

## CONCEPTUAL STUDY OF PANCHAPRASRUTIKA BASTI IN SARVANGAGATA KUPITA VATA LAKSHANAS

Kukreti Ankita<sup>1</sup>, Vedpathak Surendra Martand<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. of Panchakarma, College Of Ayurved, Bharati Vidyapeeth Deemed University, Pune, Maharashtra, India

<sup>2</sup>Professor and Head, Dept of Panchakarma, College Of Ayurved, Bharati Vidyapeeth Deemed University, Pune, Maharashtra, India

### ABSTRACT

With changing trends of food and lifestyle there is increasing trends of *Vata Vyadhis*. *Ayurveda* considers aggravated *Vata* as the main contributory factor for many disorders. *Sarvangagatakupitavata* (*Vata* aggravated all over the body) is one such disorder in which there is *Gatrasphurana* (fasciculation), *Bhanjana* (cracking sound), *SarvaSandhigataSphutitaVedana* (multiple joint pain). *Basti* (Medicated enema) is considered best to treat all *Vata Vyadhis*. *PanchaprasrutikaBasti* is although *NiruhaBasti* (decoction enema) but it is indicated in *CarakaSamhita* that it has *Brimhana* (nourishing) effect as well. The ingredients of *PanchaprasrutikaBasti* are *Godugdha* (Cow Milk), *Madhu* (Honey), *TilaTaila* (Seassum oil), *Go-ghrita* (Cow Ghee). Majority of Ingredient are having *Madhur Rasa*, *Madhur Vipaka* which provides *Brimhana* of *AsthiMajjaDhatu* and *SnigdhaGuna* which helps in *Vatahara*. *Basti* is having *Sodhana/Vata anulomana* effect. Ingredients of *PanchaprasrutikaBasti* can be easily available universally. Thus this study is undertaken to study the the role of *PanchaprasrutikaBasti* in *SarvangagataKupitaVata*. Disorders.

**Key Words:** *SarvangagataKupitaVata*, *PanchaprasrutikaBasti*, *Brimhana*, *Sodhana*

### INTRODUCTION

Aggravation of *Vayu* gives rise to the contraction, stiffness of joints and pain in the bones as well as joints, horripilation delirium and spasticity of hands back as well as head, lameness of hands and feet and hunch back, atrophy of limbs and insomnia, destruction of foetus semen and menses, twitching sensation and numbness in the body, shrinking of the head, nose, eyes, clavicular region and neck, splitting pain, pricking pain, excruciating pain, convulsions, unconsciousness and prostration and

similar other signs and symptoms<sup>1</sup>. The aggravated *Vayu* produces specific disease because of the specific nature of the causative factors and the seats of manifestation. *Sarvangagatakupitavata* (*Vata* aggravated all over the body) one among various types of aggravation of *Vata*<sup>2</sup>. There is *Gatrasphurana* (fasciculation), *Bhanjana* (cracking sound), *SarvaSandhigataSphutitaVedana* (multiple joint pain).<sup>3</sup> *Basti*

(medicated enema) having major role in eliminating aggravated *VataDosh* is useful for treatment of *SarvangagatakupitaVata* (whole body Aggravated).<sup>4</sup>

With changing trends of food and lifestyle in this 21<sup>st</sup> century there is increasing trends of *VataVyadhis*. There adverse effects of use of various analgesics have made the world to look for alternative therapies. *Basti* is described as the best line of treatment to cure the imbalance of *Vata Dosa*<sup>5</sup>. Simultaneously it is also true that this procedure is equally effective in rectifying the abnormal accumulation of the *Pitta* as well as *Kapha Dosa*<sup>6</sup>. As the *VataDosa* has predominant role in the pathogenesis of any disease and this *VataDosa* alone is capable of mobilizing pathological accumulation of the *Dosa* from the *Saakha* (periphery) into the *Kostha* (abdomen) from where it is eliminated. *Basti* having major role in eliminating aggravated *VataDosa* is useful for treatment of *SarvangagatakupitaVata*. Ingredients of *PanchaprasrutikaBasti* can be easily available universally. Thus this study is undertaken to study the the role of *PanchaprasrutikaBasti* in *SarvangagataKupitaVataLakshanas*.

#### Aim & objectives

- To study the role of *PanchaprasrutikaBasti* in *SarvangagataKupitaVata*.
- To study in detail about the *Lakshanas* (Symptoms) of *SarvangagataKupitaVata* form various *Samhitas*
- To study in detail about *PanchaprasrutikaBasti*.
- To study the *Brimhana* (nourishing) effect of *PanchaprasrutikaBasti*.

#### MATERIALS & METHODS

- All the references regarding *SarvangagataKupitaVata* and *Pancha-*

*prasrutikaBasti* are collected from *BruhatTrayi* and *LaghuTrayi* and various textbooks and compilation is done.

- Concept of *Basti*, *SarvangagataKupitaVata* and *PanchaprasrutikaBasti* is studied in detail.
- Collection of all the references is done and correlation between the data is done logically i.e. by using *YuktiPramana* (logical inferences).

#### Disease Review

**Nidana** (Etiology): According to *AcharyaCharakaVayu* gets aggravated by intake of unctuous, cold, scanty, light food, excessive sexual indulgence, lack of night sleep, inappropriate therapeutic measures, administration of therapies which cause excessive elimination of *Dosas* and blood, *Langhan* (fasting), swimming in excess, resorting to wayfaring, exercise and other physical activities in excess, loss of *Dhatu*s, excessive emaciation because of worry grief and affliction by disease, sleeping over uncomfortable beds and seats, anger, sleep during day time, fear and suppression of natural urges, formation of *Aama* suffering from trauma, abstinence from food, injuries to *Marmas* (vital points) and riding over elephant, camel, horse or fast moving vehicles and falling down from the seats on these animals and vehicles<sup>7</sup>.

