

**EFFECT OF MATRA BASTI ON VATASTHEELA : A CASE REPORT**Gayatri¹, Amit kumar Gautam²

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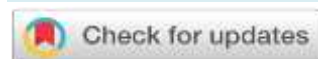
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**ABSTRACT**

Vatastheela is described as a type of *Mutraghata* by *Acharya Sushruta* in *Uttar tantra*. *Vatastheela* has symptoms like incomplete voiding, dribbling, hesitancy, urine retention, dysuria, etc. these symptoms are also seen in BPH (Benign Prostatic Hyperplasia) so, *Vatastheela* can be correlated with BPH. Benign Prostatic Hyperplasia is a benign enlargement of the prostate. In *Ayurvedic* texts for the treatment of *Vatastheela* a number of Decoctions, *Asava*, *Kshar*, *Basti*, etc are described. In the present case, a patient of *Vatastheela* is treated with *Matra Basti* of *Varun Taila* and *Kanchnar guggulu*, *Gokshuradi Guggulu Vati* as internal medication.

Keywords: *Vatastheela*, BPH, *Mutraghata*, *Basti*

INTRODUCTION

Shalya pradhan Sushruta Samhita is one of the *Brihatrayee* of *Ayurveda*. In *Sushruta Samhita Uttar tantra* one full chapter is devoted to the disease of *Mutravaha strotas*. *Acharya sushruta* has mentioned twelve types of *Mutraghata* of which *Vatastheela* is

one. *Acharya Sushruta* describes that the aggravated *Vata* localized within the rectum and urinary bladder produces a mass (like the cobbler's stone), is immoveable and bulged up, giving rise to obstruction of faeces, urine, and flatus, flatulence, and severe pain

in the urinary bladder. Benign Prostatic Hyperplasia is a disease mainly seen in men aged above 50 years. It is age dependent, with initial development usually after 40 years of age. It is also known as Benign Prostatic Hypertrophy, Senile Enlargement of the Prostate, etc. The exact cause of BPH is not well known. The most accepted causative factor is a disturbance of the ratio and quantity of circulating androgens and estrogens.

Prostatic Hyperplasia results in lower urinary tract symptoms (LUTS) which highly frustrating and also disturb normal day-to-day activities. If this disease is not treated timely then it may cause many complications like bladder calculi, haematuria, renal insufficiency, etc.

The causative *Dosha* of *Vatastheela* is *Vata*. Hence the treatment modalities to pacify the *Dosha* and do

Vyadhishaman are using *Uttarbasti*, *Avagahaswedan*, *Vatanulomanam* procedures, etc.

CASE REPORT :

A 63-year-old male patient, height – 5.8” feet, weight- 68kg came to *Shalya* OPD with the chief complaints of incomplete emptying, frequency, weak stream, urgency, and retention of urine for 8 years. He had taken allopathic medicine but was getting temporary relief so for a better line of treatment he approached our hospital. He had no known history of DM and HTN. On USG finding, the size of the prostate is approx. 43cc in volume.

Treatment: For the present case on the basis of symptoms and reports the treatment planned is as follows:

Table.1

Procedure	Medication	Days
<i>Matra basti</i>	<i>Varun taila</i>	7 days

Table.2 Oral medication

	Medication	Dose	Time interval/ <i>Anupana</i>	Duration
1	<i>Kanchnar Guggulu</i>	500 mg	BID/warm water	90 days
2	<i>Gokshuradi Guggulu Vati</i>	500 mg	BID/warm water	90 days

Material and methods

Materials

- ❖ Gloves
- ❖ Cotton pads and gauze
- ❖ Sponge holding forceps
- ❖ Antiseptic solution
- ❖ Simple rubber catheter
- ❖ Disposable syringe (50 ml capacity)

Methods

Matra Basti procedure

1. *Poorva karma* (Pre-Operative)

- ❖ Written consent was taken.
- ❖ The procedure was explained to the patient.
- ❖ The patient was asked to take a light diet and to void urine and stool before the procedure.
- ❖ Local *Abhyanga* and *Mridu Swedana* prior to the administration of *Matra Basti*.
- ❖ All the required equipments were kept ready before the procedure.

2. *Pradhan Karma* (Operative)

Matra Basti

After *Poorva Karma*, the patient was kept in a left lateral position on the table with the left lower extremity kept straight and the right lower extremity flexed at the knee and hip joints. Antiseptic painting is done. A rubber catheter lubricated with *Varun Taila* was attached with a syringe and 72 ml of lukewarm *Varuna Tail* will be taken in the syringe. After expelling the air from the syringe, the rubber catheter will be passed through the anus of the patient up to the length of 4 inches. Then the patient will be asked to take deep breaths and to lie still the catheter and drug will be introduced.

