Amavata is one of the commonest disorders mentioned in newer texts of Ayurveda. On the basis of clinical appearance it can be taken parallel to Rheumatoid Arthritis. Presently, non-steroidal anti-inflammatory drugs (NSAIDs) are the mainstay of treatment in this condition. However they have serious adverse effects and have limitations for a long term therapy. The immunosuppressive drugs are reserved for selected cases, while the disease modifying drugs like gold-salts are costly and have low benefit to risk ratio. Hence, there is a need for therapy having good efficacy. VaitaranaVasti is the potent and time tested method of management of Amavata in both acute and chronic stages. It helps to regain the balance and homeostasis of Doshas (humors). Through extensive review of basic texts in Ayurveda, authors have tried to explain the pathophysiology of Amavata in short mode of action of VaitaranaVasti, its contents and method of administration. This study shows that Vaitarana Vasti is the best alternative to conventional therapy practiced for Rheumatoid Arthritis.

Keywords: Amavata, Panchakarma, VaitaranaVasti, Rheumatoid Arthritis.
Vias and Vato diseases. Vasti procedure is expelling body toxins and vitiated doshas (humors) by introducing medicated liquids or oils through anal, urethral or vaginal route. Introducing medicated liquids and oils through urethra or through vagina in women, is called uttaravasti. Vasti literally means urinary bladder. In ancient times the enema apparatus used to be made up of urinary bladder of animals. Hence this detoxification process is called Vasti. Vasti procedure is mainly used in vata dominant diseases and is best for them. There are mainly two types of Vasti based on the medicines - Anuvasanavasti and Asthapana (Niruha) vasti. Anuvasanavasti (Medicated oil enema) -

In anuvasa vasti medicated oil is introduced through anus, immediately after the consumption of food. There will be no harm even if medicated oil remains inside colon for a long time. This type of vasti nourishes and strengthens the body. Asthanapanavasti (Medicated decoction enema) - In this type of vasti (also known as Niruha) an enema of herbal decoction is given. Asthanapanavasti is administered on empty stomach. The administered decoction has to come out from body maximum up to mahutra (45 minutes). The expelled herbal decoction brings out toxins and vitiated dosha along with it. Anuvasana vasti and Asthapana vasti are mainly given alternatively. Patient is advised to take bath after herbal decoction is expelled. Strict diet and lifestyle rehabilitation is not required after vasti procedure, as vasti do not cause irritation in digestive system. But it is necessary to take light and nourishing diet. Vasti purifies all the systems and makes a clear passage up to the micro channel level. It acts on various disorders because of the selection of the drugs according to the disease. Acharya Charaka quotes that Vasti introduced in the colon acts upon the whole body and on every system. Thus, drawing out the impurities by its potency like sun evaporates the liquid from the earth by its heat. It can be used in almost all the disease by using specific drugs indicated in that disease condition.

Vaitaranavasti

Chakradatta an Ayurvedic scholar while describing the line of management of Amavata has indicated the use of Vaitaranavasti as a specific treatment modality for the disease Amavata. Vaitaranavasti is Pakvashayagata Niruha Vasti i.e. the drugs are administered through anal canal into the colon (Pakvashaya) and is considered as special indication for Amavata. The term Vaitarana has been made from the word “Vitaranam”, which literary means to donate, go across, to leave which help to expel out the Dosha (humors). Thus, we can say that Vaitaranavasti help to expel out the morbid Dosha (humors) from the body and thereby giving relief in the disease Amavata. Vaitaranavasti is composed of:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Saindhava Lavana (Rock Salt)</td>
<td>1 Karsh (12 g)</td>
</tr>
<tr>
<td>2</td>
<td>Guda (Jaggary)</td>
<td>1 Shukti (24 g)</td>
</tr>
<tr>
<td>3</td>
<td>Chincha (Tamarindus)</td>
<td>1 Pala (48 g)</td>
</tr>
<tr>
<td>4</td>
<td>Gomutra (Cow’s Urine)</td>
<td>1 Kudavala (192 ml)</td>
</tr>
<tr>
<td>5</td>
<td>Tila Taila (Sesame oil)</td>
<td>Q.S.</td>
</tr>
</tbody>
</table>

Method of Preparation of Vaitaranavasti

Vaitaranavasti is prepared as per the classical method used for the preparation of Niruha Vasti. Metric measurements are as per Ayurvedic formulary of India.

