

SPECULATIVE ROLE OF VALLITARVADI GUTIKA ALONG WITH MATRA BASTI IN THE MANAGEMENT OF SANDHIVATA (OSTEOARTHRITIS): A REVIEW

[Jitendra Bhalse¹](#), [Shwetal Shivhare²](#), [Meenu Mishra³](#), [Mukesh Kumar Sagar⁴](#)

¹PG Scholar ²Reader ³PG Scholar

PG Department of Kayachikitsa

⁴PG Scholar

PG Department of Panchakarma

Pt. Khushilal Sharma Government (Autonomous) Ayurveda College & Institute, Bhopal (MP), India.

Corresponding Author: drjitendrabhalse@gmail.com

<https://doi.org/10.46607/iamj2310062022>

(Published Online: June 2022)

Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 24/05//2022 - **Peer Reviewed:** 31/05/2022 - **Accepted for Publication:** 08/06/2022

**ABSTRACT**

Ayurveda is one of the most antique systems of medicine in the world. As per *Ayurveda* classics, *Sandhivata* is much similar to Osteoarthritis. *Vata* is dominant among the three *Doshas*. *Acharya Charaka* described the synonyms of *Vata* are ‘*Vayustantrayantradhara*’ *Yama*, *Niyanta*, *Doshanshamak*, etc. Osteoarthritis is a degenerative joint disorder; by far the most common form of arthritis and is a major cause of pain and disability in older people. According to WHO osteoarthritis is a long-term chronic degenerative disease characterized by the deterioration of the cartilage in joints which results in bones rubbing together and creating stiffness, pain, and diminished movement. This disease most commonly affects the knee joints, hands, feet, and spine, and is relatively common in hip joints. While OA is related to aging, it is also associated with a variety of both modifiable and non-modifiable risk factors including obesity, lack of exercise, bone density, occupational injury, trauma, and gender. *Basti* is the major procedure in *Panchakarma* therapy among the *Samshodhana* procedures. *Matra Basti* is a type of *Sneha Basti* described by *Acharya Charaka*. It is termed so because the doses of *Sneha* used in it are very less compared to the dose of *Sneha Basti*. *Vallitarvadi Gutika* contains *Shaal*, *Pippalimool*, *Shunthi*, *Kooth*, *Guduchi*, *Devdaru*, and *Rasna*. All these drugs comprise mainly *Snigdha*, *Guru Guna*, *Ushna Virya*, *Vatashamaka*, *Ve-*

danasthapak, Shothahar, Deepana, Pachana, and Rasayan properties. The pharmacological study also shows that it possesses anti-inflammatory, anti-arthritic, and analgesic properties.

Keywords: Ayurveda, Sandhivata, Osteoarthritis, Matra Basti

INTRODUCTION

Sandhivata is described under *Vatavyadhi* in all the *Samhita* and *Sangraha Grantha*. In *Vridhdhavastha*, all *Dhatus* undergo *Kshya* Condition, thus leading to *Vataprakopa* and making individuals prone to many diseases. Among them, *Sandhivata* stands top of the list.

Acharya Charaka has described separately as *Sandhivata* is much more similar to osteoarthritis. Osteoarthritis (OA) is the most common form of arthritis in the world. The disease Osteoarthritis may be regarded as a reward for durability. It seems the man has paid worth for standing on hind limbs in form of osteoarthritis of weight-bearing joints of the body. Osteoarthritis is the most common articular disorder that instigates asymptotically in the 2nd and 3rd decades and is extremely common by age of 70. Almost all persons by age 40 have some pathologic change in their weight-bearing joint. 25% of females and 16% of males have symptomatic osteoarthritis. *Ayurveda* has some unique therapies to treat diseases like osteoarthritis. *Panchakarma* therapy is one of them, which is a very important therapy. Among five *Karmas* of *Panchakarma*, *Basti* is specially indicated for *Vatik* disorders.

Need Of Study

The disease OA is more prevalent in females (31.6%) than in males (28.1%), nearly 45% of women over the age of 65 years have symptoms, while 70% of there over 65 years show radiological evidence of osteoarthritis. According to WHO 9.6% of men and 18.0% of women ages over 60 years have symptomatic osteoarthritis worldwide. 80% of those with osteoarthritis have restrictions in movement and 25% cannot perform their major daily activities of life. In the present scenario, there is a lack of satisfactory regimens in modern medicine. There is various type of anti-inflammatory, analgesic, and steroidal drugs available but are having their side effects, such as peptic ulcer,

skin rashes, dizziness, GI disturbance, renal disease, etc. This hypothetical study has been claimed to find out effective and safe management of osteoarthritis. In today's time, there is a need for reviewing the role of *Vallitarvadi Gutika* along with *Matra Basti* in the management of *Sandhivata* (osteoarthritis).

Review Of Literature

The detailed description of the disease has been mentioned in Ayurvedic texts like *Charaka Samhita*, *Gada Nigraha*, *Ashtang Hridayam*, *Ashtang Samgraha*, and *Madhava Nidana*, *Sushruta Samhita*, etc. Medicine manuscripts will be compiled in this study., internet, authentic medical research journals and

Aim And Objectives

1. To describe the mode of action of *Vallitarvadi Gutika* along with *Matra Basti* in the management of *Sandhivata* (osteoarthritis).
2. To find out safe and cost-effective management for *Sandhivata* (osteoarthritis).

