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## “ROLE OF KAAL BASTI IN GERIATRIC MALAVASHTAMBH”

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### ABSTRACT:

*Geriatrics i.e. vriddhavastha faces so many diseases like insomnia, joint pains, hypertension, diabetes, fatigue etc. One of them is constipation i.e. Malavshtambh. Malavshtambh is caused by aggravated vata dosha in old age, alongwith decreased physiological functions of the body in old age, results in decreased intestinal motility. In Ayurveda, basti or medicated enema is considered as ardhchikitsa for vitiated vata dosha . Thus, we have made an endeavour to evolve a safe and complete solution for this problem with the help of Kaal Basti as a therapeutic measure in Malavshtambh*

**KEYWORDS:** *Geriatrics, Malavshtambh, Kaal Basti*

## INTRODUCTION

### CORRESPONDENT:

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Geriatrics i.e. vriddhavastha faces so many diseases like insomnia, joint pains, hypertension, diabetes, fatigue etc. One of them is constipation i.e. Malavshtambh. Malavshtambh is a condition in which there is difficulty in emptying the bowels usually associated with hardened faeces and straining. Malavshtambh is caused by aggravated vata dosha in old age, along with decreased physiological

functions of the body in old age, constipation is caused due to increased medicinal intake such as NSAID'S, calcium channel blockers, anticholinergic drugs, calcium supplements, decreased intake of fluids and fibre in diet, metabolic factors, neurological diseases like Parkinson's disease, depression, stroke in old age results in decreased intestinal motility. Globally, prevalence of constipation in community dwelling elderly people is 50% and 74% in nursing home residents.

AYURVEDA, science of life, aims at achieving a balanced state of mind, body and soul for attaining wellness and happiness. In Ayurveda, basti or medicated enema is considered as ardhchikitsa for vitiated vata dosha as stated as

*vinmutrapittadimalashyanaam, vikshepsanghaatkara:.....*

*tasyaardhchikitsamiti bruvanti (CH.SI.1/39-40)*

*satyapi dosharatave katutikshanushanadi bshajadaanat.....*

*balvarnharshamardavgatrasnehanrunaam daddatyaashu (CH.SI.10/6-7)*

As stated in Charak Samhita, The purgation therapy (including emesis) no doubt, causes elimination of doshas, but it involves intake of recipe ingredients of which are katu, tikshana, ushna etc. These ingredients cause unpleasantness, eructation, nausea, cardiac discomfort and pain in the gastro-intestinal tract.

Infants have immaturity of tissues and less of strength. There is diminution of tissues and reduction in strength in old people. For both these categories of patients, purgation

***VAYA: STHAPANAADAYU STHAPANADWA AASTHAPANAM (SU.CHI.35/18).***

Thus, we have made an endeavour to evolve a safe and complete solution for this problem with the help of Kaal Basti as a therapeutic measure in Malavshambh.

### **AIM & OBJECTIVES**

1. To study the concept of Malavshambh.
2. To study the role of kaal basti in geriatric constipation.
3. To make the old age comfortable.
4. To study the effect of Malshodhan kshaya Aasthapan Basti.

### **MATERIAL & METHODS**

#### **SOURCE OF DATA**

40 Patients of Malavshambha fulfilling the criteria for inclusion were selected from the O.P.D and I.P.D. irrespective of their gender, religion etc.

therapy is contraindicated. Aasthapan type of medicated enema can be given to both these type of patients which is excellent both for the elimination of doshas and nourishment of the body. This basti therapy instantaneously promotes strength, complexion, sense of exhilaration and tenderness as well as unctuousness of the body.

.Niruha Basti also known as Aasthapan Basti which means

### **INCLUSION CRITERIA**

1. Patients selected irrespective of gender, occupation, education, and habitat.
2. Patients age group of 50-70 years.
3. Patients fulfilling all the criteria of Malavshambh.

### **EXCLUSION CRITERIA**

1. Contraindications to basti.
2. Individuals suffering from any other systemic disease were also excluded.

### **BASTI KARMA**

**Name Of Dravya :- Malshodhanhar**

**Kshaya Aasthapan Basti**

**Contents-** Kutki, Amalki, Guduchi, Shunthi, Aragvadhpatra, Haritaki in equal quantity.

**POORVA KARMA**

1. Preparation of the medicine: Saindava 10gms  
 The Malashodhan kashaya Basti contains: This was mixed in order according to classics.  
 Decoction of Kutki, Amalki, Guduchi, Shunthi, Aragvadhpatra, Haritaki - 300ml  
 Powder of Kutki, Amalki, Guduchi, Shunthi, Aragvadhpatra, Haritaki - 50gms  
 2. Preparation of patients by Sthanik abhyanga using Murchit Til Tail, Sthanik Nadi swedana, laghu aahar (during anuvasana) and empty stomach (during niruha).

Til Tail 30 ml  
 Madhu 30 ml

**PRADHANA KARMA:**

Basti Schedule: 16 days

**Basti Schedule: 16 days**

<b>DAY</b>	1	2	3	4	5	6	7	8
<b>BASTI</b>	A	A	N	A	N	A	N	A
<b>DAY</b>	9	10	11	12	13	14	15	16
<b>BASTI</b>	N	A	N	A	N	A	A	A

Niruh  
 A-Anuvasan basti, N- a basti  
 Anuvasana basti using Murchit Til tail was administered after meals. Malshodhanhar kshaya basti was administered empty stomach.