<table>
<thead>
<tr>
<th>Step</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Initially 24 g (1 Shukti) of Jaggary (Guda) was mixed uniformly with equal quantity of Gomutra.</td>
</tr>
<tr>
<td>2</td>
<td>12 g (1 Karsh) of Saindhava was added to the above.</td>
</tr>
<tr>
<td>3</td>
<td>Tila Taila was added till the mixture becomes homogenous.</td>
</tr>
<tr>
<td>4</td>
<td>48 g (1 Pala) of Chincha Kalka was taken and added to above said mixture carefully.</td>
</tr>
<tr>
<td>5</td>
<td>Lastly Remaining quantity [out of 192 ml (1 Kudava)] of Gomutra was added slowly and mixing continued so as to have uniform Vasti Dravya.</td>
</tr>
<tr>
<td>6</td>
<td>Vasti Dravya was filtered and made lukewarm by keeping it into hot water.</td>
</tr>
</tbody>
</table>

Time of Administration

It is a Niruha Basti that can be given after the meals.

Method of administration of Vasti

- After Mala Mutra Veganivarana, Sthanika Snehana and Swedana (local oleation and sudation) of lower abdomen, waist and thighs of patient was done as pre procedure preparation (after Laghu Ahara as is especially applicable in case of Vaitaranavasti instead of being a Niruha Vasti).
- Patient was advised to lie on an even Vasti table in left lateral position with straight body and left hand kept as pillow. His right leg was folded at knee joint and made to rest flat over the left leg.
- Patient’s Anus and Vasti Netra (catheter) was smeared with unctuous substance like Taila.
- Vasti Netra was introduced in anus by its ¼ part slowly, straightly parallel to the backbone. Vastidravya was forced slowly in one push and Vastinatra was taken out slowly.

DISCUSSION

Vasti therapy has a systemic purifying action over the body. Vasti generates a systemic action and it is mentioned in Ayurvedic texts that the Virya (potency) of drugs administered through the Vasti procedure into the Pakvashaya reaches the whole body through the channels (Srotasas), as the active principles in the water when poured at the root of the tree reaches the whole plant. Vasti administered into Pakvashaya draws the morbid matters from all over the body from foot to the head by the virtue of its Virya, just as the cloth while coloring absorbs only the color and not the water. Vata is considered to be the main controller of the body. Now if Vata alone or in combination with other dosha get vitiated, then Vasti by the way of evacuation or elimination normalizes the path of Vata along with Pitta, Kapha and fecal matter. Vaitaranavasti works by the virtue of action of ingredients present in it and by action of Vasti Karma. The ingredients present are Chincha, Saindhava, Guda, Gomutra and Taila. The action of each ingredient can be described as follows. Saindhava:
Due to its Sukshma and Tikshna properties, Saindhava helps to pass the drug molecule in systemic circulation through mucosa. Thus, it helps the Vasti Dravya to reach up to the molecular level. It is also helpful for the elimination of waste due to its irritant property. It is capable of liquefying the viscid matter and breaking it into minute particles (Vishyandana). Jaggary: In this Vasti instead of honey (Madhu), jaggary is used. It along with Saindhava makes homogenous mixture (an emulsion), that makes water easily permeable. The retention of the irritant substances may be favored by making its solution as nearly isotonic as possible by using colloidal fluids. Here, Purana Guda should be taken as it is Laghu, Pathya, Anabhishyandi, Agniprakashdhaka, Vadapittaghnna. It also helps in carrying the drug up to micro-cellular level. Tila Taila: Tila Taila mixed with the solution of jaggary and Saindhava helps in forming emulsion. It also counteracts some of the irritating properties of Saindhava and Guda. Tila Taila itself is best in Snehana and pacification of Vata. Chinchga: Chinchga is having Vata-Kaphashamakam, Ruksha and Ushna properties. These properties of the Chinchga make it useful for the disease Amavata. Ruksha Guna helps in counteracting the Ama which is chief pathogenic factor of the disease. Gomutra: In Vaitarana Vasti, the Gomutra is chief content, which owing to its Katu Rasa, Katu Vipaka, Ushna Virya, Laghu, Ruksha, Tikshna Guna pacifies the Kapha. The Ruksha Guna of Gomutra is very much helpful in the diseased condition like Amavata. It is useful for Vaitarana Vasti owing to its Tridosahara, Agnideepana, Pachana, Srotovishodhana and Vatanulomaka properties.

