

A CLINICAL STUDY OF MADHUTAILIK YAPANA BASTI IN VRUDDHAVASTHA

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ABSTRACT

Ageing is a natural process. *Vatavruddhi* occurs in old age naturally. Old age group goes through many degenerative changes and suffers from various health issues. *Madhutailik Yapana Basti* is a *Basti* which destroys hundreds of diseases, promotes health, prolongs healthy life span, has *Vataghna* properties & can be given in old age people too. **Objective:** To see the effect of *Madhutailik Yapana Basti* in *Vruddhavastha*. **Methods:** For present study 60 individuals of *Vruddhavastha* fulfilling the inclusion criteria were selected. From the characteristics of *Vruddhavastha* explained in Ayurveda, *Bala*, *Utsaha*, *Ayasan Shwasa* & *Vatavruddhi* were taken as assessment criteria. The *Madhutailik Yapana Basti* was given in *Yogbasti* pattern along with *Til Taila Anuvasana* for 8 days. **Result:** Effect of the *Madhutailik Yapana Basti* on symptoms observed in *Vruddhavastha* proved statistically significant ($p < 0.05$.) **Conclusion:** *Madhutailik Yapana Basti* is very effective in *Vruddhavastha* and can provide a way of healthy ageing.

Keywords: *Vruddhavastha*, *Vata*, *Basti*, *Madhutailik Yapana Basti*, Old age

INTRODUCTION

Out of all *Panchakarma* procedures *Basti* is the prime treatment, as it mainly controls and cures vitiated *Vata Dosha* in the body. *Vata* is ultimately responsible for working of all other *Dosha*, *Dhatu* & *Mala*. As *Basti* works on *Vata Dosha* mainly, it is said to be “*Ardhachikitsa*” i.e. half of entire treatment of a disease¹. This highly important *Basti* has two main types *Anuvasana* & *Niruha*². Both *Anuvasana* / *Sneha* & *Niruha* have various subtypes too, on the basis of drugs, method of administration, dosages, uses etc. *Sneha*, *Anuvasana* & *Matra* are types of *Sneha Basti* i.e. *Basti* of oil and is differentiated in three types on the basis of quantity of oil. *Niruha* is also called as

Asthapana Basti as it stabilizes age or delays ageing (*Vayahsthapanam*)³. It is a *Basti* of decoction (*Kwatha*). Different types of *Niruha Basti* have been explained by different *Acharya*. Out of which “*Yapana Basti*” is a special type of *Niruha Basti*. Where “*Yapana*” itself means “*Ayushyakara*”. This type of *Basti* is given specially to boost health, energy and to give healthier life span to a person.

Various types of *Yapana Bastis* are explained in detail in different *Samhita*. Combination of drugs varies in different type of *Yapana Basti*. Many of these types are named on the basis of their content. *Madhutailik Yapana Basti* is one of such type of *Yapana Basti*.

Madhu & Taila are the key ingredient of this *Basti* that's why it is called as "*MADHUTAILIK YAPANA BASTI*"⁴.

Charakacharya says that *Yapana Basti* can be given at any time⁵. Sushruta have explained *Madhutilik Yapana Basti* in *Chikitsasthan*. While praising *Madhutilik yapana Basti* Sushruta mentioned that; this *Yapana Basti* can be given without applying any rule of *Niruha Basti* regarding travelling, celibacy, diet and drinks etc. This *Basti* is highly beneficial and with less or no complications at all. It can even be given to delicate ones like children, females, elders. This *Basti* not only eliminates vitiated *Dosha* but also improves *Bala*, *Varna* and promotes health, as it is said to be *Balya & Ayushyakara*⁶. In detail age classification is given in both Ayurveda & modern science. Age is seen commonly classified into;

Young age (*Balya Avastha*), Middle age (*Madhyam Avastha*), Old age (*Vruddhavastha*)

