

## CASE STUDY

# Efficacy of Erandamooladi Shodhan Basti and Mustadi Yapan Basti in the Management of Vatarakta: A Case Study

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### ABSTRACT

*Vatarakta, also known as gout, is a debilitating condition characterized by severe pain, swelling, and inflammation in the joints due to the vitiation of Vata and Rakta doshas. This study evaluates the combined efficacy of Erandamooladi Shodhan Basti and Mustadi Yapan Basti in managing Vatarakta in a 37-year-old male patient presenting with acute joint pain, swelling, Difficulty in Walking, morning stiffness, etc. The treatment protocol included Snehana, Swedana, Shodhan Basti, and Yapan Basti. Results showed significantly reduced swelling, pain, discoloration, and burning sensation. Laboratory parameters also improved, including decreased ESR and serum uric acid levels. This case demonstrates that the integrative use of Shodhan and Yapan Basti therapies effectively reduces Vata and Rakta vitiation, alleviating symptoms and improving the quality of life in Vatarakta patients.*

**Keywords:** Vatarakta, Gout, Vata Dosha, Rakta Dhatu, Mustadi Yapan Basti, Erandamooladi Shodhan Basti.

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## INTRODUCTION

Vatarakta, or gout, is a chronic inflammatory disorder predominantly caused by the vitiation of Vata doshas and Rakta dhatu. [1] It is characterized by symptoms such as joint pain, swelling, stiffness, and discoloration, commonly affecting the small joints of the body. The condition is known for its recurrent nature and systemic involvement, leading to significant functional impairment if left untreated. [2] According to Ayurveda, Vatarakta arises due to dietary and lifestyle factors that aggravate Rakta dhatu and obstruct Vata dosha, causing localized inflammation, pain, and stiffness in the joints. [3] The etiopathogenesis of Vatarakta involves the interaction between Vata and Rakta. Rakta gets vitiated due to indulgence in incompatible foods, excessive consumption of sour, salty, and spicy foods, and sedentary habits. The vitiated Rakta leads to the obstruction [Avarana] of Vata, which further aggravates the condition, manifesting in acute pain, inflammation, and disability. [1] Vatarakta is considered a Madhyama Roga Marga [disease of the middle pathway], making its management complex and requiring systemic approaches to address the Dosha and Dhatu levels. [4] Shodhan Basti is a cleansing enema therapy that eliminates metabolic toxins and purifies the channels [srotas]. In Vatarakta, Erandamooladi Shodhan Basti, prepared with herbs like Rasna, Eranda, and Punarnava, is particularly effective in reducing inflammation and promoting blood purification. Clearing obstructions in Vata pathways and enhancing circulation alleviates pain, swelling, and stiffness. The Basti also supports better metabolism and facilitates the proper functioning of tissues by restoring homeostasis between Vata and Rakta. [5] Yapan Basti is a nourishing enema designed to rejuvenate tissues and restore systemic balance. Mustadi Yapan Basti, prepared with Guggulu Tikta Ghrita and Mushtadi Kheer Paka, was utilized for its Rasayana properties in this study. Yapan Basti not only pacifies Vata but also provides nourishment to the affected tissues, promoting healing and reducing inflammation. The therapy has been shown to significantly reduce joint pain, swelling, and discoloration while improving strength and mobility in affected joints.

Additionally, it helps restore the structural integrity of tissues affected by Vatarakta. [5] The current study highlights the integration of Shodhan Basti and Yapana Basti therapies in a systematic Panchakarma protocol, demonstrating their combined effectiveness in alleviating symptoms and addressing the root cause of Vatarakta.

### **CASE HISTORY**

A 37-year-old Male patient visited Parul Ayurved Hospital's outpatient department and was subsequently admitted to the Panchakarma IPD ward at Parul Ayurved Hospital. He reported the following:

#### **Main Complaint with Duration:**

- Acute Pain and Swelling in All Major and Minor Joints of the Body- One Year

#### **Other Associated Complaints with Duration:**

- Difficulty In Walking and Morning Stiffness- Five Months
- Mild Weakness and Burning sensation in small joints of lower limb [sometimes]- Three Months
- Mild reddish discoloration in all small joints of the body- Two Months

### **HISTORY OF PRESENT ILLNESS**

A 37-year-old Male patient was reportedly healthy until one year ago, after which He gradually developed the symptoms like Acute pain with swelling in all major and minor joints of the body associated with difficulty in walking in, the morning in the last 5 months; mild weakness, Burning sensation in the small joint of lower limb [sometimes] in the last 3 months; Mild reddish discoloration in all small joints of the body in Two Months. He sought treatment at Parul Ayurved Hospital for effective management.

