Role of Thiktaksheera Basti in Joint Disorders w.s.r to Osteoarthritis

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ABSTRACT

Ayurveda emphasizes on treating diseased person and also maintaining the health of the person1. Vatavyadhi holds a very important role because of which our Acharyas has devoted a chapter on Vatavyadhi2. In Vatavyadhi, sandhigatavata is more common disease seen in present life. Osteoarthritis is very common degenerative chronic musculoskeletal non communicable disease, looking at the findings and description of dhatukshyajanya sandhigatavata osteoarthritis could be equated with it. In sandhigatavata knee joint osteoarthritis is most common because of weight bearing joints.

The disease has enormous financial consequences, though it is the disease of late age its incidence in early 40’s is very common in modern times and its prevalence is more. Treatment used in modern medicine is NSAID’s, steroids and joint replacement surgery. Research studies suggest that NSAID’s and steroids are the most common cause of GI complications, where as joint replacement surgery is not affordable for all patients. Tikta Rasa is having the dominancy of Vayu and Akasa Mahabhuta. It can be used in Vataja condition with the combination of Snehadhravyas.

KEYWORDS

Tikta, Ksheer, Basti, Osteoarthritis
INTRODUCTION
Osteoporosis is a progressive metabolic bone disease that decreases bone density (bone mass per unit volume) with deterioration of bone structure³.

TIKTA RASA PROPERTIES:
Tikta(bitter) taste is not liked but it cures anorexia, worms (bacteria, parasites etc), thirst, poison, leprosy (and other skin disorder), loss of consciousness, fever, nausea, burning sensation; mitigates pitta and kapha, dries up moisture (water ), fat, is easily digestible, increases intelligence, cold (in potency), dryness, cleanses the breast milk and throat. Used in excess, it causes depletion of dhatus (tissues) and diseases of vata origin⁶

PANCHAMAHABHUTIKA
COMPOSITION OF TIKTA RASA:
Akash(kha) + Vayu= Tikta rasa(bitter)⁷

IMPORTANCE OF THE TIKTA RASA:
Tikta Rasa is an aggravating factor for Vata vyadhi⁶ therefore Snehadravyas are used to check the unwanted activity of TiktaRasa. According to Acharya Arundatta , Tikta Rasa has a unique property to maintain the Kharatva of AsthiDhatu Therefore, Asthi is one of the hardest Dhatu in the body with the Mahabhuta dominance of Prithvi, Vayu and Akasha Mahabhuta. The etiological factors having the dominancy Of Vayu, Akasha and Teja will tend to increase the porosity in the AsthiDhatu, which will lead to DhatuKshaya. While excessive intake of Prithvi and AapMahabhuta will lead to DhatuVrddhi as per asryaashrayeebhava of dosha⁸.Tikta Rasa is having the dominancy of Vayu and AkashaMahabhuta⁷ it can be used with the combination of SnehaDravyas in vata shamana⁹.

QUALITIES OF GOKSHEERA
Rasa – Madhura
Virya – Sheeta
Vipaka – Madhura
Guna – Guru, Picchila, Snigdha, Sara, Mrudu
Dosha – Vata, Pitta shamaka,
Kaphavruddhikara
Uses – It acts as a Rasayana, It is saptadhatuvardhaka, Medhāvardhaka, Kantikaraka, Ojovruddhi.
Used in Shwasa, Kasa, Trishna, Mutrakrichha, Raktapitta¹⁰. It is Bramhana, Balakara, Vatapittashamak.

ACCORDING TO MODERN QUALITIES OF COWS MILK AND ITS ROLE IN BASTI:
Cows Milk which is the main ingredient of the ksheerabasti is rich in Calcium, Phosphorous, Magnesium, Sodium chlorine etc. It contains fat soluble vitamins like vitamin A,D and K. These
minerals and vitamins helps in bone formation. A study conducted by Finish Researchers published in November 2005 issue of an American journal of Clinical Nutrition revealed that, only dairy calcium is better than synthetic calcium supplements for growing girls. The superiority of milk over other calcium supplements is because milk contains all the essential vitamins and minerals required for bone formation.

**TIKTA KSHEER BASTI:**

According to Acharya Charaka Basti should be administered to the person suffering with Asthivikara using Tiktarasatmakaaushadhi dravya along with ghrith (Ghee) and Ksheera (milk). The superiority of milk over other calcium supplements is because milk contains all the essential vitamins and minerals required for bone formation.

**WHY TIKTAKSHEERABASTI IN ASTHIPRADOSHAJAVYADHI?**

*Asthi* is the hardest *Dhatu* in the body with dominancy of *Prithvi, Akasha* and *Vayu*Mahabhuta. The imbalance in the status of these *Mahabhutas* precipitates into *AsthiPradosajaVikaras*. So to treat such Vyadhis, Dravyas having all the three *Mahabhutas* in dominance are recommended, this is achieved by combination of TiktaDravyas with Ksheera and Ghrita. Tikta Rasa has a Khara property, having dominancy of Vayu and AkashaMahabhuta.

*VataDosa* though has an AsrayaAsrayee relationship with *Asthi* but unlike that of *Pitta* and *Kapha*. The provocation of Vata will result into *AsthiDhatu Kshaya*. Basti is the chief treatment explained for *VataDosha* so the Tikta Rasa in combination with SnehaDravyas in the form of Basti have a bifold nature i,e it provides sufficient nourishment to the *AsthiDhatu* as well as check the *VataDosha* also which is the mainstay of the treatment. Basti is the treatment advised for *VataDosha*, because it ameliorate the *Vata* from it's *Mulasthan* of pakwashaya which is responsible for the depletion of *Dhatu*. In case of other *AsthiPradosajaVikaras* the other therapies are indicated.

Eg: *Asthibhagna* - Basti Treatment of Vayu Located in Bones and Bone-marrow. If vayu is located in the bone and bone marrow then patient should be given external and internal oleation therapy.

**CONCLUSION**

The Hetusevan like vataprakopaka ahara, vihara, vegodharan, vishamchesta, sthoulya, Menopause in female etc. are the commonest causes of the clinical condition in sandhigatvata. It has been seen that the Tikta siddha Khseerbasti is VataShamak and they are brumhana in nature. They
normalise the functional integrity of dushya, i.e., mamsa, meda, Asthi, MajjaDhatu and also stops the degeneration of joints reducing the sign and symptoms of this disease.

Osteoporosis is a progressive systemic skeletal diseases characterized by low bone mass and micro architectural deterioration. Incidence is more in Female than in Male, the ratio being 4:1. The risk even increases with the onset of menopause which is physiological transition period of hormonal imbalance. Along with vatavardhakanidananas, Srotopradushakanidananas of Medha, Majjavaha, Asthi and Purishvahasrotas and factor affecting Jataragni, Bhutagni specially partiwagni, vayagni along with this Tejasagni and Dhatwagni also plays important role in the pathogenesis of AsthiKshaya. The Chikitsa mentioned in the classics stress upon the use of Bastiprepared with combination of Ksheera, Ghrith and Tiktadravyas: All the Acharaya have mentioned the use of SwayoniDravyas in the management of AsthiKshaya Thus it can be concluded that Chikitsa sutra mentioned by Acharaya for Asthikshaya, the basti prepared with the combination of Ksheera, Ghrith and Tiktadravya has been even too effective in present day.
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