Acharya Charaka considers *Vruddhavastha* (old age) from 60 to 100yrs of age. He describes that during old age there is diminution of the *Dhatu*s, strength of sense organs, energy, and valor, power of understanding, retention, memorizing, speech and analyzing facts. There is gradual diminution in the qualities of *Dhatu*s and dominance of *Vata* during this age⁷. Discoveries in medical science and increased socioeconomic status in past few decades have increased the life span of a man. For 2010 absolute size of old aged population (above 60 years) was 8% of total population, which is likely to rise up to 19% by 2050⁸. Ageing is a natural process. In the words of Seneca; "Old age is an incurable disease"⁹. This age group is most sensitive group of population. This age group goes through many degenerative changes and suffers from various health issues. This is tiring Physically, Emotionally, Psychologically & socially at times. Health of individuals of this group needs to be specially taken care of. Old age is normal & inevitable biological phenomenon¹⁰. Sir James Sterling Ross Commented that;

"You do not heal old age. You protect it. You promote it. You extend it."¹¹ *Madhutilik Yapana Basti* is

said to be a *Basti* which destroys hundreds of diseases and also promotes health, prolongs healthy life span, it has *Vataghna* properties & can be given in old age people too¹². Thus the present study was carried out to study the effectiveness of *Madhutilik Yapana Basti* in managing *Vruddhavastha*.

AIM - To study the effect of *Madhutilik Yapana Basti* in *Vruddhavastha*.

OBJECTIVES-

1. To study *Basti* in detail.
2. To study *Madhutilik Yapana Basti* in detail.
3. To study the geriatric changes and health issues according to Ayurveda & Modern science.

MATERIALS AND METHODS:

Source of data: A single group before and after self control clinical study was conducted on total 60 no. of individuals fulfilling inclusion criteria, individuals were selected from OPD & IPD of Panchakarma department of C.S.M.S.S. Ayurveda College, Aurangabad.

INCLUSION CRITERIA-

1. Patient between age group of 60-100 years of either sex.
2. Patient willing to trial & giving written consent.

EXCLUSION CRITERIA-

1. Patient below age of 60 years.
2. HIV +ve patients.
3. Patient of uncontrolled DM & Hypertension.
4. Neurological disorders- Epilepsy, strokes, unconscious patients.
5. Major disorders of spine like- pots spine, vertebral fracture.
6. Patient suffering from any malignancy.
7. Patient suffering from critical disorders like- congestive cardiac failure, pulmonary edema, MI.
8. Patient not willing for trial and not giving written consent.

ETHICAL CONSIDERATION-

No objection from the institutional ethics committee was obtained. Informed written consents of patients were taken prior to the initiation of the study.

DRUG & DOSAGES-

TABLE 1: DRUG & DOSAGES

	MADHUTAILIK BASTI	ANUVASANA BASTI
Drug	<i>Madhu, Tail, Saindhav, Erandmool kwath, Shatpushpa, Madanphal.</i>	<i>Til Tail</i>
Matra	480ml approx.	120ml
Kal	<i>Abhukta</i>	<i>Bhojanottar</i>
Pratyagaman Kal	<i>1 Muhurta (48 min.)</i>	<i>3 Yama (9 hrs.)</i>
Route	Anal route	Anal route

PHASE OF TRIAL:-

DIAGNOSTIC PHASE., INTERVENTION PHASE., ASSESSMENT PHASE.

1. DIAGNOSTIC PHASE- Individuals were selected on the basis of *Vruddhavastha Lakshana* as per *Sushrut Samhita Sutrasthan*. Criteria adopted for present study was as under-*Bala, Utsaha, Aayasen Shwasa, Vatavruddhi*.

2. INTERVENTION PHASE- After selection of individuals the study was intervened by the *Madhutailik Yapana Basti* for the duration of 8 days.

3. ASSESSMENT PHASE- The effect of *Madhutailik Yapana Basti* was assessed on the basis of clinical signs and symptoms as well as grading system and overall study.

