

THE STUDY OF EFFICACY OF DWIPANCHMULADI TAILA BASTI IN AMAVATA

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ABSTRACT

Vata dosha plays a central role in the disease process. *Vata* aggravating factors are on increase in this modern era. The lifestyle of mankind has changed drastically. While people seem to have become busier, life has become easier due to numerable gadgets and devices available; this has changed the eating habits. These faulty eating habits have given rise to *Agnimandya* (indigestion) further leading to *Ama*. This *Ama* carried by vitiated *Vata dosha* forms the disease like *Amavata*. By managing *Vatadosha* we can gain the control of the disease process before it goes into its migratory phase. *Basti* is the specific treatment of *Vata dosha* predominant diseases. By previous work done, it is proved that *Vaitarana Basti* is effective in *Amavata*. In this study *Dwipanchmuladi Taila Basti* has given in the form of Crossover Study.

Key words: *Amavata, Vaitarana Basti, Dwipanchmuladi Taila Basti.*

INTRODUCTION

According to Ayurveda, the living body is composed of *Vata, pitta, Kapha*. *Vata dosha* plays a central role in the disease process. *Vata dosha* aggravating factors are increase in this modern era. Due to increased health awareness in the society, majority of people are trying different types of exercise without considering ones *Prakruti*, such as weight lifting, aerobics etc. night meals, fast food, spicy food as well as vehicle driving acts as causative factors of vitiating *Vata dosha*.

In today's modern era, the lifestyle of mankind has changed drastically. While people seem to have become busier, life has become easier due to the numerable gadgets and devices available. This has unknowingly changed the eating habits.

Over eating of hot spicy food, mutually opposite food like *vadapav, misal pav*, Non-veg food has increased. Also consumption of tea, coffee, cold drinks have replaced easily assimilated natural fruits and cereals.

Eating in hurry, immediately physical exertion after taking food, having cold food carried in lunch boxes with impure water and improper sanitation gives rise to *Agnimandya* (indigestion) which further leading to *Ama*^[1]. This *Ama* carried by vitiated *Vata dosha* forms the site of origin to the deeper tissue, where it creates pathology for diseases like *Amavata*^[2].

By managing *Vata dosha* we can gain the control of the disease process before it goes into its migratory phase.

Basti, one of the *Panchakarma* procedure is supposed to be the specific treatment of *Vatadosha* predominant disease^[3]. *Vata dosha* is responsible for maintaining the homeostasis in the body. *Basti* is the principal treatment for such an important factor. Hence *Basti* is said to be the half of whole treatment and sometimes complete treatment^[4]. Hence *Basti* being an important karma gives immediate relief in *Amavata*.

By previous work done, it is proved that *Vaitarana Basti* is effective in *Amavata*^[5]. In this study *Dwipanchmuladi Taila Basti* has given in the form of Crossover Study^[6]. That means in the first series *Dwipanchmuladi Taila Basti* has given first and *Vaitarana Basti* was performed after washout period. In the second series *Vaitarana basti* has given first and *Dwipanchmuladi Taila Basti* was performed after washout period.

AIMS AND OBJECTIVES:

1. To assess the efficacy of *Dwipanchmuladi Taila Basti* in *Amavata*.

2. To compare the effect of *Dwipanchmuladi Taila Basti* with *Vaitarana Basti* in *Amavata* by Cross over study.

MATERIALS AND METHODS:

A. Study Design: Cross Over Study with *Dwipanchmuladi Taila Basti* with *Vaitarana Basti* in patients having *Amavata*.

B. Selection of Patients: Total 30 patients were selected irrespective of age, sex, *prakruti* etc.

Inclusion Criteria:

Patients have textual signs and symptoms of *Amavata*.

Age group 10 to 60 years.

Exclusion Criteria:

The diseases described as *BastiAnarha*.

Other joint deformities which are not related to *Amavata* such as *Sandhigatavata*, *Vatarakta*, *kroshtukshirsha*, T.B. of joint, ca of joint.

C. Criteria For Assessment:

Change in severity index.

Changes in sign and symptom.

Pain assessed by Oxford Pain Chart.

