

A SINGLE CASE STUDY ON THE ROLE OF TIKTA KSHEER BASTI IN THE  
MANAGEMENT OF AVASCULAR NECROSIS OF HEAD OF FEMURVd. Bhaumik Suthar\*<sup>1</sup>, Vd. Arpan Raval<sup>2</sup> and Vd. Meet Kapadiya<sup>2</sup><sup>1</sup>Assi. Professor, Panchkarma Department, <sup>2</sup>Intern  
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## ABSTRACT

Avascular necrosis (AVN) is the death of bone tissue due to an interruption of the blood supply. Without treatment, the process is almost always progressive and joint pain may develop which may limit the ability to move. Complications may include collapse of the bone and nearby joint surface. Treatments may include medication, not walking on the affected leg, stretching, or surgery. A diagnosed case AVN - male patient came with a complaint of severe pain in both hip joints and both thighs, difficulty in prolonged standing, walking, and sitting, restricted movement of both hip joints, and disturbed sleep due to pain. It was correlated with *Vatavyadhi* and treated accordingly. A little effort has been made in this study to evaluate the effect of *Tiktaksheer basti* in the management of AVN of the femoral head. The patient had been administered *Dipana – Pachana* and *Vata shamaka Aushadhi* along with *Tikta ksheer Basti* (2 cycles of 15-15 days with intervals of 15 days) There was moderate improvement found in all signs and symptoms. This case study suggests that *Tikta ksheer basti* karma provides a significant result in *Vatavyadhi* and so it can be a better option instead of surgery in AVN.

**KEYWORDS:** Avascular necrosis (AVN), *Vatavyadhi*, *Tikta Ksheer Basti*.

## INTRODUCTION

Avascular necrosis (AVN) of the femoral head is a pathological process that results from the interruption of blood supply to the bone. It is also called osteonecrosis. AVN is caused due to injury or any other occlusion in the blood vessels nourishing the bone tissue. Going further the process is always progressive and leads to joint destruction. It is a disease of middle age that most often occurs in the 4th or 5th decade of life. AVN is a condition affecting different bones as a result of transient/permanent loss of blood supply to the bones. Initially, patients are asymptomatic, but in time, AVN leads to joint destruction, requiring surgical treatment and in later stages, total hip replacement (THR). Ayurveda has been playing a major role in treating chronic and untreatable conditions of AVN. So an effort was made to evaluate the efficiency of Ayurvedic formulations in the conservative management of AVN. On the basis of this concept, a case of AVN was managed and the outcome of the treatment is as follows.

## CASE REPORT

A male patient, aged 35 years, diagnosed with AVN on the basis of magnetic resonance imaging (MRI) was admitted to the IPD of Panchakarma Department,

Ananya College of Ayurved, Gandhinagar, Kalol, Gujarat, India IPD No.494 admitted on 25<sup>th</sup> april 2023, By occupation, the patient was a mechanic.

He was suffering from severe pain in both hip joints and both thighs, difficulty in prolonged standing, and sitting, restricted movement of both hip joints, and disturbed sleep due to pain for three years and was recommended for surgical intervention. But the patient was not willing for an operation and in search of a better option he approached ayurvedic treatment. History-taking revealed that all the symptoms developed gradually for the last three years. He was suffering from constipation often, but his Appetite was good; his Sleep pattern was disturbed due to pain. No significant family history was present. There is no H/O injury also.

**On General Examinations**

BP: 130/80 mm of Hg Temp: 97.6° F

RR: 16/min

Pulse: 76 /min (regular)

**Ayurvedic Management**

Treatment was planned as per *Vatavyadhi. Bastikarma* was planned along with the following medicines.

Table 1: Ayurvedic Management.

No	Medicine	Dose	Frequency
1	Ashwagandhachurna Guduchi churna Gokshur churna Amalaka schurna	2 gm 2 gm 2 gm 2 gm	2times
2	Yograj guggulu	2 tabs	3times
3	Ubhay paad, Kati, and Udarpradeshe Abhyang with Nirgundi Taila and Baspa Swedana		
4	Tikta Ksheer Basti: <ul style="list-style-type: none"> <li>• Madhu– 60ml</li> <li>• Saidhav– 10 gm</li> <li>• Panch tikta ghrita–120ml</li> <li>• Shatpushpakalka – 10gm</li> <li>• Aswagandha – 5gm</li> <li>• Guduchi – 5gm</li> <li>• Ashthi shrinkhala – 5gm</li> <li>• Nimb- 5gm</li> <li>• Patol – 5gm</li> <li>• Ksheerpaaka–240ml</li> </ul> (Churna=Ashwagandha+Patol+Ashthishrunkhala+ Nimb+Guduchi)		

Table 2: Vas Numerical Pain Distress Scale.

	SignandSymptoms	BeforeTreat ment	After 1 <sup>st</sup> cycle of Basti	After 2nd cycle of Basti
1	VamVankshanSandhiShul	10	9	7
2	DakshinVankshanSandhiShul	10	8	6
3	SakshataUthapanandUtkasan	10	8	5
4	SakshataChankraman	10	8	5

## DISCUSSION

Considering the history and examination of the patient, treatment was planned. Presentation of the patient with pain in bilateral hip joint showed the involvement of *Vata Dosh* associated with *Asthivaha Strotas*. Hence the *Basti karma* planned in schedule of *Tikta ksheer basti* with internal administration of *Laghu Yograj Guggulu*, *Ashwagandha churna*+ *guduchi churna* + *gokshur churna*+ *amalaki churna*.

AVN is caused due to the injury or any other occlusion in the blood vessels nourishing the bone tissue. In AVN major role of *Rakta Dhatu* is *Jeevana* that is giving life. It is the vehicle for *Prana* which carries it through the body. According to Ayurvedic point of view, there is no direct correlation with avascular necrosis but, in their clinical presentation, there is *Vata* Dominancy and *Vikruti of Asthi Dhatu*. In the advanced stage, due to continuous *Vata Dosha* (due to necrosis) imbalance, it is further responsible for the vitiation of *Pitta and Kapha*. So in this study, *Basti* is a choice of treatment for AVN, because *Basti* is the first line of treatment of *Vata Dosha* as well as *Pitta, Kapha Dosha*, and *Rakta* also. *Tikta Ksheer Basti* is very effective treatment for AVN. The decoction made in *kshirapaaka* which has *Madhura* and *Snigdha* properties helps to control *Vata Dosh* and due to *Sukshma Guna* of *Saindhva*, it reaches up to microchannel of the body and helps to open fresh blood

supply to the bone tissue. In this *Basti*, *Tikta Dravyas* are having *Tikta Rasa, Ushana Virya, Madhura*, and *katu Vipaka* favors normal functioning of *Dhatvagni* (metabolic stage) facilitating increased nutrition to the *Asthi Dhatu*.

## CONCLUSION

In this case study it is observed that *Tikta Ksheer Basti* along with certain palliative medicine is effective in the management of avascular necrosis of the neck of the femur.

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