TABLE 2: PLAN OF WORK

SR.NO	TREATMENT	DURATION
1	<i>Anuvasana Basti</i>	1 st Day
2	<i>Madhutailik Yapana Basti</i>	2 nd Day
3	<i>Anuvasana Basti</i>	3 rd Day
4	<i>Madhutailik Yapana Basti</i>	4 th Day
5	<i>Anuvasana Basti</i>	5 th Day
6	<i>Madhutailik Yapana Basti</i>	6 th Day
7	<i>Anuvasana Basti</i>	7 th Day
8	<i>Anuvasana Basti</i>	8 th Day

DURATION-8 DAYS

FOLLOW UP-0th (baseline), 8th Day, 24th Day (Completion of *Parihara Kala*)

ASSESSMENT CRITERIA: Out of all criteria's, *Bala* was taken as a whole physical strength individu-

al can feel he has in his daily activities & routine & *Utsaha* was taken as an energy an individual has. Individual included in the study were asked to score their *Bala & Utsaha* on VAS and the gradations were decided.

Table 3: Assessment criteria

Parameter	Findings	Scoring
1. BALA (Strength)- by VAS SCALE	Poor strength(0 score)	0
	Fair strength(1-3 score)	1
	Moderate strength(4-6 score)	2
	Normal strength(7-10 score)	3
2. UTSAHA (Energy)- by VAS SCALE	Poor energy (0 score)	0
	Fair energy(1-3 score)	1
	Moderate energy (4-6 score)	2
	Normal energy (7-10 score)	3
3. AAYASEN SHWASA (Shortness of breath)-	No signs of Aayasen Shwasa.	0

	Aayasen Shwasa & speak complete sentences during shortness of breath.	1
	Aayasen Shwasa & speak in phrases/Partial sentences during shortness of breath.	2
	Aayasen Shwasa & hardly speak in single word during shortness of breath.	3
4. VATAVRUDDHI (As mentioned in <i>Ashtang Hridaya Sutrasthan</i> 11/6. <i>Ushnakamitva, Kampa, Anaha, Malavshambha, Balahani, Nidrahani</i> these 6 symptoms of <i>vatavrudhi</i> were studied.)	No symptom present.	0
	1-2 symptoms present.	1
	3-4 symptoms present.	2
	5-6 symptoms present.	3

OBSERVATIONS

60 patients completed the full course of treatment. Maximum number of patients i.e. 36 belonged to the age group of 60-70yrs, followed by 23 patients in the age group of 70-80yrs and only 1 patient was observed in age group of 80-90yrs. None was of 90-100yrs of age. It shows that there are more health complications with increasing age. Unwillingness and unfitnes for the study are also the reason for lack of more patients from higher age group. Individuals between 60 to 70 years had lesser degree of symptoms than that of individuals from higher age groups indicates that *Bala*, *Utsaha* deteriorates with increasing age generally and *Vatavrudhi* is also more. In the age group of 60-100 yrs, younger ones showed more & early improvement. It was observed that *Basti Dharan Kala* in initial *Basti*'s was less than that of *Basti*

Dharan Kala in *Basti*'s of later half of the treatment. *Agni Deepana* was observed in progression of the treatment. *Twak Rukshata* decreased gradually with the progression of treatment. Individuals involved in the study also reported the feeling of lightness and *Vruddhi* in *Ruchi* even at the end of *Parihara Kala*. Non addicted people showed better & early results than addicted ones. This shows the contribution of addictions in process of ageing. An addiction such as alcohol, tobacco & smoking speeds up ageing process and certainly it's not a provider of healthy ageing.