**FAMILY HISTORY:** No relatives with similar symptoms.

**PAST HISTORY:** No significant history.

### **PERSONAL HISTORY**

- Appetite- Low
- Bowel Movements- Irregular and Sometimes Constipated.
- Micturition- Regular
- Sleep- Disturbed
- Diet- Vegetarian
- Addiction- Consumes Tea Daily

### **GENERAL EXAMINATION**

- Pulse rate- 87 b/Min.
- B.P.- 130/80 mm hg
- R. R.- 18/min
- Temperature- 98.8F
- Lymph nodes- Tophi-like on the small joint of the upper limb and lower limb.
- Pallor- Absent
- Icterus- Absent
- Cyanosis- Absent
- Clubbing- Absent

### **SYSTEMIC EXAMINATION**

- Respiratory System- Bilateral Air entry clear
- Cardiovascular System- S1S2 clearly heard.
- Gastrointestinal Tract- P/A- Soft, non-tender.
- Central Nervous System- The patient was Conscious and well-oriented.

### **ASHTAVIDHA PARIKSHA**

- Nadi- Pitta Pradhan vata
- Mutra- Samyak
- Mala- Baddha
- Jihwa- Ishatsama
- Shabda- Spashta
- Sparsha- Samsheetoshna
- Drika- Samyak
- Aakriti- Madhyama.

### **DASAVIDHA PARIKSHA**

- Prakriti- Pittapradhan Vata
- Vikriti- Shula, Sthambha

- Sara- Rasa, Rakta, Meda Sara
- Samhanana- Madhyama
- Pramana- Madhyama
- Satva- Pravara
- Satmya- Shad Rasa Satmya
- Ahara Shakti- Madhyama
- Vyayama Shakti- Avavra
- Vaya- Madhyama

#### SAMPRAPTI GHATAK

- Dosha- Vata, Rakta, Pitta
- Dushya- Rasa, Twaka, Rakta, Mamsa, Ashthi
- Agni- Mandadni
- Srotas- Rasavaha, Raktavaha, Ashthivaha
- Srotodushti- Sanga, Vimarg Gamana
- Udbhawastana- Pakwashaya
- Vyakta Sthana- Sarva Sharira Sandhi
- Roga Marga- Madhyama
- Sadhya Asadhyata- Kruccha Sadhya

**TABLE NO. 1: TREATMENT PLAN**

Karma	Dravya	duration																																			
Sthanika abhyanga	Murchita tila taila	1-13 days																																			
Sthanika nadi swedan	Dasamoola kashaya	1-13 days																																			
Basti	<div>ERANDAMOOLADI SHODHAN BASTI [6]</div> <div>Basti Dravya</div> <div>Anuvasana Basti dravya</div> <table><tr><td>Murchita tila taila</td><td>60ml</td></tr></table> <div>Niruha Basti dravya</div> <table><tr><td>Madhu</td><td></td><td>80ml</td></tr><tr><td>Saidhava</td><td></td><td>8gm</td></tr><tr><td>Sneha</td><td>Murchita tila taila</td><td>60ml</td></tr><tr><td>Kalka</td><td>Putiyavanyadi kalka</td><td>30gm</td></tr><tr><td>Kashaya</td><td>Rasna + eranda+ punarnava</td><td>300ml</td></tr><tr><td>Aavavpa</td><td>Go arka+ water</td><td>100ml</td></tr></table> <div>Basti karma</div> <table><tr><td>Day 1</td><td>Day 2</td><td>Day 3</td><td>Day 4</td><td>Day 5</td></tr><tr><td>Anuvasan Basti</td><td>Niruha Basti</td><td>Niruha Basti</td><td>Niruha Basti</td><td>Anuvasan Basti</td></tr><tr><td></td><td>Anuvasan Basti</td><td>Anuvasan Basti</td><td>Anuvasan Basti</td><td></td></tr></table>	Murchita tila taila	60ml	Madhu		80ml	Saidhava		8gm	Sneha	Murchita tila taila	60ml	Kalka	Putiyavanyadi kalka	30gm	Kashaya	Rasna + eranda+ punarnava	300ml	Aavavpa	Go arka+ water	100ml	Day 1	Day 2	Day 3	Day 4	Day 5	Anuvasan Basti	Niruha Basti	Niruha Basti	Niruha Basti	Anuvasan Basti		Anuvasan Basti	Anuvasan Basti	Anuvasan Basti		1-5 days
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Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13																														
Yapana Basti	Yapana Basti	Yapana Basti	Yapana Basti	Yapana Basti	Yapana Basti	Yapana Basti	Yapana Basti																														
Samana aushdha	kaishor guggulu: 2-tab twice in day after food	1-13 days																																			

