



Case Report

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Management Of Avascular Necrosis by Panchtikta Ksheer Basti With A yurvedic Medicine -A Case Study

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Abstract

Panchakarma presents a unique approach of ayurveda with specially designed five pecedures of internal purification of the body through the nearest possible route, Among these basti chikista regarded as the prime treatment modality .In the present era Avascular necrosis (AVN)is one of the most challenging conditions in orthopedics. In the early stage, it is an asymptomatic disease but with time, there is constant pain with a decrease in the function of joints. In Ayurveda, we can correlate AVN with asthimajagat vat or vatarkta due to similar signs & symptoms. A case study had been done to find the effective management for AVN. AVN of femoral head is the most common type of necrosis affecting the bone. A 33 year old male patient, reported to hospital with complaints of severe low backache pain and stiffness in Left t hip joint for 3 months. This pt has avascular necrosis of the femoral head which has been treated with Panchakarma procedures mainly Panchatikta ksheer basti & Vatashamak medicines.

Keywords: AVN, Asthimajagata Vata,Panchakarma -Panchatikta ksheer basti.

Introduction

Avascular Necrosis is osteonecrosis also called Chandlers disease in younge adults with 60% of the cases being bilateral.AVN of femoral head is common.AVN of femoral may be classified mainly into 2 types

- 1.post traumatic
2. Idiopathic

The arteries supplying the femoral head are very narrow and heanc are easily liable to injury followed by mere dislocation or sub capital fracture (near the head) of femoral neck. This leads to the lack of nourishment to femoral head resulting in necrosis. In the other , arteries become occluded for which the reason is not known . it may be asymptomatic in the beginning but later mild to severe degree of pain is seen along with change in the gait . Sign and symptoms of astimajagatavata given by charaka are similar to clinical features of AVN1.

AVN	ATHIMAJJAGATA VATA
Breaking type pain in bones	Bhedosthiparvnama
Joint pain	Sandhishoola
Muscular wasting	Manskshaya
Weakness	Balakshaya
Disturbed sleep due to continuous pain	Aswapnam satatruk
Laxiety of joints	Sandhishaithilya

Case Report

A 33 year male pt reported to M A Podar hospital with complaints of pain & stiffness in bilateral hip region since 3 months which was associated with difficulty in doing normal daily activities such as walking, sitting, squatting, etc.

Past History. The pt was diagnosed with AVN of BIL femoral head with the aid of MRI dated (5/11/23)

Stage III - Avascular necross of left femoral head with mild marrow edema in the head of femur.

Stage 2 avascular necrosis of right femoral head with mild marrow edema in head & neck of femur.

Mild BL Pelvis, greater trochanteric inflammatory oedema

Pt had H/o alcohol consumption.
M/H/O - Trauma or accidental injury.

Occupation - Farmer

Examination of Patient-

Prakriti - Vatapradhan kaphaj, Rajas
Sara - Madhyam Ras, Mamsa
Samhanana - Madhyam
wt-60 kg/ Ht- 5'4"
Satmya - Madhyam
Aharshakti - Abhyavaharan - Madhyam; Joran-
4-5 hrs.
Vyayanshakti- Madhyam.
Vaya- 33 year

Desha – Sadharana
Nadi -78/ Min VP
Mutra – Samyak
Mala - Avashtambh
Jivha - Alpa Saam
Shabda - spashta
Sprashta – Samsheetoshna
Drika - spashta
Aakriti - Madhyam

Hetu- Bike riding (60km daily),Adhwa gaman,
Ruksha ahar, vidahi ahar, Atap seva,Madya
sevan, aghat, Bharvahan, katu aahar, Mamsaahar.
Dosh - Vata.
Adhishtana - Pakwashaya.
Dushya - Rakta, Sira, Asthi
Sthanasanshraya - Vankshan Pradesha

Samprapti –

Votapra kapak Hetu



Vata pakop



Rakta, Sira, Snayu, Asthi Dushya.



Vankshanpradeshi Sthanasanshray



Vanthangal Vata.

Vate when lodges itself into deep seated dhatus (gatavata) like arthi & maja manifests itself into a kashta sadhya vyadhi.

Treatment Administered.

Drug	dose	Kala	Duration
kaishor Guggulu	500mg BD	After food	15 days
Amrita Rishta	20ml BD	After food	15 days
Panchatikata guggula	500mg BD	After food	15 days
Gandharva Haritaki	2.5 gm HS	At night	15 days

Panchakarma Therapy

Treatment	Drugs used	duration
Sthanik Shehan	Mahanarayan tail	16 days
Nadisaeda	Dashmool kwath	16 days
Basti	Panchatikta ksheer Basti - Panchatikta siddha sheerpak - 100ml Panchatika Ghrita - 30 ml	16 days

Assessment**1. VAS Scale**

Before treatment – 8

After treatment -4

2.

Sr no	Sign and symptoms	BT	AT	Normal range (in degree)
1	Flexion of hip joint	70	90	110-120
2	Extension of hip joint	0	10	10-15
3	Abduction of hip joint	30	40	30- 50
4	Adduction of hip joint	10	20	20-30

3. SLRT

BT	AT
Lt -50° Active painful	Lt - 80° Active painless
Rt - 80° Active painless	Rt - 90° Active painless
Both legs. 60° Active painful.	Both legs -90° Active painless
Result- Positive	Result- Negative.

Mode of Action

According to Ayurveda, There is Vata Dominancy & Vikruti of Asthi and majja. Dhatu in avascular necrosis

In this case, bike riding, alcohol consumption, ruksha ahar, Leads to reduce bone consumption, so basti is 1st line of treatment of vata

dosha|panchatikta Ksheer basti is specially indicated in Asthikshayaj vikara². Tikta dravy are having tikta rasa.Ushna veery a madhur katu vipaka favors normal functioning of dhatvagni, facilitating increased nutrition to Asthi dhatu. Patient had history of trauma over hip joint that is the specific cause of Asthi & Majja Pradoshaj vikara⁴.Due to this patient developed sign and symptoms of astimajagata vata⁵.Patient came

with Ama Avastha malavashtambha So that,used Gandharva Haritaki choorna for Ama pachan, Vatanuloman So that it increases Jatharagni & helps to regulate apan vayu in downward direction. Kaishor Guggula and Amritarishta rakshodhak and vatshamak. snehan⁸ and swedana⁹ – line of treatment for asthimajjagat vata.

Basti karma is mentioned as the best treatment for Vata dosha.Acharya charaka specified that in the diseases.related to Asthi, we should give Basti using Tikta Rasatmak aushadhi Dravya along with Ghrith and ksheer that is saghrit Tikka Ksheer Basti.Tikta Ras is dominant in Akash and vayu mahabhuta So, we planned for Panchtikta Ksheer basti¹⁰. Panchtikta Ghrita mainly indicated in Asthi, Sandhi,Majjagat vikaras. It also contain ksheer drava Possesses Prithvi Mahabhuta & helpful in bone nourishment. It has Snigdha guna, balya and bruhana action.

During the follow up patient present with significant improvement.

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