

A LITERARY REVIEW ON “PANCHA-TIKTA-GHRITA-KSHEER BASTI” WITH SPECIAL REFERENCE TO THE TREATMENT OF “SANDHIGATA VATA”

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ABSTRACT

“Sandhigata vata” is one of a “Vatavyadhi” where aggravated “Vayu” affects “Sandhi” and produces “Sandhishool”, “Sandhisotha”, “Sandhistabdhata” etc. Panchatikta Barga is one of most important tikta Barga, which having five drugs – Potal, Neem, Vasak, Guruchi, Saptachhada – useful in Sandhigatavata. It has been seen application of “Panchatikta Ghrita” as “Anuvasana Basti” and “Panchatikta Ksheer” as “Asthapana Basti” in case of “Sandhigatavata” in schedule of “Kala Basti” have an effective result on Sandhigatavata. It has been seen that after administration of therapy for specific period sign and symptom (Sandhishool, Sandhisotha, Sandhistabdhata, Sparsa-asathattwa) of the patients suffering “Sandhigatavata” has been reduced respectively (67.65%, 64.8%, 65.35%, 71.62% and 51.28%. So, it has been revealed that Panchatikta Barga having Tikta Rasa, Lekhan – Dipana Rasayana Karma, processed with Ghrita and Ksheera – administered as “Basti dravya” effective to the patients of “Sandhigata Vata”.

Keywords: Panchatikta Barga, Panchatikta Ghrita, Panchatikta Ksheer, Sandhigatavata, Anuvasana Basti, Niruha Basti, Kala Basti

INTRODUCTION

“Panchatikta Barga” having five drugs – Potal, Ne-
amba, Vasaka, Guruchi, Saptachhada⁽¹⁾. Most of
drugs having tikta and tikta kasaya rasa, usna or sita
birja, dipan, lekhan, brishya, rakta shodhak, tridos-
ahara etc. action. But when this tikta barga is to be
processed with ghrita and ksheera and applied, there
is a fruitful result in case of “Sandhigata Vata”.

In Ayurveda, “Sandhigatavata” has been co-related
with osteoarthritis. When aggravated vayu affects

“Sandhi” and produce “Sandhinasa”, “Sandhishool”,
“Sopha” named “Sandhigata Vata”.⁽²⁾

With advancement of modern medical science, several
drugs, physical measures and surgical measures have
been developed for patients. No specific disease modi-
fying therapy is available. Moreover, the drugs are not
free from toxicity & surgical measure have limitation.
But in “Ayurveda Samhita” many drug & therapies
mentioned which having fruitful result on “Sandhi-
gata Vata” – less complicated and cost effective.

Among them, Application of *Panchatikta ghrita – Ksheera Basti* followed by “*Abhyanga-Nadi Swedana*” on the patients of “*Sandhigatavata*” has a fruitful result.

Chikitsa Siddhanta of Sandhigatavata:

Sandhigatavata is a *vata vyadhi*. *Vata vyadhies* are occurred due to *dhatu kshaya* or *avarana*.⁽³⁾

In the aspect of Chikitsa the line of treatment of *vata vyadhi* is the use of *Sarpi, Taila, Vasa, Majja* and treatments like *Seka, Abhyanga and Basti* are indicated by Caraka.⁽⁴⁾

Vasti is told as important treatment for *vata-vyadhies*. It is also told as *ardha chikitsa*.⁽⁵⁾

Acharya Susruta has clearly mentioned the treatment for “*Sandhigatavata*”. He states that for *vata*, which vitiates in the *Sandhi* should do ‘*Snehapana, Upanahana, Agnikarma, Bandhana* and *Mardana*’.⁽⁶⁾

In other classics like *Astanga Hridaya*⁽⁷⁾, *Cakradutta*⁽⁸⁾, *Bhavprakasha*⁽⁹⁾, *Bhaishajya ratnavali* (Br. 26/14) etc. followed the treatment principles of Susruta for “*Sandhigata Vata*”.