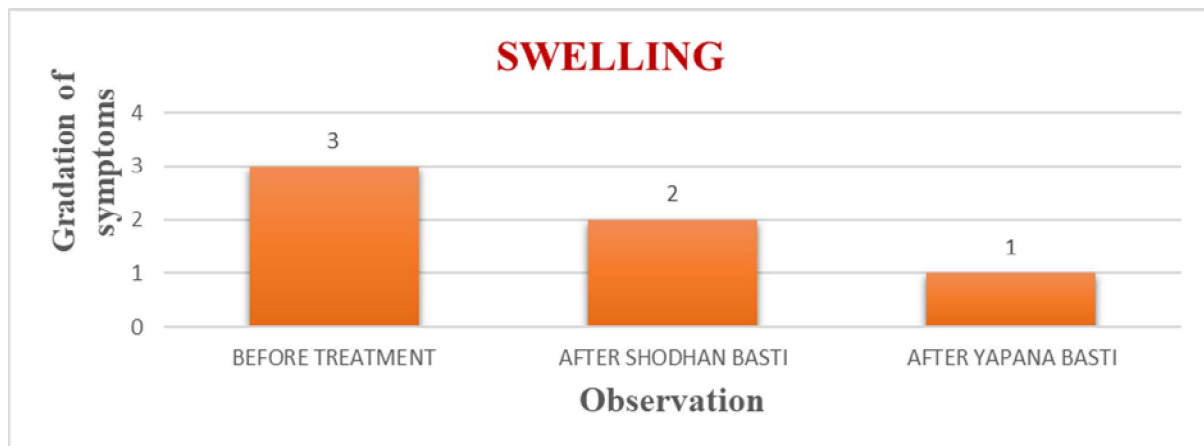
## ASSESSMENT CRITERIA

**TABLE NO. 2: Gradation of symptoms according to WHO scoring pattern**

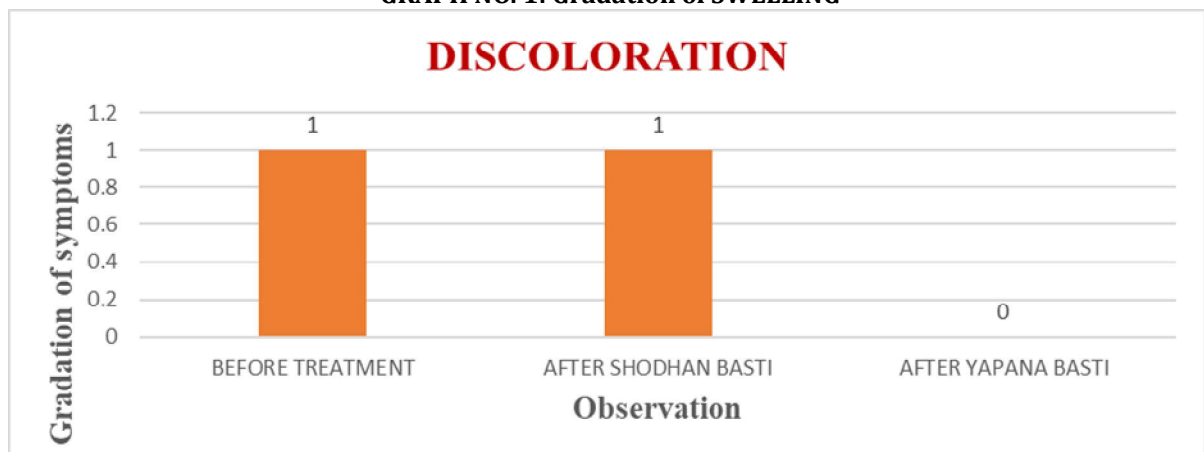
Symptom	Swelling	Discoloration	Burning sensation	Pain
<b>Grade 0</b>	No swelling	Normal colouration	No burning	No pain
<b>Grade 1</b>	Slight swelling	Near to normal which looks like normal from a distance	Mild burning	Mild pain
<b>Grade 2</b>	Moderate swelling	Reddish colouration	Moderate burning	Moderate pain but no difficulty in moving
<b>Grade 3</b>	Severe swelling	Slight reddish-black discoloration	Severe burning	Slightly difficulty in moving due to pain
<b>Grade 4</b>	-	Blackish discoloration	-	Much difficulty

