



ROLE OF HAPUSHADI YAPAN BASTI IN AAMVATA- A CASE STUDY

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ARTICLE INFO

Article History:

Received 5th January, 2016
Received in revised form 12th
February, 2016
Accepted 16th March, 2017
Published online 28th April, 2017

Keywords:

Aamvata,
Hapushadiyapanbasti

ABSTRACT

Aama is defined as *ajeerna/apakwaahar rasa* due to *agnidourbalya*. This *Aama* goes in to circulation in immature and unprocessed form and is made available to all the tissues and organs of the body. Since it is immature, the tissues can take it but cannot metabolize it. They are therefore stored in the cells and are neither digested nor flushed out. This *aama* along with vitiated *vata* forms a disease complex rightly described as *aamvata*. Treatment with principles of *Langhana-Paachan-Anulomana-Shodhankarma-Basti* helps in *aampachana-vatanulomana*-expulsion of *doshas*- and *vatashamana* respectively. Treatment with *Hapushadiyapanbasti*, described by *AcharyaCharaka* in *siddhithana*, prepared according to the principle of *ksheerpakalpana*, aids in *aampachana* and *vatashamana*, resulting in considerable relief from symptoms of *aamvata*.

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INTRODUCTION

Aamvata is a painful condition which has been explained in ayurvedic texts. The disease, initially manifests as a gut disorder with symptoms of indigestion and anorexia. It has been rightly described in ayurvedic texts that, every disease results due to diminished gut fire.

The diminished gut fire, being unable to digest the ingested food, leads to the formation of *aama*. This *aama*, later encroaches all the tissues, mainly bones, muscles, joints, and multiple organs to cause a symptom complex. The disease formed due to amalgamation of vicious *aama* and *vata dosha* is termed as *aamvata*. This *aamvata* can be correlated with Rheumatoid arthritis or Ankylosing spondylitis of modern day. The basic principles of management of *aamvata*, as described in ancient texts (Yogaratanakara) are, *Langhana-Swedana-Deepana with tiktakaturasa Dravyas-Virechana and Basti*

Considering the same principles, course of treatment was planned for the patient. Considerable positive results were obtained on therapy with *HapushadiYapan Basti*.

The *Basti*, which promotes the longevity of life, is *Yapan Basti* (*Chakrapani on Ch. Si. 12/17*). *Yapan Basti* performs dual function of both *Anuvasana* and *Niruha*; hence these *bastis* are *Srotoshodhak* and *Brihan* at a time. That's why there is no need to administer separate *Anuvasana* while giving *Yapan Basti* (*A. S. Ka. 5/12, Ch. Si. 12/22*).

Aims and Objectives

- To study the effect of *hapushadiyapanbasti* in *aamvata*.
- To study *aamvata* in detail.

Case Report

The present case study is a successful ayurvedic management of *aamvata* (ankylosing spondylitis).

A 32yr old female patient came with
c/o
B/L shoulder joint pain and stiffness Rt>Lft
B/L hip joint pain and stiffness Rt>Lft
Shoulder pain
Backache - thoracic and lumbar region
Generalised weakness
Difficulty in performing day to day simple activities
.....since 1-1.5 yrs

H/O
K/C/O

- Ankylosing spondylitis (HLAB27 positive)
- Rheumatoid arthritis (RA factor positive , quantitative -40IU/ml)

N/H/O any other major illness

Sx H/O not specific

M/H 3-4days/30days

Reg Moderate Painless

Obs/H G1P1L1A0D0

O/E

Nadi(Pulse) - 84/min.

Ura- B/L clear

Mala (Stool) - *Samyakapravrutti Udara*- Soft, Not tenderness

Mutra(Urine) - *Samyakapravrutti Kshudha-Mandya*

Jivha(Tongue) - *Saam Nidra-Khandita*

Bala- *Alpa Druka* (Eyes) - *prakruta*

Shabda(Speech)-Normal

Nakha(Nails) - *prakruta*

Akruti-*Krusha Twak-Rukshata*

B.P. - 110/70 mmHg

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MATERIALS AND METHODS

First visit: *Langhan chikitsa*- 4days.

Complete abstinence from food along with lukewarm *shunthi siddha jala*.

Afterwards, she was started with *laghuashan* in the sequence of *peya- vilepi- yusha- krushara- aahara*.

Later *Deepan – Paachan – Anulomana chikitsa*

1. *Aampachaka Kwatha* 20ml BD *anupana* warm water
2. *Hingwashtakachoorana* 1gm BD twice a day *anupana* cow ghee Before meal
3. *Shankhavati* 500mg BD Before meal Warm water
4. *Errand taila* 40ml early morning

Virechana Karma

- *Snehana- tiktaghrita* 30-60-90-120ml
- *Virechana kalpa- trivrutawleha* 30gm
- *Anupana-* warm water
- *Pariksha*
- *Vaigiki* – 9-10 vega
- *Laingiki- Klama, shirshul, laghavta, vatanulomana*
- *Antiki- Kramat pitta kaphant*

Matrabasti karma

Vishgarbhataila Matra Basti 60ml for 3 days

Hapushadiyapanbasti karma

Hapushadiyapanbasti

1. Hapusha (*Juniperus communis*)
 2. Yava (*Hordeum vulgare*)
 3. Godugdha
 5. Goghrita
 6. Madhu
 7. TilaTaila
 8. Saindhava
 9. Jal
1. Prepared according to the procedure of *ksheerpakakalpana*.
 2. Four sittings, each of 7days with a gap of 15 days in between was administered.

