

## **A COMPARATIVE CLINICAL STUDY OF MATRA BASTI IN KARSHYA**

**Dr. Prakash V Naraboli**

Associate Professor, Department of Panchakarma, BVVS Ayurved Medical college & Hospital, Bagalkot, Karnataka, India

### **ABSTRACT**

**Purpose** - To keep up with ever changing ever growing field of research in modern medical science. The Ayurvedic concepts need to be analyzed and updated in relevance with developments in the contemporary sciences. Now a day, Karshya is a common problem which is affected to millions of people. It is a condition, which arise due to malnutrition. Malnutrition is one of the most serious problem facing the world today. In Ayurveda, Karshya has not been mentioned as a separate disease. However, one can assess the Karshya Laxanas by looking into the above features of Atikarshya. Present work was undertaken to evaluate the effect of Matra Basti in Karshya and to compare Ashwagandha Taila Matra Basti and Masha Taila Matra Basti in Karshya.

**Materials and Methods** - Classical Ayurvedic texts, Commentories, The selection of patients was made from OPD/IPD BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

**Conclusion** – Ashwagandha Taila Matra Basti has more effect as compared to Masha Taila Matra Basti in the management of Karshya disease.

**Key words** – Karshya, Matra Basti, Ashwagandha Taila, Masha Taila

### **INTRODUCTION**

In the present era, physical appearance carries an important role as it is one among the factor for a person to be fit. Now a day, Karshya is

a common problem which is affected to millions of people. It is a condition, which arise due to malnutrition. Malnutrition is one of the most serious

problems facing the world today. India is one of the leading countries in this aspect, where about 212 million people are registered as Malnutrition. According to Ayurvedic classics, there is detail description about *Atikarshya lakshanas* as *Sushka Sphik, Greeva, Udara, Dhamanijala Santata, Twak Shosha, Asthi Shosha*<sup>1</sup>. In Ayurveda, *Karshya* has not been mentioned as a separate disease. However, one can assess the *Karshya Lakshanas* by looking into the above features of *Atikarshya*.

A majority contributing factor in *Karshya* is the media, which projects lean female and male models as the symbols of perfect beauties. Hence people starve to and cut off food to become lean thinking to have perfect beauty. Along with this unhygienic food, Unbalanced food, Eating less in proportion due to poverty, Busy life which force people to have faulty eating time tables, ignorance about food customs, psychological facts like stress, anxiety all these are contributing factors for the person to loose weight and become *Karshya*. In various system of medicine several studies and several remedies have

been introduced as a solution for *Karshya*. But these remedies have more adverse effects. The world is in search of therapeutic measures which are very effective safe, without any adverse effect.

Ayurveda has a solution for *Karshya*. Various *Acharyas* have mentioned *Basti Karma* as one among the *Panchakarma* and *Matra Basti* is one type of *Sneha Basti*, which has *brihman* effect, acts as *Balya, Sukhopachaya* and *Vatahara*. To treat *Karshya Brihmanopakarma*<sup>2</sup> is to be adopted. Unlike *Niruha Basti*, the *Matra Basti* can be administered at any time of the day, irrespective of age, sex, season and time, no particular restrictions and can be given continuously. With these special qualities of *Matra Basti*, it was selected for the treatment of *Karshya*.

*Ashwagandha Taila*<sup>3</sup> and *Masha Taila*<sup>4</sup> acts as *Brihman, Balya, Vrishya, Vatahara*. Hence these *Brihmanartha Tailas* were taken in the present study. Hence an attempt was made to assess the effect of *Ashwagandha Taila Matra Basti* and *Masha Taila Matra Basti* in *Karshya*.

This study is conducted at BVVS Ayurveda Medical College and Hospital Bagalkot.

### MATERIALS AND METHODS

Selection of Cases: The study was conducted on 30 randomly chosen (as per inclusion and exclusion criteria) clinically diagnosed patients of *Karshya*. The selection of patients was made from OPD/IPD BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

Inclusion Criteria:

1. Diagnosed patients of *Karshya*.
2. Patients of either sex between the age group of 16-50yrs.
3. Patients who are fit for *Matra Basti*.
4. Patients with BMI below 20kg/m<sup>2</sup> in male and 18kg/m<sup>2</sup> in female.

