

AN OPEN CLINICAL STUDY OF UTKLESHANA, DOSHAHARA AND SAMSHAMANA  
YOG-BASTI IN JANU-SANDHIGATAVATA: A PILOT STUDYLodha Sheetal G<sup>1</sup>, Karade Ruchika S<sup>2</sup><sup>1</sup>Assistant Professor, <sup>2</sup>PG scholar, Dept. of Panchakarma, R.A. Poddar Medical Ayu College, Mumbai, Maharashtra, IndiaCorresponding Author: [vd.sheetal4u@rediffmail.com](mailto:vd.sheetal4u@rediffmail.com)<https://doi.org/10.46607/iamj.1309012021>

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## ABSTRACT

**Background:** *Sandhigatvata* is described under *Vatavyadhi* in *Brihatrayi*. It resembles with Osteoarthritis. *Basti* is supreme therapy for *Vatavyadhi* and has entity to entice all *doshas*. In order to treat a disease, first to break down the *dosha-dushya samurchhana* i.e. etiopathogenesis. *Acharya Sushruta* has made a set of packaged *basti* known as *Utkleshana*, *Doshahara* and *Samshamana* in sequential manner which works on the *anutklishht dosha*, bring them in *kosta* and expel out. **Aim:** To evaluate the effect of *Utkleshana*, *Doshahara* and *Samshamana basti* in *Janu- Sandhigatvata*. **Methods and materials:** In present randomised clinical pilot study, 10 patients of *Janu-Sandhigatvata* were given *Utkleshana*, *Doshahara* and *Samshamana basti* in *Yoga basti* pattern where these *basti* were given as *Niruha* and *Tila taila* was used for *Anuvasana basti* in between. Subjective assessment of pain by visual analog scale and *Shotha* (swelling), *Vatapurnadrutisparsha* (crepitus) were graded according to their severity. The angle of flexion and extension of knee joint was recorded by goniometer. **Results:** Significant results were found in all cardinal symptoms pain, *Shotha* (swelling), *Vatapurnadrutisparsha* (crepitus) and angle of flexion and extension of knee joint. **Conclusion:** *Utkleshana*, *Doshahara* and *Samshamana basti* in *Yoga basti* pattern was significant in subjective and objective symptoms of *Janu-Sandhigatavata*.

**Keywords:** *Utkleshana*, *Doshahara*, *Samshamana*, *Basti*, *Janu-Sandhigatvata*, *Panchakarma*.

## INTRODUCTION

The importance of *Panchakarma* in Ayurveda is brought out by the fact that it is applicable to all cases covering as a wide range of preventive, curative and promotive conditions. It is postulated that the vitiated *Doshas* and *Malas* of the body need to be eliminated before any specific measures is taken to cure the disease because no one therapy works well if *Shodhana* measures are not taken beforehand.

*Basti Chikitsa* is one of supreme therapy for the elimination of vitiated *Doshas* and hence called as *Ardha Chikitsa*<sup>1</sup>. In the present clinical study with the reference of *Acharya Sushruta*, the scientific application of *Utkleshana*, *Doshahara* and *Samshamana Basti*<sup>2</sup> has an approach towards the *Dhatugat*<sup>3</sup> *Doshharana* in all aspects of disease. In the *Shodhana* therapy the *Doshas* which are situated at *Dhatugat* level and are in *Anutklisht* stage, are more difficult to expel out. In this condition one needs the kind of *Basti* which works on the *Anutklisht Dosh*, bring them in *Kosta* and expel out. *Acharya Sushruta* has made a set of packaged *Basti* known as *Utkleshana*, *Doshahara* and *Samshamana* in sequential manner<sup>4</sup>. No doubt by *Abhyantar Snehana*, *Swedana* the tremendous *Utkleshana* of *Doshas* and bring back them to *Kosta* is achieved but as comparing to the prior one has more time consuming, non-palatable and in case of emergency it is not so easy. In case of *Basti* it overcomes of all problems of *Abhyantar Snehana* and *Swedana*.

