

## **ROLE OF SVEDANA AND ERANDA MOOLADI BASTI IN THE MANAGEMENT OF ANKYLOSING SPONDILITIS (KATIPRISTA TRIKAGRAHA)**

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### **Abstract**

A male patient of age 50 yrs, with long history of severe pain, stiffness in lowback and Neck region associated with severe difficulty in movements and diagnosed as Ankylosing Spondilitis came for treatment at P.G. Department of Panchakarma, National Institute of Ayurveda, Jaipur. Moderate relief was found after Panchakarma treatment which includes Valuka Sveda (fomentation by sand), Patrapinda Sveda (fomentation by different herbs pack), Kati, Greeva, Prista basti (local oleation over lowback, neck and back region) and Karmabasti (therapeutic enema) along with oral medicines.

**Key Words:** Ankylosing spondilitis; Katiprista Trika Griha; Karmabasti; Svedana.

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## **INTRODUCTION**

Ankylosing Spondylitis is one among the Spondylo-arthropathy disorder, an association with HLA B27 allele with a prevalence rate of 2 to 3 % worldwide, which is manifested initially by dull pain, insidious onset felt deep in lower lumbar or gluteal region, accompanied by low back, morning stiffness of up to few hours duration that improves with activity and returns following period of inactivity. Within a few months of onset the pain becomes persistent and bilateral. Nocturnal exacerbation of pain that forces the patient to rise and move may be frequent. The most specific findings involve loss of spinal mobility with limitation of anterior and lateral flexion and extension of lumbar spine and chest expansion.<sup>[1]</sup>

According to Ayurveda it can be correlated to the Avastha (one of the condition) of disease Amavata. In advanced state of this disease there will be Ruja (pain), Stabdha gatrata (stiffness) and loss of mobility of the Trika Sandhi (vertebral joints).<sup>[2]</sup> There is no definitive treatment for Ankylosing Spondylitis. The principle goal of management is an exercise programme designed to maintain functional posture to preserve the range of motion.

Several NSAID have proved effective in reducing the pain and stiffness with severe side effects such as Aplastic Anaemia and Agranulocytosis.<sup>[1]</sup>

Looking into these limitations in the treatment of the Ankylosing Spondylitis, radical Ayurveda treatment like Basti Karma along with different forms of Svedana (fomentation) was administered to provide better relief to the patient.

### **Case History**

A Hindu, male Patient of 50 years age admitted in Department of Panchakarma, with

an I.P Number 7106112012 and Registration Number 41858 for the following complaint.

### **Chief Complaint**

1. Pain in the lower back region since 15 years.
2. Severe stiffness in the lower back region and unable to do the lateral movements since 15 years
3. Pain in neck region with difficulty in movements since 5 years.

### **Associated Complaint**

Disturbed sleep and altered bowel frequency.

### **H/O Present Illness**

Patient was said to be asymptomatic 15 years back. Gradually he noticed pain in the lower back region with mild stiffness. After few months pain got aggravated and found difficulty in the movements with severe stiffness. Patient took allopathic treatment, found slight relief. After few years' condition got worsened and similar symptoms were noticed in the Neck region.

### **H/O past Illness**

History of repeated fall from the bike hitting to the lower back region.

### **Family History**

All the family members are said to be healthy.

### **Personal History**

- Diet: Non- vegetarian, preferred spicy food
- Time and Frequency of intake: Regular
- Appetite: Good
- Sleep: Disturbed
- Addiction: Alcohol,
- Micturition : 5-6 times per day

- Bowel: Irregular

### General Examination

Pallor – Absent  
Icterus – Absent  
Clubbing – Absent  
Cyanosis – Absent  
Oedema – Absent  
Lymphadenopathy – Absent

### Vitals

Pulse – 80/min  
Respiratory Rate – 18/min  
B.P. – 120/80 mm of Hg.

### Systemic examination

#### Locomotor system

1. Inspection  
Curvature of Spine – Altered  
Deformities – Bulging of spine in lumbar region  
No visible Injury, mass and scar mark.
2. Palpation  
Temperature – Slightly raised  
Tenderness – In C-3 to C-7, Lumbar and Sacral Region
3. Movements  
Neck  
Flexion – Absent  
Extension – Absent  
Rotation – Absent  
Lumbar  
Lateral Movements – Absent  
Backward bending – Slightly possible  
Forward bending – Possible

### Tests

SLR Test – Negative  
Schobar's Test – Positive

### Investigations

Routine Hematological, Urine and Radiographic investigations were carried out.

