

TO ASSESS THE EFFECT OF PALASH BASTI IN AGNIMANDYA – A CASE STUDY

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ABSTRACT

Ayurveda is the ancient Indian system of medicine. Ayurveda defines healthy individual as “Sama Dosha Sama Agnischa.....”. Ayurveda believes that diseases occur mainly due to disturbance in Jatharagni. So to cure any disease, agni is one of the important factors to be concentrated. In order to normalize the agni, various methods are given in ayurvedic classics. Panchakarma is one of them. In Panchakarma Basti is said to be the best among all karma because it destroys the disease by cleansing the strotasas and by increasing the oja, teja, shukra, medha and agni. A case was taken for research having complaints of Agnimandya. Written informed consent was taken and Basti poorvakarma, pradhankarma and paschatkarma were done for 8

days. **Observation and result:** Jaranshakti, Abhyavaharanshakti, Vatamalamutra pravrutti were improved. **Discussion:** Agni is very important factor of an individual and when hampered will lead to occurrence of disease. Basti is considered as ardhachikitsa among all therapy because basti has a vast field of therapeutic action. Palash Basti acts on agni and lead to agnivardhan. Hence can be very useful treatment in the management of Agnimandya. **Conclusion:** Palash basti is effective in Agnimandya. **Summary:** Palash basti is a niruha basti which can be used for the management of Agnimandya.

KEYWORDS: Jatharagni, Agnimandya, Palash basti.

INTRODUCTION

Ayurveda is the ancient Indian system of life sciences and Medicine. Ayurveda has described an important factor of digestion and metabolism in our body as Agni. Agni is responsible for strength, health, longevity, vital breath and it determines the quantity of food to be consumed. People nowadays are suffering from various diseases and lifestyle disorders due to the busy

job schedule and its pattern, stress, hectic duties, unhealthy diet plan, lack of sleep etc, which ultimately affects various systems of the body. Agni is responsible for the digestion of the food we take and it is transformed into Aahar Rasa and Mala further. Jatharagni is the main principal substance responsible for disease and health. During its normalcy it is responsible for longevity, complexion, strength, health, enthusiasm, well built, luster, immunity (ojas), temperature, other Agni's (bhutagni and dhatvagni) and other vital functions all are dependent on jathargni. Therefore healthy state of body and diseased condition is entirely dependent on status of agni. In Panchakarma Basti is said to be the best among all karma because it destroys the disease by cleansing the stotasis. Hence a case study is taken for research to observe the effect of Palash basti in Agnimandya.

A 23 years old female patient came to our hospital with chief complaints Agnimandya, Aruchi, Asamyak Mala pravrti since 3 months. The individual was a student. No other major illness was found. Also no surgical history was found. She had menstrual history with regular, scanty and mild painful menses.

Examination: Written informed Consent for Basti was taken before examinations. Later following examinations were carried out. Nadi- 80/min, Mala- Ashrushta (Malapravritti with discomfort in abdomen), Mutra- Srushta, Jivha- Sama, Shabda- Prakrut, Sparsh- Anushasheeta, Druk- Prakrut, Akrti- Madhyam, BP- 110/80 mm of Hg. S/E- RS- AEBE and clear, CVS- S1S2 Normal, CNS- Conscious and well oriented. P/A soft. L/E- no specific rectal abnormality was observed. Strotas Parikshan was done.

Nidan Panchak

Hetu- Apathya (fast and junk food, not taking food when Kshudhapravartan is present, inadequate sleep)

Poorvaroop- Agnimandya, Aruchi, Asamyak mala pravrti.

Roop- Gradual increase in Agnimandya, Aruchi, Asamyak mala pravrti.

Samprapti

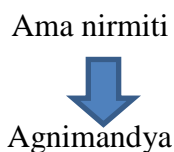
Hetu Sevan



Effect on Agni

(Apathya Aahar goes into Amashaya- Jatharagni has become weak)





Samprapti Bhang

Palash Basti- absorbed in the intestine- due to Agnidipan and Pachan properties of the Dravyas, Agnibala is increased- which further helps in normalizing Agni.

Upashay- Ushnabhojan sevan in proper time, Ushnodakpan, Samyak Nidra.

After all Parikshan the procedure was carried out.

Drug preparation

a) For MatraBasti- Palashadi Tail (120ml)+ Saindhav (5gm)

b) For Niruha Basti- Madhu (160ml)+ Saindhav (10gm)+ Palashadi Tail (240ml)+ Kalka (Vacha + Pippali each 40gm)+ Kwatha (Palash twak kwatha 320ml)+ Prakshepa (Shatavha 160gm). Drugs were mixed according to the above sequence one by one and emulsion was made.

c) Procedure

i) Poorvakarma-Patient was asked to lie down on Snehan table. Sthanik Snehan (10min) and Swedan (10min) were done.

ii) Pradhankarma- a)Patient was asked to take left lateral position for Basti. Basti was given. (Matra Basti- with syringe and Niruha Basti- with enema pot). b) Tadan was done and waited for Pratyagaman during Niruha Basti.

iii) Paschatkarma- Vishranti for some time, Snana with warm water.