Osteoarthritis (OA) is the second most common rheumatologic problem in India and has prevalence rate of 22-39%.<sup>5</sup> It is characterized primarily by articular cartilage degeneration and a secondary periarticular bone response.<sup>6</sup> World-wide prevalence rate of OA is 20% for men, 41% for women, and it causes pain or dysfunction in 20% of elderly respectively<sup>7</sup> Relieving pain, stiffness, and improving physical functions are important goals of present day therapy. Although OA itself is not a life-threatening disease, quality of life can significantly deteriorate with pain and loss of mobility causing dependence and disability<sup>8</sup>. In Ayurveda, the disease *Sandhigatvata* resembles with OA, which described under *Vatavyadhi*.<sup>9</sup>

In present clinical study, the *Utkleshana* drugs like *Erandbeeja*, *Madhuka*, *Pippali* etc, *doshahara* drugs like *Shatahwa*, *Madhuka*, *Madanphala*, *Gomutra*, *Kanji* etc and *Samshamana* drugs like *Priyangu*, *Mushta*, *Rasanjana*, *Goksheera* etc are schematically arranged in the pattern of *Yoga Basti* i.e. within total three *Niruha Basti*, first one is *Utkleshana*, second is *Doshahara* and last one is *Samshamana Basti*. The remaining five are *Anuvasan basti* with *Tila Taila*.

**Aim:** To evaluate the effect and consequences of *Utkleshana Basti*, *Doshahara Basti* and *Samshamana Basti* in *Janu-Sandhigatavata*.

### Objectives:

To evaluate the effect of *Utkleshana*, *Doshahara* and *Samshamana Basti*.

1. on *Sandhishoola* by VAS scale
2. on movement of knee joint i.e. flexion and extension by Goniometer.
3. on *Sandhishotha*
4. on *Vatapurnadruti sparsha*.

### Materials and Method:

This pilot study was conducted on 10 patients with classical sign and symptoms of *Janu-Sandhigatvata* by adopting proper assessment criteria. All patients were treated by taken a consent with *Tila Taila Anuvasan* and *Utkleshan*, *Doshahara* and *Samshaman Basti* as *Niruha* in *Yoga Basti* manner.

Source of Data: for this study the patients were selected from the IPD and OPD of *Panchakarma* department of R. A. Poddar Medical Ayurveda college and hospital and a case proforma was prepared by incorporating the signs and symptoms of *Sandhigatvata*.

**Study Design:** The study design was randomised. Patients were selected according to the inclusion and exclusion criteria.

### Inclusion Criteria

1. Age group between 30 to 60 years both male and female.
2. Patients having signs and symptoms of *Sandhigatvata* as per classical text for minimum 3 months.
3. Patients fit for *Basti chikitsa*.
4. Patients without any anatomical deformity.

### Exclusion Criteria

1. Patients contraindicated for *Basti chikitsa*.
2. Patient suffering from rheumatoid arthritis or another major joint disease.
3. Pregnant women, lactating mothers and during menstrual cycle.
4. Fracture of femur, tibia and dislocation of knee joint.

**Table 1:** Treatment modality of *Utkleshana, Doshahara* and *Samshamana Basti* in *Janu-Sandhigatavata*.

No.	Procedure	Drug	Dose	Duration
1.	<i>Poorva karma</i> <i>Sarvangaabhyanga</i> <i>Bashpaswed</i>	<i>Moorchit Tila Taila</i> <i>Dashmooladi Dravyas</i>	Q. S.	20-30 mins 10-15 mins
2.	<i>Pradhana karma</i> <i>(Yoga Basti)</i> <i>Anuvasana basti</i>  <i>Niruhabasti</i> A) <i>Utkleshana basti dravya</i> <i>Erandabija, Madhuka,</i> <i>Pippali, Saindhav lavana,</i> <i>Vacha, and Hapushakalka</i>	<i>Tila Taila</i> <i>Saindhavlavana</i> <i>Madhu</i> <i>Tila taila</i> <i>Utkleshana basti kalka dravya</i> <i>Utkleshana basti kwatha dravya</i>  Total approx..	120 ml 10 gm 40 gm 100 ml 50 gm 500-600 ml  700-800 ml	1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> day 2 <sup>nd</sup> day
	B) <i>Doshahara basti dravya</i> <i>Shatahwa, Madhuka, Kutaja</i> <i>ja, Madanphala, Kaanjika</i> <i>and Gomutra</i>	<i>Saindhavlavana</i> <i>Madhu</i> <i>Tila Taila</i> <i>Doshahara basti kalka dravya</i> <i>Doshahara basti kwatha dravya</i>  Total approx.	10 gm 40 gm 100 ml 50 gm 500-600 ml  700-800 ml	4 <sup>th</sup> day
	C) <i>Samshamana basti dravya</i> <i>Priyangu, Madhuka, Musta,</i> <i>Rasanjana and Ksheera</i>	<i>Saindhav lavana</i> <i>Madhu</i> <i>Tila taila</i> <i>Samshamana basti kalka dravya</i> <i>Samshamana basti kwatha dravya</i> Total approx..	10 gm 40 gm 100 ml 50 gm  500-600 ml 700-800 ml	6 <sup>th</sup> day
	<i>Paschath karma</i>	Lift the legs, padding to the buttocks, anticlockwise massage to abdomen etc.		8-10 mins.

