ROLE OF BRIHAN CHIKITSA IN NIRMAVASTHA OF SANDHIGATA VATA – A CASE STUDY.

Yogeshkumar A. Gite,¹* Sandeep T. Shinde,¹ Sandeep A. Chavan,² Pritam P. Dhoot.²

1. M.D. (Kayachikitsa), Dept. of Kayachikitsa, 1. M.D. (Kayachikitsa), Dept of Panchakarma, Associate Professor & PG Guide, PMT’s Ayurved College, Shevgaon, Ahmednagar, MS, India. 2. M.D. (Kayachikitsa), Associate Professor, (Dept. of Swasthavrutta), Ramrao Patil Ayurved Mahavidyalaya, Purna, Parbhani, MS, India. 2. M.D. (Kayachikitsa), Assistant Professor, Dept of Panchakarma, PMT’s Ayurved College, Shevgaon, Ahmednagar, MS, India.

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ABSTRACT

Identification and diagnosis of vyadhi avastha and then use of proper kalpas is always the key of success for Vaidyas. Acharya Vaghbata has stated two types of chikitsa viz. Santarpana and Apatarpana. We have to use Apatarpana chikitsa in sama avastha, strotavarodha avastha and Santarpana chikitsa in niram avastha, dhatukshay avstha of any vyadhi. Sandhigata vata is one of the 80 types of Nanatmaja vyadhi of Vata. There are Sama and Nirama avastha found in Sandhigata Vata. Brihan is one of the Shadvidha Upakramas narrated by Acharya Charaka. Brihan is also used as to repair the sthandusthi and to minimize the recurrence of the disease. In present case study the patient of dhatukshaya janya Sandhigata nata, nirma avastha was treated with Brihan upakrama. We selected the drugs Abha gugulu and Tapyadi loha for Brihan karma in that patient. Action of Abha gugulu is Vatashamana, Vatanulomana, Asthi-mansa balya, Brihan, Agnivardhana and Rasayan, while action of Tapyadi loha is Vatashamana, Vatanulomana, Asthi-mansa-rakta balya, Brihan, Agnivardhana and Rasayan. Patient got relief in many of his symptoms. Recurrence of symptoms occurred after 6 months due to hetus like regular and hard work in the farm but recurrence was very mild than previous symptoms. As vata vyadhis are kashta sadhya and yapya as per Acharya Charak recurrence may occur depending on age, pathogenesis and duration of the disease. But intensity of recurrence can be reduced as we observed in present case study. It was observed that Brihan chikitsa is Apunarbhav Chikitsa also.

Keywords – Brihan, Sandhigat Vata, Niram avastha, Tapyadi loha, Abha gugulu.

1. INTRODUCTION

Acharya Vaghbata has clearly stated that there are only two types of chikitsa viz. Santarpana and Apatarpana as there are only two types of diseases namely Santaranpanjanya and Apataranpanjanya.¹ Practically we always use Apatarpana chikitsa in sama avastha, strotavarodha avastha and Santarpana chikitsa in niram avastha, dhatukshay avstha of any vyadhi. Identification and diagnosis of vyadhi avastha and then use of proper kalpas is hence always the key of success for Vaidyas. Ayurved is the most ancient Health science which comprises many dimensions about health of human being. Many diseases like Sandhigata vata which cannot be treated properly by other medical sciences, are got well treated by Ayurveda medicines. Sandhigata vata is one of the 80 types of Nanatmaja vyadhi of Vata.² This is clinically found of two types viz. Dhatukshaya janya and Strotavarodha janya.³ Dhatukshaya janya Sandhigata vata is also called as Nirupastambhita and Strotavarodha janya Sandhigata vata is also called as Upastambhita.

We also found Sama and Nirama avastha in both of these types of Sandhigata vata. It is stated by all Acharyas that we should treat any disease after the judgement of its avastha. Brihan is one of the Shadvidha upakramas narrated by Acharya Charaka.⁵ It means to increase something in the body. Brihan is also used as to repair the sthandusthi and to minimize the recurrence of the disease. In present case study the patient of Dhatukshaya janya Sandhigata nata, nirama avastha was treated with Brihan upakrama. We selected the drugs Abha gugulu and Tapyadi loha for Brihan karma in that patient. Patient got relief in his

*Corresponding Author: Gite Yogeshkumar Anandrao.
M.D.(Kayachikitsa), M.B.A (Health Services), D.Y.T. (Yoga), Associate Professor & PG Guide, Dept. of Kayachikitsa, PMT’s Ayurved College, Shevgaon, Ahmednagar, MS, India. Email – drite1982@gmail.com.
symptoms. Recurrence of symptoms occurred to Hetu sevan, but recurrence was very mild than previous symptoms.

2. METHODS

2.1. Objectives
- To study niram avastha of Sandhigata vata in detail.
- To study the Brihan karma in detail.
- To study the Abha gugulu and Tapyadi loha and their karmukatva.
- To observe the Brihan karma of both drugs in nirama avstha of Sandhigata vata.

2.2. Case History

The patient named XYZ, age 65/male, farmer, has come to our hospital.

2.2.1. Diagnosis
Dhatukshaya janya Sandhigata vata, Sama avastha.

2.2.2. Chief Complaints
Ubhay janu sandhi shula, Shotha, Gaurava, Ushna Sparsha, Chankramana Kashtata, Akunchan prarana vedana, Agnimandya, Alpa malavrodha since 2 to 3 years.

