

**“A COMPARATIVE CLINICAL STUDY OF CHURNA BASTI  
AND VAITARANA BASTI IN THE MANAGEMENT OF  
AMAVATA”**



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**Specialty – Panchakarma**

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**ABSTRACT****INTRODUCTION-**

*Amavata* is most common debilitating joint disorder which makes the life of patient almost crippled. *Amavata* can be correlated with Rheumatoid Arthritis (R.A.) of contemporary science based on Pathology, Therapeutic sign & symptom. *Basti* is considered as the treatment of excellence among *Karma*, because it removes the vitiated *Kapha-Vatadi Doshas* from its root which helps to break *Vyadhi-samprapti*. *Churna Basti* and *Vaitarana Basti* both of these *Basti* comprises of drugs possessing *Ushna virya*, *Laghu-Teekshnagunas*, *Deepana-Pachana*, *Vata Kaphahara*. Both are *Teekshna Niruha Basti* which are having *Agni deepaka*, *Pachaka* and *Amahara* properties are indicated in the management of *Amavata*.

**MATERIALS & METHOD-**

In this clinical study 30 patients of *Amavata* was selected. In one Group A 15 patients were treated with *Churna Basti* and Group B 15 patients with *Vaitarana Basti*. Here in this study an attempts was made in *Amavata*'s Patients to evaluate the efficacy of *Churna Basti* and *Vaitarana Basti* in modified *Kalabasti* schedule.

**RESULTS-**

**Effect of *Churna Basti*:** In *Churna Basti* group , significant relief was observed in cardinal symptoms like *Sandhishula* (71%,  $P < 0.001$ ), *Sandhishotha* (62%,  $P < 0.001$ ), *Angamarda* (72%,  $P < 0.001$ ), *Alasya* (71%,  $P < 0.001$ ), *Aruchi* (87%,  $P < 0.001$ ), *Agnidourbalya* (82%,  $P < 0.001$ ), *Gaurava* (71%,  $P < 0.001$ ), Morning stiffness (59%,  $P < 0.001$ ), ESR (21%,  $P < 0.001$ ).

There were significant changes in Swelling and Range of movement both clinically and statistically with a ( $P < 0.001$ ).

**Effect of *Vaitarana Basti*:** In *Vaitarana Basti* group , significant relief was observed in cardinal symptoms like *Sandhishula* (59%,  $P < 0.001$ ), *Sandhishotha* (60%,  $P < 0.001$ ), *Angamarda* (62%,  $P < 0.001$ ), *Alasya* (62%,  $P < 0.001$ ), *Aruchi* (73%,  $P < 0.001$ ), *Agnidourbalya* (72%,  $P < 0.001$ ), *Gaurava* (61%,  $P < 0.001$ ), Morning stiffness (56%,  $P < 0.001$ ), ESR (17%,  $P < 0.001$ ).

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There were significant changes in Swelling and Range of movement both clinically and statistically with a ( $P < 0.001$ ).

**CONCLUSION-**

After going through the clinical changes observed during and after the treatment of *Churna Basti* and *Vaitarana Basti* it may be opined that *Churna Basti* combination is beneficial in treating signs and symptoms of *Amavata*.

**Key words:** *Amavata, Churna Basti, Vaitarana Basti.*

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