**Table 2:** Drug review of *Utkleshana, Doshahara* and *Samshamana Basti*

Sr. No.	Drug	Latin name	Ras	Virya	Vipaka	Guna	Doshaghnata
1.	<i>Eranda</i> <sup>10</sup>	<i>Ricinus communis</i>	<i>Madhur</i> <i>Katu,</i> <i>Kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Snigdha</i> <i>Tikshna</i> <i>Sukshma</i>	<i>Kaphavata</i> <i>shamak</i>
2.	<i>Madhuk</i> <sup>11</sup>	<i>Glycyrrhiza glabra</i>	<i>Madhur</i>	<i>Shit</i>	<i>Madhur</i>	<i>Guru</i> <i>Snigdha</i>	<i>Vata- Pittashamak</i>
3.	<i>Pippali</i> <sup>12</sup>	<i>Piper longum</i>	<i>Katu</i>	<i>Anushna</i> <i>shit</i>	<i>Madhur</i>	<i>Laghu,</i> <i>Snigdha,</i> <i>Tikshna</i>	<i>Kaphavatavardhak</i>

4.	Vacha <sup>13</sup>	Acorus calamus	Katu, Tikta	Ushna	Katu	Laghu Tikshna	Kaphavatashamak pittavardhak
5.	Hapusha <sup>14</sup>	Juniperus communis	Katu Tikta	Ushna	Katu	Laghu, Ruksha, Tikshna	Kaphavatashamak
6.	Shatavha <sup>15</sup>	Anethum sowa	Katu, Tikta	Ushna	Katu	Laghu, Ruksha, Tikshna	Kaphavata shamak
7.	Kutaja Beej <sup>16</sup>		Katu	Shit	Katu		Tridoshaghna
8.	Madan-Phala <sup>17</sup>	Randia spinosa	Kashay, Madhur Tikta, Katu	Ushna	Katu	Laghu, Ruksha	Kaphapittashodhak
9.	Priyangu <sup>18</sup>	Callicarpa macrophylla	Tikta Madhur kashay	Shit	Katu	Guru Ruksha	Vatpitrtashamak
10	Musta <sup>19</sup>	Cyperus rotundus	Tikta Katu Kashay	Shit	Katu	Laghu Ruksha	Kaphapittashamak
11	Rasanjan <sup>20</sup>	Berberis aristata	Katu	Ushna	Katu	Laghu Ruksha	Kaphanut
12	Saindhav <sup>21</sup>	Rock salt	Lawan	Shit		Laghu, Snigdha, Sukshma	Tridoshaghna
13	Kanji <sup>22</sup>			Ushna		Laghu	Vatakaphapaham
14	Kshir <sup>23</sup>	Cow-Milk	Madhur	Shit	Madhur	Guru Snigdha	Vatpittaastranashak
15	Gomutra <sup>24</sup>	Cow-urine	Katu tikta Kashay	Ushna	Katu	Teekshna, ushna, laghu	Vatashamak

### Assessment Criteria

Subjective parameters- *Shula* (Pain) by 10 cm Visual Analog Scale, *Graha*, *Shotha*, *Vatapurnadrutisparsha* by gradation method.

### Objective parameters-

Angle of flexion and extension of knee joint by Goniometer.