D. Methodology:

Subject fulfilling the inclusion criteria were selected and divided in two groups-

Group A- 15 patients – *Dwipanchmuladi Taila Basti*

Group B- 15 patients – *Vaitarana Basti*

Considering wash out period i.e. *Aushadhiparihar kala* 14 days (Decided to stop all medicines and *Basti* in above period.)

After 14 days i.e. washout period,

Group A- 15 patients – *Vaitarana Basti*

Group B- 15 patients – *Dwipanchmuladi Taila Basti*

Dose: 120 ml per day

Duration: For each group 7 days.

Drug Preparation:

The drug prepared is *Dwipanchmuladi Tail*. It was prepared by *Snehasiddhi kalpana*. For this oil preparation, herbs/medicine, oil and water were taken in ratio of 1:4:16 respectively. It was boiled till *Snehasiddhi lakshana* appeared.

RESULTS AND OBSERVATION:

Total 30 patients were registered and studied in this project.

15 patients were taken in group A and 15 patients were taken in group B.

The treatment to the patients of *Amavata* was given for 28 days in two series by observing all the rules of *Basti*.

The Visual Analog Scale was applied before and after treatment to analyze the results. The scores of each symptom were analyzed in a patient before and after the treatment. These scores were used for the statistical analysis and the mean of each observation and percentage of difference between two observations (i.e. before and after treatment) were calculated.

The percentage is as follows:

FOR GROUP A

1. Out of 8 symptoms, best results were observed in the following symptoms.

- a) Angagaurav-83.33%
- b) Sandhishotha-72.22%

2. Better results were observed in the following symptoms.

- a) Agnimandya-68.89%
- b) Alasya-68.33%
- c) Aruchi-55.56%

3. Good results were observed in the following symptoms.

- a) Sandhishoola-47.78%

b) Trishna-41.67%

c) Jvara- 41.67%

4) The average percentage of relief in group A is about 59.93%

FOR GROUP B

1. Out of 8 symptoms, best results were observed in the following symptoms,

- a) Alasya-71.11%
- b) Sandhishotha-70.56%

2. Better results were observed in the following symptoms.

- a) Angagaurav-65.00%
- b) Sandhishoola-53.33%
- c) Agnimandya-53.33%

3. Good results were observed in the following symptoms.

- a) Aruchi-47.78%
- b) Jvara-28.33%
- c) Trishna-26.67%

4) The average percentage of relief in group B is about 52.01%

By comparing the average result of group A and B, it has been found that percentage of relief in group A is better than group B. So the treatment schedule in group A i.e. *Dwipanchmuladi Tail Basti* followed by *Vaitarana Basti* is effective than *Vaitarana Basti* followed by *Dwipanchmuladi Tail Basti* in group B.

DISCUSSION

In this study, total 36 patients of *Amavata* were registered. Study was carried out on 30 patients. Out of these 15 patients were in Group A and 15 patients were in group B.

Patients in group A were treated with the series as,

Dwipanchmuladi Tail Basti for 7 days (study group)

Then 14 days - washout period and then

Vaitarana Basti for 7 days (control group)

While patients in Group B were treated with the series as, *VaitaranaBasti* for 7 days (control group)

Then 14 days – washout period and then

Dwipanchmuladi Tail Basti for 7 days (study group)

Each patient was observed every day for each sign and symptom.

Note- Importance of crossover study is that, we can cover 30 patients in each group concerning short number of patients. The sign and symptoms of the *Amavata* were main criteria for diagnosis and assessment. Oxford Pain chart and visual analog scale were used for pain assessment to make subjective criteria of the symptoms to objective criteria of the symptoms. The assessment was also carried out before and after treatment to evaluate the total effect of treatment. Results were analyzed statistically by using paired 't' test.

