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Assessment of Osteoporosis (*Asthi-Majja Kshaya*) w.s.r. to BMD with *Dashmool Majja Siddha Sneha Basti*

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ABSTRACT

Osteoporosis is characterized by low bone mass and deterioration of bone tissue consequentially leading to increase in bone fragility and susceptibility to fracture. According to principle of *Ashraya-Asharayi Bhava*, *Asthi* and *Vata* are inversely proportional to each other regarding to the *Vridhhi* and *Kshaya*. The symptoms of *AsthiMajja Kshaya* resembles to osteoporosis. *Dashmool* and *Majjadravayas* have direct affinity towards *Asthi Dhatu*, already diagnosed and non-operated case of osteoporosis with complaints of pain of bilateral hip joint and Lower back pain, restricted movements and limping gait approached the out-patient division of the hospital and was managed by Panchakarma therapy. The aim of the study is to find out the Probable efficacy and accepted activities of osteogenesis and ossification by the DMSSB (changes in T and Z score of BMD before and after intervention). Significant improvement was noticed after the treatment. Pain was reduced significantly with marked improvement in range of motion.

Key words: *Asthimajjagata Vaat, Dashmoola Sidha Majja Basti, Osteoporosis*

INTRODUCTION

Osteoporosis is characterized by low bone mass and deterioration of bone tissue consequentially leading to increase in bone fragility and susceptibility to fracture. Research result has shown that both men and women go through bone loss between the age of 30 to 40 years. Apparently, this calls for early detection to help people we aware of their bone condition and the right treatment to prevent the consequences. According to principle of *Ashraya - Asharayi Bhava*,

Asthi and *Vata* are inversely proportional to each other regarding to the *Vridhhi* and *Kshaya*.^[1] There is no direct correlation of low bone density to Specific Condition mentioned in Ayurveda *Vridhavata* leads to *Kshaya* of *Asthi Dhatu*, *Majja* is the Six *Dhatu* among the seven situated insights the *Asthi Dhatu*. The symptoms of *Asthimajja Kshaya* resembles to osteoporosis. *Dashmool Majja Siddha Sneha Basti* is the type of *Sneha Basti* mentioned is Ch.Chi. in the treatment of *Asthimajjagatavata*.^[2] *Dashmool* and *Majjadravayas* have direct affinity towards *Asthi Dhatu*. *Majja* improves Strength. Semen, *Rasa*, *Kapha*, *Meda* and *Majja*. It especially strengthens bones and useful for oleation, which help to control *Vata Dosh*a and act as *Bramhan*.

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CASE PRESENTATION

A 38 years old man presented to the OPD of Pt. Khushi Lal Sharma Govt. Ayurveda Hospital, Bhopal on January 2022 with a 5-month history of worsening lower back pain and bilateral hip joint pain. There was history of trauma or falls and he had been treated with corticosteroids. He had no history of prior fractures.

Family history was negative for bone diseases. Personal history revealed mixed diet, reduced appetite, irregular bowel habit and sleep disturbance due to pain. He is a non-smoker and occupationally was being a teacher and had long hours of standing duty since last 13 years.

General Examination

Patient’s BP was recorded 140/90 mmHg, pulse rate 80/min, whereas the body weight was recorded to 60kg, height 157.5cm. On the systemic examination no abnormality was found. The Prakriti of the patient was *Vatakaphaj*. There was no complaint with related to *Mutra* and *Mala*. Her *Jihwa* was seemed to be coated. Patient got depressed psychologically. long standing, sitting and walking had become a cause of trigger for the patient. She has on addiction of pan-parag 3-4 times /day.

Physical examination

Range of motion of the right hip was severely limited and painful in all ranges, with difference in length of both lower limbs i.e., right limb was found smaller than left lower limb so patient is bent down on right side while standing or during walking. Mostly pain is being felt in abduction and extension. Mild tenderness was observed during palpation of muscles. There was no muscle atrophy. Lumbar spine range of motion was reduced due to pain in right lateral flexion and right rotation. Straight leg raise produced right hip pain with stretch in thigh. Posterior joint provocation test was painful for testing L4, L5 and S1. Muscle palpation reveal tenderness in right gluteal muscles. Range of motion of the both knee joint was full and painless. Lower limb neurological testing revealed normal reflexes and sensory testing bilaterally.

Preparation of Dashmoola Sidha Majja Basti

The bones of animals (like goat, sheep, pig fish, for buffalo) are crushed and processed with water. Then the obtained *Majja Sneha* is again processed with *Dashmool* decoction, mixed with *Jivak*, *Rishabhak*, *Sariva*, *Vidarigandha*, *Kapikachchhu* and other *Vatnashaka* drugs and also with *Jivaniya Gana* drugs. Then they have to be mixed with 2 times milk and

boiled. When the *Dashmool Majja Sneha* is *Siddha*, it is ready to be used.

Treatment Plan

Treatment plan has been made by keeping in mind of involved *Dosha*, *Sroto Dushti* and *Sharirmanas Bala* of patient, we planned following treatment.