Chart showing the grading of parameters

**Table 3:** Gradation of range of motion of knee joints

Normal joint motion	Grade 0
About 25- 49 % loss of motion	Grade 1
About 50% loss of motion	Grade 2
About 75% loss of motion	Grade 3
100% loss of motion	Grade 4

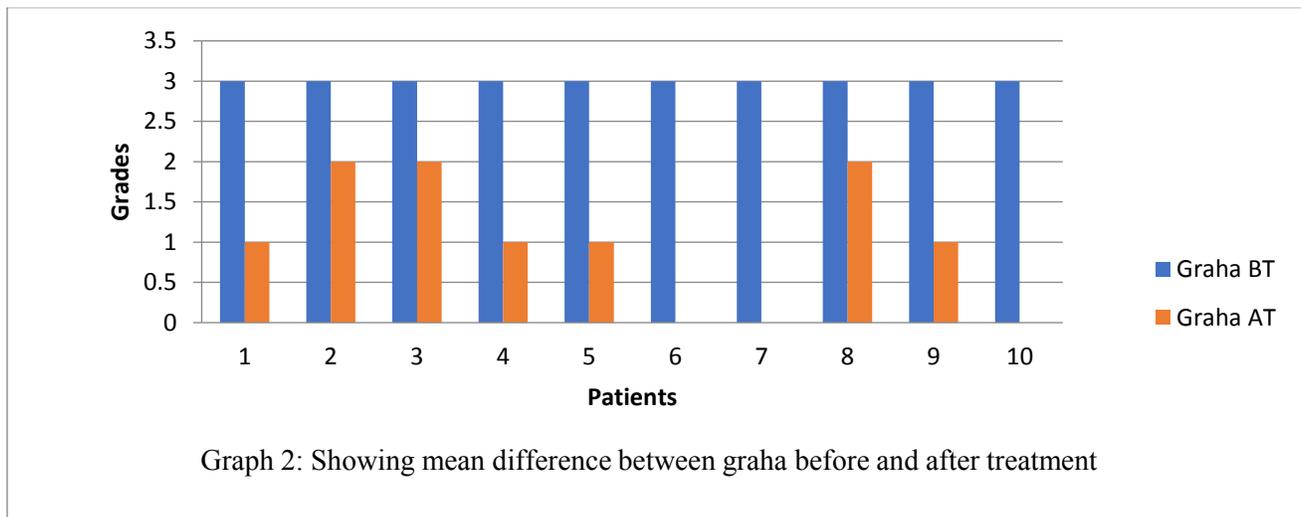
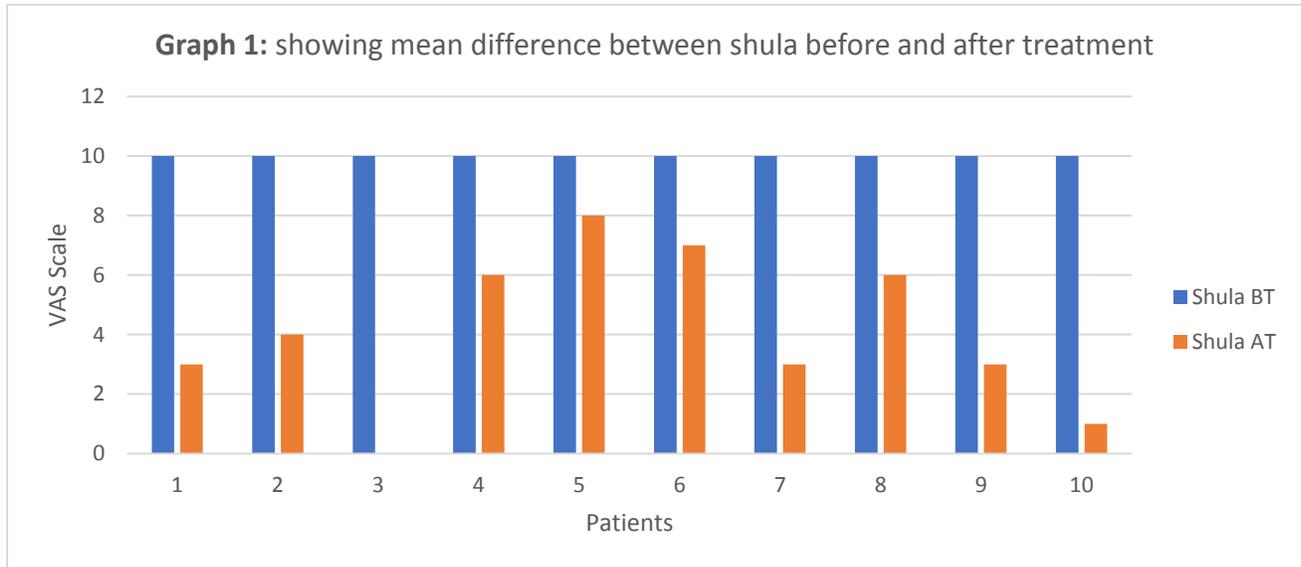
**Table 4:** Gradation of crepitus in knee joints i.e. *vatapurnadrutisparsha*