**TABLE NO. 3: Observation before and after treatment**

Symptoms	Before treatment [Day 1]	After shodhan Basti [Day 5]	After yapana Basti [Day 13]
Swelling	3	2	1
Discoloration	1	1	0
Burning sensation	1	0	0
Pain	3	3	1



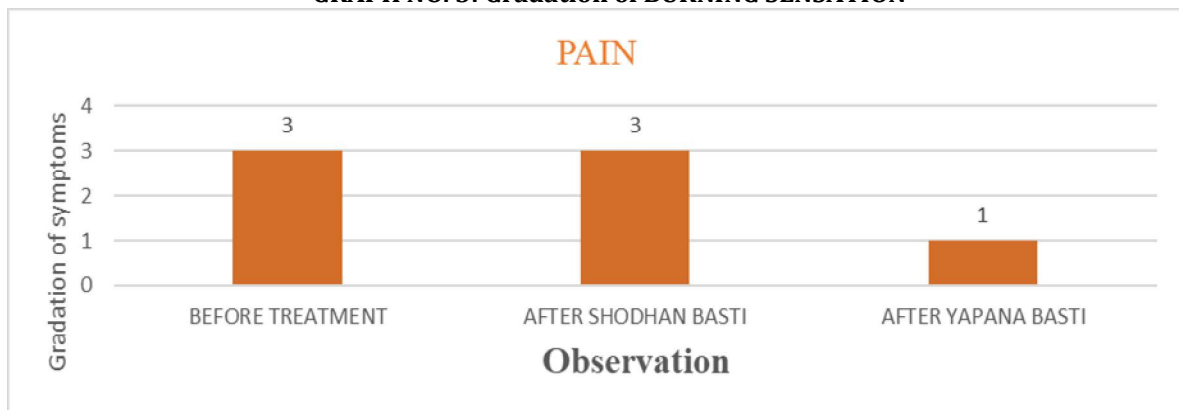
**GRAPH NO. 1: Gradation of SWELLING**



**GRAPH NO. 2: Gradation of DISCOLORATION**



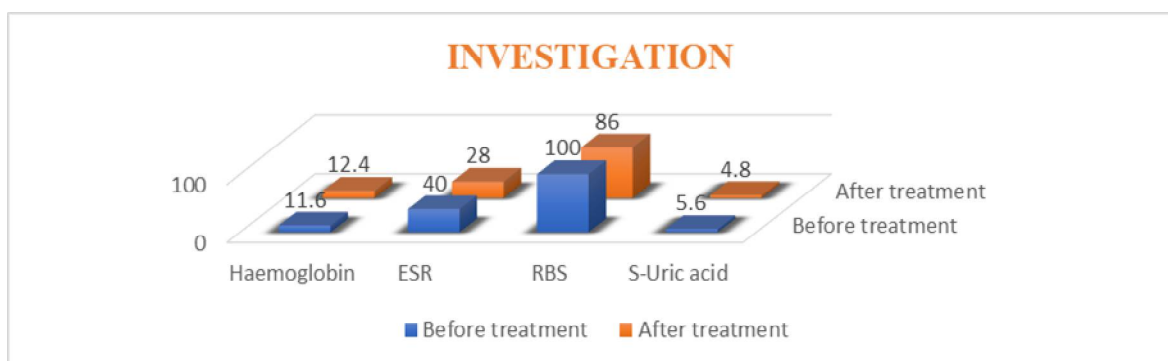
**GRAPH NO. 3: Gradation of BURNING SENSATION**