There is none other than *vayu* which is most important causative factor of diseases in *Shakha* (peripheral tissue elements), *Kostha* (visceras) *marma* (vital spots including joints) *urdhva* (upper part of the body), *sarvavayava* (covering the entire body) and *anga* (parts of body) *vayu* is responsible for separation and combination of stool, urine, *pitta, kapha* including other excreta and tissue elements. When *vayu* gets exceedingly aggravated there is no remedy other than *Basti* for its alleviation.⁽¹⁰⁾

Bastikarma destroys the diseases so aggressively that is similar to cut of the roots of a tree results in the automatic destruction of the trunk, branches, sprouts, flowers, fruits, leaver etc.⁽¹¹⁾

Literally Review of Pancha-Tikta Barga:

Table 1: Name – Family – Chemical Composition – Karma of different drugs of “Panchatikta Barga”.

	Sc. Name	Family	Chemical Composition	Karma
1. Potal	<i>Trichosanthes dioica</i> Roxb	Cucurbitaceae	Riboflavin, Trichosanthin, Linoleic acid, Vit-C, Oleostearic acid	<i>Brishya, Kandughna, Kafaghna, Dipan, Pachan</i>
2. Neemba	<i>Azadirachta indica</i>	Meliaceae	Azadirachtin, Nimbin, Mimbidin, Margo-sinlide etc.	<i>Branaropok, Pittahara, Kandughna, Vatahara, Rasayana</i>
3. Guruchi	<i>Tinospora cordifolia</i>	Menispermaceae	Tinosporin, Tinosporide, Cardifolida, β-sitosterol	<i>Agnidipak, Rasayana Vata-raktahara, Daha-prasamana, Tridosahara</i>
4. Vasaka	<i>Adhatoda vasica</i>	Acanthaceae	Vasicine, Vasicinina, Adhatodic acid, Carotene	<i>Kafa shamak, Raktapittahara, Kusthaghna, Ksaya-shamak</i>
5. Sapta Chhada	<i>Alstonia scholaris</i>	Apccyanaceae	Akuammidina, Strictainina, Tetrahydroalstonin etc.	<i>Branahara, Swasghna, Kustaghna</i>

Rasa-Guna-Virya-Vipak of each drug of “Panchatikta Barga” mentioned in different Nighantu.

Table 2: *Potal*

	Bh. N. ⁽¹²⁾	Md. N. ⁽¹³⁾	R. N. ⁽¹⁴⁾	K. N. ⁽¹⁵⁾	D. N. ⁽¹⁶⁾	S. N. ⁽¹⁷⁾	A.P.I. ⁽¹⁸⁾
<i>Rasa</i>	<i>Tikta</i>	—	<i>Katu-Tikta</i>	<i>Katu-Tikta</i>	<i>Katu-Tikta</i>	<i>Madhura</i>	<i>Tikta-Kasaya</i>
<i>Guna</i>	<i>Laghu-Snigdha</i>	<i>Laghu-Snigdha</i>	<i>Laghu</i>	<i>Laghu</i>	—	—	<i>Laghu-Ruksha</i>
<i>Virya</i>	<i>Usna</i>	<i>Sita</i>	<i>Usna</i>	<i>Usna</i>	<i>Usna</i>	—	<i>Anusna</i>
<i>Vipak</i>	—	—	—	<i>Madhura</i>	—	—	<i>Katu</i>