Patient has been treated with DMSSB with starting dose of 150 ml which increases up to 240 ml consequently 11 days. (i.e.; 1 to 11 days)

Duration of Study - 2 months & 11 days

Follow up periods - 3 months

Assessment

Parameter ^[3,4]	Grading	BT	AT	Relief in %
<i>Shool</i> (Pain)	Grade 0 - No pain Grade 1 - Mild pain Grade 2 - Discomforting pain Grade 3 - Distressing pain Grade 4 - Horrible	4	1	75%
<i>Sparsha Asahishnuta</i> (Tenderness)	Grade 0 - No Tenderness Grade 1 - Mild Tenderness without any sudden response on pressure. Grade 2 - Winching of face on pressure. Grade 3 - Winching of face with withdrawal of the Affected part on pressure Grade 4 - Resistance to touch.	3	1	66.66%
<i>Daurbalya</i> (General Debility)	Grade 0 - No Doushbalyga Grade 1 - Not Able to perform strenuous activity. Grade 2 - Not Able to perform moderate Activity. Grade 3 - Cannot perform moderate	3	1	66.66%

	activity but can perform mild activity without any difficulty. Grade 4 - Mild activities cannot be performed even.			
Range of motion	Grade 1 - No restriction (flexion of 130°) Grade 2 - Restricted initially (flexion of 90°-130°) - Partially restricted (flexion of 70°- 90°) Grade 3 - Restricted with pain (flexion 45°- 70°) Grade 4 - No joint movement (flexion 0°- 45°)	4	1	75%
BMD Scores	BMD (t Score): Grade 1 – Normal "t" Score -1 and Above Grade 2 - Osteopenia "t" Score < -1 to -2.5 Grade 3 - Osteoporosis "t" Score < - 2.5	2		50%

RESULT

The patient was recovered tardily in the first then she kept on the treatment and periodically evaluated clinically. She was bettered further and now she is almost symptoms free and taking prescribed oral medicine. After treatment, the patient got significant symptomatic relief.

DISCUSSION

Basti, which contains substances like as milk, ghee, and *Tikta Rasa*, is especially beneficial for *Asthi Pradushya Janya Vikara*.^[5] since, it strengthens and improves the quality of *Asthi Dhatu* (bone tissue). *Tikta Rasa* enhances *Vayu* and *Aakash Mahabhuta's* supremacy. *Asthi Dhatu* is equally composed. As a result, *Vayu* may become aggravated. However, damaged joints are linked to morbid *Shleshaka Kapha* in *Sandhi*. *Tikta Rasa* aids in the reduction of vitiated *Kapha Dosha* in the

joints.^[6] A *Madhura - Tikta Rasa & Katu Vipaka* may be found in the *Dashmoola Siddha Majja Basti*. Acharya Charak describes *Dashmoola Siddha Majja Basti*.^[7] *Dashmoola Kwath* prepares *Majja* in this episode.

These *Basti's* constituents include *Madhura - Tikta Rasa, Ushna Virya*, and *Katu Vipaka*, among others. They all work together to strengthen *Majja's* qualities, balancing the exacerbated *Vata Dosha* and favoring normal *Dhatvagni* functioning, permitting enhanced nutrition to the *Asthi Dhatu*. *Tikta Rasa* also has *Shrotoshodhan* properties, which aid in clearing the *Sroto Sanga*. It also benefits the *Dhatvagni* (enzyme complex). As a result, all tissue elements are well nourished, and *Asthimajja Dhatu* (bone marrow) *Kshaya* (tissue element depletion) is decreased. *Madura Rasa, Guru Pichhilya Guna* (stickiness), and *Jeevaneeya* (rejuvenation) are all qualities of milk.

It nourishes *Majjadhatu* by virtue of its *Snigdha, Pichchila, Guru*, and *Asthidhatu Brimhana - Poshana* qualities. When both *Dhatu's* are nourished, *Vatashamana* happens. So, according to *Rasa and Vipaka*, this *Basti* reaches *Asthi* and *Majja Vaha Srotasa*, causing *Majja Dhatu* to rise. The *Purana* (filling) virtue of this *Majja* nourishes *Asthi*, whereas the *Snehana* property calms vitiated *Vata* in *Asthi*. *Vatajanya Shoola* is cured by *Ushna Veerya*. This means that the entire *Basti Dravya* is *Vatashamaka*. As a result of *Dashmoola Siddha's* synergetic activity *Majja Basti* will act as a *Vatashamaka* in *Asthimajjagata Vata*, which is helpful.

CONCLUSION

It can be finalized that the given treatment as quite efficacious in managing the above discussed symptoms of osteoporosis (*Asthi-Majja-Kshaya*). This study proves that given treatment have got substantial effect on the osteoporosis (*Asthi-Majja-Kshaya*) patient along with strict diet regimen. Ayurveda have a cocksure counsel to the most of the patients in depressed conditions.

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