Efficacy of panchatiktakshirbasti along with oral panchatiktadhritguggulu in asthisoushirya (osteoporosis)

Raj shri U. Suryavanshi1, Ashish A. Borse2, Arun Kute3, Shailesh Kinge4

1. HOD & Associate Professor, Dept. of Shalyatantra, SRC Ayurved Mahavidyalaya, Chikhli, Dist. Buldana, Maharashtra.
2. Associate Professor, Dept. of Rachanasharir, SRC Ayurved Mahavidyalaya, Chikhli, Dist. Buldana, Maharashtra.
3. HOD & Associate Professor, Dept. of Kaumarbhritya, Dr. R. N. Lahoti Ayurved college, Sultanpur.
4. Associate Professor, Dept. of Rognidan and Vikruti Vigyan, SRC Ayurved Mahavidyalaya, Chikhli, Dist. Buldana, Maharashtra.

• Corresponding Author: drrajshri123@gmail.com; 9823976051

Abstract:
Osteoporosis, a major global health problem of ageing population is most commonly present with complications like pathological fractures of bone. Hence to avoid complication as bhagna, the option is to stop degenerative pathology. Modern science use oral calcium supplementation, which may lead to calculus formation. Hence the aim of therapy of osteoporosis should be to stop degenerative changes without complications. This can be achieved by working with principles of ayurveda. Osteoporosis in which bones become brittle and weak can be co-related with asthisoushirya i.e Asthimajjadhatu.

Acharya Charaka advised to treat asthimajjadhatukshaya by kshir, ghrita, basti and tikta dravyas.1 Vagbhata has also treated asthishula with kshir, ghrita and tiktabasti.2 Panchatiktadhritguggulu is described in Bhaishajyaratnavali for asthimajjadagata vata in kushtha chikitsa prakarana which gives idea about similar opinion regarding tiktarasa in the management of asthimajjadhatu.3 Therefore the aim of the study was to evaluate the efficacy of panchatiktakshirbasti and Panchatiktadhritguggulu in asthisoushirya (osteoporosis).

30 patients of Asthimajjadhatukshaya were treated with panchatiktakshirbasti and Panchatiktadhritguggulu orally. The results were observed on various parameters like pain, tenderness, stiffness, dosh-dhatu lakshanas. After the study the results were statistically analyzed. Patients treated with panchatiktakshirbasti and Panchatiktadhritguggulu showed improvement in symptoms of asthimajjadhatukshaya without any side effect. So we can conclude that treatment with panchatiktakshirbasti and panchatiktadhritguggulu gives speedy recovery by its action on vatavridhi and asthimajjadhatukshaya.

Keywords: Osteoporosis, Asthisoushirya, Asthimajjagata vata, panchatiktakshirbasti, panchatiktadhritguggulu.

Introduction
Osteoporosis is a commonly encountered entity in an Orthopedic clinical practice. Osteoporosis leads to enhanced fragility of bone and increased risk of fractures. On the review of ayurvedic literature it seems...
that clinical features of Asthimajjadhatukshaya are like to Osteoporosis. Vatadosha is the principle cause for this dhaturkshaya. The combine effect of asthimajjadhatukshaya and vatavridhi can be seen in Asthisoushirya (osteoporosis). When vitiated vata enters asthimajjadhatu, the bone becomes porous and causes bodyache, jointstiffness and insomnia. In old age Vat cause dhatukshaya leads to Asthisoushirya (osteoporosis). When vitiated vata enters asthimajjadhatu, the bone becomes porous and causes bodyache, jointstiffness and insomnia. In old age Vat cause dhatukshaya leads to Asthisoushirya (osteoporosis).

According to Charaka and Vagbhata Asthisoushirya dealing with Asthimajjadhatukshaya can be corrected with tiktarasa, kshir, ghrit and basti. Panchatiktaghritguggulu is described in bhaishajyaratnawali for asthimajjadhatukshaya.

Considering the use of tikta rasa on Asthimajjadhatu, the present clinical study was designed to evaluate the efficacy of Panchatikta kshirbasti with Panchatiktaghritguggulu in the management of Asthisoushirya (osteoporosis).

All the ingredients of Panchatikta kshirbasti and Panchatiktaghritguggulu were obtained from the open market and duly verified by morphological identification and pharmacological analysis. Various Parameters like pain, Stiffness, Tenderness, dosha lokshanas, dhatukshaya lakshanas were studied before and after treatment for evaluation of the therapy and the result, were statistically analyzed.

From overall view of study it was observed that Panchatikta kshirbasti and Panchatiktaghritguggulu showed improvement in symptoms of Asthisoushirya.

Finally conclusion can be drawn as use of tikta rasa drug given better result in the treatment of Asthimajjadhatukshaya i.e Asthisoushirya.

Aims and objective :-

1. To evaluate the efficacy of Panchatikta kshirbasti along with Panchatiktaghritguggulu orally in Asthisoushirya (osteoporosis).

Materials and methods –

For this study 30 patients were selected from OPD/IPD of shalyatantra dept. of Govt Ayurveda College, Nagpur. General and local examination along with necessary investigations was carried out.

Criteria for selection of Patients-

1 - Patients having symptoms of Asthimajjadhatukshaya like Asthibheda, Manskshaya, Parvabheda, Balakshaya were selected.

Criteria For Rejection of Patients –

Patients having lordosis, Prolapsed intervertebral disc osteomyelitis, Tuberculosis of spine were rejected.

Plan of work :-

Diagnosed 30 Patients were treated with Panchatikta kshirbasti with Panchatiktaghritguggulu.