Table 1: Schedule of Basti.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Anuvasan	Niruha	Anuvasan	Niruha	Anuvasan	Niruha	Anuvasan	Anuvasan

Criteria for assessment

Agnibala

Jaranshakti: scoring according to Jeerna Aahar Lakshana present after 6-8 hrs after taking food. They are 1.Utsaha, 2.Laghuta, 3.Udgarshuddhi, 4.Khsut, 5.Trishna Pravritti, 6.Yathochit Malotsarga.

0-Presence of five symptoms.

1-Presence of four symptoms.

- 2- Presence of three symptoms.
- 3- Presence of two symptoms.
- 4- Presence of one symptom.
- 5- Absence of all the symptoms.

Abhyavaharanshakti

- 0-Taking food in good quantity twice/ thrice.
- 1-Taking food in normal quantity twice a day.
- 2- Taking food in moderate quantity twice a day.
- 3- Taking food in less quantity twice a day.
- 4- Taking food in less quantity once a day.
- 5- Person not at all taking food.

Ruchi

- 0- Equally willing towards all the Bhojya Padartha.
- 1- Willing towards some specific Aahara/ Rasavishesha.
- 2- Willing towards only one among Katu/Amla/ Madhur foodstuffs.
- 3- Willing towards only most liking foods not to the other.
- 4- Unwilling for food but could take the meal.
- 5- Totally unwilling for meal.

Vatamalamutra Mukti

- 0-Occurs easily in normal routine.
- 1-Difficulty in Defecation but Malapravritti daily with discomfort in abdomen.
- 2- Can't pass stool daily and feeling of heaviness in abdomen.
- 3- Passes stool after 2/3 days having gaseous distension.
- 4- Passes stool after 3/4 days with Grathith, Sakashta + Malapravritti and having gaseous distension with Udgar Pravritti.

OBSERVATIONS AND RESULTS

Table 2: Agnibala.

Symptoms	Before Treatment	After Treatment
Jaranshakti	2	0
Abhyavaharanshakti	2	1
Ruchi	3	1
Vatamalamutra Mukti	1	0

Table 3: Probable mode of action.

Sr. NO	Dravya	Rasa	Guna	Vipak	Virya	Doshaghata	Karma
1.	Palash	Katu, Tikta, Kashaya	Laghu, Snigdha	Katu	Ushna	Kaphavata shamak	Dipan, Vrushya, Bhagnasandhankrut etc
2.	Pippali	Katu	Laghu, Snigdha, Tikshna	Madhur	Anushnasheeta	Vatakapha shamak	Dipan, Pachan, Vrushya, Rasayan etc
3.	Vacha	Katu, Tikta	Ushna, Tikshna	Katu	Ushna	Kaphavata shamak	Mala-mutra shodhak, Agnivardhak
4.	Shatavha	Katu	Laghu, Tikshna, Ruksha	Katu	Ushna	Kaphavata shamak	Dipan, Pachan, Agnivardhak etc
5.	Taila	Madhura	Guru	Madhura	Ushna	Kaphavata shamak	Balya
6.	Madhu	Madhura, Kashaya	Shita, Laghu, Ruksha, Grahi, Sukshma	Madhura	Ushna	Kaphaghna, vatavardhak	Agnidipak
7.	Saindhav	Madhura	Laghu, Snigdha	Madhura	Shita	Tridoshaghna	Agnidipan, Aruchinashak

Mode of Action

The drugs used in the Basti, after getting administered in the Pakvashaya are absorbed in the blood circulation. They circulate throughout the body and bring the Dosha located in various parts of the body into the intestine and eliminate through rectal route. The absorbed drugs also stimulate local enteric nervous system and improvement at cellular level all over the body. The absorbed drugs stimulate the intestine to secrete hormones for better digestion of food which help in increasing Agnibala.

DISCUSSION

- 1) Agni and Bala are very important factor of an individual and when hampered can cause various effects on body leading to occurrence of diseases.
- 2) After administration of palash yoga basti in patient, there is improvement in jaranshakti , abhyavaharanshakti, ruchi and vatamalamutra pravrutti.
- 3) The score of Jaranshakti before treatment was 2 (Presence of three symptoms of jeerna ahar lakshan) and after treatment score was 0 (Presence of five symptoms).

- 4) The score of Abhyavaharanshakti before treatment was 2 (Taking food in moderate quantity twice a day) and after treatment score was 1 (Taking food in normal quantity twice a day).
- 5) The score of Ruchi before treatment was 3 (Willing towards only most liking foods not to the other) and after treatment score was 1 (Willing towards some specific Aahara/Rasavishesha).
- 6) The score of Vatamala mutra mukti before treatment was 1 (Difficulty in Defecation but Malapravritti daily with discomfort in abdomen) and after treatment score was 0 (Occurs easily in normal routine).

CONCLUSION

When Palash Basti was administered in the patient for 8 days, improvement in Agnibala was observed.

SUMMARY

Palash Basti can be very useful treatment in the management of Agnimandya. Agni is one among the Dashavidh Parikshaya Bhava, so need to be concentrated and treated if necessary. Thus the Palash Basti can be a very effective treatment in Agnimandya for normalizing Agni.

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