Table 3: *Neemba*

	Bh. N. ⁽¹⁹⁾	Md. N. ⁽²⁰⁾	R. N. ⁽²¹⁾	K. N. ⁽²²⁾	D. N. ⁽²³⁾	S. N. ⁽²⁴⁾	A.P.I. ⁽²⁵⁾
<i>Rasa</i>	<i>Tikta</i>	—	<i>Tikta</i>	<i>Tikta</i>	<i>Tikta</i>	—	<i>Tikta</i>
<i>Guna</i>	<i>Sita Laghu Snigdha</i>	<i>Laghu Sita Grahi</i>	<i>Sita</i>	<i>Laghu</i>	<i>Laghu</i>	—	<i>Laghu-Ruksha</i>
<i>Virya</i>	<i>Usna</i>	—	—	<i>Sita</i>	<i>Sita</i>	—	<i>Sita</i>
<i>Vipak</i>	<i>Katu</i>	<i>Katu</i>	—	<i>Katu</i>	—	—	<i>Katu</i>

Table 4: *Guruchi*

	Bh. N. ⁽²⁶⁾	Md. N. ⁽²⁷⁾	R. N. ⁽²⁸⁾	K. N. ⁽²⁹⁾	D. N. ⁽³⁰⁾	S. N. ⁽³¹⁾	A.P.I. ⁽³²⁾
<i>Rasa</i>	<i>Katu-Tikta Kasaya</i>	<i>Katu-Tikta Kasaya</i>	<i>Tikta-Kasaya</i>	<i>Tikta-Katu-Kasaya</i>	<i>Tikta-Kasaya</i>	—	<i>Tikta-Kasaya</i>
<i>Guna</i>	<i>Laghu</i>	<i>Laghu</i>	<i>Guru</i>	<i>Laghu Samgrahi</i>	<i>Guru</i>	—	<i>Laghu</i>
<i>Virya</i>	<i>Usna</i>	<i>Usna</i>	<i>Usna</i>	<i>Usna</i>	<i>Usna</i>	—	<i>Usna</i>
<i>Vipak</i>	<i>Madhura</i>	<i>Madhura</i>	—	<i>Madhura</i>	—	—	<i>Madhura</i>

Table 5: *Vasaka*

	Bh. N. ⁽³³⁾	Md. N. ⁽³⁴⁾	R. N. ⁽³⁵⁾	K. N. ⁽³⁶⁾	D. N. ⁽³⁷⁾	S. N. ⁽³⁸⁾	A.P.I. ⁽³⁹⁾
<i>Rasa</i>	<i>Tikta-Ka-saya</i>	—	<i>Katu-Tikta</i>	<i>Tikta-Ka-saya</i>	<i>Tikta</i>	—	<i>Tikta-Kasaya</i>
<i>Guna</i>	<i>Laghu</i>	<i>Sara</i>	<i>Sita</i>	<i>Laghu-Sita</i>	—	—	<i>Laghu</i>
<i>Virya</i>	<i>Sita</i>	—	—	—	<i>Sita</i>	—	<i>Sita</i>
<i>Vipak</i>	—	—	—	—	—	—	<i>Katu</i>

Table 6: *Saptachhada*

	Bh. N. ⁽⁴⁰⁾	Md. N. ⁽⁴¹⁾	R. N. ⁽⁴²⁾	K. N. ⁽⁴³⁾	D. N. ⁽⁴⁴⁾	S. N. ⁽⁴⁵⁾	A.P.I. ⁽⁴⁶⁾
<i>Rasa</i>	<i>Kasaya</i>	—	<i>Tikta</i>	<i>Kasaya</i>	—	—	<i>Tikta-Kasaya</i>
<i>Guna</i>	<i>Snigdha</i>	<i>Sara</i>	—	<i>Sarak</i>	—	—	<i>Sara-Snigdha</i>
<i>Virya</i>	<i>Usna</i>	—	<i>Usna</i>	<i>Usna</i>	—	—	<i>Usna</i>
<i>Vipak</i>	—	—	—	—	—	—	<i>Katu</i>

Process of Preparation of *Panchatikta Ghrita*:

Ingredients :⁽¹⁾

- *Potal*
- *Neemba*
- *Vasaka*

- *Guruchi*

- *Saptachhada*

(Ref – Shastri Ambita Dutta, et. Al, *Bhaisajya Ratnavali, Chaukhambha Sanskrit Sansthan, P-654*)

Process :⁽⁴⁷⁾

Aforesaid drugs are cut into small pieces and cleaned it properly.



