

**A CLINICAL STUDY OF USHEERADI TAILA MATRA BASTI IN VATASHTHEELA
(BENIGN PROSTATIC HYPERPLASIA)****Dr. Amir Khan*¹ and Dr. Ajay Kumar Gupta²**¹P.G. Scholar, Final Year, P.G. Dept. of Shalya Tantra. Rishikul Campus, Uttarakhand Ayurved University Haridwar.²Professor and H.O.D., P.G. Dept. of Shalya Tantra. Rishikul Campus, Uttarakhand Ayurved University, Haridwar.***Corresponding Author: Dr. Amir Khan**

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ABSTRACT

Vatashtheela is a condition in consequence with some kind of obstructive uropathy either mechanical or functional related either to upper or lower urinary tract resulting into either partial or complete retention of urine. It is a disease afflicting "Mootravaha Srotas". Benign Prostatic Hyperplasia (BPH), causes lower urinary tract symptoms. It is a common disorder of ageing male.^[1] The symptoms can be obstructive such as urinary hesitancy, weak stream straining or prolonged voiding, irritative such as increased urinary frequency and urgency nocturia urge incontinence and reduced voiding volumes. A revolutionary treatment approach to this disease is *Matra Basti* therapy. In modern medicine, Finasteride, Alpha-adrenergic blockers, (example -Tamuslosin, Terazosin, Alfazocin etc.) and TURP [Trans-Urethral Resection of Prostate] are used to treat Benign Prostatic Hyperplasia but there are lots of disadvantages of these medicines and surgery.^[2]

INTRODUCTION

Ayurveda is the earliest healthcare system in the world which deals with the science of life and longevity. Multifarious and extensive description of the Urinary conditions are establish in ancient literatures like Egyptian, Chinese and the Middle Eastern. *Sushruta*, the pioneer of *Shalya Tantra* [Surgery] had enumerated so many Urinary disorders *Vatashtheela*, *Mootraghata*, and *Ashmari* etc with their management. In *Vatashtheela*, *Acharya Sushutra* defined as **v"Bhykon~ ?kua xzfFka djksR;pyeqUura**,^[3] Due to vitiation of *Apana Vayu*, *Chala*, *Unnata*, *Ashtheelavata Granthi* expands in the region between the *Guda* and *Basti*, called as *Vatashtheela*. Hence, it may be considered that the *Vatashtheela* is a condition in consequence with some kind of Obstructive Uropathy either mechanical or functional, that is associated either to lower Urinary tract resulting in partial or complete retention of urine.^[4] *Vatashtheela* is a disease afflicting "Mootravaha Srotas" in the form of firm, elevated, mobile swelling. It is one of the thirteen types of *Mutraghata* that reveal the symptoms of Incomplete voiding, Hesitancy, dribbling, Nocturia, Retention of urine, Incontinence of urine, etc.^[5]

LITERARY REVIEW

Disease Review:- Our ancient *Acharya* had deep knowledge about Urinary system related its Anatomy, Physiology and Pathological aspects in *Ayurvedic* lexicons, Pathological conditions mentioned under *Mootra Roga*, closely imitates with so many disorders of

contemporary system of medicine. *Vatashtheela* are types of *Mootraghata* that resembles with the obstructive Uropathy due to enlarged Prostate size on the basis of symptomology. *Vatashtheela* is a disease afflicting "Mootravaha Srotas" is a firm, elevated, mobile swelling.^[6] These are chiefly the features related to the Lower Urinary Tract Symptoms (LUTS) that can be correlated closely to BPH (Benign Prostatic Hyperplasia) both Surgical anomaly and symptoms wise. Present advanced investigatory methods like Uroflowmetry & USG – Prostate are helpful in arriving the diagnosis of obstruction. Regarding the management of Urinary disorders in *Ayurveda*, prosperous literary sources are available and having a broad scope for further study in medicinal sciences particularly in the diseases like *Vatashtheela* (BPH), where the management is challengeable.^[7]

Chikitsa of Vatashtheela (Mootraghata)

There is very clear line of the management advocated by various *Acharyas* and all the aspect of "Antahparimaarjana" and "Bahirparimaarjana" are unified for treating *Mootraghata*. The approach towards the treatment of disorder is completed initially from *Niddana Paarivarjana*.^[8]

d"kk;dYdlfiZf"k Hk{;ku ysgku i;kfU'k pA
{kkje/oklLosnu cfLrpksrjlafKrke~AA
fon;kUefreaLr= fof/ka pk'ekjhuk'kue~A
ew=ksnkorZ;ksxka'pdkRLu;sZuk=iz;kst;sr~AA(lq0
m017@8)

