Evaluate the efficacy of Tiktadi ksheer basti and Janu basti in the management of Sandigatavata with special reference to Osteoarthritis

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Sandigatavata is the commonest problem in world today. Acharya Charaka has explained Sandigatavata as one among the vatavyadhi and characterised by a “vata purna druti sparsha”. This can be compared with Osteoarthritis of contemporary medical science. According to WHO Osteoarthritis is the commonest musculoskeletal problem in the world population (30%) after back pain (50%). There is a steady rise in prevalence from age 30 such that of 65; 80% of people have radiographic evidence of O.A. According to Ayurveda in this age, vata is an pravrudha and may cause degenerative diseases like Sandigatavata. In contemporary medical science potent analgesic, AntiInflammatory drugs etc. are prescribed for this disease. But these drugs are not effective and give side effect. In view of this we have designed based on vatasamana chikitsa described by Acharya Charaka. Diseases due to vitiation of asthidhatu (bone tissue) can be treated by the panchakarma (Five elimination therapies). Specially enema, milk and ghee medicated with bitter drugs (Ca.Su.28/27). So Tiktadi ksheer basti and Janu basti are proposed for this study.

Aims and Objectives were to evaluate the efficacy of Tiktadi ksheer basti and Janubasti for Sandigatavata and to establish better treatment for Sandigatavata. Patients suffering from Sandigatavata was randomly selected from OPD/IPD of P.G. Department of Panchakarma N.I.A., Jaipur. For clinical trial 30 patients will be randomly categorized in to two (2) groups. (15 in each group) irrespective of sex age group in between 30-70years.

- Group A - Tiktadi Ksheer Basti for 15 days
- Group B - Janu basi for 15 days

Result and discussion will be discussed in full paper.

Keywords: Sandigatavata, Panchakarma, Basti, Janu basti

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