



## EFFICACY OF RASNASAPTA K WATH AFTER BASTI IN MANYASTAMBH

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### ABSTRACT

The Vata Dosha, when it is normal, sustains the functioning of all the organs of the body. And its vitiated state, it causes various samanyaj & nanatmaja vyadi in the body. Manyastambh is one of the nanatmaja vikar of Vata dosha mentioned in Ayurveda. Basti therapy is defined as the most powerful and effective procedures of Panchakarma. Total 30 patients were selected for clinical trial which was carried out on patients suffering from Manyastambh. These data were subjected to statistical analytical methods and on the basis of which a conclusion was drawn, specifying the efficiency of 'Rasnasaptak kwath after basti' under trial. The effect of basti

chikitsa and Rasnasaptak Kwatha gave excellent results in the patients of Manyastambh which proves its safety and efficacy in it.

**Keywords: Manyastambh, Basti chikitsa, Rasnasaptak Kwath, Vata Dosha, Ayurveda**

## INTRODUCTION:

Ayurveda has described dinacharya, ritucharya, achara rasayan, sadavritta etc. for the acquisition of Chaturvidha purusartha. But in today's era due to lack of such adherence in routine life people came across many diseases. The imbalance state or vitiation of tridoshas is called disease, and its normal state is called health [1]. Out of the three doshas, Vata is powerful in view of its activating others and putting them to work and this is done by gunas of Vata. When it gets vitiated it causes different types of diseases called nantamaja vyadhi. There are 80 nanatmaja vyadhi of vata dosha, Manyastambh is one of them [2]. Excessive consumption of ruksha, shita, laghu aahara, vishamashan, excessive weight lifting, excessive exercise or labor work, rasadi dhatu kshaya, stress, sorrow, leanness due to any illness, vegadharan, marmaghata, excessive riding on fast vehicles, etc. are the causes of vata dushti [3]. In today's lifestyle, due to urbanization and industrialization, person gets busy in his/her work due to which faces many problems regarding health. Eating such foods or following such lifestyle ultimately gives rise to the vitiation of Vatadi

Dosha. Vitiated vata dosha either by obstructive pathology (margavarodha janya) or degenerative pathology (dhatukshyaya janya) causes Manyastambh. Due to this vata dosha, asthi dhatu gets deprived hence causes pain like Manyastambh [4].

Acharya charaka has mentioned basti chikitsa as half treatment. Also basti is the best purification treatment for vata dosha. Hence we decided to give yogabasti krama to the patients as a shodhan chikitsa. As only shodhan chikitsa is not enough for dosha dushti, shaman chikitsa is required. For this purpose selection of Rasnasaptak kwatha was done [5].

**AIM** - To study the effect of Rasnasaptak Kwath after Basti In Manyastambh.

## OBJECTIVES

- To study the effect of Basti Chikitsa in Manyastambh.
- To study the effect of Rasnasaptak Kwath after basti chikitsa in Manyastambh

## MATERIALS AND METHODS –

Diagnosed patients of Manyastambh were first advised yogabasti krama for 8 days

followed by rasnasaptak kwath 40 ml twice in day for the period of one month for which following measures were considered.

In yogabasti karma [6] – starting with bahya (external) snehan and swedan, anuvasan basti with til tail 120 ml was given on first day followed by alternate use of niruha basti (with dashmoola kwatha 480ml+ til tail 240 ml+ saindhav 10gm+ madhu 160ml+ kalka 80gm) and anuvasana basti till seventh day. On 8<sup>th</sup> day, use of anuvasan basti with til tail 120 ml was done.

**Preparation of Rasnasaptak Kwatha** - The Kwatha was prepared freshly every time as per procedure described in Sharangdhara Samhita [7].

#### **Drug standardisation -**

Authentication & standardisation of raw materials was done under guidance of experts of Dravyaguna and Rasashastra department of the institute and external entity.

**Study type** – An open non-comparative prospective clinical study

**No. of patients** - 30

**Source of data** - Total 30 patients were selected randomly from OPD & IPD units of Dr. D.Y. Patil Ayurved Hospital, Pimpri, Pune. Clinical trial was carried out on patients suffering from Manyastambh. These data were subjected to statistical analytical

methods and on the basis of which a conclusion was drawn, specifying the efficiency of ‘Rasnasaptak kwath after basti’ under trial.

**Consent** - An informed written consent of all patients was taken before treatment.

#### **Diagnostic criteria –**

As the symptoms of Manyastambh are not clearly mentioned in samhitas. Following few

symptoms are drawn from common symptoms of vata dosha as well as from practical

experience. Patients were selected on the basis of subjective criteria mentioned below.

1. Manyashoola
2. Stabdhatta
3. Akunchan samayi vedana
4. Prasarana samayi vedana
5. Ubhay hast vedana

#### **Inclusion criteria.**

- Patients aged between 21 year to 60 years of either sex.
- Diagnose patients of Manyastambh and suitable for basti chikitsa

#### **Exclusion criteria**

- Patients with diabetes, fracture and cancer
- Patients with scoliosis, lordosis and kyphosis
- Patients unsuitable for basti chikitsa

- Pregnant and lactating women.