RESULTS

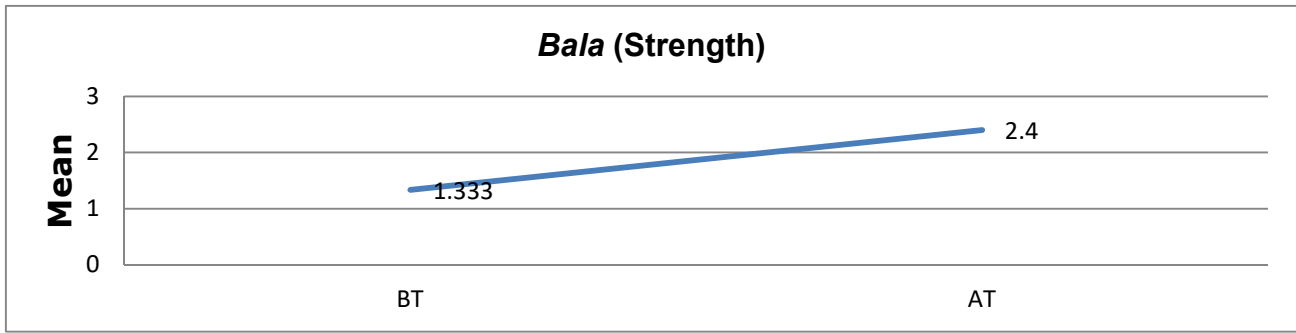
All the values in following table are calculated by using Wilcoxon Sign Rank Test for subjective criteria. Statistical analysis of every symptom is described in the following table.

Table 4: Statistical Analysis of every criterion

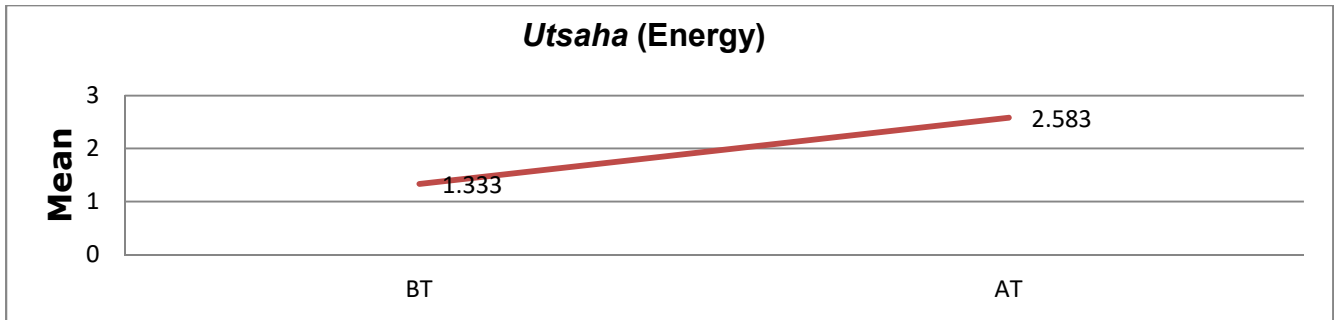
Symptom	<i>Bala</i> (Strength)	<i>Utsaha</i> (Energy)	<i>Aayasen Shwasa</i> (Shortness of Breath)	<i>Vatavrudhi</i>
Mean Score, B.T.	1.333	1.333	1.033	2.317
Mean Score, A.T.	2.4	2.583	0.533	0.367
S.D. (±), B.T.	0.876	0.876	1.057	0.624
S.D. (±), A.T.	0.806	0.72	0.791	0.639
S.E. (±), B.T.	0.113	0.113	0.136	0.08
S.E. (±), A.T.	0.104	0.092	0.102	0.082
W	-1378	-1400	465	1711
Z	-6.27	-6.19	-4.78	-6.62
P	P<0.05	P<0.05	P<0.05	P<0.05
Result	Significant	Significant	Significant	Significant

As the p value is lower than the significance level alpha = 0.05, we should reject the null hypothesis H₀ and accept the alternate hypothesis H_a for every criteria.