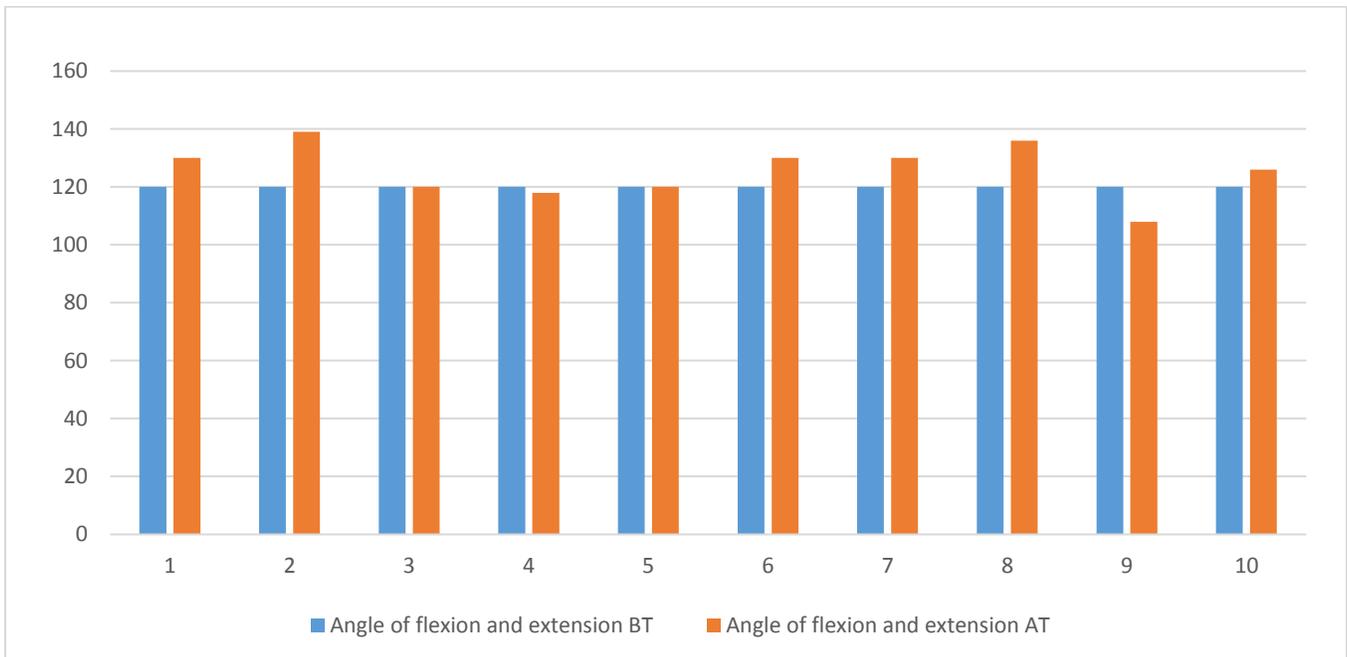
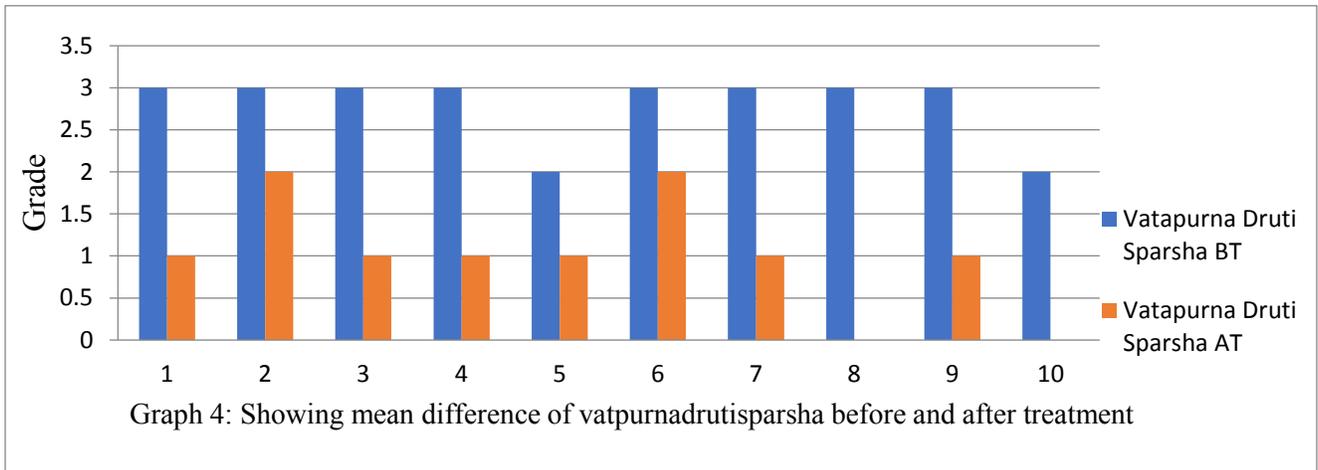
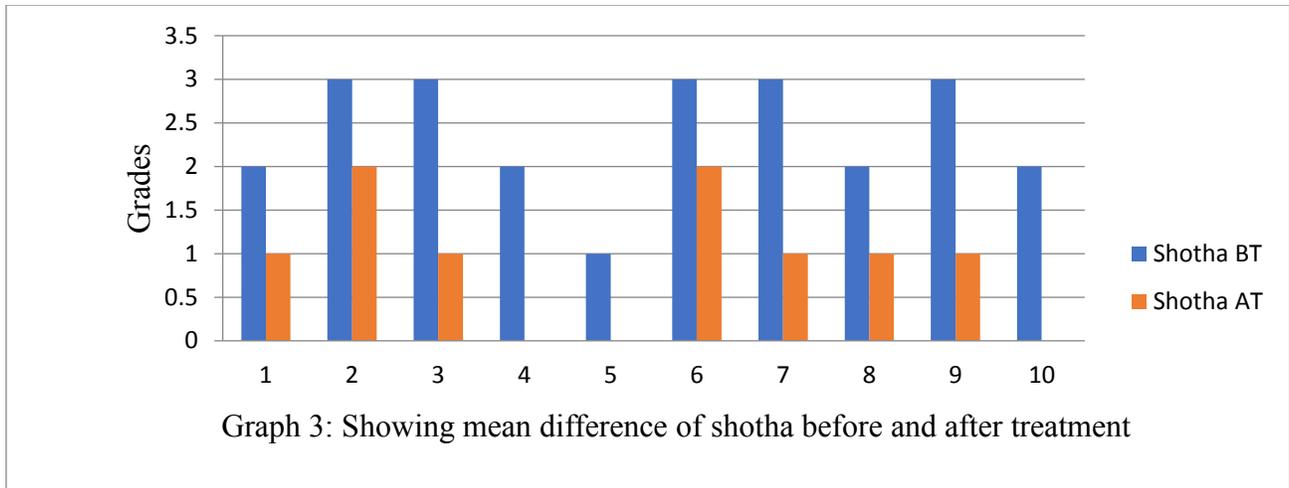
No crepitus	Grade 0
Fine on palpation	Grade 1
Low audible coarse, without palpation	Grade 2
Highly audible	Grade 3