CONCLUSION

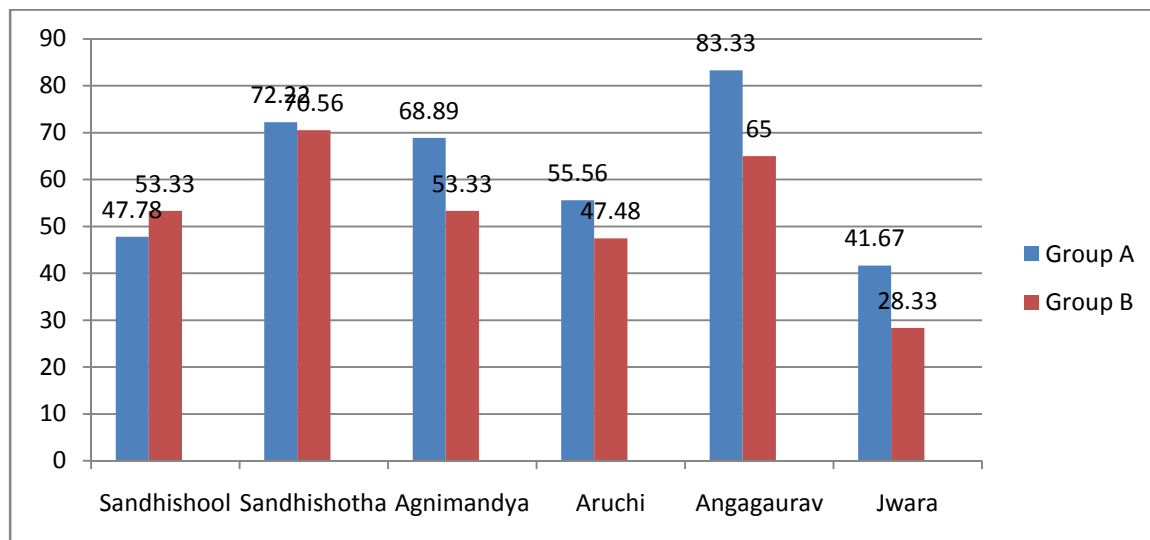
In this study, *Dwipanchmuladi Tail Basti* with *Vaitarana Basti* was given in the patients of *Amavata* in the form of cross over study.

By previous work it is already proved that *Vaitarana Basti* is effective in *Amavata*. In this study, the effect of *Dwipanchmuladi Tail Basti* was found in *Amavata*. So it has been proven that *Dwipanchmuladi Tail Basti* and *Vaitarana Basti* have same efficacy.

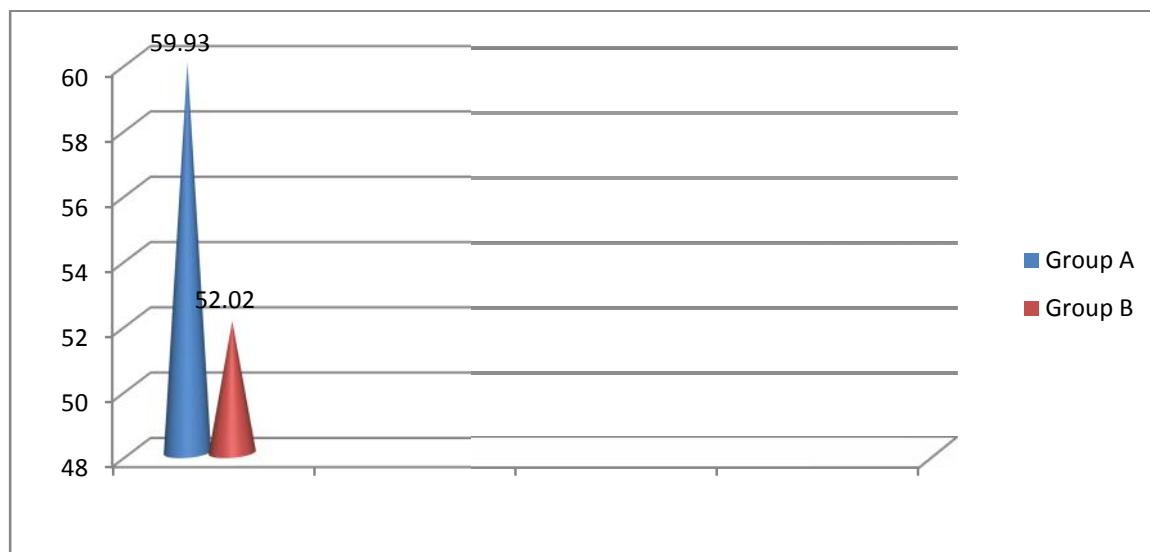
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SYMPTOMWISE AVERAGE PERCENTAGE OF RELIEF IN GR. A & GR. B:



AVERAGE PERCENTAGE OF RELIEF:



Source of Support: Nil

Conflict Of Interest: None Declared

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