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ROLE OF PANCHTIKTA KSHIRA BASTI IN MANAGEMENT OF  
AVASCULAR NECROSIS: A CASE STUDY

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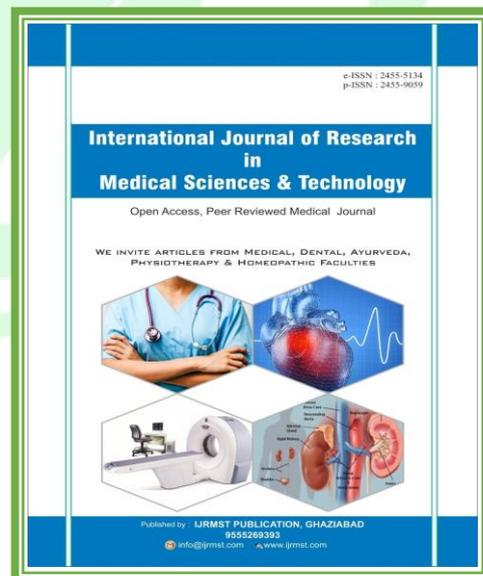
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#### ABSTRACT

Avascular necrosis additionally referred to as osteo-necrosis or Ischemic bone necrosis is a condition that occurs when there is a loss of blood supply of bone. An interruption in the blood supply causes bone cells to die. AVN of femoral head is that the commonest sort of necrosis affecting the bone.

In Ayurveda, It correlated with *asthimajjagata vaat* (musculoskeletal disorder). An effort has been made within the present study to gauge the efficacy of *panchtikta kshir basti* in conservative management of femoral head necrosis of the bone.

In Modern medicine, no any unique remedy as opposed to surgical operation is available.

**Keywords:** Avascular necrosis, *Panchtikta kshir basti*, *asthimajjagat vaat*, Musculoskeletal Disorder

#### INTRODUCTION

→ Death of bone tissue due to lack of blood supply leads to Avascular Necrosis of bone.

→ The main cause of AVN:

1. Trauma
2. Fatty depositions - The fat(lipid) can block the small blood vessels reducing the blood flow that feeds bone.
3. Use of high dose corticosteroids such as prednisolone increase the level of lipid in blood.
4. Excessive alcohol use can cause fat deposition.

→ In ayurvedic perspective AVN is correlated with *asthimajjagat vaat* where disfunctioning of *vaat dosha* in *asthi* and *majja dhatu* leads to symptom *asthi bheda*(pain) and

*aswapana santat ruka*(severe pain in night) and *mans kshaya*.

→ *Basti* is the best equipment for balancing the *vaat dosha*. So *panchtikta kshir basti* is line of treatment of *asthimajjagat vaat* in this case.

#### SAMPRAPTI GHATAKA

*Dosha – vaat*

*Dushya – rakta, asthi, majja, shira*

*Srotasa – asthimajjavaha*

*Srotodushti – sang*

*Adhishtan – kati, vankshan pradesh*

*Swabhav – chirkaari*

*Agni – agnimandhya*

*Sadhyasadyata – kashtsadyata*

## CASE STUDY

A 35 year old male Pawan resident of Karnal, Haryana reported to Panchkarma OPD of Shri Krishna Govt. Ayurvedic Hospital, Kurukshetra with complaints of constant pain in groin, thigh, and buttock region. Patient is unable to stand continuously 15-20 mins. Patient is already diagnosed with AVN of bilateral hip joint.



Figure 1: MRI of bilateral hip joint

## BRIEF HISTORY

Patient had complaints of pain and was unable to stand continuously for 15-20 min.

- No history of diabetes mellitus, hypertension and hypothyroidism.
- There was no history of a similar disease in the family.
- There is no history of surgical intervention as well.

## GENERAL EXAMINATION

Patient was haemodynamically stable. All vital parameters are within normal range.

## INVESTIGATIONS

- X-Ray shows sclerosis of bilateral hip joint.
- MRI - AVN of bilateral femoral heads (FICAT stage III bilaterally) with small bilateral hip joint effusion.

