

**DISEASES AND MANAGEMENT OF MAMSA AND ASTHIDHATU W.S.R TO
DYSTROPHY**Mandeep Kaur^{1*} and Asha K.²¹Asst. Professor, Panchakarma Dept., Govt. Ayurvedic College, Patiala, Punjab, India.²Professor, Prasuti Tantra & Stree Roga Dept., Karnataka Ayurveda Medical College, Mangalore, India.***Corresponding Author: Mandeep Kaur**

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ABSTRACT

Muscular dystrophy encompasses a group of muscular disorders characterized by progressive degenerative weakness and a loss of muscular mass. It affects individuals across various age groups; in this condition irregular genes disrupt the formation of essential proteins responsible for building muscle mass. In the context of Ayurveda, various *Acharyas* have referred to this condition as "*Aadibala-pravruta*" with "*Mamsagata Vatavikara*" due to the blockages in the micro-channels of body. This obstruction leads to a reduction in *Dhatvagni*, causing the accumulation of undigested food as *Ama* through the action of *Kapha*. Consequently, *Srotorodha* causes hypertrophy in specific regions that remain empty and *Vata* aggravation follows before the eventual decline. This process may result in muscular wasting and dystrophies. Ayurveda suggested various approaches to combat such types of conditions including herbal remedies, *Panchakarma* and others classical interventions, etc.

KEYWORDS: *Ayurveda, Mamsa, Asthidhatu, Dystrophy, Panchakarma.***INTRODUCTION**

Ayurveda offers an extensive array of treatments for balancing the *Sapta dhatu*. Among these, *Panchakarma* therapies, such as *Virechana*, *Basti*, *Vaman*, and *Snehana-Swedana*, have proven to be remarkably effective. The principles of *Vata Roga*, elucidated by *Charaka* and *Yogarajnanakar*, emphasize the significance of *Upakarmas* like *Swedana* in the management of various conditions.

Abhyantara Snehana, a form of internal oleation, plays a crucial role in pacifying *Vata Dosha*. Likewise, *Swedana* therapies, including *Shastika Shaali Pinda Swedana*, contribute to improving the body's tone. These external therapies play a crucial role in treatment. Ayurveda therapeutic interventions encompass both external and internal approaches, working synergistically to promote healing and overall well-being.^[1-4]

Ayurveda described causes, symptoms and management of various diseases associated with the *Dhatus*. In this regards Ayurveda give special emphasis to diseases of *Mamsa* and *Asthidhatu*. Present article explores pathological aspect and management of diseases of *Mamsa* and *Asthidhatu* W.S.R to dystrophy.

***Mamsa dhatu* diseases and their management:**

The pathological aspects of *Mamsa Dhatu* involve two states: *Vridhi* and *Kshaya*. In the state of *Vridhi* of *Mamsa Dhatu*, certain characteristics become apparent. These include the presence of excess musculature, resulting in a feeling of heaviness and well-defined musculature over various body areas such as the trunk, buttocks, hips and thighs, etc. Clinically, these features resemble conditions like excessive fat deposition, muscle flaccidity and muscle hypertrophy, etc.

The *Kshaya* of *Mamsa Dhatu* observed symptoms like reduction in fat and protein content over the aforementioned body organs, laxity in joints due to loosely affirmed muscles and tendons and weakened vascular structures in the body.^[4-7]

The disorders of *Mamsa Dhatu* can be effectively treated through *Shodhana*, *Shastra*, application of *Kshara* and *Agni Karma*. In cases of *Jwara* affecting *Mamsa* and *Meda Dhatu*, therapeutic purgation and fasting should be employed. When *Vata* is obstructed by *Mamsa* and *Meda Dhatu* purgation and evacuative enema should be administered.

Yapana Basti is recommended to promote muscular growth, the beneficial effects of *Anuvasana Basti* also observed in terms of unctuousness in *Mamsa Dhatu*.

Dietary management to regulate *Mamsa Dhatu* includes avoidance of causative factors in case of increased *Mamsa Dhatu* and consume them when *Mamsa Dhatu* is decreased. Lifestyle management includes avoidance of daytime sleep, stress and late night awakening, etc.

Vyayama promote stability and increase strength, can help to decrease morbidities and enhance the functions of *Agni*. Ayurveda considered exercise as a primary strategy to control hyperglycemic disorders, and induces a coordinated immune-neuro-endocrine response that acutely modulates cardiovascular, respiratory, and muscle functions.^[7-9]

Asthi Dhatu Diseases and Their management:

In Ayurveda, *Asthi Dhatu* pertains to bones and cartilage. Bones, or *Asthi*, serve multiple purposes in the body; providing structural integrity and stability, protecting internal organs, and nourishing the nervous tissue. *Asthi Dhatu* supports muscle tissue (*Mamsa*) and contributes to the proper functioning of various body systems.

Symptoms of increased *Asthi Dhatu* may include hypertrophy of bones, formation of extra teeth and hypercalcinosis, etc. On the other hand, decreased *Asthi Dhatu* can manifest as osteoporosis, bone and joint pain, rickets, fatigue and hair loss, etc.

Sedentary lifestyle, behavioral patterns, unwholesome diet and stress are causative factors contributing to this disease. *Nidanparivarjana* is the primary method of managing the disease. This includes avoiding factors that increase *Vata*, such as *Vataprakopaka Ahara*, improper lifestyle habits and stress, stress, etc. Aggravating factors for osteoporosis, like smoking, alcohol consumption, physical inactivity, and a poor diet, should also be avoided to prevent or slow down the progression of the disease.

