

Clinical Study of Lashun Taila Matrabasti in Asthikshaya**Dr.Dnyaneshwar Machindranath Mitke,.**Assistant professor panchakarma Department,
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Yeola Tal- Yeola. Dist-Nashik**Abstract:**

Asthikshaya i.e. Osteoporosis is commonly occurring disease in many people. It commonly affects the old aged people because there is increase in Ruksha and sheeta guna. In this, there is some decrease in asthi dhatu (Osteoporosis). It shows symptoms like Joint pain, stiffness etc. lashun Taila is mentioned as a remedy for Vatavyadhi in Charak Samhita. It is used in a patient of Osteoporosis in the form of Matrabasti and assessed on a criteria like low back pain, stiffness, Straight leg raise test. It showed a very much effect in this patient. It decreases the sheeta and ruksha guna of Vata dosha, so it is also called as Vatari. This study can be done on large sample size and it is also cost effective.

Keywords : Asthikshaya, Lashun Taila, Matra basti, Osteoporosis

Introduction:

Ayurveda is one of the most ancient system of life, health and cure. This system of knowledge flourished through over 5000 years and has had an unbroken tradition of practice down the ages update. Osteoporosis is a growing public health problem worldwide. A large proportion of the population from middle age onwards is at risk of suffering a fracture during their remaining lifetime. Osteoporosis affects approximately over 200 million people worldwide. In India, there are around 50 million individuals with osteoporosis or low bone mass.¹

In India, more than 4.5 million women above the age of 60 years suffered fracture spine and more than 250000 people sustain a hip fracture every year due to osteoporosis.² There are two major determinants of bone mass and mineral density in later life: (1) the extent of peak bone mass in early adulthood, and (2) the rate of involutional bone loss thereafter. Both determinants are governed by complex interactions of genetic, environmental, nutritional, hormonal, age-related, and lifestyle factors.

Bone is a dynamic tissue that serves two highly specialized functions: it has a fundamental biomechanical role in locomotion, and it is essential for the maintenance of mineral homeostasis. Osteoporosis is defined as a “systemic skeletal

disease characterized by low bone mass and micro architectural deterioration of bone tissue with a consequent increase in bone fragility and susceptibility to fracture.”

Ayurveda provides so many treatment modalities for different kind of disorders. Being a degenerative Vata disorder, Osteoporosis (Asthikshaya) demands a pioneer treatment of Vata i.e. Basti, Charaka aptly highlighted the glorified designation of Basti- Basti Vataharanam Shreshtha. There is reference of Lashun Taila is Mentioned in the Treatment of Vatavyadhi in Charak Samhita.³ In this study, sample of 30 patients are treated with matrabasti of lashun taila and it showed very much improvement.

Review of Literature:

Saushirya or kshaya means saushirya of sthaya asthi dhatu in which the ashti becomes porous (sarandhra). Moreover, Acharya Charaka has mentioned the symptoms of Asthi & Majja kshaya asasthi (bony tissue) undergoes decrease, there is falling of hairs of the head and body, nails mustaches and teeth exhaustion and loosening of joints. Asthi becomes weak and light in weight, as well as there is feeling of bones being broken down. Diseases of vata dosha always affect such a person. The stage of asthi saushirya arises in age beyond 60 to 70 years when there is maximum loss of all dhatus. Asthi majja kshaya also occurs in male in jarawastha, but because of comparatively more bala and samhanana,

kshaya in minimal and often does not lead to asthi saushirya. This supports the fact that incidence of osteoporosis is more in female than male.⁴

• SAMPRAPTI OF ASTHI KSHAYA :

Due to nidana sevana whenever khavaiguna takes place in the asthi dhatu, vata dosha covers whole asthi dhatu & doing sthansamsharya in whole asthi dhatu or some part of body in asthi dhatu and manifests the symptom like contraction of asthi, stiffness of joint fracture of asthi & joints.⁵

Osteoporosis is a pathologic condition of the entire skeleton and is characterized by a low bone mass in combination with microarchitectural changes, particularly of the cancellous bone; both add to the fragility of bone at distinct sites of the axial as well as the perpendicular skeleton. As detailed before, bone remodeling both in cortical and trabecular bone proceeds in an orderly fashion with bone resorption tightly coupled to bone formation. Osteoporosis must therefore be viewed as the consequence of a specific imbalance of bone remodeling, which leads to net bone loss because formation of new bone by osteoblasts for several reasons does not match the extent of bone resorbed by osteoclast activity.⁶

Aims and Objectives:

AIM

To observe the efficacy of Matrabasti of Lashun taila in Asthikshay (Osteoporosis).

OBJECTIVES

- To study the Ayurvedic Literature of Asthikshay according to Ayurvedic Samhitas.
- To study Osteoporosis as per Standard Modern Texts.
- To study the Asthi Sharir and Bone.
- To study the effect of Lashun Taila matrabasti in asthikshay (Osteoporosis).

Material and Methods:

Source of data- OPD & IPD patients of Matoshri Asrabai Darade Ayurved Medical college, Babhulgaon.

