



Efficacy of *panchatiktakshirbasti* along with oral *panchatiktaghritguggulu* in *asthisousharya* (osteoporosis)

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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 *asthisousharya* i.e. *Asthimajjadhatukshaya*.

Acharya Charaka advised to treat *asthimajjadhatukshaya* by *kshir*, *ghrita*, *basti* and *tikta dravyas*.¹

Vagbhata has also treated *asthishula* with *kshir*, *ghrita* and *tiktasthi*.² *Panchatiktaghritguggulu* is described in *Bhaishajyaratnavali* for *asthimajjagata vata* in *kushtha chikitsa prakarana* which gives idea about similar opinion regarding *tiktatara* in the management of *asthimajjadhatu*.³

Therefore the aim of the study was to evaluate the efficacy of

panchatiktakshirbasti and *Panchatiktaghritguggulu* in *asthisousharya* (osteoporosis). 30 patients of *Asthimajjadhatukshaya* were treated with *panchatiktakshirbasti* and *Panchatiktaghritguggulu* 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 *Panchatiktaghritguggulu* showed improvement in symptoms of *asthimajjadhatukshaya* without any side effect. So we can conclude that treatment with *panchatiktakshirbasti* and *panchatiktaghritguggulu* gives speedy recovery by its action on *vata* and *asthimajjadhatukshaya*.

Keywords: Osteoporosis, *Asthisousharya*, *Asthimajjagata vata*, *panchatiktakshirbasti*, *panchatiktaghritguggulu*.

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 *dhatukshaya*. The combine effect of *asthimajjadhatukshaya* and *vataavridhi* can be seen in *Asthisoushriya* (osteoporosis). When vitiated *vata* enters *asthimajjadhatu*, the bone becomes porous and causes bodyache, jointstiffness and insomnia.⁴ In old age Vitiated *Vata* causes *dhatukshaya*. In *dhatukshayajanya vataprakopa*, *vata* is vitiated with its *ruksha*, property which leads to hollowing of bones.⁵

According to *Charaka* and *Vagbhata* *Asthisoushriya* dealing with *Asthimajjadhatukshaya* can be corrected with *tiktara*, *kshir*, *ghrita* and *basti*. *Panchatiktaghritguggulu* is described in *bhaishajyaratnawali* for *asthimajjagata vata*.

Considering the use of *tikta rasa* on *Asthimajjadhatu*, the present clinical study was designed to evaluate the efficacy of *panchatiktakshirbasti* with *panchatiktaghritguggulu* in the management of *Asthisoushriya* (osteoporosis).

All the ingredients of *panchatiktakshirbasti* and *Panchatiktaghritguggulu* were obtained from the open market and duly verified by morphological identification and pharmacological chemical 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 *Panchatiktakshirbasti* and *Panchatiktaghritguggulu* showed improvement in symptoms of *Asthisoushriya*.

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

Aims and objective :-

1. To evaluate the efficacy of *Panchatiktakshirbasti* along with *Panchatiktaghritguggulu* orally in *Asthisoushriya* (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 *Panchatiktakshirbasti* with *Panchatiktaghritguggulu*.

Panchatiktakshir was prepared by *kshirpaka* method mentioned in *Sharangdharsamhita*.⁶

Panchatiktakshirbasti 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*, *gajpippali*, *yavakshar*, *sajjikshar*, *shunthi*, *haridra*, *mishreya*, *chavya*, *kuth*, *jyotishmati*, *marich*, *indrayava*, *jeeraka*, *chitraka*, *katuka*, *bhallataka*, *vacha*,

*pippalimula, manjishta, ativisha, haridra, behda, amala, ajwain.*³

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 Asthisousharya (osteoporosis).

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

Table showing effect of therapy on Vataavridhi lakshna score in 30 patients of asthisousharya (osteoporosis).

Sr. no.	Doshlakshana	BT	AT	Diff	%
1.	Vataavridhi	7.067	2.3	4.76	67.5

Table showing effect of therapy on Dhatukshayalakshnas score in 30

patients or Asthisousharya (osteoporosis).

Sr. no.	Dhatu kshaya	BT	AT	Diff	%
1.	Asthiakshaya	2	0.3	1.7	85
2.	Majjakshaya	2	0.43	1.57	78.5

Discussion:

Asthisousharya is caused by combine effect of *Vataavridhi* 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*.⁷ *Pittadhara kala* has been condered as *grahani*. *Pittadhara kala* is also called as *Majjadhara kala*.⁸

There is *ashraya- ashrayi bhava* between *asthidhatu* and *vataadosha*. When *vata* gets vitiated, *asthdhatukshaya* takes place⁹.

Tikta rasa causes *shoshan* of *dhatu* and produces *kharatwa* in *strosas* by its *ruksha, khara, vishad guna*.¹⁰ *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*.¹¹

Probable action of *panchatiktakshir* and *panchatiktaghirtguggulu*.

1. *Guduchi* is *rasayana, balya, vayasthapana*.¹²
2. *Patola* is *dipana, ruchikar*.¹³
3. *Vasa* is *shoshar*.¹⁴
4. *Nimba* is *dipana and vatakapaghna*.¹⁵
5. *Kantakari* is *dipana, pachana, vatahar, angamardaprashaman*.¹⁶
6. *Kshir* is *rasayan, jivaniya and rich source of calcium*.¹⁷
7. *Guggulu* is *dipana, rasayana, vatghna and bhagnasandhankara*.¹⁸

8. *Patha*¹⁹, *vidanga*²⁰, *shunhi*²¹, are *shulaghna*.
9. *Haritaki*²² and *amlaki*²³ are *rasayana dravyas*.
10. *Bibhitaka*²⁴ is *ushna* and *kaphavataghna*.
11. Among the *prakshepa 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 *tiktara* with *ruksha*, *khara* and *vishada guna*.

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

Conclusion

So we can conclude that *panchatiktakshirasti* along with *Panchatiktaghritguggulu* is effective in the treatment of *asthisoushira*.

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