

**CLINICAL STUDY TO EVALUATE EFFICACY OF ARDHAMATRIK  
NIRUHA BASTI AND BALA TAILA SNEHA BASTI IN THE  
MANAGEMENT OF VATARAKTA W.S.R TO GOUT**



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## **ABSTRACT**

### **TITLE- CLINICAL STUDY TO EVALUATE EFFICACY OF ARDHAMATRIK NIRUHA BASTI AND BALA TAILA SNEHA BASTI IN THE MANAGEMENT OF VATARAKTA W.S.R TO GOUT.**

**INTRODUCTION:** *Basti Karma* is one of the prime modality of the treatment in *Panchakarma*. It has not only curative action but also preventive and promotive action. Different types and forms of *Basti yoga* are mentioned with specific indications. In classics *Dwadash prasruta* is said to be *Uttam Matra* of *Basti*. Here we are describing about the *Ardhmatrik basti* as its *Matra* is half than that of other *Basti* described in classics. *Vatarakta* is one of the main articular diseases, which is characterized by severe pain, tenderness, inflammation and burning sensation in the affected joints. It is *Vata pradhan Vyadhi* and *Rakta* as main *Dushya*. The area of joint disease management still remains to be elusive. Hence present study aims to evaluate the efficacy of *Ardhamatrik Niruha Basti & Bala tail Sneha basti* in the management of *Vatarakta*.

**METHODS:** The Clinical study was done in Single Group design, 20 patients having *Vatarakta* and in the age group of 18 to 70 years and who are fit for *Basti Karma* were selected for the study. They were administered *Ardhamatrik basti* according to the following treatment protocol.

Ethical clearance was obtained (PU/PIA/IECHR/2017/37), and this study is registered in Clinical Trial Registry of India CTRI/2018/06/014607.

#### **Aims**

- 1) To Study the *Vatarakta* according to classics of *Ayurveda*.
- 2) To evaluate efficacy of *Ardhamatrik Niruha Basti* and *Bala Taila Sneha Basti* in management of *Vatarakta*.

**Duration :** 15 Days.

**RESULT:** The therapy proved to have significant result in all the assessment parameters for the *Basti Karma* and subjective and objective assessments parameters of *Vatarakta*.

**DISCUSSION:** Based on the results obtained from this study, majority of the Parameters showed significant result; hence *Basti Karma* is having better results in the management of *Vatarakta*.

**CONCLUSION:**

The trial *Karma Ardhmatrik Basti* has beneficial effects on *Vatarakta* w.s.r. to Gout was accepted and the null hypothesis was rejected.

**KEY WORDS:** *Vatarakta, Ardhmatrik Basti , Gout.*