Study Design: Open Randomized Controlled Clinical Trial

Inclusion Criteria

1. Gender - Patients of any sex will be included.
2. Age -40 yrs to 80 yrs
3. Patients those having Lakshanas of Asthikshay.
4. Patient who shows Pain, Stiffness, Sitting Low Back Pain, Tenderness at joints and positive S.L.R. Test will be included for study.

Exclusion Criteria:

1. Patients having tuberculosis of spine.
2. Rheumatoid arthritis.
3. Ankylosing spondylosis.
4. Malignancy.
5. Hypertensive, diabetic mellitus, HIV, asthma, CVS disorder
6. Epilepsy or any other serious systemic illness.

Intervention:

- Duration of study – 4 months
- Total duration of study – 15 days
- Follow up – at 15th day
- Dose: 40 ml
- 30 patient will be given *Lashun Taila Matrabasti* with disposable basti pouch for 15 days in this sequence.
- Kal : Paschyat bhakta

• Preparation of Lashun Taila –

Lashun Taila is prepared as per mentioned in *Sharangadhar Samhita* as follows⁷

Contents-

1. Lashun bulb – 1 part
2. Processed edible tiltila- 4 part
3. Cow's Milk- 16 part

Procedure-

First lashuna bulbs were peeled and were crushed manually. On the other hand, cow's milk was boiled and crushed lashun balbs were added slowly and boiled again. Then processed edible tiltila was later added to boiling preparation. The whole formulation was boiled continuously in low flame for about 2 days until we got the ideal signs of Taila as mentioned in classics. The formulation was later cooled and filtered and stored in sterile container.

Procedure –

Poorvakarma – The patients was given prone position and local abhyanga (massage) with Tilataila was done for 10 minutes. Then Pinda sweda was given locally for 15 minutes. The patient was asked to consume light breakfast after 10 minutes.

Pradhankarma – Patient was given left lateral position, 60 cc syringe was filled by 40 ml with Lashun taila , oil was applied to anal region and tip of catheter. Catheter was inserted 3 cm in anus, the piston was slowly pushed till all the oil gets inside.

Slight massage was given on buttock region for 15 minutes and patient was asked to sleep in supine position for 10 minutes. The procedure was followed for 15 days.

▪ **Parameters for Assessment:**

1.Pain :

Sign	Grade
No Pain	0
Slight Pain	1
Moderate Pain	2
Severe pain	3

2.Stiffness :

Sign	Grade
No stiffness	0
In morning, only 5-10 minutes	1
Daily 10 – 30 minutes	2
Daily in different time 30 – 60 minutes or more	3

3.Sitting LBP (Low back pain) :

Sign	Grade
Sitting in ordinary chair more than 30 minutes without	0
Patient complaining LBP while sitting in an ordinary chair after 20 minutes	1
Patient complaining LBP while sitting in an	2

ordinary chair after 10 minutes	
Patient complaining LBP just after sitting in an ordinary chair	3

4.S.L.R. Test :

S.L.R. Test	Grade
90 °	0
60°	1
30°	2
0°	3

5.Tenderness :

Symptoms	Grade
Patient does not feel pain during examination	0
Patient feel mild pain during examination of tender area	1
Patient feel moderate pain during examination	2
Patient does not allow to examine the tender area	3

▪ **Results:**

Effect of Matrabasti on assessment criteria was as follows

Parameter	Mean		Difference in means	Paired 't' test				
	B	A		S. D.	S.E .M.	't'	'p' value	Remark
Pain	2.2	1.13	1.07	0.69	0.126	8.451	<0.001	S
Stiffness	2.13	1.1	1.03	1.129	0.206	5.071	<0.001	S
Sitting LBP	2.23	0.96	1.27	0.683	0.155	8.041	<0.001	S
SLR	2.2	0.7	1.43	0.701	0.111	11.1	<0.001	S

Test	3	9		10	29	05	00	
	6	3			6		1	
Tenderness	2.	0.	1.63	0.7	0.1	12.	<0.	S
	2	6		64	39	75	00	
	6	3			6		1	

Discussion and Conclusion:

- Asthikshay is due to vata dosha vitiation taking lead in the manifestation of the disease.
- Asthi dhatu is affected in asthikshay.
- Asthikshay vyadhi has symptoms like pain, Stiffness, Sitting Low Back Pain, SLR test, Tenderness etc.
- Asthikshay is dealt with Osteoporosis in modern.
- Osteoporosis is progressive systemic skeletal disease characterized by low bone mass and micro architectural deterioration of bone tissue, with a consequent increase in bone fragility and susceptibility to fracture. There was marked reduction in the mean scores of all the parameters of assessment i.e.,pain, Stiffness, Sitting Low Back Pain, SLR Test, Tenderness.
- The Matrabasti with Lashun Taila have proved to be quiet effective in the treatment of Osteoporosis without involving undesirable side effects
- Along with main line of treatment nourishing diet must also be given to the all malnourished patients.

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