

**A SINGLE CASE STUDY ON THE ROLE OF TIKTA KSHEER BASTI IN THE  
MANAGEMENT OF AVASCULAR NECROSIS OF HEAD OF FEMUR**Vd. Vibhuti Chaudhari\*<sup>1</sup>, Vd. Ram Shukla<sup>2</sup> and Vd. Bhaumik Suthar<sup>3</sup><sup>1</sup>P.G. Scholar, <sup>2</sup>Professor & HOD, <sup>3</sup>P.G. Scholar  
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**ABSTRACT**

Avascular necrosis (AVN) is death of bone tissue due to 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 of AVN - male patient came with complaint of severe pain in both hip joints and both thighs, difficulty in prolonged standing, walking, 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. Patient had been administered Dipana – Pachana and Vata shamaka Aushadhi along with Tikta ksheer Basti (3 cycles of 15-15 days with interval of 15 days) There was moderate improvement found in all signs and symptoms. This case study suggests that Tikta ksheer basti karma provide 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 interruption of blood supply to the bone. It is also called osteonecrosis. AVN is caused due to the injury or any other occlusion in the blood vessels nourishing the bone tissue. Going further the process is always progressive and leading to joint destruction. It is a disease of middle age that most often occurs in 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 managements of AVN. On the basis of this concept a case of AVN was managed and outcome of the treatment is as follows.

**CASE REPORT**

A male patient, aged 55 years, diagnosed with AVN on the basis of magnetic resonance imaging (MRI) was admitted in the IPD of Panchakarma Department, Govt,

Akhandanand Ayurved Hospital, Ahmedabad, Gujrat, India, IPD No. 1620 admitted on 18<sup>th</sup> December 2018, By occupation patient was a farmer. He was suffering from severe pain in both hip joints and both thighs, difficulty in prolonged standing, sitting, restricted movement of both hip joints and disturbed sleep due to pain since two years and was recommended for surgical intervention. But the patient was not willing for operation and in search of better option he approached ayurvedic treatment. History taking revealed that all the symptoms developed gradually for last two years. He was suffering from constipation often, his Appetite was good; Sleep pattern was disturbed due to pain. No significant family history was present. There is no H/O injury also.

**On General Examinations**

BP: 124/80 mm of Hg

Temp: 98.4° F

RR: 16/min

Pulse: 76 /min (regular)

**Ayurvedic Management**

Treatment was planned as per Vatavyadhi. Basti karma was planned along with following medicines.

**Table 1: Ayurvedic Management.**

No	Medicine	Dose	Frequency
1	Ashwagandha churna Guduchi churna Gokshur churna Amalaka churna	2 gm 2 gm 2 gm 2 gm	2 times
2	Laghu yograj guggulu	2 tabs	3 times
3	Sunthi churna Haritaki churna	3 gm 3 gm	2 times after meal
4	Ubhay paad, Kati and Udar pradeshe Abhyang with Nirgundi Taila and Baspa Swedana		
5	Tikta Ksheer Basti: <ul style="list-style-type: none"> <li>• Madhu – 80 ml</li> <li>• Saidhav – 10 gm</li> <li>• Goghrita – 80 ml</li> <li>• Shatpushpa kalka – 10 gm</li> <li>• Ksheerpaaka – 200 ml</li> </ul> (Churna=Ashwagandha + Vasa + Ashthi shrunkhala + Arjun + Guduchi)		

**Table 2: Vas Numerical Pain Distress Scale.**

	Sign and Symptoms	Before Treatment	After 1 <sup>st</sup> cycle of Basti	After 2 <sup>nd</sup> cycle of Basti	After 3 <sup>rd</sup> cycle of Basti
1	Vam Vankshan Shandhi Shul	10	9	7	5
2	Dakshin Vankshan Sandhi Shul	10	8	6	4
3	Sakshta Uthapan and Utktasana	10	8	5	5
4	Sakshata Chankraman	10	8	5	4

## 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 & shunthi + haritaki 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 co-relation with avascular necrosis but, on their clinical presentation there is Vata Dominancy and Vikruti of Asthi Dhatu. In advance stage, due to continuous Vata Dosha (due to necrosis) imbalance it further responsible for vitiation of Pitta and Kapha. So in this study Basti is a choice of treatment for AVN, because Basti is 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 having Madhura and Snigdha properties which help to control Vata Dosh and due to Sukshma Guna of Saindhva it reaches up to micro channel 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 favours 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 neck of femur.

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