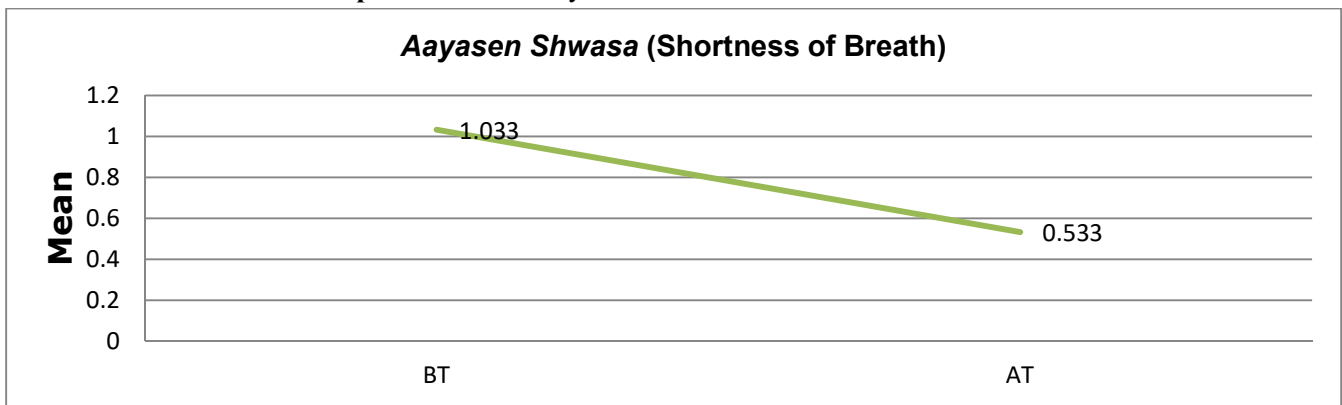
Graph 1: Mean of *Bala* before & After Treatment



Graph 2: Mean of *Utsaha* before & After Treatment



Graph 3: Mean of *Aayasen Shwasa* before & After Treatment



Graph 4: Mean of *Vatavruddhi* before & After Treatment

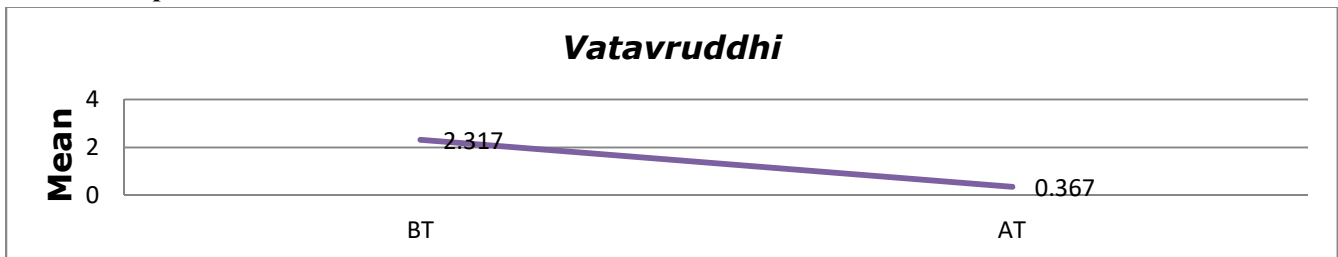


TABLE 5 - Z Test Result

Symptom	Mean score difference	SD	SE	Z value
Bala (Strength)	-1.067	0.634	0.081	13.03
Utsaha (Energy)	-1.25	0.75	0.096	12.90
Ayassen Shwasa (Shortness of Breath)	0.5	0.504	0.065	7.68
Vatavruddhi	1.95	0.669	0.09	21.6

Z value is greater than 1.96 (tabulated value at 0.05) for *Bala*, *Utsaha*, *Ayassen Shwasa* and *Vatavruddhi*, we should reject the null hypothesis H_0 and accept the alternate hypothesis H_a , i.e. the effect of treatment on all symptoms of *Madhutailik Yapana Basti* in *Vruddhavastha* is statistically significant. Effect of the *Madhutailik Yapana Basti* on symptoms observed in *Vruddhavastha* is statistically proved to be significant.

DISCUSSION

There is *Vata* predominance in *Vruddhavastha* & *Basti* is a prime Panchakarma therapy for *Vata Dosha*. *Pakwashaya* is a *Mulsthana* of *Vayu* which is main element of the body & root cause of every disease. *Basti* balances *Vayu* & hence treats many diseases. *Basti* not only regulate & co-ordinate *Vata Dosha* in its site but also balances other *Doshas*. Charaka & Vagbhata have described *Basti* as an *Ardha Chikitsa*. *Yapana Basti* prolongs the life & restores the health. *Madhutailika Yapana Basti* is a *Basti* which can be administered in old aged people. It removes *Dosha*, increases strength and complexion. This *Basti* is a safe *Basti* as it has no or less complications and multiple benefits.