**Table 5:** Gradation of swelling of Knee joints i.e *Shotha*

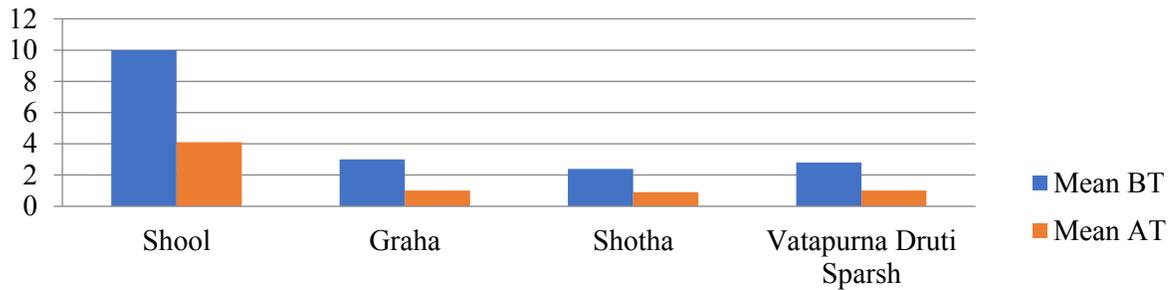
No swelling	Grade 0
Joint swelling which may not be apparent on casual inspection, but difficult to recognise on casual observation	Grade 1
Joint swelling obvious even on casual observation	Grade 2
Markedly abnormal swelling	Grade 3
Joint swelling to a maximally abnormal degree	Grade 4

