



## Single Arm Randomized Clinical Study to Assess the Efficacy of Matrabasti on Purishavaha Strotodushti

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**ABSTRACT:** Our current lifestyle is burdened with junk food, over exertion and inadequate sleep affects normal bowel habits, digestion and health. Some of people get constipated and these people use purgatives regularly. This habit disturbs normal functioning of Purishvaha strotas. For proper functioning of Purishvaha strotas, Agni, Samanvayu and apan vayu are essential factor. In these types of vikruti, mainly Vata dosha gets vitiated. For vata dosha basti chikitsa is very important.

Matrabasti can be administered in a smallest quantity without any pathya aahar and vihara. It helps in increasing Agni-bala. One of the effect is Srushta mala. So purpose of this study is to study clinical efficacy of Matrabasti on Purishavaha strotodushti and to evaluate the role of Matrabasti used in the management of Purishvaha strotodushti.

**Method-**

As per inclusion criteria 100 number of patients has been included in this study. In each individual Matrabasti of Til taila was given for 7 days duration with 60 ml on each day. Follow up was taken after the completion of Matrabasti and symptom wise clinical assessments were done.

**Result-**

Out of 100 patients in whom Matrabasti was administered, none patient showed total relief in all symptoms (Cured), 56 patients showed 50% or more average improvement in signs and symptoms (Markedly improved), 44 patients showed improvement ranging in between 25% to 50% (Improved) and none of the patient remain unchanged.

**Conclusion-**

Matrabasti worked on Purishavaha strotodushti lakshana by Vatanuloman, Vatashaman and Agnivruddhi. In Purish parikshana, I observed change in Swarupa of Purish. The Samata of Purish also decreased hence Aamgandha.

**KEY WORDS:** Matrabasti, Purishavaha strotodushti

## INTRODUCTION

The strotasa is one of the means in Ayurveda by which health and disease can be distinguished. For understanding about the health or disease process, examination of strotas is needed. Our current lifestyle is burdened with junk food, over exertion and inadequate sleep affects normal bowel habits, digestion and health. Some of people get constipated and these people use purgatives regularly. This habit disturbs normal functioning of Purishvaha strotas. Mild to severe changes in Purishvaha strotas is very much diagnostic for many diseases. Also the purishavegavarodha, purisha-vruddhi or kshaya leads to many vikrutis which inturn depends on Purishvaha strotas . In these type of vikrutis mainly vata dosha vikruti occur. For vata dosha basti chikitsa is very important. Matrabasti is one of the types of basti which does not need to be accompanied by any strict dietary restriction or daily routine and can be administered. It gives strength, promotes weight and helps elimination of waste products. It helps in Alpabala. Alpagni person. It acts as balya, doshaghna. It also helps in increasing Agni-bala. and Vayu-Agni dharana. One of the effects of matrabasti is Srushtamala. So Matrabasti may help in maintaing proper functioning of Purishvaha strotasa.

## AIMS AND OBJECTIVES

1. To study clinical efficacy of Matrabasti on Purishavaha strotodushti.
- 2 .To evaluate the role of Matrabasti used in the management of Purishavaha strotodushti.

## MATERIALS AND METHODS

Conceptual study: Detailed study of Purishvaha strotas along with the review of drugs chosen for Matra Basti from all available books and internet was carried out.

Clinical Study: Patients attending the OPD and IPD of the Dr. G.D. Pol Foundation YMT Ayurvedic college and Hospital, Kharghar, Navi Mumbai, were enrolled for the study.

Number of Patients-Total number of patients included in this study was 100.

### Inclusion criteria-

Age group between 25 to 55 years,

Sex: - both male and female

Patients having classical symptoms of Purishvaha strotodushti.

### Exclusion criteria-

patients having anorectal diseases,

Patients requiring acute medical care.

Consent-An informed written consent was taken from all the patients included in this study.

## PLAN OF STUDY

As per inclusion criteria 100 number of patients has been included in this study. Each patient was thoroughly examined according to case record form. In each individual Matrabasti was given for 7 days duration with 60 ml on each day. Follow up was taken after the completion of Matrabasti and symptom wise clinical assessment were done.

Bastidravya-Til taila (sesame oil), Madhu (Honey), Saindhav (Rock salt)

### Criteria of Assessment-

The efficacy of the therapy is assessed on the basis of subjective as well as objective criteria. Most of the symptoms & signs regarding Purishvaha strotasa in Ayurveda are subjective in nature. Hence scoring system is adapted for statistical analysis and to give results on objective parameters.

Score was given according to the presence, absence and improvement of the symptoms as follows:-

Scoring to evaluate effects of Matrabasti are as follows-

0-Present, 1-Improved, 2-Absent

Following symptoms were assessed –

Krucchrena malapravrutti, Alpalp Malapravrutti, Sashabda malapravrutti, Atidrava malapravrutti, Atigrathit malapravrutti, Bahu malapravrutti, Sama malapravrutti and Sashula malapravrutti

#### ASSESSMENT OF EFFECT OF THERAPY-

The effect of the therapy was assessed in terms of cured, markedly improved, improved, unchanged and LAMA.