Probable mode of action of Vaitarana Vasti

As a whole, the qualities of Vaitarana Vasti can be considered as Laghu, Ruksha, Ushna, Tikshna. Majority of the drugs are having Vata-Kapha Shamaka action. Owing to this property, antagonism to Kapha and Ama the Vasti help in significant improvement in sign and symptom of disease. The Tikshna Guna of Vasti helps in overcoming the Srotodushi resulting due to ‘Sanga’. Thus Vasti Dravya after reaching to large and small intestine get absorbed from intestine, due to Laghu, Ushna, Tikshna and Ruksha Guna of Vaitarana Vasti Dravya, it breaks the obstructions and expels out the morbid material from all over the body thus help in breaking down the pathogenesis of disease. Niruha Vasti helps in elevating the Avarana of Vata by Kapha. Reduction in this Avarana was seen as there was improvement of Kaphavrita Vyana symptoms. Vasti helps in Vatanulomana thus helping correct the Apanavata. Basti therapy may be stimulator for Gastro-intestinal tract and also for whole body functions. Regulatory peptides like serotonin, enteroglucagon and vaso-active intestinal polypeptide (VIP) are produced in the colon. Many of the peptides have a role in the functioning of the basal ganglia and some of the substances among them, such as (Cholecystokinin) and VIP, are stimulators of the dopaminergic neuronal system. It is possible that Basti by stimulating many factors in GIT physiology effect on regulatory functions of these peptides either by moderation or by stimulation. Thus, Basti Karma exerts a largely systemic action exerting local action in Gastro-intestinal tract by operating through large intestine involving enteric nervous system. Vasti Karma can activate the autonomic nervous system and thereby help in the evacuation of Vasti Dravya. The effects of Vasti can be encolonic (acting on the tissue of the colon), endocolonic (acting inside the colon) and diacolonic (systemic action). Modern pharmacokinetic studies have also proved that drug administration via the rectum can achieve higher blood levels of the drug than administration through the oral route due to partial avoidance of hepatic first-pass metabolism. The rectum has a rich blood and lymph supply and drugs can cross the rectal mucosa as they can cross other lipid membranes. Thus, un-ionized and lipid-soluble substances are readily absorbed from the rectum. The portion absorbed from the upper rectal mucosa is carried by the superior hemorrhoidal vein into the portal circulation, whereas that absorbed from the lower rectum enters directly into the systemic circulation via the middle and inferior hemorrhoidal veins. Thus, administration of drugs in the Vasti form has faster absorption and provides quicker results.

CONCLUSION

Thus, it can be said that Vaitarana Vasti works as a curative as well as purifying measure. The procedure helps in breaking the pathogenesis of the disease Amavata, or Rheumatoid Arthritis. When used properly with scientific methods, Vaitarana Vasti can help in decreasing significant load on healthcare system due to Rheumatoid Arthritis and provide the patients a better and healthier life with lesser complications.

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