Exclusion Criteria:

1. Patients below 16years and above 50years of age.
2. Patients who are unfit for *Matra Basti*.
3. Patients with other systemic disorders.

**Criteria for Assessment:** Both subjective and objective parameters were employed for assessment of the impact of the treatment. Subjective Parameters: *Sphik Shushkata, Udara Shushkata, Greeva Shushkata*.

**Objective Parameters :**

Body Mass Index (BMI).

Normal BMI in male 20-25 kg/ m<sup>2</sup>

Normal BMI in female 18-24 kg/ m<sup>2</sup>

**Selection of Drugs:** *Ashwagandha Taila* and *Masha Taila* selected For the study. Both drugs were prepared in BVVS Ayurved Medical college and Hospital Bagalkot, Karnataka. *Matra Basti* is one type of *Sneha Basti*, which has *brihman* effect, acts as *Balya, Sukhopachaya* and *Vatahara*. To treat *Karshya Brihmanopakarma* is to be adopted. *Matra Basti* is one type of *Sneha Basti*, which has *brihman* effect, acts as *Balya, Sukhopachaya* and *Vatahara*. To treat *Karshya Brihmanopakarma* is to be adopted. *Ashwagandha Taila* and *Masha Taila* acts as *Brihman, Balya, Vrishya, Vatahara*. Hence these *Brihmanartha Tailas* were taken in the present study.

**Administration of Drugs:**

*Ashwagandha Taila* and *Masha Taila* are administered through Rectal route i.e., *Basti Karma* 72ml after *Laghu Bhojana*.

No of Subjects – 30

**Method**

All the subjects selected were divided in two groups of 15 each irrespective of sex.



In group A *Ashwagandha Taila Matra Basti* has been given.

In group B *Masha Taila Matra Basti* has been given.

**OBSERVATIONS AND STATISTICAL ANALYSIS**

In the present study, the majority of the patients registered were between 20-30 years 21 patients (70%), 7 patients (23.33%) were in the age group of 31-40 years and 2 patients (6.66%) were in the age group of 41-50 years. Out of 30 patients majority of patients were Male i.e. 28 patients (93.33%) and Female were 2 patients i.e. (6.66%). Incidentally, among the registered 15 patients were Married (50%) and Unmarried were 15 patients (50%). Majority of the patients were from Middle class were 24 patients (80%), Lower class were 6 patients (20%) and none of the patients was from Upper class. Majority of patients were of *Vata Pitta Prakruti* i.e. 23 patients (73.33%), *Vata Kapha* were 5 patients (16.66%) and *Pitta Kapha* were 3 patients (10%). Majority of the patients were with *Krura Kostha* i.e. 25 patients (83.33%), *Madhyama* were 5 patients (16.66%) and none of the patient was from *Mrudu Kostha*. Majority of

patients were presenting with *Vishamagni*, 25 patients (83.33%), *Mandagni* 5 patients (16.66%) and none of the patients were from *Samagni* and *Teekshnagni*.

Patients registered for the study were assessed for *Sphik Shushkata* and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-2 (16 patients, 53.33%), Grade-3 (12 patients, 53.33%), Grade-4 (2 patients, 6.66%) and none from Grade-1.

Patients registered for the study were assessed for *Udara Shushkata* and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-3 (15patients, 50%), Grade-2 (14 patients, 46.66%), Grade-4 (1patients, 3.33%) and none from Grade-1.