**GRAPH NO. 4: Gradation of PAIN**

**TABLE NO. 3: Biochemical Investigation**

Investigation	Before treatment	After treatment
Haemoglobin	11.6 gm%	12.4 gm%
CBC	Normal	Normal
E.S.R.	40 mm/hr.	28 mm/hr.
Urine [Routine/Micro]	Normal	Normal
RBS	100 mg/dl	86 mg/dl
S-Uric acid	5.6 mg/dl	4.8 mg/dl



**GRAPH NO. 5: Gradation of Investigation**

## RESULTS

The present study demonstrated a progressive and clinically meaningful improvement in the major symptoms assessed across the treatment timeline. A clear reduction in swelling, discoloration, burning sensation, and pain was observed following the administration of Śodhana Basti and further enhanced after Yāpana Basti. Symptomatic improvement began as early as Day 5 and became more prominent by Day 13, indicating both immediate and sustained therapeutic effects of the treatment protocol.

Swelling, which was marked before treatment, showed a steady decline, reflecting the anti-inflammatory and srotośodhana impact of Basti therapy. The burning sensation reduced completely by Day 5, demonstrating early pacification of pitta-related irritation. Pain levels remained unchanged after Śodhana Basti but significantly reduced after Yāpana Basti, suggesting the nutritive and bṛhmaṇa effects of Yāpana Basti in supporting tissue repair and reducing discomfort. Discoloration also improved gradually, which is consistent with enhanced circulation and reduced local pathology following the combined treatment.

The investigational findings further support the clinical observations. Hemoglobin levels improved post-treatment, indicating better dhātu poshana (tissue nourishment). A notable reduction in ESR suggests a decline in systemic inflammation, correlating with the clinical reduction in swelling and pain. Other parameters, including CBC, urine analysis, and RBS, remained within normal limits, confirming the safety and systemic tolerability of the intervention. The decrease in serum uric acid also aligns with the observed improvement, especially in conditions involving inflammatory and metabolic components.

Overall, the clinical and laboratory outcomes of the present study are consistent with earlier reports highlighting the efficacy of Śodhana and Yāpana Basti in reducing inflammation, relieving pain, and restoring functional balance. The pattern of improvement observed in this study supports the traditional Ayurvedic understanding that a sequential approach—first purification followed by nourishment—provides superior therapeutic benefit. The findings contribute to the growing evidence supporting the utility of Basti therapy in managing chronic inflammatory conditions and improving overall systemic homeostasis.

## DISCUSSION

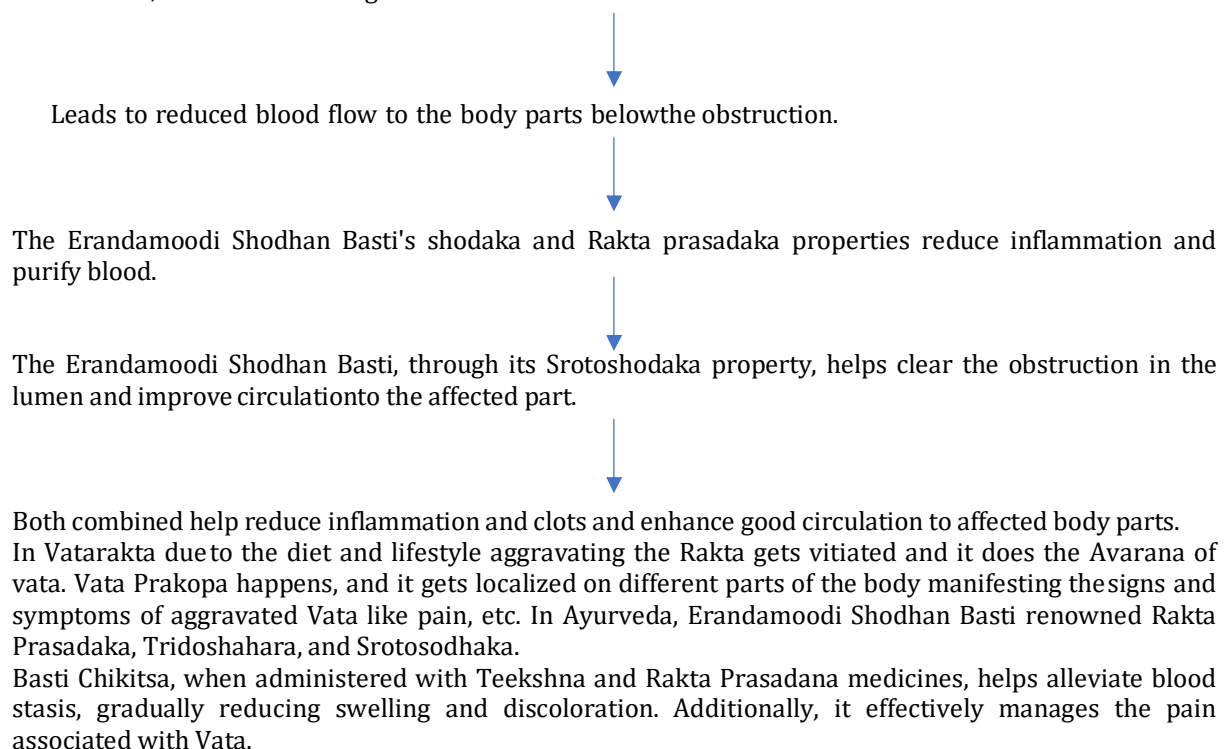
### SNEHANA AND SWEDANA: [9]

