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REVIEW ARTICLE

EVALUATING CLINICAL EFFICACY OF *LEKHANA BASTI* IN *MEDOAVRUTTA VATA*- A CASE REPORT

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ABSTRACT

Medoavrutta vata is described in all the brihat tri samhitas and it can be consider as metabolic disorder in morden medicine. In this disease according to Ayurveda acharyas firstly medo dhatu becomes vitiated and cover the vata dosha and manifest various symptoms in the body which are mentioned in the samhitas. In present era metabolic disorder are major manifestation due modern lifestyle. The diseases which comes under the metabolic disorder are mainly obesity, diabetes, hypothyroidism, hyperlipidemia, if any of these 3 diseases occurs together then it comes under metabolic disorder. A case report study was done on medoavrutta vata or metabolic disorder. A female patient aged 35 years suffering from body pain, multiple joints pain, fever, swelling all over the body. She is a known case of Hypothyroidism and Diabetes Mellitus. After thorough examination the patient was diagnosed with medoavrutta vata. Oral medications were given according to treatment principles mentioned in samhitas, lekhan basti was given as it is medohar vatahar and also pramehaghnan. The results observed were very promising for further research and studies in this context.

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INTRODUCTION

Medoavrutta vata is a condition in which vata dosha is avrit by vitiated medo dhatu and due to this vata dosha gets vitiated and various symptoms arise in the body. It can be correlated with metabolic disorder in modern medicine. Metabolic syndrome represents a clustering of different metabolic abnormalities. Metabolic syndrome is a cluster of conditions which are increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels that occur together, increasing your risk of heart disease, stroke and diabetes. Having just one of these conditions doesn't mean you have metabolic syndrome. However, any of these conditions increase your risk of serious disease. Having more than one of these might increase your risk even more. Metabolic Syndrome prevalence is present in approximately 25% of all adults with increased prevalence in advanced ages. The presence of one component of Metabolic Syndrome increases the risk of developing Metabolic Syndrome later in life and likely represents a high lifetime burden of cardiovascular disease risk. Treatment for this is in modern medicine is not so much, modification of lifestyle for preventing further development of complications, symptomatic treatment and weight reduction. In Ayurveda it is explained as below.

According to Acharya charak:
Medoavrutta vata is described under vatavyadhi as

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Vata which is covered or avrutta by meda dhatu produces symptoms like swelling, coldness all over the body and oiliness of skin, decreased desire of eating. It is difficult to treat and also known as Adyavata. Treatment for this is mentioned in the same chapter and described as Premehavatamedohagna chikitsa. According to Acharya Vagbhatta same signs and symptoms are described and treatment is also the same as in charak samhita.

Here is a case report on this disease. As described above the treatment given was premevatamedohagna.

Case Presentation

A 35 years old female visited the OPD of kayachikitsa department of All India Institute of Ayurveda (AIIA), New Delhi on 22 May 2018 and got admitted on the same day (UHID no.265402) with chief complaints of Pain over neck and right shoulder joint, pain over bilateral knee joints, swelling with stiffness all over the body with fever on and off since 10 years.

History of present illness: According to the patient she was asymptomatic 10 years back then she developed pain over right wrist joint with swelling and this pain gradually spread to all joints of the body with swelling and fever on and off, with this she also suffered from stiffness in the body, for this she took allopathic treatment but could not get satisfactory relief so she came to AIIA for the needful treatment. She is a known case of Diabetes mellitus and Hypothyroidism. For these she was taking allopathic medicines.

Examination of the patient

According to examination the patient was diagnosed with Medoavrut Vata and the treatment was planned accordingly.

RESULTS

The condition of the patient improved gradually, most of the symptoms subsides after the course of treatment.

Table 1.

General Physical examination:	Ashtavidha pariksha	Dashvidha pariksha	Systemic Examination
<ul style="list-style-type: none"> • Patient was obese with swelling over both the legs, slight pallor was present. • Temperature-normal • Weight-84.6 kg • Height-5 feet • BMI- 36.6 kg/m² • B.P-110/70 mmHg • Pulse-78/min • Appetite-low • Bowel-irregular • Bladder –normal • Sleep -disturbed 	<ul style="list-style-type: none"> • Nadi-78 beats/min, regular • Mala-constipated bowel • Mutra-normal • Jihva-coated • Shabda-normal • Sparsha-normal • Drika-normal • Akriti-sthula 	<ul style="list-style-type: none"> • Prakriti- VK • Vikriti- prakritisamsamveta • Saara- madhyama • Samhanan-madhyama • Satmya-madhyama • Satva-avara • Pramana-madhyama • Ahar Shakti-avara • Vyayama Shakti-avara • Vaya-madhyama 	<ul style="list-style-type: none"> • Cardiovascular system: normal • Respiratory system: normal • Gastrointestinal system: normal • Locomotor system: Difficulty in walking due to pain over bilateral knee joints. • CNS-normal, <ul style="list-style-type: none"> ✓ Higher function:normal ✓ motor function:normal, ✓ reflexes:normal, ✓ cranial nerves:normal.

Treatment Protocol

A. Oral medications

Table 2.

