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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 *Vatavyadhi*². 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 *Snehadravyas*.

KEYWORDS

Tikta, Ksheer, Basti, Osteoarthritis



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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 *dhatu*s (tissues) and diseases of *vata* origin⁶

PANCHAMAHA BHUTIKA

COMPOSITION OF TIKTA RASA:

Akash(kha) + Vayu = Tikta rasa(bitter)⁷

IMPORTANCE OF THE TIKTA RASA:

Tikta Rasa is an aggravating factor for *Vata vyadhi*⁶ therefore *Snehadravyas* are used to check the unwanted activity of *Tikta Rasa*. According to *Acharya Arundatta*, *Tikta Rasa* has a unique property to maintain the *Kharatva* of *Asthi Dhatu*. Therefore, *Asthi* is one of the hardest *Dhatu* in the body with the *Mahabhuta* dominance of *Pruthvi*, *Vayu* and *Akasha Mahabhuta*. The etiological

factors having the dominancy Of *Vayu*, *Akasha* and *Teja* will tend to increase the porosity in the *Asthi Dhatu*, which will lead to *Dhatu Kshaya*. While excessive intake of *Prithvi* and *Aap Mahabhuta* will lead to *Dhatu Vrddhi as per asryaashrayeebhava of dosha*⁸. *Tikta Rasa* is having the dominancy of *Vayu* and *Akasha Mahabhuta*⁷ it can be used with the combination of *Sneha Dravyas in vata shamana*⁹.

QUALITIES OF GOKSHEERA

Rasa – Madhura

Virya – Sheeta

Vipaka – Madhura

Guna – Guru, Picchila, Snigdha, Sara, Mrudu

Dosha – Vata, Pitta shamaka, Kaphavrddhikara

Uses – It acts as a *Rasayana*, It is *saptadhatu vardhaka*, *Medhāvardhaka*, *Kantikaraka*, *Ojovrddhi*.

Used in *Shwasa*, *Kasa*, *Trishna*, *Mutrakrichha*, *Raktapitta*¹⁰. 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)¹¹.

WHY TIKTAKSHEERABASTI IN ASTHIPRADOSHJAVYADHI?

Asthi is the hardest *Dhatu* in the body with dominance of *Prithvi*, *Akasha* and *VayuMahabhuta*. 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 *Ghritha*. *Tikta Rasa* has a *Khara* property, having dominance of *Vayu* and *AkashaMahabhuta*.

VataDosa though has an *AsrayaAsrayee* relationship with *Asthi*⁸ but unlike that of *Pitta* and *Kapha*. The provocation of *Vata* will result into *AsthiDhatu Kshaya*. *Basti* is the chief treatment explained for *VataDosh* 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 *VataDosh* also which is the mainstay of the treatment. *Basti* is the treatment advised for *VataDosh*, because it ameliorate the *Vata* from its *Mulasthan* of *pakwashaya*¹² 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, shoulya, 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 *vatavardhakanidanas*, *Srotopradushakanidanas* 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 *Basti* prepared 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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