According to *Charaka's Sutra Sthana*, the treatment of *Asthi Dhatu* imbalances involves the use of enema therapy (*Basti*) with substances like ghee, milk and drugs with a *Tikta rasa*. *Shodhana-Basti Chikitsa* is a significant treatment modality for *Vata dosha*. *Basti* therapy targets the *Pakvashaya*, where *Asthidhara Kala* is situated. Hence, *Basti* plays a crucial role in strengthening the *Asthi Dhatu* and acts as a preventive measure for *Asthi Dhatu*. *Tiktaksheera Basti*, as mentioned by *Vagbhata*, is used in the treatment of *Asthi Dhatu*. *Panchakarma*, especially *Basti* therapy containing *Kshira*, *Ghrita* and *Tikta Dravya* recommends by *Charakacharya* as a line of treatment for *Asthi Dhatu* imbalance.

Shamana therapy focuses on balancing *Vata dosha*, both excessive nourishment (*Santharpana*) and under-nourishment (*Apatharpana*) can lead to *Vata* vitiation. Correcting *Agni* is essential, as many metabolic diseases arise from its imbalance. *Deepana* and *Pachana* herbs

like *Panchkola Churna*, *Pippalyadi Ghrita*, *Trikatu Churna* and *Ardraka Ghrita* are used to correct *Agni*.

Sudha Varga involves the use of drugs similar to the diminished *Dhatu*s to promote an increase in those specific *Dhatu*s. Substances like *Praval Pishti*, *Mukta Shukti Bhasma*, *Praval Bhasma*, *Shankha Bhasma*, *Kukkutandatwak Bhasma* and *Kapardika Bhasma*, etc. are indicated. *Guggulu* preparations such as *Abhadi Guggulu*, *Lakshadi Guggulu*, *Yograj Guggulu* and *Trayodashang Guggulu*, etc. are used to support treatment.^[7-9]

Dystrophy and Its management:

Muscular dystrophies are a group of genetic diseases characterized by progressive weakness and degeneration of the skeletal or voluntary muscles responsible for movement. These conditions can also affect the heart and other involuntary muscles, and in some forms, other organs may be involved as well.

The symptoms arise due to the weakening and death of muscle cells and tissues, leading to ongoing muscle wasting and weakness. Muscular dystrophy may result in disability, difficulty in walking and the need for aids like wheelchairs, etc. Other symptoms are depicted in **Figure 1**.

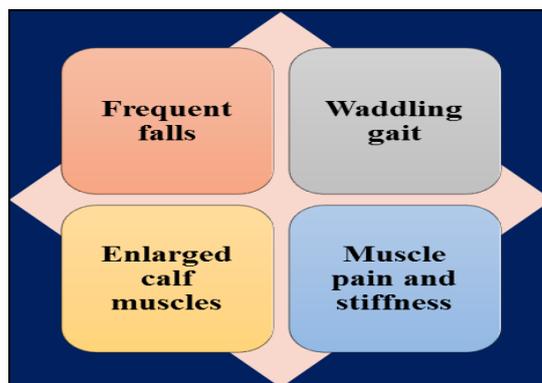


Figure 1: Symptoms of dystrophy.

Ayurvedic treatment for dystrophy focuses on providing proper nutrition to muscle tissues and balancing the fire element associated with muscular tissues in the body. This helps to maintain joint mobility and strengthen the muscles, etc. Ayurvedic therapies, scientifically tested herbs, dietary adjustments and yogic support have shown significant benefits for individuals with neuro-muscular disabilities and muscular dystrophies. Ayurvedic herbs aid in delaying muscle destruction by improving *Agni*, which plays a key role in synthesizing cellular proteins.

Treatment plan includes *Udvardana* with steam, *Abhyanga* and *Swedam*, *Nasya Karma*, *Snehapanam*, *Virechanam*, *Shiro Dhara*, *Sarvanga Dhara*, *Shiro Pichu*, *Shiro Vasti* and *Rasayana Chikitsa*. It also includes mud therapy and enema. The holistic approach involves empowering muscles through various programs, including *Panchakarma* therapy, *Abhyangam*,

Navarakizhi, Kashaya vasti, Anuvasana vasti and Swedam, etc.

Ayurveda recommends several effective herbs to manage muscular dystrophy and prevent its progression. *Ashwagandha* known for its rejuvenating and regenerative properties, *Ashwagandha* helps to preserve muscle mass and promotes regeneration of muscle cells. *Arjuna* particularly considered beneficial for preventing cardiac complications, *Arjuna* improves heart function and eases breathing, etc. *Brahmi* enhances muscle mass and nerve function, acting as an antioxidant to prevent oxidative damage to muscle tissues.

Gentle *Yogasanas* and breathing exercises help to strengthen muscles and improve neuro-muscular fitness. Some recommended *Yogasanas* include *Padahastasana, Tad asana, Trikonasana, Paschimottanasana, Vakrasana, Shashankasana, Ardha Shalabhasana* and *Pawanmuktasana*, etc.^[10-12]

CONCLUSION

Ayurvedic treatment modalities are effective in improving the quality of life for patients and providing pain relief effect. *Basti* helps in balancing *Doshas* and promoting overall well-being. *Udvardana* (herbal powder massage) aids in reducing excess fat and improving muscle tone. *Lepana* provides relief and promoting healing, *Snehan* therapy using herbal oils to lubricate and nourish muscle tissues. These Ayurvedic treatment modalities, when applied appropriately under expert guidance, have demonstrated positive effects in reducing pain, enhancing the well-being of patients with various health conditions, including muscular dystrophy.

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