Madhutailik Yapana Basti by its effects of *Brimhana*, *Dipana*, *Bala-Varna Kara* & *Rasayana* increases *Bala* & *Utsaha*, replenishes *Dhatu*s by acting on *Dhatuhani*, and pacifies *Vata Dosha* and *Rasayana Karma* acts on overall degenerative changes of *Vruddhavastha*. Contents of *Madhutailik Yapana Basti* have some specific properties that enhance its effect in *Vruddhavastha*. *Madhu* & *Taila* are two main ingredients of *Madhutailika Yapana Basti*. *Madhu* is “*Saukumaryakaram*”, which is exactly opposite of *Vruddhavastha*. By this property it acts very well in minimizing and slowing down the characteristic changes of *Vruddhavastha*. It has the *Roghara* proper-

ty against *Shwas* & *Vidgraha*, which are dominant issues of *Vruddhavastha*. *Til Taila*, another main ingredient of *Madhutailik Yapana Basti* is mainly *Vatashamaka* which breaks the process of *Vatavruddhi* and pacifies the increased *Vatadosha*. One of the main properties of *Tila Taila* is its *Balya* in nature, which restores the *Balhanai* of *Vruddhavastha*. It also does *Deepana* hence very effective in *Vruddhavastha* as there is a generally *Agnimandya* in this stage of life. By its property of *Snehana* it increases *Bala*, *Utsaha* & pacification of *Vata Dosha*. *Rasayana* property of *Taila* restores *Dhatukshaya* and other degenerative changes of *Vruddhavastha*. Other contents are all mainly *Vatashamaka* in *Doshghnata*, hence gives relief in *Vatavruddhi*. *Erandmoola* acts by the property of *Vayasthapana*. *Shatpushpa* does the *Vatanulomana* and it is *Snigdha* hence acts against the *Vatavruddhi* of *Vruddhavastha*. *Madanphala* is said to be *Sarvagadvirodhi*, also does the *Vatanulomana* & it is *Shwashara*. *Saindhava* also does *Deepana*, *Pachana* and it is *Tridoshghna*. Briefly stating, main ingredients of *Madhutailik Yapana Basti* are *Madhu* & *Taila* and these two are *Sukumaryakaram* & *Balya*, *Vatashamaka*, *Snigdha*, *Rasayana* respectively. Other drugs in the *Basti* are all *Vatashamaka* and have properties like *Vayasthapana*, *Vatanulomana*, *Deepana*, *Pachana*, *Shwashara*. Due to these properties *Madhutailik Yapana Basti* acts very well in *Vatavruddhi*, *Ayassen Shwasa*, *Balahani* & *Utsahahani* by doing *Vatashamana*, increasing *Bala* & *Utsaha* and decreasing *Ayassen Shwasa* and provides significant results in *Vruddhavastha*.

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CONCLUSION

Characteristics of *Vruddhavastha* i.e. *Balhani*, *Utshahahani*, *Ayassen Shwas* & *Vatavruddhi* increases with increasing age. *Madhutilik Yapana Basti* gives early & better results in younger individuals of *Vruddhavastha*. Individuals of age group of 60-70 years shows early & better results than & individuals in age group of 70-80 years and so on. *Madhutilik Yapana Basti* increases *Bala* & *Utshaha* in individuals of *Vruddhavastha* gradually as the treatment progresses. It provides better relief in *Ayassen Shwas* in the younger individuals and those with some precipitated causes like smoking or alcohol addictions of *Vruddhavastha*. It can be concluded that, *Madhutilik Yapana Basti* is very effective in *Vruddhavastha* and can provide a way of healthy ageing to aged people. No any adverse effects were found during or after treatment. Further study can be done in more number of patients & for longer duration to procure much sharper results.

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