nagbala, Ashwagandha and Shuddha guggula.

CONCLUSION
In this Case study we got good results of Panchakarma & Ayurvedic medicines. The treatment given for Asthimajja gata vata was Snehana, Swedana, and Basti which helped in Vatadosha Shaman, Relief in symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

REFERENCE