Snehana and Swedana effectively prepare the body by softening and mobilizing toxins, ensuring better absorption by improving local circulation, and preparing the tissues to respond better to subsequent detoxifying treatments like Shodhana Basti and Yapan Basti. Murchita Tila Taila was chosen for Abhyanga as it Softens and loosens the body tissues for easy elimination of toxins, Enhances circulation in the affected area, Provides nourishment, and relieves stiffness, pain, and inflammation properties; while Dasamoola Kashaya in Nadi Sweda promotes further Induces sweating to open up the microchannels [srotas], aiding in toxin removal, Reduces stiffness, relieves pain, and alleviates swelling, potent anti-inflammatory properties, enhances the therapeutic effect.

### PROBABLE MODE OF ACTION OF SHODHANA BASTI: [6]

FIGURE NO1. PROBABLE MODE OF ACTION OF SHODHANA BASTI

In vatarakta, the blood vessels get inflamed and obstruct the lumen with clots.



### PROBABLE MODE OF ACTION OF YAPAN BASTI: [7]

Mushtadi Yapana Basti targeted tissue rejuvenation and restoration of strength, with a significant reduction of swelling, pain, and discoloration. The choice of Guggulu Tikta Ghrita provides anti-inflammatory, tissue-healing properties, reduces inflammation, and pacifies Vata. While Mushtadi Kheer Paka acted as a Rasayana by restoring Vata balance. In this case, show the Yapana Basti effect as a reduction in mild swelling and complete resolution of discoloration and burning sensation. Pain also improved significantly from grade 3 to 1, reflecting enhanced tissue repair and reduction in Vata aggravation.

### MECHANISM OF ACTION OF BASTI THERAPY: [5]

As Vatarakta is a disease affecting the deeper tissues [Madhyama Rogamarga], Basti is considered one of the most effective treatments. Classical texts refer to Basti as "Ardha Chikitsa" [half of all treatment], and some Acharyas consider it a complete therapy. The selected Asthapana ingredients act on the imbalanced Doshas [primarily Vata and Tridosha] and tissues [Doosha: Rasa, Rakta, Mamsa, Meda, Asthi, Majja], providing purification, cure, and prevention. Through purification, Basti eliminates metabolic waste, clearing obstructions in Vata pathways and restoring the functions of Vyana and Apana. Once purification is achieved, digestive power and metabolism normalize, facilitating the proper formation of Samyak Dhatus.

### CONCLUSION

The integrative use of Erandamooladi Shodhan Basti and Mustadi Yapana Basti proves to be an effective approach to managing Vatarakta. Shodhan Basti addresses the systemic purification of vitiated Rakta and Vata, while Yapana Basti provides nourishment and rejuvenation to the affected tissues. Together, they significantly reduce inflammation, pain, and other symptoms of Vatarakta, as evidenced by clinical improvements and laboratory findings in this case. This treatment protocol underscores the relevance of Panchakarma therapies in managing chronic inflammatory conditions like gout, offering a holistic and sustainable solution.

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