3. *Pashchat Karma* (Post Operative)

After the administration of *Basti*, the patient will be advised to lie in the supine position for a few minutes. *Basti Pratyagamana Kala* was noticed each time. A total of Seven *Matra Basti* was given on daily basis.

Investigations

- ❖ Urine routine and microscopic- Normal Study
 - ❖ S.PSA- 2.12 ng/ml
 - ❖ Ultrasonography (USG) of abdomen and pelvis (Pre and Post void)- Prostate size volume - 43cc
Post voiding residual urine - 15 ml
- Assessment criteria:** The assessment was done on the subjective and objective parameters.

1. Subjective parameter: The symptoms of BPH will be recorded on the basis of IPSS (International prostate symptom score).

Total score:

- 0-7 - Mildly symptomatic
- 8-19 - Moderately symptomatic
- 20-35 – Severely symptomatic

2. Objective parameter

- **Prostate size volume :**

Grade 0	Up to normal (20 ccs)
Grade 1	>20 to 30cc
Grade 2	>30 to 40 cc
Grade 3	>40 to 50 cc
Grade 4	>50 cc

Post voidal residual urine volume (PVRUV):

Grade 0	Nil (up to 30 ccs)
Grade 1	>30 to 60 cc
Grade 2	>60 to 90 cc
Grade 3	>90 to 120 cc
Grade 4	>120 cc

USG for assessment of weight, volume, size, and residual urine.

Result

The assessment was done on the basis of the international prostate symptoms score (IPSS) at the interval of 1 month. After the treatment patient got significant relief in symptoms and during the treatment, he did not develop any other complications. We observed that the size of the prostate before treatment was 43cc in USG findings and after treatment, it was 31cc.

Table 1: Progress of patient at every 1-month interval (IPSS)

SYMPTOMS	BT	F1	F2	F3	AT
INCOMPLETE EMPTYING	3	2	2	1	1
FREQUENCY	5	3	1	0	0
INTERMITTENCY	2	1	1	0	0
STRAINING	3	1	1	0	0
URGENCY	5	4	3	2	2
WEAK STREAM	3	1	1	0	0
NOCTURIA	2	1	1	0	0
TOTAL SCORE	23	13	10	3	3

Table 2: Improvement in USG findings

Measurements	BT	AT
PROSTATE SIZE VOL.	43cc	31cc
PVRUV (Post voidal residual urine volume)	15ml	Nil

DISCUSSION

Vatastheela is a common disease in old, aged males, and in old age, there is a predominance of *Vata Dosha*. It effects the patient physically as well as mentally. Old-age persons are not getting ready for surgery easily and seeking medicine. So, this treatment is helpful in this situation. In *Ayurvedic* texts, *Basti* is the choice of treatment for *Vata Dosha*. As *Mutraghata* is caused due to vitiated *Apana Vayu*, *Matra Basti* helps in the proper functioning of *Apana Vayu*, to improve urinary function, and to remove the obstruction. It also provides strength to *Basti Snayu* and improves bladder tone. The *Varun taila* have properties like *Vata- Kapha hara*, *Vatanulomana*, *Shothahara*, *Mutral*, etc. *Kanchnar Guggulu* have properties of *Vata-Kapha Hara*, *Pachana*, *Mutral*, *Lekhana*, *Basti Shodhana*, etc. The actions of *Gokshuradi Guggulu Vati* are *Deepana*, *Pachana*, *Mutrala*, *Lekhana*, *Shothahara*, and *Srotoshodhana*. The pain subsides due to *Vata Dosha Hara* property, *Avarodha* in *Mutravaha Strotas* caused by vitiated *Kapha Dosha* is removed which normalized *Apana Vayu* and results in normal urine flow. Due to *Deepana- Pachana Guna* the *Dhatvagnis* comes to a normal state and *Basti Snayu* works properly. Because of *Lekhana* and *Sothahara's* action of drugs helps in the reduction of enlarged prostate size. *Varun* also possesses a diuretic effect, CNS stimulant, and smooth muscle relaxant activity. It also corrects hormonal imbalance.

CONCLUSION

In this case study *Matra Basti* of *Varuna Taila*, oral use of *Kanchnar Guggulu* and *Gokshuradi Guggulu Vati* is safe and cost-effective in managing the symptoms of *Vatastheela*. As in modern science, the advisable treatment for BPH is surgery, many after-surgery complications effects the patient physically as well as mentally. BPH is a disease of old age and old persons avoid surgical procedures and look for a safe and effective treatment. So, to avoid the surgery and it's consequences this treatment is planned.

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