



Management Of *Sandhigatava* (Osteo Arthrities) By *Matrabasti* A Comparative Study

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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 comparision 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) ¹ .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 Susruta has explained many therapeutic modalities.Among them *Snehana* ²(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- 80yrs of age
2. Patients having the sign and symptoms *Sandhigata vata*.(Osteoarthritis).

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. <i>Sandhi shula</i> (Pain in Joints):	Scores
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. <i>Sandhi shopha</i> (Swelling in Joints):	
a. No swelling	0
b. Slight swelling	1
c. Moderate swelling	2
d. Severe swelling	3
3. <i>Sandhi graha</i> (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. <i>Sandhi sphutana</i> (Crepitus):	
a. No crepitus	0
b. Palpable crepitus	1
c. Audible crepitus	2
5. <i>Prasarane Akunchane cha vedana</i> (pain during movement):	

a. No pain	0
b. Pain without wincing of face	1
c. Pain with wincing of face	2
d. Shouts or prevents complete flexion	3
e. Doesn't allow the passive movement	4

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)³

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 *Ashvagandhabala 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

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

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

Symptoms	Mean B.T.	Mean A.T.	Mean Diff.	Mean n %	S.D.	S.E.	T	P
. Sandhi shula (Pain)	3.46	1.2	2.26	65.38	0.70	0.18	12.47	<0.001
Sandhi shopha (Swelling)	2.66	1.13	1.53	37.5	0.51	0.13	11.5	<0.001
Sandhi graha (Stiffness):	2.66	0.93	1.73	65	0.59	0.15	11.30	<0.001

Sandhisphutana (Crepitus):	1.26	0.6	0.06	52.63	0.48	0.12	5.29	<0. 001
Prasarane Akunchane cha vedana (pain during movement	3.33	2.26	1.06	32	0.25	0.06	16	<0. 001

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 *dhatu*s (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 statistical analysis showed highly significant result.

2. Group B showed relief in all the signs and symptom after the treatment as statistical analysis showed highly significant result.

3. By comparison Group B showed better result than Group A in general and in particular on *Sandhi shula* (Pain), *Prasarane Akunchane cha vedana* (pain during movement).

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