**Drug Administration:**

- **Dose of kwatha:** 40 ml
- **Route of administration:**  
Orally

- **Kala :**Twice in a day
- **Anupana:** Shunthi churna  
(prakshepdravya)

**OBSERVATION & RESULT:**

Table

S. No.	Symptoms	Treatment	Days	Mean (x)	't' value	'p' value
1	Manyashoola	Basti	0	2.47	-	-
			3	2.47	-	-
			6	2.07	4.44	<0.001
		Rasnasaptak kwath	8	1.74	6.63	<0.001
			15	1.51	14.92	<<0.001
			30	1.00	16.33	<<0.001
2	Stabdhatta	Basti	0	1.7	-	-
			3	1.9	-	-
			6	1.6	2	<0.05
		Rasnasaptak kwath	8	1.6	3.75	<0.001
			15	1.07	7.3	<0.001
			30	0.92	9.66	<<0.001
3	Akunchan samayi vedana	Basti	0	1.72	-	-
			3	1.74	-	-
			6	1.54	2.14	<0.05
		Rasnasaptak kwath	8	1.35	3.88	<0.001
			15	1.06	7.66	<0.001
			30	0.93	10.25	<<0.001
4	Ubhayhast vedana	Basti	0	1.72	-	-
			3	1.72	-	-
			6	1.56	2.14	<0.05
		Rasnasaptak kwath	8	1.37	3.88	<0.001
			15	1.05	7.66	<0.001
			30	0.93	10.25	<<0.001
5	Prasaran samayi vedana	Basti	0	1.86	-	-
			3	1.86	-	-
			6	1.53	3.44	<0.01
		Rasnasaptak kwath	8	1.43	4.8	<0.001
			15	1.37	5.6	<0.001
			30	1.37	5.6	<0.001

**DISCUSSION –**

The Vata Dosha, when it is normal, sustains the functioning of all the organs of the body. And its vitiated state, it causes various samanya (jwar, raktapitta, etc.) and asamanya (nanatmaja vyadi) diseases in the body. Manyastambhis one of the nanatmaja vikar of Vata dosha mentioned in Ayurveda [8].

Basti therapy is defined as the most powerful and effective procedures of Panchakarma. It is stated in Ayurved that most of the diseases are caused by imbalance of vata dosha and basti is called 'Ardha Chikitsa', because of the concept that it cures half of the diseases of the body [6]. Basti treatments balance and nurture the vata dosha. When basti is used in

conjunction with the pre-procedures of Panchakarma, it cleans far more than just the colon (pakvashaya). This therapy helps in purifying the toxins from all over the body. The nutritive and the palliative qualities of basti therapy address all the functional factors of colon. In addition to getting rid of the toxins, it also helps in restoring the healthy functions to the colon and through the colon it nurtures and rebuilds the tissues and organs. Basti therapy is actually the most effective treatment for disorders that are arising from abnormal vata [17]. Sesame oil (til tail) is the main base oil used in most of ayurvedic oils. Here it was used for Anuvasana basti. Of all the varieties of oil, sesame oil is best for improving strength and imparting oiliness to the body, hence said to be the best Vata shamaka. It balances Vata and Kapha dosha, slightly increases pitta dosha. Improves digestive power, clear and cleanses body channels. It is having anti-aging and rejuvenating properties too.

Dashamoola is tridosha nashaka and balances Vata, Pitta and Kapha. It is excellent medicine for treating Vata vyadhi. It reduces inflammation and pain. It is such an intelligent blend of medicinal herbs that balances all the three doshas. It improves digestive power also digest toxins of body (aam pachak), alleviates or prevents

rheumatism, acting to relieve pain, improves well-being [18-20].

Rasnasaptak kwatha is the poly herbal medicine mentioned in bhavprakasha samhita vatavyadhi adhikar. It contains Rasna and other seven ingredients and hence named Rasnasaptak Kwatha. The medicinal herbs used in this formulation are Tridoshnasak. This medicine is having shothahara and shoolahara properties and it is used in Janghashula, Urushula, Parshva Shula, Trika Shula, Prishtha Shula. Rasna is Tikta, Guru, Ushna and Katu vipak. It pacifies Kapha and Vata. Rasna root is fragrant, bitter and useful in rheumatism and other inflammatory disorders. Its stem, leaves are muscle relaxant. Along with other herbal ingredients the roots are useful in all nervous diseases and joint disorders. Guduchi gives relief in pain and inflammation. It is a Rasayan drug of Ayurveda. It has positive influence on whole health. Devdaru has analgesics and anti-inflammatory action.

It pacifies Vata dosha hence reduces the pain. Gokshur improves digestion, strength, nourishes the body, removes kleda out of body hence cleanses the body. Punarnava is diuretic and helps to reduce swelling by losing extra fluid from body. it also reduces the pain. Erandamool and Aragvadhya support proper bowel evacuation and removal of

waste from body due to their purgative action. They help to cure bloating and constipation [9-16].

#### CONCLUSION –

- Manyastambhis the nanatmaja vyadhi of vata dosha caused due to vitiation of vata.
- Basti is mainly advised in the treatment of vata dosha vitiation along with shaman chikitsa. Hence in Manyastambh, we first used basti chikitsa as shodhan karma followed by Rasnasaptak Kwatha as shaman chikitsa for the period of one month
- Causes of vata vyadhi are mentioned in ayurvedic texts. From which following causes are found more in patients of Manyastambh– Ruksha, shita annapan, virodhi annapan, alpashana, atyadhik bhara vahan, vishamasha, excessive travelling and Driving on vehicles, long standing, bending work or sitting work pattern, accident, postoperative complications, old age.
- Stabdghata and Manyashoola symptoms are found in all the patients of Manyastambh whereas flexion and extension difficulties were found in 26 and 25 patients respectively.

- Manyastambh is mainly caused due to vitiation of vata dosha but along with that we also found asthi dhatu ,majja dhatu as well as asthivaha srotas and majjavaha srotas dushti in it.
- This disease was mainly found in the patients with physical hard work, long standing or sitting jobs.

The effect of basti chikitsa and Rasnasaptak Kwatha gave excellent results in the patients of Manyastambh which proves its safety and efficacy in it. Hence it opens the new door for ayurvedic practice and helps to treat nanatmaj vyadhi of vata dosha like Manyastambh.

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