Drugs in the form of *Kashaaya, Kalka, Sarpi, Bhakshya, Avleha, Paayas, Kshaara, Madya, Aasava, Swedana, Basti, Uttara Basti* and formulation to clear-cut in context of *Ashmari, Mootrodaavarta* diseases are useful for managing *Mootraghata*.^[9]

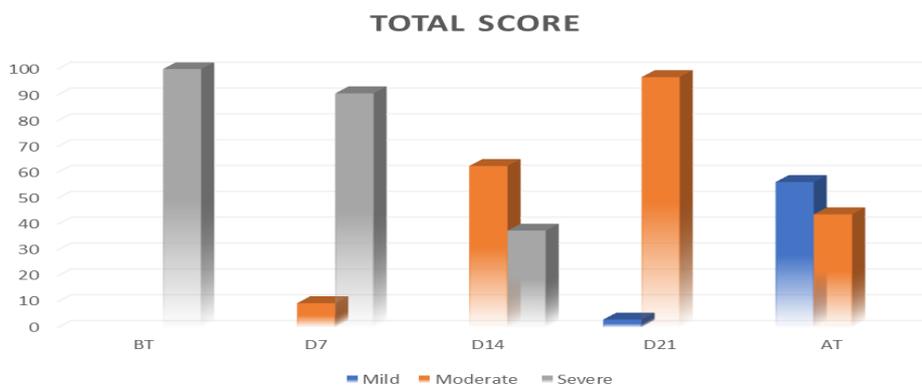
Drug Review:-*Usheeradi Taila Matra Basti* is believed to be beneficial in *Vata* disorders including *Vatashtheela*. Because most of the ingredient of these Formulations are *Vata Shamaka* along with so many other properties like *Mootrala, Shothahara*, etc. which directly or indirectly act on the Urinary system.^[10]

Assessment Criteria

On Subjective Criteria

Total Effect Of Therapy Over All Ipss

Symptoms	Mean	%Relief	SD	SE	z-value	p-value	Significance
BT	2.00		.000	.000		<0.001	HS
D7	1.90	5.00	.301	.054	1.732	<0.001	HS
D14	1.35	28.95	.486	.087	4.472	<0.001	HS
D21	.97	28.40	.180	.032	5.578	<0.001	HS
AT	.42	56.55	.502	.090	5.098	<0.001	HS



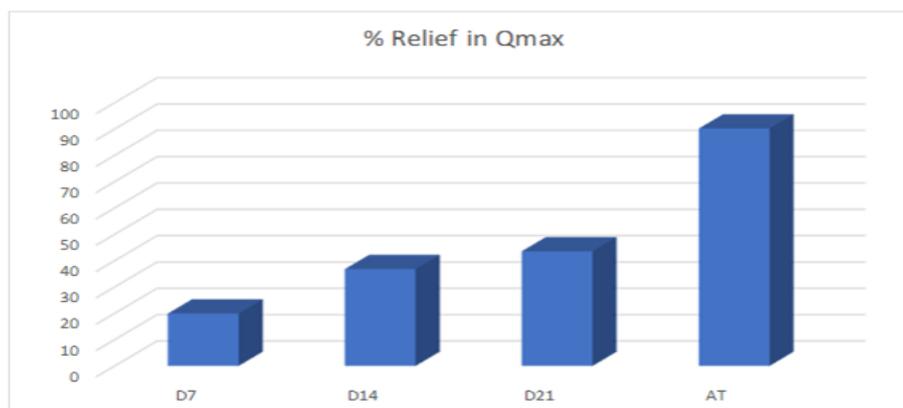
The initial mean of Total IPSS Score was observed 2.00 respectively, which was brought down to 1.90 after 7days, 1.35 after 14 days, .97 after 21 days, and AT= .42 which was remain same after 60 days of follow up. with

56.55% relief respectively. The test of significance shows that treatment it as highly significant over Total IPSS Score.

Effect of Therapy On Objective Parameters *Vatashtheela* (Bph)

Uroflowmetry (QMax)

Symptoms	Mean	% Relief	SD	SE	t-value	p-value	Significance
BT	9.87		4.783	.873			
D7	11.83	19.92	4.203	.767	1.989	0.056	S
D14	13.50	36.78	3.082	.563	4.287	<0.001	HS
D21	14.17	43.57	4.170	.761	3.534	0.001	HS
AT	18.77	90.17	5.710	1.042	6.450	<0.001	HS



The mean score of Uroflowmetry (Qmax) was 9.87(BT), 11.83(D7), 13.50(D14), 14.17(D21) and 18.77(AT) respectively. The % improvement in Qmax was 90.17 %, Friedman Test value 89.67 and P- value was <0.001 it as statistically highly significant.