The details are as follows

1. Cured : Total relief in symptoms will be considered as “Cured”.
2. Markedly Improved :50% or more average improvement in signs and symptoms will be termed as “Markedly improved”.
3. Improved :Improvement ranging in between 25% to 50% responded by the patients in signs and symptoms will be taken for “Improved”.
4. Unchanged :Those patients presenting less than 25% improvement in their signs and symptoms will be categorized as “Unchanged”.
5. LAMA : Those patients who left the therapy before advised duration or who did not follow the instructions will be considered as Left Against Medical Advice (LAMA).

#### STATISTICAL ANALYSIS-

Statistical parameters like Wilcoxon matched- pairs signed rank test, Graphical representations and other statistical methods were applied to the data generated wherever possible, to find out the significance of improvement.

A) For objective parameters (Quantitative data) parametric test- Paired,,t test is applied.

B) For patientive parameters (Quatitative data) -Relief in symptoms, Wilcoxon signed rank test is applied.

#### TABLE SHOWING STATISTICAL ANALYSIS

Symptoms and signs	P value	Significance
Krucchrena malapravrutti	<0.0001	Extremely Significant
Alp alp Malapravrutti	<0.05	Significant
Sashabda malapravrutti	>0.05	Not Significant
Atidrava malapravrutti	>0.05	Not Significant
Atigrathit malapravrutti	<0.0001	Extremely Significant
Bahu malapravrutti	>0.05	Not Significant
Sama malapravrutti	<0.0001	Extremely Significant
Sashula malapravrutti	<0.0001	Extremely Significant

#### EFFECT OF THERAPY

Out of 100 patients in whom Matrabasti was administered, none patient showed total relief in all symptoms (Cured), 56 s patients showed 50% or more average improvement in signs and symptoms (Markedly improved), 44 patients showed improvement ranging in between 25% to 50% (Improved) and none of the patient remain unchanged

## DISCUSSION

The observations noted in 100 patients are critically discussed hereafter. The study shows that the relief got in symptoms. The symptoms like Krucchrena malapravrutti, Ati Grathita Malapravrutti and Sashula Malapravrutti are due to increased Ruksha guna of Vayu. The Purisha becomes Ruksha and Khara and lead to Sneha soshana. The consistency of it becomes Grathita. Grathita malapravrutti further becomes the cause of Krucchrena and Sashula Malapravrutti. The symptoms are relieved after Matrabasti because in Samhitas it is mentioned that Matrabasti acts as doshaghna. So the increased Ruksha guna decreases and Vatashamana occurs. One of the effects of matrabasti is 'Srushtamala' which helps in decreasing vatavarodha due to which vatanulomana occurs which decreases the above symptoms.

According to study relief got in symptoms like Sama and Bahu malapravrutti must be due to its Agnivruddhi because the cause of all these symptoms is Agni vikruti. When there is Agnimandya, then the Purisha remains Apachita and this type of Purisha becomes Aamayukta and Guru i.e. Sama. Due to apachita food the quantity of purisha also increases which will cause Bahu malapravrutti. The symptoms are relieved after Matrabasti because matrabasti helps in Alpagni person. But the Matrabasti in turn acts on Purishavaha strotasu. According to Chakrapani commentary, it acts on Grahani. As Grahani is Agni adhishtana, the Agni dharana karma of Purisha is carried out with the help of it and Agnivruddhi occurs.

It shows that the relief got in symptoms like Alpalpa malapravrutti must be due to its Agnivruddhi because the cause of all these symptoms is Agni vikruti.

In this case the quantity of stool is very less and frequent. The snigdha, Picchila guna of kapha and Ruksha guna of vata increases. In the large intestine water absorption increases, so as compared to water quantity of mucus increases. The symptoms are relieved after Matrabasti because one of the use matrabasti told in Samhitas is it helps in Alpagni person. But the Matrabasti in turn acts on Purishavaha strotasa.

Guda is one of the Karmendriya. Indriyadharana is the function of Pranavayu. When this function is not done properly and when Drava, Sara guna of Pitta increases leads to Drava malapravrutti. Because the Shoshana karma of vata gets disturbed. So in this symptom there is disturbance in Vayu and Agni karma. The symptoms are relieved after Matrabasti because in Samhitas it is mentioned that Matrabasti helps in Alpabala. Alpagni person. It acts as balya, doshaghna. It also helps in increasing Agni-bala.

Sashabda malapravrutti

In these symptoms there is disturbance in Vayu and Agni karma. The vata vikruti is either due to Vata vrudhi or Vata avarodha. This leads to disturbed Agni karya, and Vatanulomana doesn't occur properly. When purisha is excreted forcefully with vayu mixed in it, it produces Sashabda malapravrutti. The symptoms are relieved after Matrabasti because in Samhitas it is mentioned that Matrabasti helps in Alpabala. Alpagni person. One of the effects of matrabasti is 'Srushtamala' which helps in decreasing vatavarodha due to which vatanulomana occurs. It also helps in increasing Agni-bala.

## CONCLUSION

One of the effects of Matrabasti is 'Srushtamala'. It also helps in increasing Agni-bala. Hence Matrabasti worked on Purishavaha strotodushti lakshana by Vatanuloman, Vatashaman and Agnivruddhi. In Purish parikshana, we observed change in Swarupa of Purish. The Samata of Purish also decreased hence Aamgandha. In the stool examination done in the laboratory no specific ABNORMALITY OR CHANGE DETECTED.

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