### Modern Diagnosis

Patient was diagnosed as case of Ankylosing Spondilitis.

### Ayurvedic Diagnosis

Based on the clinical presentation patient was diagnosed as case of Pravruddha Amavata.

### Treatment Given

1. Valuka Sveda (fomentation by sand) for 7 days
2. Patrapindasveda (fomentation by different herbs pack ) for 21 days
3. Greeva, Kati and Prishtha Basti (local oleation over lowback, neck and back region) with Kottamchukkadi taila for 15 days.
4. Karma Basti (therapeutic enema)

### Valuka Sveda

Heated Valuka Pottali (sand poultice) was applied over the affected joints.

Duration – 20 mins, two times in a day.

**Patrapindasveda** (Fomentation by different herbs pack)

Dashamoola Taila was applied all over the body, especially to the lower back and neck region and heat was given for 45 minutes with the help of pottali (poultice) prepared with the leaves of Nirgundi (*Vitex negundo*), Eranda (*Ricinus communis*), Dattura (*Dattura metel*), Agnimantha (*Premna mucronata*), Shigru (*Moringa olifera*) and Ajmoda (*Carum roxburghianum*), Nimbuka (*Citrus limon*) and Saindhava Lavana (Rock salt).

## **Greeva, Kati and Prista Basti**

Wall was constructed in the Greeva, Kati and Prishtha pradesha by using masha (black gram) powder paste and luke warm Kottamchukkadi tailam<sup>[3]</sup> was kept constantly inside the wall for the duration of 30 minutes.

## **Karma basti**

**Anuvasana Basti** – Dashamoola Taila 60 ml

## **Niruha Basti**

Niruha basti was given with Erandamooladi Kvatha and with other conventional drugs.

## **Ingredients for Niruha Basti**

- Honey – 60 ml
- Saindhava lavana – 10 g
- Guggulutiktaka Ghritam – 90 ml
- Shatapuspa kalka – 30 g
- Erandamooladi kvatha – 240 ml

Basti was administered in the Karma Basti schedule.<sup>[4]</sup>

## **Oral medicine**

1. Yogaraja Guggulu<sup>[5]</sup> 250 mg three times a day.
2. Nagaradya Vati <sup>[6]</sup> 250 mg three times a day.
3. Rasnasaptaka kvatha<sup>[7]</sup> 40 ml two times in a day.

## **RESULTS**

Mild relief found in Stiffness, moderate improvement in pain and mobility of the spine, marked improvement in Neck movements were observed.

## **DISCUSSION**

It was a case of Ankylosing spondilitis. As per Ayurveda it was taken as case of Pravridha Amavata which is having dominance of Vata, Kapha Dosha. Keeping all these facts in mind, the management preferred was Svedana and Basti Karma, particularly Svedana karma was selected to pacify the Vata, Kapha dosha and Basti Karma specially for Vata dosha.

Kati, Prista, Greeva Basti selected to provide the local or topical nourishment and to relieve the Pain and Stiffness due to its heating effect. Further to check the disease process Basti Karma was adopted using Eranda moola (*Ricinus communis*) which is having the property of relieving pain and stiffness in Kati (lowback), Uru (thigh), Janu (knee), Jangha Pradesha (calf region).

Yogaraja Guggulu and Nagaradya Vati having vata shamaka drugs helped in the prevention of pain and stiffness. Rasnasaptaka Kvatha acts as Vatahara, Amahara (relieves indigestion), Shotha (relieves swelling) and Shoolahara.

## **CONCLUSION**

Ankylosing spondilitis can be compared with Pravridha Amavata on the basis of symptoms. The Treatment of Amavata like Valuka Sveda, Erandmuladi Basti proved to be efficacy of the treatment in the management of Ankylosing spondilitis in general and relieving pain and stiffness in particular. The local application of heat in the form of Greeva, Prishtha, and Kati Basti on the affected joints particularly with Kottamchukkadi Tailam found to be effective in relieving pain and Stiffness and improving the mobility.

The oral medicines like Yogaraja Guggulu, Nagaradya Vati, Rasnasaptaka kvatha which are indicated in the treatment of Amavata are equally effective in relieving pain and stiffness in Ankylosing spondilitis.

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