Materials And Methods

Patients fulfilling the criteria of diagnosis and criteria for inclusion for the present study will be randomly selected from the OPD and IPD of Pt. Khushilal Sharma Govt. Ayurveda Hospital Bhopal. The drugs required for the clinical study will be procured and prepared in the department of *Rasshastra* and *Bhaishajya Kalpana* of Pt. Khushilal Sharma Govt. (Auto) Ayurveda College and Institute, Bhopal. The patients will be thoroughly questioned based on a detailed clinical proforma as advised in the designed criteria.

Method Of Administration

Vallitarvadi Gutika (250mg) 2 BD with lukewarm water along with *Matra Basti* (*Narayan Tail* 60ml.)

Dose- 2 Tablets BD

Duration- 30 days

Matra Basti- 21 days,

Follow up - 15 day& 30 day

Drug Review

Table 1: Vallitarvadi Gutika (Gadnigrah Vatrogadhikar 19/201)

S. No.	Drug	Botanical/ English Name	Quantity
1	Vallitaru (Shaal)	Shorea robusta	1 Part
2	Pipramool	Piper longum	1 Part
3	Shunthi	Zingiber officinale	1 Part
4	Kooth	Saussurea lappa	1 Part
5	Guduchi	Tinospora cordifolia	1 Part
6	Devdaru	Cedrus deodara	1 Part
7	Rasna	Pluchea lanceolate	1 Part
8	Sendhav Lavan	Rock salt	1 Part
9	Gud	Jaggery	2 Part

Table 2: Rasapanchaka of Vallitarvadi Gutika

S. No.	Drug	Guna	Rasa	Vipaka	Virya	Dosha Karma
1.	Vallitaru (Shaal)	Ushna	Kashaya, Madhur	Madhura	Sheeta	Shothahar, Vedanasthapan
2.	Pippamool	Laghu,	Katu	Katu	Ushna	Shoolprashman, Tridoshashamaka
3.	Shunthi	Ushna, Tikshna, Guru	Katu	Madhura	Ushna	Shoolprashman
4.	Kooth	Laghu, Tikshna	Tikta, Katu, Madhura	Katu	Ushna	Vedanahar
5.	Guduchi	Snigdha, Guru	Kashaya, Tikta	Madhura	Ushna	Tridoshahar
6.	Devdaru	Laghu, Snigdha	Tikta	Katu	Ushna	Shothahar, Vedanasthapan
7.	Rasna	Guru	Tikta	Katu	Sheeta	Vedanahar

DISCUSSION

Vallitarvadi Gutika contains Shaal, Pippalimool, Shunthi, Kooth, Guduchi, Devdaru, and Rasna. All these drugs comprise mainly Snigdha, Guru Guna, Ushna Virya, Vatashamaka, Vedanasthapak, Shothahar, Deepana, Pachana, and Rasayan properties. The pharmacological study also shows that it possesses anti-inflammatory, anti-arthritic, and analgesic properties. Matra Basti of Narayan Taila possesses mainly Narayan and Tila Taila. These drugs comprise Snigdha Guna, Ushna Virya, Vatakaphanashak, Balya, and Rasayan properties, thus providing a significant effect on symptoms of Sandhivata. It also possesses anti-inflammatory and anti-arthritic properties.

CONCLUSION

The treatment of Sandhivata is mainly done by reducing the alleviated Vata Doahas and increasing the Shleshaka Kapha in joints so that movement of joints can be increased. Vallitarvadi Gutika comprises mainly Snigdha, Guru Guna, Ushna Virya, Vatashamaka, Vedanasthapak, Shothahar, Deepana, Pachana, and Rasayan properties. The pharmacological study also shows that it possesses anti-inflammatory, anti-arthritic, and analgesic properties. Basti Karma deals with the Historical aspect, Etymology, Definition, and classification of Basti and particularly Matra Basti along with its Indications, Contra-indications, Pathya-Apathya, Action, Dose, Retention, Samyaka Yoga Lakshana, and Complications of Sneha Basti.

REFERENCE

1. Chrak Samhita of agnivesa volume-2 edited by Dr. Brahmanand Tripathi Chaukhamba surbharti Prakashan Varansi1998 (Ch. Chi. 28/37)
2. Gada Nigrah.
3. Susruta Samhita, Ayurved Tatva Sandepika commentary, edited by Kaviraj Dr. Ambikadatta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, Fourteenth Edition: 2003, Sutra Nidan 1/28-29 and sutra chi 4/8.
4. Davidson's Principles and practice of medicine, Edited by Stuart H. Ralston, Ian D Penman, Mark W.J. Strachan, Richard P Hobson 23rdEdition Part 2 chapter no 2

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Jitendra Bhalse et al: Speculative Role of Vallitarvadi Gutika Along with Matra Basti In The Management Of Sandhivata (Osteoarthritis): A Review International Ayurvedic Medical Journal {online} 2022 {cited June 2022} Available from: http://www.iamj.in/posts/images/upload/1531_1534.pdf