Shaman Chikitsa

1. *Asthimajjapachakkwatha*(*Charakchikitsasthan 3*) 40ml BD
2. *Agnitundivati* 250mg bd
3. *Vishtindukavati* 250mg bd
4. *Hingwashtakachurna* 1gm bd
5. *Amruta Guggul* 500mg tds
6. *Balapushti* 2tsp bd with half glass of water

Observations and discussions

Observations

- After *Langhan* – patient noticed marked decrease in stiffness of shoulder joint.

- While on *laghuashan* and after *deepan-pachan-anulomana chikitsa* patient experienced decrease in symptoms such as shoulder joint and hip joint stiffness.
- After *Virechana Karma*, *doshas* were expelled out of the body, further improving the appetite and causing marked decrease in pain and stiffness of shoulder joint and hip joint and back.
- After *Basti* therapy with *Hapushadiyapanbasti*, there was about 80% relief in pain and stiffness of joints, improvement in *bala*, thus aiding the patient in performing day to day activities on her own, without anyone's help as described by patient herself.

DISCUSSIONS

The vitiated *vata* pushes the *ama* into the different parts of the body through the circulation, mainly in to the *shleshmasthan* i.e. bony joints and muscles. The *ama* on further vitiation by *vata* and *kapha* enters the circulation and later gets associated with morbid *pitta*. This gives the combination a corrosive nature and they tend to destroy any tissue or organ with which they come in to contact. The vitiated *ama* and *vata* get lodged in various joints, mainly in the low back, pelvis and hips and causes stiffness of body along with severe pain.

Dosha: Vata-Pitta-Kapha

Dushya: Rasa, Mamsa, Asthi

Agni: Jatharagni, Dhatvagni

Srotas: Rasavaha, Mamsavaha, Asthi-Majjavaha

Samprapti bhanga:

Langhan-Pachana-Anulomana chikitsa:

Langhan i.e. fasting therapy causes lightness to the body aiding in digestion of *ama* and cleansing of *srotas*.

Pachana therapy i.e. drugs with its *ushnaveerya* increases the gut fire further aiding in digestion of toxic substances.

Anulomana therapy-ingestion of *errand taila* causes purgation, hence removing digested *amadoshas* and regulating the vitiated *vata* and cleansing of gut.

Virechana Karma i.e. purgation therapy : *Snehana* with *tiktaghrita* causes oleation of all the micro channels of the body, while *swedana* causes the oleated *doshas* to melt and brings them down in to the gut which are further removed out of the body through purgation. *Virechana Karma* cleanses the body at the cellular level removing all the *doshas*, and opening of blocked channels and *srotas* of the body.

Basti therapy:

The Basti contains: *Hapusha, Yava, Godugdha, Goghrita, TilaTaila, Saindhava, Madhu.*

Hapusha: *Katu-Tikta Rasa, KatuVipaka, Ushna Veerya Pradhandravya.*

1. *Tikta Rasa Dhatwagnideepan AsthiDhatuPoshan, MajjaDhatuPrasadan*
2. *KatuVipak Deepan, Pachana, Medadushti Hara*
3. *Ushnavirya Vataghna*

Yava: *Madhur, Kashaya, Katu Rasa Pradhana.*

- Madhur Rasa: SarvaDhatuPoshana, Mansa Poshana, Rejuvenative property
- Kashaya, Katu Rasa: Deepan, Pachan, Lekhan and KledaShoshan, Raktadhatudushtiharawhich relievesSrotorodha,thus does Vatanulomanan which inturn reduces swelling and pain.
- KatuVipaka: ReducesShotha

Godugdha and Goghrita

Madhur Rasa,	}	Bruhana	in
MadhurVipak,		MansadiDhatudaurbalya,	
Sheet Veerya		Vatapittaghna, RaktaDoshahar, Vihatasandhankar, Vayasthapana	
Tilataila:		ParamAushadhi	of Vata Dosha
Madhur Rasa, MadhurVipaka, UshnaVeerya, SnigdhaGuna Sukshma, Sara, Vyavayi, VikasiGuna	}	Vatahara	
			Penetrating up to deepDhatu withVatahara property

Saindhava

Lavana, Madhur Rasa, MadhurVipaka,	}	Tridoshhara, especiallyVatahara.
Sheet Veerya, Snigdha, Laghu,		
SukshmaGuna	}	Plays the role of carrier and helps to act the Basti in deep level.(Cha. Su. 25/43)

Madhu

Madhur, Kashay Rasa	}	Deepan, Srotoshodhana, Yogavahi,
KatuVipaka, Sheet Veerya		Rakta-Pitta-Kaphapaham (Cha.Su.27/245)
Guru, Ruksha, Sheet		

Hapusha contains 80% ethanolic extract which acts as an anti-inflammatory, analgesic as well as anti-arthritis. This mode of action resembles to that of non steroidal anti-inflammatory drugs. It significantly reduces pain, morning stiffness and oedema in patients of arthritis.

CONCLUSION

Thus, hapushadiyapanbasti is effective in management of Aamvata with its vatahara and dhatwagnideepan and dhatuposhanaproperties.

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How to cite this article:

Kulkarni R. B and Goyal Anuradha P., Role Of Hapushadi Yapan Basti In Aamvata- A Case Study. International Journal of Research and Current Development 2017; 2(4): 126-128.