2.2.3. Past History
No major illness

2.2.4. History of treatment
Taken modern medicines at various doctors but temporary relief.

2.2.5. Hetu
A. Family History
Pitrukul: Sandhigata vata

B. Ahara
Aniyamita, ruksha and katu-tikta rasa pradhan ahar.

C. Vihar
Hard work in the farm since approximately 45 years.

2.2.6. Samprapti
Hetu sevan → Vata prakopa → Rasa, Mansa and Asthi dhatu kshaya → Rikta strotas pooran by prakupita vata → Sandhigata vata.

2.2.7. Chikitsa Vivarana
- Firstly the sama avstha was treated by proper medicines i.e. Apatarpana chikitsa. This is not elaborated in details as its not related to the topic.
- After few days the symptoms of ama were reduced and patient was presenting the symptoms as – angalaghava, sandhi laghava, agnivardhana, mala pravritti samyaka, mild akunchana prasarana vedana, mild chankramana kashtata, sandhi atopa increased, sandhi shula increased. This avastha was diagnosed as niram avastha.
- Nirama avastha of Sandhigata vata was further treated with Abha gugulu and Tapyadi Loha. It is mentioned in Table No. 1.
- After 30 days all symptoms were relieved.

2.2.8. Follow up
When patient came to follow up after 6 months due to recurrence of symptoms. It was observed that recurrence was very mild as compared to previous symptoms.

2.2.9. Drug Review
Two drugs were administered in order to achieve brihan karma named Abha gugulu and Tapyadi loha. The details of ingredients, indications and mechanism of action are illustrated in Table No. 2.

3. RESULTS AND DISCUSSION

Jwara chikitsa adhyaya from Charaka Samhita comprises the valuable principals for chikitsa which can be used to treat all the remaining diseases. Sama and Nirama avastha are described in Jwara chikitsa. Also clinically we see sama and nirama avastha in each and every disease. Symptoms of sama and nirama avastha of vyadh are enlisted in Table No. 3. In nirama avastha of Sandhigata vata madhura tikta ras pradhana and balya aushadhi should to be used. Abha gugulu and Tapyadi loha both fulfills all these criteria as they are having brihan, vatashamana, dhatu balya and anulomana actions. Main content of Abha gugulu is Babula which is kashaya, asthi sandhankar and brihan. Its action is Vatashamana, Vatanulomana, Asthi-mansa balya, Brihan, Aghnivardhana and Rasayan. Tapyadi Loha
is described as *Raktadhatu vardhaka* and *Balya* in Aushadhi Gunadharma Shastra by Vaidya Gune. Acharya Datar Shashtri also mentioned to use *loha kalpa* in nirama vatavyadhi and for brihan karma. Its action is *Vatashamana, Vatanulomana, Asthi-mansa-rakta balya, Brihan, Agnivardhana* and *Rasayan.

Avastha nidan and chikitsa according vyadhi avastha is the centre point of our study. After symptoms of sama avstha disappeared brihan drugs were administered and patient got fantastic relief. During samprati process vitiated doshas make at *sthana dusthi* (dhatu dusthi/kha vaigunya) place. Hence during treatment, we must think about two things first to break *dosa-dushya samurchchhana* and second to repair *sthana dushti* (dhatudushti) to avoid recurrence. Brihan and Rasayan drugs are to be used to repair *sthana dushti*. This is also called as *Apunarbhav chikitsa*. As vata vyadhis are *kashta sadhya* and *yapya* as per Acharya Charak recurrence may occur depending on age and pathogenesis. But intensity of recurrence can be reduced as we observed in present case study.

4. CONCLUSION

- In *sama* and *nirama avastha* different treatment protocol is needed.
- *Brihan chikitsa* or *Santarpana chikitsa* are indicated *upakramas* in nirama avastha of Sandhigata vata.
- *In nirama Sandhigata vata, Brihan chikitsa* along with *vata shaman chikitsa* is helpful.
- *Abha gugulu* and *Tapyadi loha* are useful drugs in nirama avastha of Sandhigata vata.
- *Brihan chikitsa* is also *apunarbhav chikitsa* in Nirama sandhugata vata.
- Recurrence of *vata vyadh* can be avoided or its intensity can be reduced subject to age, pathogenesis and duration of the disease.

5. REFERENCES

6. TABLES

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Subject</th>
<th>Abha Gugulu</th>
<th>Tapyadi Loha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Matra</td>
<td>500 mg x BD</td>
<td>250 mg x BD</td>
</tr>
<tr>
<td>2</td>
<td>Kala</td>
<td>Adhobhakta</td>
<td>Adhobhakta</td>
</tr>
<tr>
<td>3</td>
<td>Anupana</td>
<td>Goghruta</td>
<td>Goghruta</td>
</tr>
<tr>
<td>4</td>
<td>Avadhi</td>
<td>30 days</td>
<td>30 days</td>
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</tbody>
</table>

Table No. 1. Drug administration
Table No. 2. Drug Review – Abha gugulu and Tapyadi loha

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Subject</th>
<th>Abha Gugulu</th>
<th>Tapyadi Loha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ingredients</td>
<td>Abha (Babula) phala, Triphala, Trikatu, Gugulu.</td>
<td>Shilajita, Makshika, Raupya bhasma, Mandura bhasma, Chitraka, Triphala, Trikatu, Vidanga, Shankara, Madhu.</td>
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</tbody>
</table>

Table No. 3. Common symptoms of Sama and Nirama avastha of vyadhi

<table>
<thead>
<tr>
<th>Sama Avastha Lakshan</th>
<th>Nirama Avastha Lakshan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alasya, Tandra, Aruchi, Mukha vairasya, Gaurava, Klama, Agnimandya.</td>
<td>Laghava, Indriya prasannata, Ruchi, Vatanuloman.</td>
</tr>
</tbody>
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