**Purvaroop** (Premonitory signs): There are no premonitory symptoms of *SarvangagataKupitaVata* mentioned in *Samhitas*<sup>8</sup> (Classical Texts).

**Rupa** (Symptoms): *Gatrasphurana* (fasciculation), *Bhanjana* (cracking sound), *SarvaSandhigataSphutitaVedana* (multiple joint pain), are mentioned in *CharakSamhita*, *Bhavaprakasha*<sup>9</sup>, *Madhav Nidana*<sup>10</sup>, *Yogratnakara*<sup>11</sup>. *Stambhana* (stiffness), *Akshepana* (convulsions), *Swapa* (loss of sensa-

tion), *Shula*(pain), *Shohta*(swelling), are mentioned in *Susruta Samhita*<sup>12</sup>, *Gatrasphurana*, *Bhanjana*, *Stambhana*, *Akshepana*, *Swapa*, *Shula*, *sandhyakunchana*(flexion) and *kampan* (shaking/shivering) are mentioned in *Astangahridaya*<sup>13</sup> and *Astangasamgraha*<sup>14</sup>.

**Samprapti** (Pathogenesis): Various etiological factors causes *Vatavitiation* and vitiation of *Vata* occurs in different parts of body gives rise to different diseases. When vitiation of *Vata* occurs in whole body then the *sarvangagatakupitavatalakshanas* appear.

### **Basti Review**

*Basti* being is the most widely used and highly effective treatment modality in *Panchakarma*. Though *Basti* is mentioned in vitiation of all the *Vata*, *Pitta*, *Kapha*, *Rakta Doshika*<sup>15</sup>. It is specially indicated for *Vatikadiseases*. *Acharyacharak* states *Basti* 1<sup>st</sup> act on *Pakawashaya*, and keep the *vata* in *samavastha*(equilibrium) It produce *chedana of vata*. So all the *vatavikaras* will be diminished just like the tree which is cut by its root loses the extremities, stem, *shakha*(branches), *kanda*, *pushpa*(flowers)<sup>16</sup>. According to *Chakrapani* The correctly given *Basti* will stay in the *pakawashaya*(colon), *shroni*, *nabhi* and *adhobhaga*(lower part of body). *Bastidravya* will reach the entire srotasa (Channels) in view of its *veerya*(potency) and produce *shamanadi karmas* (alleviating action). After the administration of *Basti*, it will come out, but it does *shodhana of mala*. It comes out due to the effect of *apanavayu*. It also causes *shodhana of doshas* from *pada to the Shiras*.

### **Panchaprasrutik Basti Review**

The *panchaprasrutika Basti* having ingredients *Godugdha* 2 *Prasrata*(Cow Milk: 192

ml), *Madhu* 1 *Prasrata*(Honey: 96 ml), *Tila-Taila* 1 *Prasrata*(Seassum oil: 96ml), *Go-ghrita* 1 *Prasrata*(Cow Ghee: 96ml)<sup>17</sup>. Majority of Ingredient are having *Madhur-Rasamadhurvipaka* which provides *Brimhana*(nourishment), *Snigdha Guna* helps in *Vatahara*.<sup>19</sup> *Basti* is having *Vatahara* and *Brimhana* effect is beneficial in *Sarvangagatakupitavata*.

### **DISCUSSION**

According to *Acharya Charaka* the aggravated *Vayu* while filling up the channels of circulation which are empty or have become weak in quality because of the lack of the unctuousness, produces different kinds of ailments affecting the whole body or a part there of. *Basti* is considered as the best therapy in *sarvangagatakupitavatalakshanas*. In *sarvangagatakupitavatalakshanas* *Brimhanatype of Basti* is most beneficial. *Godugdha* and *Go-ghrita* have similar *Madhur Rasa* and *Sheet Virya* hence it has *Brimhana* effect. *Tila Taila* (oil) having *Ushna Virya* and *Snigdha Guna* helps in *Vata Shamana*. *Taila* is considered best for *Vata Shamana* as it alleviates *Gatrasphurana* in *sarvangagata Kupita Vata*. *Sneha Dravya Tail* and *Ghruta* have *Brimhana* properties and helps to prevent *Bhanjana*. *Sneha Dravya Taila* also has the property to treat *Sandhi Sphutana*. *Madhu* is *Yogavahi* and according to *Acharya Sushruta* it has the property of *Tri-dosh Shamana*. *Panchaprasrutika Basti* is *Sulahara* (relieves pain) and *Sothahara* (relieves swelling). Due to *Brimhana* properties of *Taila Dhatuksya Janya vatavridhi* is treated and due to *shodhana/Vatanuloman*. (Removes

Vata from Pakvashaya, kati, Asthi). Thus Panchaprasrutika Basti helps in Samprapti Bhanga (breaking pathogenesis) of sarvangagata kupita vata.

## CONCLUSION

1. Panchaprasrutika Basti is having Brimha-na effect.
2. Panchaprasrutika Basti can provide significant results in Sarvangagata Kupita Vata Lakshans.
3. Thus Panchaprasrutika Basti can be effectively used in the management of Sarvangagata Kupita Vata.

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**CORRESPONDING AUTHOR**

**Dr. Kukreti Ankita**

PG Scholar, Dept. of Panchakarma,  
College Of Ayurved,  
Bharati Vidyapeeth Deemed University,  
**Email-** kukreti.ankita@gmail.com

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