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**EFFICACY OF TIKTAKSHEER BASTI IN ASTHIKSHAYA:  
A CONCEPTUAL STUDY**

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**ABSTRACT:**

*Ayurveda, a science of life, has its own unique concepts including tridosha, saptadhatu, trimala and srotas etc. According to Acharya Vagbhat, there is an asthrayasthrayi bhav between Asthi, Majja and Vata. Whenever there is increase in Vata, Asthi and Majja Kshaya takes place. So Asthikshaya is the main pathology which occurs in every Vatavyadhi. Vata is normally vitiated in old age. So Asthikshaya tends to occur more in geriatric age. But nowadays Asthikshaya has become major problem in old age as well as in middle age. It may be correlated with Osteoporosis. It is related with vitiation of Vata dosha. Specific treatments (upakrama) are mentioned in various Ayurvedic texts for tridosha. Basti is the upakrama mentioned for the treatment of Vata. As Vata dosha has predominant role in the pathogenesis of any disease and this Vata dosha alone is capable of mobilising pathological accumulation of the dosha from the periphery into the pakvashaya, where Basti get absorbed. Ayurveda has focussed on Asthikshaya with the unique concept of Tiktaksheer basti. It is described by various Acharyas in the treatment of Asthivaha srotas. The enema by using tikta rasa (bitter) dravya siddha ksheer (decoction with milk) accompanied with tikta ghrith and administered by slow drip method is said to be "Tikta-ksheer basti". Tiktaksheer basti is becoming more and more popular and effective among today's Ayurvedic physicians. The objectives of this study is to compile and review the classic literature about Asthikshaya and to study the concept of Tiktaksheer Basti in Asthikshaya. Effort has been done to understand actual contents of Tiktaksheer basti and probable reasoning of their action on Asthivaha srotas and Asthikshaya with the help of Guna, Rasa, Vipaka and Mahabhoot siddhantas.*

**KEY WORDS:** Asthi; Asthikshaya; Basti; Ksheer; Majja; srotas; Tikta

## INTRODUCTION

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Today's lifestyle has become very fast. People do not have enough time to pay attention to their diet. Instead they use to prefer fast food and junk food which contains less nutrients and more taste. Mental stress is one of the main cause of vitiation of *Vata*. So they tend to develop *Vatavikara* from middle age also. After formation of *Snigdha Medodhatu*, *Prithvi*, *Agni*, *Vaya mahabhtas* acts on it and produces *sanghata*(solid material) with the help of their *Agni*. This increases *Kharatwa* (roughness/ dryness) to that *sanghata* and *Asthi Dhatu* formed. *Asthi kshaya* is one of the major problem now the world is facing. It may be correlated with Osteoporosis. Limitations of other pathies tends to enhance this problem. But Ayurveda has mentioned its

unique solution in terms of *Tiktaksheer Basti*<sup>1</sup>.

The term *Basti* is given due to the administration of medicated drugs into the rectum by means of urinary bladder of various animals like cow, deer, goat, and sheep or due to the stay of administrated drug near by urinary bladder for some time.<sup>2</sup> It is a general assumption that enema is administered with the purpose of evacuating the bowel. But in Ayurveda, this procedure is prescribed as a route of drug administration. No other elimination therapy is equal to *basti* because it expels the vitiated doshas rapidly and easily from body.<sup>3</sup> *Basti* can be given in all age groups without any hesitation. *Tiktaksheer Basti* is one of the types of *Basti*. It shows positive results in many *Vata* predominant diseases including *Asthi kshaya*. So it must studied thoroughly and elaborate the concept of *Tiktaksheer Basti* in *Asthi kshaya*.

## OBJECTIVES

1. To study the concept of efficacy of *Tiktaksheer Basti* in *Asthi kshaya*.
2. To study the concept of *Asthi kshaya* by review of Ayurvedic literature.

REVIEW OF *ASTHIKSHAYA***Formation of *Asthi Dhatu***<sup>4</sup>

Acharya Charaka has mentioned formation of *Asthi Dhatu* in detail. After formation of *Snigdha Medodhatu*, *Prithvi*, *Agni*, *Vaya mahabhtas* acts on it and produces *sanghata*(solid material) with the help of their *Agni*. This increases *Kharatwa* (roughness/ dryness) to that *sanghata* and *Asthi Dhatu* formed. *Vata* enters in *Asthi Dhatu* and develops pores in it. These pores are filled up by *Medodhatu* which is called as *Majja Dhatu*. Thus *Asthi* and *Majja Dhatu* are closely related to each other.

**CONCEPT OF *ASTHIKSHAYA***

There is an *asthrayasthrayi bhav* between *Asthi*, *Majja* and *Vata*.<sup>5</sup> Whenever there is increase in *Vata*, *Asthi* and *Majja Kshaya* takes place. So *Asthi kshaya* is the main pathology which occurs in every *Vatavyadhi*. *Vata* is normally vitiated in old age. So *Asthi kshaya* tends to occur more in geriatric age.

**CONCEPT OF *TIKTAKSHEER BASTI***

The enema by using *tikta rasa* (bitter) *dravya siddha ksheer* (decoction with milk) accompanied with *ghrit* and administered by slow drip method is said to be "*Tikta-ksheer basti*".