Patients registered for the study were assessed for *Greeva Shushkata* and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-3 (15patients, 50%), Grade-2 (13

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patients, 43.33%), Grade-4 (2patients, 6.66%) and none from Grade-1. Patients registered for the study were assessed for Body Mass Index and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild

and Grade-1 as Normal. So majority of the patients were from Grade-2 (17 patients, 56.66%), Grade-3 (13 patients, 43.33%) and none from Grade-4 and Grade- I

### OBSERVATIONS AND STATISTICAL ANALYSIS STATISTICAL ANALYSIS OF GROUP A RESULTS

VARIABLES	Grading On	Mean	SD	't' value	'P' value	Remarks
<b>Subjective Variables</b>						
<i>Sphik</i> Circumference	BT	2.53	0.74			
	AT	2.20	1.08	2.6458	= 0.0192	S
	FU	1.87	1.19	5.2915	= 0.0001	HS
<i>Udara</i> Circumference	BT	2.60	0.63			
	AT	2.27	1.03	2.6458	= 0.0192	S
	FU	1.87	0.99	6.2048	<0.0001	HS
<i>Greeva</i> Circumference	BT	2.53	0.74			
	AT	2.40	0.91	1.4676	= 0.1643	NS
	FU	2.20	1.08	2.6458	= 0.0192	S
<b>Objective Variables</b>						
BMI	BT	2.46	0.51			
	AT	2.07	0.88	2.6458	= 0.0192	S
	FU	1.67	0.90	6.2048	<0.0001	HS

### STATISTICAL ANALYSIS OF GROUP B RESULT

VARIABLES	Grading On	Mean	SD	't' value	'P' value	Remarks
<b>Subjective Variables</b>						
<i>Sphik</i> Circumference	BT	2.53	0.52			
	AT	2.27	0.88	2.2563	= 0.0406	S
	FU	2.07	1.03	3.5000	= 0.0035	HS
<i>Udara</i> Circumference	BT	2.53	0.52			
	AT	2.27	0.88	2.2563	= 0.0406	S
	FU	1.93	0.96	4.5826	= 0.0004	HS
<i>Greeva</i> Circumference	BT	2.73	0.46			
	AT	2.60	0.74	1.4676	= 0.1643	NS
	FU	2.53	0.83	1.8708	= 0.0824	S
<b>Objective Variables</b>						
BMI	BT	2.47	0.52			
	AT	2.20	0.86	2.2563	= 0.0406	S
	FU	1.87	0.99	4.5826	= 0.0004	HS

## DISCUSSION

*Alpasyapi mahartatwam prabhutasya alpakarmatam* ||

The above quotation specifies the quality of a good medicine. The medicine is one which shows multiple actions within short duration by the administration of least dosage.

*Matrabasti* is more suitable for the above quotation. Because it is the least dosage form of *Sneha Basti*, shows multiple actions without any contraindications.

In modern pharmacological books the nutritional enemas have been mentioned. This indicates the nutrition can be supplied through rectal root.

By the statistical analysis, patients of Group A and Group B had shown significant results in *Sphik Shushkata*, *Udara Shushkata* and BMI after the treatment, while Non significant result in *Greeva Shushkata* after the treatment. At the time of Follow up, patients of Group A and Group B had shown highly significant results in *Sphik Shushkata*, *Udara Shushkata*, BMI and significant results in *Greeva Shushkata*.

But comparing both the groups, Group

A is more significant than Group B, both after treatment and follow up.

This type of study should be conducted on large number of patients to have a proper statistical data to prove that it was not by chance only.

## CONCLUSION

This study shows that the disease *Karshya* is more common in the age group of 20-30 years.

*Sphik Shushkata*, *Udara Shushkata*, *Greeva Shushkata*, *Sirajala Santata*, *Sandhi Sthulata* are found as cardinal signs of *Karshya*.

*Matra Basti* showed significant result after treatment and highly significant result after Follow up.

*Ashwagandha Taila Matra Basti* has more effect as compared to *Masha Taila Matra Basti* in the management of *Karshya* disease.

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**Corresponding author:**

**DR. PRAKASH V NARABOLI**

Associate Professor, Department of Panchakarma, BVVS Ayurved Medical college & Hospital, Bagalkot, Karnataka, India  
Email: [ayushprakash11@gmail.com](mailto:ayushprakash11@gmail.com)

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