**Matra:** Malshodhanhar kshaya Asthapan  
 basti = 400 ml Anuvasana  
 basti = Approx 60ml

**PASHCHAT KARMA**

Subjects were asked to sleep in supine position for 10min. Parihara kala for 32 days.

- \* Samyak niruhya and anuvasya laxanas were assessed daily after the administration of Niruha and anuvasana basti respectively
- \* The results were assessed on the basis of Signs and symptoms of Malavshambh before and After treatment i.e. on 16th and 32nd day after administration of basti

## ASSESSMENT CRITERIA

Considering the symptoms of constipation as given in modern science the assessment was done.

### GRADATION FOR PARAMETERS

#### HARD STOOL

GRADE	TYPE OF STOOL(Bristol Stool Chart)
0	4(Normal smooth soft stools)
1	3(Sausage shaped but with cracks on the surface)
2	2(Sausage shaped but lumpy)
3	1(Hard lumps like nuts, hard to pass)

#### EXCESSIVE STRAINING

GRADE	TIME
0	0-5 minutes
1	6-10minutes
2	11-15minutes
3	16-20minutes

#### SENSE OF INCOMPLETE EVACUATION

GRADE	SYMPTOMS
0	No
1	Mild
2	Moderate
3	Severe

#### FLATULENCE

GRADE	SYMPTOMS
0	No
1	Mild
2	Moderate
3	Severe

**LOWER ABDOMEN FULLNESS**

GRADE	SYMPTOMS
0	No
1	Mild
2	Moderate
3	Severe

**STUDY DESIGN**

It is an experimental open non-comparative clinical study. Total 40 patients were selected.

**Duration of treatment -:** 16 days

**Duration of follow up -:** daily for 16 days

**Total duration of study -:** 32 days

**OBSERVATION & RESULT**

For assessing the total effect of therapy we improvement in signs and symptoms. The took into consideration the overall patient were categorized

<b>Age</b>		<b>Range in year</b>	<b>50-70yrs</b>
<b>Religion</b>		Hindu Muslim	24(60%) 16(40%)
<b>Sex</b>		Male Female	31(77.5%) 9(22.5%)
<b>Economical status</b>		Poor Middle Rich	9(22.5%) 27(67.5%) 4(10%)
<b>Habitat</b>		Urban Rural	37(92.5%) 3(7.5%)
<b>Marital status</b>		Married Unmarried	40(100%) ---
<b>Diet</b>		Vegetarian Mix	14(35%) 26(65%)
<b>Bowel habits</b>		Regular Irregular	-- 40(100%)
<b>Bowel</b>		Loose Constipated	--- 40(100%)

**CARDINAL SYMPTOMS**

Sr.No	Cardinal Symptom	No.of Patients	percentage
1	Hard Stools	40	100%
2	Excessive Straining	40	100%
3	Sense of Incomplete Evacuation	35	92.1%
4	Flatulence	35	92.1%
5	Lower Abdominal Fullness	32	26.31%

**SHOWING THE EFFECT OF TREATMENT ON CARDINAL SYMPTOMS OF MALAVSTAMBHA**

Sr.no	Cardinal Symptom	Mean Score		% of relief	SD	Paired T test		
		B.T	A.T			SE	T	P
1	Hard Stools	2.8	0.8	80.35	0.638	0.142	15.75	<0.001
2	Excessive Straining	3.00	0.80	73.3	0.447	0.22	9.8	<0.001
3	Sense of Incomplete Evacuation	3.1	1.4	54.8	1.035	0.391	4.47	<0.01
4	Flatulence	3.00	0.80	73.3	0.447	0.22	9.8	<0.001
5	Lower Abdominal Fullness	1.95	0.2	89.74	0.638	0.142	12.25	<0.001



**OVERALL EFFECT OF THIS THERAPY IN 40 PATIENTS OF MALAVSHTAMBHA**

Result	No. of Patients	Percentage
Complete Remission	10	26.32%
Major Improvement	28	70%
Minor Improvement	2	5%
Un-improved	--	--
Not completed	---	--



Kaal basti of Malshodhanhar Kshaya Aasthapan Basti dravya have vaatanuloman,deepan pachan properties and Murchit til tail having guru, snigdha properties which pacifies vata(apan,smaan, udaan, vyaan, praan vayu)

causing vatshaman,vatanuloman and agnivardhan.Thus, helps in relieving malavshtambh.Drug administered via rectum has shown greater level of absorption than oral route.

## DISCUSSION AND CONCLUSION

The significance of the result obtained in this study is being discussed in brief.

1. Malavshambha is chronic disorder found commonly in old age.
2. It is more prevalent in urban population taking mixed diet both.

3. It is observed that there was significant improvement in symptoms of Malavshtambh which are Hard Stools, Excessive Straining, Sense of Incomplete Evacuation, Flatulence and Lower Abdominal Fullness. Follow up study of 40 patients was done. It was observed that no deterioration is seen after completion of Basti.

Hence it can be said that due to Basti there is shodhan of pakvashayastha mala & sthanik dosha which leads to Shaman of Vata dosha .

However it can be concluded that through Malshodhan kshaya aasthapan basti is found to

be very much symptomatically effective in patients suffering from Malavshtambh..

Geriatrics related disease has shown significant improvement in malavshtambh or difficulty in defecation. Besides relieving constipation, other old age related discomfort and pain was also reduced.

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