Then take the specific herbs (4 sera) in a container.



Add – 32 sera water with it.



Then boiling is to be continuing upto 8 sera is remained.
↓
Then it is served after cooling and collect properly.
↓
Then Triphala Kalka (8½ sera) and ghrita (2 sera) are added with this decoction.
↓
Start to boiling upto symptom of “ghritapak” are appeared.
(That is – appearance of proper *gandha-barna, rasa*, disappearance of frothing.)

Process of preparation of “*Panchatikta Ksheer Basti*” :⁽⁴⁸⁾

“*Panchatikta Ksheer*” is to be prepared with the drugs belong “*Pancha Tikta Barga*” and *Ksheera* as the similar process of “*Ksheerpaka Bidhi*”.

Aforesaid drugs are cut into small pieces and cleaned it properly.
↓
Then take the specific drugs in specific amount in a container.
↓
Add cow milk eight times (8 times) of drugs.
↓
Then add water four times (4 times) than milk.
↓
Then this container having drugs, milk and water is kept on the fire and starting to boil.
↓
Boiling is continuing still water is totally evaporated and milk is only remained.

Preparation of “*Panchatikta Ksheerghrita Basti*”:

Previously prepared decoction mixed with *saindhav lavan* and *madhu* in proper quantity for administration of *Basti Karma*.

DISCUSSION

It has been discussed earlier that “*Sandhigata vata*” is a *vatavyadhi* where aggravated *vayu* affects *sandhi* causes *sandhinasa, sandhishool, sofa* etc. “*Vayu*” is prime factor along with “*Pitta and Kapha*” for causing of degeneration of all dhatus as “*asthi*” and “*sandhi*”. When *pitta* and *kapha* become aggravated along with *vayu* causes “*Sandhisotha, Sparsha-asahattwa*” in case of *Sandhivata*.

It has been shown sign and symptoms (*Sandhishool, Sandhisotha, Sandhistabdhata, Sparsha-asahattwa, Akunchan-Prasaran Askhtha*) have been reduced respectively (67.05%, 64.8%, 65.35%, 71.62% and 51.28%). And statistically ‘p’ value found respectively - <0.001, <0.001, <0.001, <0.001, <0.01.

Potal having *tikta rasa, Usna virya, pittahara* properly according to *Bhabprakash Nighantu*. So, it also reduces pain and swelling in case of *Sandhigata vata* as it has an anti-inflammatory property.

Neemba having *Katu-Tikta Sita Vatakrit* properties — by which it acts as *Lekhana*. So, it helps in the weight reduction of the patients and helps in the management of *Sandhigata vata*.

Guruchi is one of best immunomodulatory drug as having *rasayan* property mentioned in *Bhabprakash Nighantu*. So, it has a great role to pacify “*Sandhigata vata*”.

Vasaka mainly pacifies “*Kaphadosa*” due to its property. In *sandhivata* where *Avarana* present “*Vasaka*” help to break it as most of “*Avarana*” is caused due to “*Kafadosa* covering *Vatadosa*”. In that condition drug act quickly – *Vata* pacified soon – patient gets relief.

Saptachha is *Vata-Kapha shama, dipana, sara* mentioned in “*Bhavprakash Nighantu*”. It enhances *Dhwatagni* – give nutrition to all dhatus. *Dhatu Kshaya* will

decreases *asthidhatu kshaya* may restricted which is beneficial for treatment of “*Sandhigata vata*”.

CONCLUSION

Panchatikta Ghrita – Ksheer Basti Karma followed by ‘*Abhyanga* with teel oil’ followed by ‘*Swedan Karma*’ is very much effective in treatment of “*Sandhigata vata*”. This therapy is safe and effective. Future worker of this field could intervene in illustrated way for the safe of the suffering humanity of this field.

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