S.no	Medications	Dose	Frequency	Route
1	<i>Vaishvanar churna</i>	3 grams	BD A/F	Orally
2	<i>Jamun beeja churna</i>	3 grams	BD B/F	Orally
3	<i>Gudmar patra churna</i>	3 grams	BD B/F	Orally
4	<i>Phalatrikadi kwatha</i>	50 ml	HS A/F	Orally
5	<i>Gokshuradi guggulu</i>	2 tablet	BD B/F	Orally
6	<i>Mahasudarshanghan vati</i>	2 tablet	BD A/F	Orally
7	<i>Arka ajmoda</i>	15 ml	BD A/F	Orally
8	<i>Medohar vidangadi loha</i>	2 tablet	BDA/F	Orally

B. Panchakarma procedures

- *Udavartana karma* with *Triphala churna*.
- *Yoga Basti (Lekhana basti)* for 8 days.
 - ✓ *Anuvasana basti*: *Dashamoola tail* with *shatpushpa, pippali, madanphala*. (50ml)
 - ✓ *Niruha basti*: (400ml)
 - *Kwatha dravya*: *Triphala*=100 grams
 - *Kalka dravya*: *Shilajatu*=5 grams
Yavakshara= 5 grams
Kasisa = 5 grams
Tutha =5 grams
Hingu =1 grams
 - *Madhu*: 50 ml
 - *Sneha*: *katu tail*(*sarshapa tail*) 50 ml
 - *Prakshepa*: *Gomutra* 150 ml.

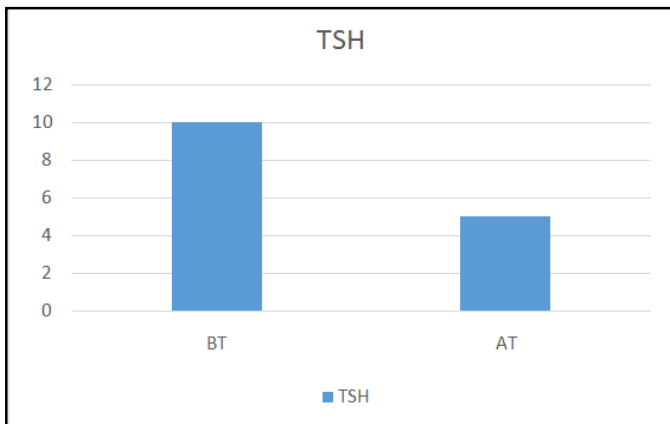
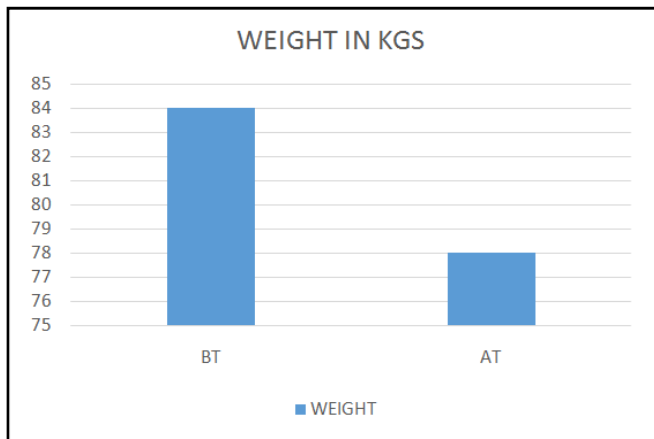
Preparation of basti



Table 3.

Symptoms, signs, investigations	BT	AT
Fever	Present	Absent
Body stiffness	Present	Absent
Pain over bilateral limbs	Present	Absent
Weight	84 kg	78 kg
Swelling over lower limbs	Present	Absent
RBS	245 mg/dl	215 mg/dl
Hb	9 g/dl	7.7 g/dl
ESR	55 mm/hr	45 mm/hr
RBC	3.30 10^6 /cu/mm	4.3 10^6 /cu/mm
Sr. Calcium	7.2 mg/dl	7.62 mg/dl

Graphical presentation of changes in all the parameters of the disease:



DISCUSSION

The diagnosis was done on the basis of the signs and symptoms of the patient, she is a known case of diabetes mellitus and hypothyroidism for this she was taking allopathic medications she had also a history of regular intake of steroids or painkillers for the pain all over the body, long term intake of steroids leads to various side effects in the body it leads to increase in weight, swelling all over the body, puffiness of the pain, all these signs were present in this patient. On the basis of Ayurveda principles doshik involvement are Vyana Vayu, Samana Vayu, Apana Vayu, pachaka pitta, sleshaka kapha, kledaka kapha, and ama dosha. Dushya involved are rasa, maansa, medo, asthi. Srotas involved are rasavaha, maansvaha, medovaha, asthivaha, annavaha. Srotodushti type is sanga. According to this diagnosis is made as Medoavrutta vata and treatment was done. In oral medications jamun beej churna, gudmar patra churna was given for reducing the blood sugar level as patient is a known case of DM, phalatrikadi kwatha is given as it is indicated in prameha roga adhikara by charak samhita and Acharya chakradutta and due to

its contents it also helps in relieving the constipation in the patient. As the dosha and dushya involvement the drugs given were pitta kapha shamak and vata anulomaka, vaishvanar churna is indicated in amavata by Acharya chakradutta, it is used here for ama pachana because in this case ama dosha is present, so before treating the another dosha ama pachana should be done according to Ayurveda principles, mahasudarshan ghan vati also helps in ama dosha pachana and it is dug of choice for fever, gokshuradi guggulu is given for its kapha and medo nashak property, medohar vidangadi loha was given for medo dushti. According to the dosha dushya predominancy the panchkarma treatment was planned udavartana is kapha medohar so here it was given with triphala churna, lekhan basti was planned for the its medodushtinashak and kapha shamak karma.

Conclusion

On the basis of all the symptoms and signs the case is diagnosed as Medoavrutta vata and treatment was done on the basis of dosha dushya involvement and srotas involved. After the course of treatment the condition of the patient got improved but not up to the mark, some symptoms got reduced but some symptoms remains the same, this can be due to the long term steroids intake by the patient. Overall quality of life of the patient got improved.

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