## TREATMENT PROTOCOL

→ *Bahya chikitsa:*

- *Sarvang patrapotli* with *mahanarayan tail.*
- *Kati basti* with *mahanarayan tail.*

→ *aabhyantar chikitsa:*

- *Panchtikta kshir yapana basti*
  - *Madhu* - 25ml
  - *Saindhav* - 5gm
  - *panchtikta ghritam* - 80ml
  - *satpushpa kalka* - 20gm
  - *dugdham* - 120ml

→ Internal Medication:

- *panchtikta ghrita gugglu* (2 tabs TDS).
- *Giloy satva* (300mg at 10 am and 2 pm).
- *kukkutandtvaka bhasma* (250mg at 10am and 2pm).

Table I. Observation Table

Sign & Symptoms	Before treatment	After Treatment		
		1 <sup>st</sup> follow-up	2 <sup>nd</sup> follow-up	3 <sup>rd</sup> follow-up
Pain	++++	+++	++	-
Continuous Standing	20 mins	30 mins	1 hour	More than 4 hours
Limping	++++	+++	++	+

## DISCUSSION

*Patra potli* therapy provides relief from body pain and stiffness & rejuvenates the soft tissue, joints and muscles within the body.

*Mahanarayan tail* was externally used for *Kati Basti*. It contains *Vatashamak* constituents and is taken into account as “*Sarvavatavikarajit.*” Its effects are more observed on pain and numbness as sesame oil is used as a base in it.

The ingredients of *Panchatikta Kshira Basti* has *Tikta Rasa* which is having *Pradhanta* of *Vayu* & *Akasha Mahabhuta*. Hence, it has got similarity towards body components like *Asthi* (bone tissue). Further *Tikta* drugs have *Vataghna* & *Rasayana (Dhatuwardhaka)* *guna* & increases the *dhatwagni* (metabolic fire). It performs *Pachan karma*, which destroys *srotorodha* (channel obstruction) leading to

pacify the *Vata dosha* & improves the metabolism. The decoction prepared in *Kshira* (Milk) has *Madhura* & *Snigdha guna* which helps in balancing the *Vatadosa* & *Pitta dosa* and acts as *Brimhana*. Due to *Sukshmaguna* of *Saindhava*; it reaches deep in the microchannel of the body & helps to improve blood supply to the bone tissue.

To treat AVN, drugs acting on both *vata* and *asthi* should be selected. According to *acharya charaka*, In *Asthi dhatu dushti* the treatment should be given as *ghrita* and *Kshira* of *tikta dravyas*. Most of ingredients of *panchtikta ghrita gugglu* have *tikta rasa*, *ushna virya*, *madhura* and *katu vipaka*. The *tikta rasa* increases the *dhatu agni*. As *dhatu agni* increases, the nutrition of all the *dhatu's* will increase. As a result *asthi dhatu*, *majja dhatu* may get stable and *asthi* and *majja dhatu*

*kshaya* will be decreased. So degeneration in *asthi dhatu* may not occurs rapidly.

*Ghritum* is *vaat-pitta shamak, balya, agni vardhak, madhur, saumya, shit virya, vrishya* and *vaya sthapaka* also. Thus it pacifies *vaat*, improve the general condition of the body and act as a rejuvenator of the body. Thus, helps in the *samprapti vighatna* of the AVN. *Ghritum* has the characteristic of *yogvahi guna* which helps increase the bio-availability of the other drugs without losing its characteristic properties. *Ghritum* also contains vitamin D which plays an important role to utilize calcium and phosphorus in bone building.

*Kukktandvaka bhasma* contains 95%  $\text{CaCO}_3$  and 5%  $\text{Ca}_3(\text{PO}_4)_2$ , proteins etc. and helps in improving the bone density. This *bhasma* is *rasa* preparation, so may act quickly and enter

into the *srotas* by *tikshana guna*. During *bhasma* preparation implant the *yogvahi guna* to the *bhasma*. So the *bhasma* may act quickly in smaller dose.

*Giloy* has *Katu, Tikta* and *Kashayam rasa* which supports its absorption in the body, sanctified with *laghu* and *snigdha guna* help it to enter deep into the body tissue and nourishes the *Rasa Dhatu* and should be given in the *pitta kaal* to balance the *pitta dosha*.

### CONCLUSION

By observing the result in the present study this can be concluded that Panchkarma especially *basti* is very effective in AVN of femoral head while there is enormous scope for further research. But it still proves that with proper diagnosis & proper treatment protocol ayurveda can be extremely beneficial in the management of AVN.

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