**Observations:**





## RESULTS AND DISCUSSION



**Graph 5:** Mean Difference Of Symptoms Before & After Treatment

- Effect on *Sandhishula* – Relief in *Sandhishula* was observed 70 % among the patients.
- Effect on *Graha* – In the patients, significant results were recorded in *Graha* of the joints is 60%.
- Effect on *Sandhishotha* - In the patients highly significant improvement was recorded in inflammation, showed 60% relief.
- Effect on *Vatpurnadrutisparsha* - 70 % Results were recorded in *Vatpurnadrutisparsha* of the joints.
- Effect on angle of flexion and extension- 60 % results were recorded in angle of flexion and extension of the knee joints.

*Sandhigatavata* is a disorder dominated by pain affecting the *Sandhi* (joint). It is caused by morbid *Vata Dosh*. *Kapha Dosh* may also be involved in the clinical presentation. The vitiated *Dosha* affects the *Mamsa*, *Asthi* and *Snayu*. Pain and crepitus are mainly due to *Vata Dosh* and above data proves that *Utkleshanadi Basti* controls *Vata Dosh* and relieves these symptoms.

Brief mode of action of *Utkleshana*, *Doshahara* and *Samshamana Basti*- The *Utkleshana Basti* having the properties of *Teekshna*, *Snigdha*, *Laghu*, *Sukshma*, *Picchila* and part of *Guru* are having similar properties of *Kapha* and *Ama* by that they spread all over the body with the help of *Apana*, *Samana* and *Vyanavayu*. Their increase in the quantitative consistency of *Doshotklesha*, and bring back to the *Kosta* i.e. *Pakwashaya* and expel the unwanted *Mala* by keeping *Utkleshita Dosh* in their own site followed by admin-

istration of *Doshaharabasti* causes the elimination of *Dhatugatadosha* and *Utklishtadosha* from its root level by the virtue of its *Ushna*, *Tikshna*, *Vyavayi*, *Vikasi* and *Strotogamigunas* after that at lastly for the purpose of pacification of *Leenadosha*, to prevent the further formation of *Ama* and restoration of normal health is achieved with the help administration of *Samshamana Basti* by virtue of their *Madhura*, *Tikta Rasa* with *Snigdha*, *Laghu* and *Rooksha Gunas* these three packaged *Basti* have mainly acts by virtue of their presence of drug effect as well as the procedure effect.

*Basti* is one of the supreme lines of treatment among all panchakarmas because of its multi- dimensional actions in multi corners. Among all three *Basti* i.e. *Utkleshana*, *Doshahara* and *Samshamana*, *Utkleshana* has fine effect on *Doshotkleshana* due to presence of *Erandbeeja*, *Pippali*, *Hapusha* etc are most *Utkleshana* drugs without irritating to the patient.

The *Doshahara Basti* has supreme eradicated method of already *Utklishtadosha* as comparing to other *Teekshna Basti* mentioned in classics. Even after giving 800 ml to the patients it not at all creates the side effects, because of presence of *Madanaphala* and *Kutaja*. The *Samshamana Basti* has best choice immediately after *Shodhana* because as it digests the *Linadoshas* as well as prevents the further formation of *Sama Dosh* also it prevents the *Vataprakopa* if aroused by *Doshahara* or any *Teekshna Basti* and restore the normal health in all ways, due to active ingredient like *Goksheera*, *Priyangu*, *Rasanjana*,

Madhuka etc. All the Basti are set under a packaged form having action like preventive, curative and promotive of health in a step ladder pattern. This packaged form Basti if we used under the light of Kala Basti will have significant results as compared to Yoga Basti in future.

## CONCLUSION

Utkleshana, Doshahara and Samshamana Basti administered as Niruha in Yog Basti manner is effective in reducing pain, crepitus, decreased range of motion of knee joints and swelling of Janu-Sandhigatavata.

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