Panchatikta kshirbasti was prepared by kshirpaka method mentioned in Sharangdharma．

Panchatikta kshirbasti contains Guduchi, Patola, Vasa, Nimba, Kantakari churna, Kshir, Ghrit.

Dose – 120 ml

Route of Administration – Anal Route

Duration - 30 days

Time - After meal in Morning once in a day.

Panchatiktaghritguggulu was given in the dose of 500mg orally 2 tablets twice a day after meal for 30 days.

Panchatiktaghritguggulu was prepared in Rasa shastra department of our institute under guidance of HOD.

Panchatiktaghritguggulu contains – guduchi, patola, vasa, nimba, kantakari, guggulu, goghrit, patha, vidang, devdaru, gaipppali, yavakshar, sajjikshar, shunthi, haridra, mishreya, chavya, kuth, jyotishmati, marich, indrayava, jeeraka, chitraka, katuka, bhallataka, vacha,
**Observation and result** –

The main criteria of Assessment in this study was based on the symptom score before and after treatment. Results were observed on Pain, Pain on extension and flexion, stiffness, tenderness, Nature of pain, dosha, dushya lakshanas.

Relief in the symptoms score was calculated with the help of percentage method. This showed reduction in symptom score.

The effect of therapy was evaluated with the help of score system. Hence non-Parametric test was also used. The Difference between before and After treatment was ranked and difference was statistically analyzed with the help of wilcoxon signed ranked test and it showed significant result.

Table showing effect of therapy on symptom score in 30 patients of Asthisoushirya (osteoporosis).

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Symptoms</th>
<th>B.T</th>
<th>A.T</th>
<th>Diff</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pain</td>
<td>4.3</td>
<td>0.6</td>
<td>3.7</td>
<td>86.04</td>
</tr>
<tr>
<td>2</td>
<td>Pain on extension and flexion.</td>
<td>3.63</td>
<td>0.63</td>
<td>3.00</td>
<td>82.64</td>
</tr>
<tr>
<td>3</td>
<td>Stiffness</td>
<td>3.37</td>
<td>0.87</td>
<td>2.5</td>
<td>74.18</td>
</tr>
<tr>
<td>4</td>
<td>Tenderness</td>
<td>3.47</td>
<td>0.77</td>
<td>2.7</td>
<td>77.81</td>
</tr>
<tr>
<td>5</td>
<td>Nature of pain.</td>
<td>3.93</td>
<td>0.8</td>
<td>3.13</td>
<td>79.64</td>
</tr>
</tbody>
</table>

Table showing effect of therapy on Vatavriddi lakshna score in 30 patients of asthisoushirya (osteoporosis).

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Doshlakshana</th>
<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vatavriddi</td>
<td>7.067</td>
</tr>
</tbody>
</table>

Table showing effect of therapy on Dhatukshayalakshnas score in 30 patients of Asthisoushirya (osteoporosis).

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Dhatu kshaya</th>
<th>BT</th>
<th>AT</th>
<th>Diff</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Asthikshaya</td>
<td>2</td>
<td>0.3</td>
<td>1.7</td>
<td>85</td>
</tr>
<tr>
<td>2</td>
<td>Majakshaya</td>
<td>2</td>
<td>0.43</td>
<td>1.57</td>
<td>78.5</td>
</tr>
</tbody>
</table>

**Discussion:**

Asthisoushirya is caused by combine effect of Vatavriddi and asthimajjadhatukshaya. The basic principle of treatment for asthimajjadhatukshaya is basti and use of tikta rasa.

According to charaka basti of sneha reaches and gets absorbed in grahani. Pittadhara kala has been condered as grahani. Pittadhara kala is also called as Majjadhara kala.

There is ashraya- ashrayi bhava between asthidhatu and vataodsha. When vata gets vitiated, asthdhatukshaya takes place.

Tikta rasa causes shoshan of dhatu and produces kharatwa in strosas by its ruksha, kharza, visad guna. Tikta rasa gives kharatwa to medodhatu and produces asthimajadhatu. Also tikta rasa can be easily reach upto asthidhatu as both tikta rasa and asthidhatu are akash and vayu mahabhuta pradhan.

Probable action of panchatikatkashir and panchatiktaghirtguggulu.

1. Guduchi is rasayana, balya, vayasthapana.
2. Patola is dipana, ruchikar.
3. Vasa is shoshar.
4. Nimba i is dipana and vatakaphaghna.
5. Kantakari is dipana, pachana, vatahar, angamaadprashaman.
6. Kshir is rasgpan, jiyaniya and rich source of calcium.
7. Guggulu is dipana, rasavaya, vatghna and bhagnasandhankara.

pippalimula, manjishta, ativisha, haridra, behda, amala, ajwain. 3
8. Patha\textsuperscript{19}, vidanga\textsuperscript{20}, shunhi\textsuperscript{21}, are shulaqghna.
9. Haritaki\textsuperscript{22} and amlaki\textsuperscript{23} are rasayana drayas.
10. Bibhitaka\textsuperscript{24} is ushna and kaphavataghna.
11. Among the prakshep dravyas, vidanga, shunthi, mishreya, chavya, jostishmati, maricha, indrayava, jiraka, chitraka, kutaki, vacha, pippalimula, ativisha, yavani, Yava-sajjakshara are dipana, pachana dravyas.

From overall drug review it was observed that all drugs have more percentage of tiktarasa with ruksha, khara and vishada guna.

Hence Panchatiktakshirasti along with Panchatiktaghritguggulu generated good results in sampraptibhedana of Asthisoushrya(Osteoporosis).

Conclusion
So we can conclude that panchatiktakshirbasti along with Panchatiktaghritguggulu is effective in the treatment of asthisoushrya.

References:


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