EFFICACY OF PANCHTIKTA GHRITA KSHEER BASTI IN THE MANAGEMENT OF SANDHIGATA VATA (OSTEOARTHRITIS):- A CASE STUDY

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ABSTRACT

Aging is a process of physical, psychological, and social change in multidimensional aspects, in India most of population are older than 60 years is of degenerative joint diseases. Sandhigata vata is also known as degenerative joint diseases. Ayurveda the complete life science has given special emphasis to concept of vata, and its physiological and functional aspect in the life of human beings. In Ayurveda it is mentioned that in Vardhakya avastha all dhatus undergo kshya leading to dhatukshayaj vatprakop samprapti, in sandhigata vata there is kshya of Asthidhatu for vataprakop Basti chikitsa is shreshta chikitsa. Panchtikta dravyas are Rasayan for Asthidhatu and charak has already explained that tikta rasa in Asthimajjagata vata, In Asthivaha strotodushti chikitsa panchtikta dravya mentioned. The panchtikta dravyas and ghrit it help to reduce vata from the body so Panchtikta Basti With Panchtikta ghrita relive symptoms in Sandhigata Vata.

KEYWORDS: Sandhigata Vata, Panchtikta Kheer Bast, Panchatikta ghrita, Asthidhatu.

INTRODUCTION

Ayurveda the complete life science has given special emphasis to concept of vata, and it,s physiological and functional aspects in the life of a human being.
Vata has two main functions *Gati* and *Gandha*. *Gati* means movement and *Gandha* means conduction. So as soon as the life comes in the Mother’s womb the functional aspects of the *vayu* comes into action and it responsible for the placement of all the parts of the body in their proper position.

Proper development and nourishment are solely dependent upon the functioning of *vayu*.[1]

*Sandhigata Vata* is *Madhyama marga* gata roga and it happens due to lodging of *vayu* in sandhi pradesha.[2] It is one among the 80 *Nanatmaja vata vyadhies*.

*Sandhigata vata* has been described in the *vata vyadhi* chapter in classical text.

*Sandhigata vata* is the most common articular disorder, in *vriddhavstha*, all dhatu undergo *kshaya*, thus leading to *vataparakopa* and making individuals prone to many diseases. Among all *vatavyadhi Sandhigata vata* stands top in the list.[3]

Osteoarthritis is most common type of arthritis, its prevalence especially in the elderly and the high rate of disability related to disease make it a leading cause of disability in the elderly.[4]

**CASE REPORT**

Patient name- XYZ.
Age & Sex-56 years 
Reg. No.12371

**C/O:-** Pain in B/L knee joint.
Unable to walk properly (since 6 month) Difficult in walking and sitting.
No any significant past history. Addictions:- Smoking 2-3 times daily. O/E-Gc- Fair & Afebrile.
P-76/min
Bp-120/70mmof Hg.
S/E- RS-AEBE Clear.
CVS-S1S2Normal
CNS-Conscious & Orientend
Pupils- Normal size reacting to light. P/A- Soft and Non-tender.
Investigations
CBC
X- Ray B/L Knee joint.

Treatment
Panchtikta ksheer Basti with Panchtikta Ghrita was given to the patient.
Around 60ml panchtikta ksheer and 20 ml ghrita was given to the patient for 14 days.

RESULTS
After 14 days of treatment patient got symptomatic relief.

Pain of the b/l knee joint was relief. There was improvement in patients while walking, and sitting. Patient got significant relief.

<table>
<thead>
<tr>
<th>Clinical Features</th>
<th>Grading</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swelling</td>
<td>0-No Swelling 1-Slight grading 2-Moderate swelling 3-severe swelling</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Tenderness</td>
<td>0-Normal 1-Mild 2-Moderate 3-Severe</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Crepitations</td>
<td>0-No crepitations 1-Mild 2-Moderate 3-Severe</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Redness</td>
<td>0-No redness 1-Mild redness 2-Moderate 3-Severe</td>
<td>0</td>
<td>0</td>
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</tbody>
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DISCUSSION
Sandhigata vata is a diseases which occurs due to excess intake of vata prakopaka aahar vihar, having symptoms of shotha, which is palpable as a air filled bag vata purna driti sparsh and pain on flexion and extension of the joints akunchan prasarana vedana.

As a said before it is very common degenerative join disorder, feature of which found in preponderance with Osteoarthritis i.e degenerative joint diseases, the charak has already mention that tikta rasatmak dravyas are used in asthimajjagata vata, and panchtikta ksheer with panchtikta ghita which help in reduce vata from the body. Indirectly it reduced the symptoms of the sandhigata vata it help to reduce the pain of the patient, after 14 days of the basti the patient got symptomatic relief.
CONCLUSION

_Sandhigata vata_ is degenerative joint disorder which calls for an early management, progression of the diseases could be stopped at the right time before it may bring permanent physical impairment. So, the _panchtkika dravyas_ are rasayan for asthimagja gata vata it really help to our body. The panchtikta ksheer is already mentioned for asthivaha srotas and the _panchtkika_ ksheer basti with _panchttika gherita_ which help to reduced vata from the body, so it direct act on the symptoms of the patients it help to reduced the symptomatic complain of the patients.

REFERENCES

1. Charak samhita, chikitsa stana chapter no. 28. vatavyadhi the name of adhaya.