DISCUSSION ON RESULTS

Material & Method: 32 patients presenting with relevant *Lakshan* of *Vatashtheela* (BPH) had completed this clinical trial. Patients were subjected to the written informed consent form and explained about this clinical trial. *Matra Basti Guda* (Rectum) with *Usheeradi Taila Matra Basti* was given once a day, for 21 days continuously.^[11]

Results

A. On Subjective Parameters

Effect of therapy on Subjective parameters (IPSS) of *Vatashtheela* (BPH)

- Relief in Incomplete emptying is 77.30%.
- Relief in Frequency is 76.21%.
- Improvement in Intermittency is 75.31%.
- Urgency is cured in 75.61%.
- Reduction in Weak stream is observed in 75.41%.
- Improvement in Straining is 76.51%.
- Relief in Nocturia is 77.3%.
- Relief in Total IPSS was seen is 69.95%.

B. On Objective Parameters

The mean score of Uroflowmetry (Qmax) was 9.87(BT) and 18.77 (AT). The % improvement in Qmax was 90.17 % and P-value was <0.001. It was statistically highly significant.

Overall Result of Therapy

- In this clinical trial, Marked improved was seen in 17 patient (53.13%).
- Moderate improvement was seen in 13 patients (40.62%).
- Mild improvement in 2 patients (6.25%).
- Thus, we can conclude that the over all effect of therapy was quite effective seen in this clinical study.

DISCUSSION

Regarding Anatomical and Physiological aspects of *Mootravaha Srotas* (Urinary system) in almost all *Ayurvedic Samihita* explanations are available. By collecting dispersed information about Urinary system, it is clear that, ancient *Acharyas* had knowledge about Anatomy, Physiology, and various Pathological conditions of Urinary system. While considering the *Samanya Lakshana Mootravaha Srotas* like as Difficulty of Urination (*Krichchhrata*), Frequency (*Muhu-Muhu*), Less quantity (*Alpa-Alpa*), *Haematuria* (*Saraktam*) etc. These diseases symptoms may correlate to LUTS of the disease *Vatashtheela* (BPH). In *Vatashtheela* there is a *Virdhi* in between *Guda* and

Mootramarg, which cause to the *Lakshan* like obstruction (*Sanga*) etc. Hence, the diseases *Vatashtheela* may be interacted closely to BPH. *Basti* is considered as the most appropriate *Chikitsa* for *Vata* predominant disorders and also known as '*Ardha Chikitsaa*'. *Basti* is denoted by *Acharya Sushruta* in all types of *Mootraghata* which are due to *Vata Dosha*.^[15] Action of *MATRA Basti* have been explained in *Ayurvedic Samihita* with suitable analogues given knowledge of different effects as follows. *Matra Basti dravyas* may be consumed by one or more mechanisms of Diffusion, Filtration and Osmosis depending upon nature of ingredients.^[18] This theory is the same as the theory mentioned by *Acharya Sushruta*, where he has defined that how *Matra Basti* produces systematic effect in entire body.^[185] According *Acharya Sushruta* that the *Veerya* of *Basti* reaches to the whole body through the *Srotasa* (channels) as the active principles in the water when poured in the root of a tree reaches to the whole plant.^[16]

CONCLUSION

The selected formulations for clinical trial i.e. *Matra Basti (Usheeradi Tila) Chikitsa* had shown *Tridosh Shamaka* (esp. *Vata-Kaphashamaka*) action, *Deepana*, *Paachana*, *Lekhana*, *Bastishodhana*, *Balya*, *Shothahara*, *Mootral*, *Rasayana*, *Ojovardhaka* etc. action is also seen.^[12] These properties are responsible for breaking the *Sampraapti* of *Vatashtheela* (BPH). As well as correction in imbalanced level of sex hormone.^[14] Improving bladder functions by improving bladder muscle tone. There was no any adverse drug reaction (ADR) recorded during treatment & follow up among all the patients. It is clinically proven as a safe and effective therapy. In this clinical trial, Marked improved was seen in 17 patients (53.13%). Moderate improvement was seen in 13 patients (40.62%) and Mild improvement in 2 patients (6.25%). Thus, we can conclude that the overall effect of therapy showed remarkable positive outcome in this study. Lastly, total study can be concluded that "The present study is an attempt to develop a more effective & safe, non-invasive, without any adverse effect and a good alternative treatment modality with the help of *Usheeradi Taila Matra - Basti Chikitsa* in patients of BPH (*Vataashteela*).^[17]

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