**Preparation of *Basti-draya*****Symptoms of *Asthi kshaya-Majja kshaya***<sup>6</sup>

Considering close relation of *Asthi* and *Majja Dhatu* one has to consider the symptoms of *Asthi kshaya* and *Majja kshaya* as a whole.

1. *Asthi shool* (Pain in bones)
2. *Dant bhanga* (Dental cracks/Dental problems)
3. *Nakh bhanga* (Nail cracks/ Nail problems)
4. *Rauksha* (Dryness)
5. *Sandhishaitilya*(Looseness of joints)
6. *Asthi daurbalya* and *Asthi laghawata*(Weakness and lightness in *Asthi*)
7. *Asthi shoonyata*( feeling of hollowness of *Asthi*)
8. *Parvbheda*(Cutting like pain in small joints)

**i. Basic *Dravyas***

1. *Tikta-rasatmak Dravyas* (in *bharad* form) e.g. *Amruta* (*Tinospora*, *Cordfolia*), *Patola* (*Trichosanthes dioica*)

2. Cow-milk
3. *Mahatika-ghrit*
4. Honey

## ii. Method of preparation <sup>7</sup>

*Amruta (Tinospora Cordifolia)* and *Patola (Trichosanthes dioica)* are only two *tikta dravyas* mentioned for *Tiktaksheer Basti*. These dravyas are taken 10 to 20 Gms in *bharad* form and decoction with milk is done. By stirring this *ksheer* is used. *Mahatika ghrut* 60 ml is taken. Honey 20 to 30 ml is added and rock salt 2 to 5gms are taken if necessary. Firstly honey, rock salt and ghrut are mixed and emulsion is formed. Lastly decoction with milk is added.

**Basti Praman** In adult: 150-200 ml; In children: 80-100 ml

### **Karmukatva (mode of action)**

In *Tiktaksheer Basti*, *tiktarasatmak dravyas*, cooked in milk are used. As *Vata dosha* has predominant role in the pathogenesis of any disease and this *Vata dosha* alone is capable of mobilising pathological accumulation of the *dosha* from the periphery into the *pakvashaya*, where *Basti* get absorbed.<sup>8</sup>

### **Why only Basti and no other route of administration of drugs?**

*Basti* is administered and gets absorbed in the *pakvashaya*. As *pakvashaya* is the main site of *Vata*, *Basti* is said to be the main *Upakrama* for *Vata*. So it is very useful in *Asthi kshaya*. *Pureeshdhara kala* is situated in *pakvashaya* and *Pureeshdhara kala* is also site of *Asthidhara kala*<sup>9</sup>. So action of *Basti* can be assumed to be on *Asthidhara kala* and so in *Asthi kshaya*. Considering all these facts *Basti* is the only preferable route for administration of drugs.

### **Why only Tiktaksheer Basti is described?**

*Tiktara* involves *akash* and *vayu mahaboot*<sup>10</sup>. *Akash* and *vayu mahaboot* dominant *mahaboot dhatu* are *-asthi* and *majja*. *Asthi Dhatu* is formed from *Snigdha Medodhatu* after action of *Prithvi, Agni, Vayu mahabootgni* on it. This results in formation of *sanghata* (solid material) by the action of their *Agni*. This increases *Kharatwa* (roughness/ dryness) to that *sanghata* and *Asthi Dhatu* formed. *Tikta rasa* has a property to produce *kharatwa* (roughness).<sup>11</sup> Combination of *Snigdha ksheer* and *ghrit* with *Tikta rasa* results same action that happens at the time of formation of *Asthi Dhatu*. So this is why *Tiktaksheer basti* acts in *Asthi kshaya*.

***Tikta rasa is Vataprakopak so how it can be used in Asthikshaya?***

*Tikta rasa* is *Vataprakopak* and it would have rather increase *Asthikshaya*. But not all *Tikta dravyas* are used in *Tiktaksheer Basti* but only *Guduchi* and *Patola* which are *Tikta* but *Vatashamak*

due to their *Snigdha guna* and *Madhur vipaka* are used in it.<sup>12</sup>

Hence *Tikta rasa* acts on *Asthi* and *Majja Dhatu*. *Tiktaksheer basti* acts on *Asthi-majjavaha stotodushti*. *Tiktaksheer basti's* action is on *Asthidhara kala* & *Asthivaha strotas* in this way, *Tiktaksheer basti* is very effective in chronic stage.

### CONCLUSION

1. *Asthikshaya* is predominantly due to vitiation of *Vata* which naturally occurs at old age.

2. *Basti* is the route of choice as it acts directly on main site of *Vata*. *Pakvashaya* involves *Pureeshdhara kala* which is also known as *Asthidhara kala*. So it can be specifically used in *Asthikshaya* to nourish *Asthi Dhatu*.

3. *Asthi* formation involves interaction of *Snigdha(Medodhatu)* and *Khar(Prithvi, Agni and Vayu Mahabhutagni) guna*.

4. Combination of *Tiktaksheer Basti* includes *Snigdha ksheer, Ghrit* and *Khar Tikta rasa*. So it acts on *Asthikshaya*.

5. *Guduchi* and *Patola* are *Tikta* but *Snigdha* and *Madhur vipaki dravya* and so they are *Vatashamak* and best for use in *Tiktaksheer Basti*.

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