

Clinical case study of Bastand-Ghrit in management of Klaibya.

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Abstract

Ayurveda is science of life which believes in treating body, mind and soul for ensuring a complete state of health. The male sexual dysfunction includes as nature of disturbances of coital performance and sexual congress in male. it refers to an inability of men to attain and maintain erect penis with sufficient rigidity to allow sexual intercourse. Common age group for ED is past middle age and after age of 65 yrs. Charkokta klaibya deals within yoni roga chikista adhyay has lot of similaraties when compared to ED explained in western medical science. on the basis of causes acharya sushruta describes 6 types of klaibya mentioned by acharya charka in ayurvedic classics. According to charaka there are 4 types of klaibya which are classified based on their nidana. After required investigation and examination pt was planned & treatment with Bastanda ghrita which is described by Chakradtta¹. Like its said in our ayurveda classics knowing nidana is basis for chikista. A variety of vascular, neurogenic, hormonal , psychogenic or pharmacological cause may be underline the deisease.

Introduction

In ayurveda there are different branches, Vajikaran is one branch of Ashtang ayurveda with successful sexual; life is one of the most basic need for process if human life. Modernised lifestyle consist of food habits like fast food and spicy food, irregular sleep pattern ,stress , anxiety, fear, tension this psychological factor , excess use of electronic gadgets (mobiles and computers) exposure to various radiation, social habits which includes smoking , tobacco chewing. As well as long driving which produced heat and vibration are nidana of klaibya. Acharya Charak describes some adharniya vega like mutra, purisha and shukra which leads to apan vayu dushti. Main basic Principle of ayurveda is दोषधातूमलामूलम्हीशरीरम्² apan vayu is leading/ causative factor in case of kalibya. As life style disorder eg. DM , HTN , CVS, medication leading to development of ED. Panchkarma mainly included vaman , virechan , basti , raktamokshan , nasya. Uttar basti in which medicated ghri or tail or decoction is administered through urinary tract. Acharya charak refers basti as Ardha chikista in management of any disease. Global incidence of ED is increasing day by day & its very common encounter problem in practise. Due to ED the mens suffer psychological stress & the relation between husband-wife disturb. Due to Ed infertility is very common in male³.

Case study

A 42 yrs male pt. came to our OPD of our institute.

C/O

1) Dysurea

2) inability to sustain nocturnal and coital erection Kasper DL, Fauci AS, Longo DL, editors. 16th ed.

Vol. 1. New York: McGraw-Hill;

3) Pain during coitus

4) loss of libido

Past illness history- Jaundice (3 yrs back)

Occupation – Traffic police

Family history– No any

Social History – No smoking / alcohol/ tobacco chewing

Diet – Vegeterian

General examination

GC – fair and afebrile

T- 97.6 F

BP – 126/ 84mmhg

PR – 72/ min

SpO2 – 98 % on RA

Weight – 58 kg

S/E

CVS – S1S2 N

RS – AEBE clear

CNS – oriented to time, place and person

Appetite – Normal

Bowel habits – asamyak 2-3/day

Sleep – irregular sleep pattern

Urine – 5-6/day (postponement of urge of urine due to duty schedule)

Investigation

Semen analysis

CBC

BSL

LFT

RFT

Urine

Sr. Testosterone

Sr. PRL

Treatment

A) Abhyantar Chikista

No	Drug Name	Dose	Timing	Anuapan
1	b.Ashwagandha Ghanwati	500 mg	BD	-
2	laki Churna	Chatan	uhumuhu	Dudh
3	b. Chadraprabhi vati	500mg	BD	-
4	Tab.Guduchi ghanwati	500mg	BD	-
5	Tab.Gandharva ghanvati	500mg	OD/HS	Ushnodak

B) Bahya chikista

- 1) Sarvang Snehan with Sahachar tail
- 2) Sthanik Snehan(on penis & inguinal region) with Bala tail
- 3) Swedan with Nadi sweda

Uttar basti

For Uttar basti Bastand-ghrita is used.

This procedure classified in 3 steps – Purva, Pradhan and pashyat karma.

Purva karma

In purva karma, the pt. is advised for taking bath, and then subjected for taking food and then he advised to evacuating the bowel & urine and the pt. is made to lie in supine position. After that subjected to Mriduabhyang on the penis surrounding inguinal region , lower abdomen and buttock.

Pradhan karma

Syringe is filled with Bastand ghrit(25 ml) without air its attached one end of infant feeding tube. Then penis is hold gently and Ghritayukta shalaka is introduced slowly into the penis upto urinary bladder for checking the presence of any obstruction into the urinary tract & it also detects the length of urethral passage to urinary bladder. Then another lubricated end of infant feeding tube is gently inserted into urethral opening and is gently pushed towards to reach at urinary bladder. Then piston of syringe is pushed so that drug(Bastand ghrit)is introduced in urinary bladder.

Paschat karma

The pt. should lie supine for 30min. and try to hold the medicines which is introduced through infant feeding tube. After urge of urination pt. should go for micturation.

Regimen of Uttar basti 10 days.

Result

On 15th day semen analysis done which improves after treatment.
Sr. Testosterone levels also improves.

Discussion

According to charaka , no better treatment than ghrít/taíl for treating vata vayú dudhti & also apan vayú is one responsible for shukra & artav nishkraman. In klaibya there is definite derangement of apan vayú .The apan vayú dushti in its own sthan needs a strong treatment to cure its disease. As urinary bladder consist of mucosal cells, sub mucosal, detrusor muscles and adventitia. Ghrita is absorbed on epithelium cell with help of capillary.

As urinary bladder having S₂, S₃, S₄ segments , the somatic neuronal pathways regulates external sphincters , same mechanism taken for penile erection , so that uttar basti may inhibits para sympathetic stimulation from hypothalamus.

Uttar bastiaffect on alteration of psychological factors Eg. Anxiety, stress, fear, depression that helps in penile erection. “Samanya – vishesh Siddhant “is one principal in ayurveda, here ghrít also works like wise samanya vishesh Siddhant.

Conclusion

Uttar basti is approach of ayurveda medicinal procedure has wide applicability & has been scientifically proved to be best route of administer drug locally on target organ of urogenital system to achieve possible results.

Medicine administered through urethral routes helps to balance primary apan vayú & associates sub doshas. by purgative action of Uttar basti in urinary bladder & other genital passage, the process of urination & sexual function will be reestablished. As Sneha Dravya are nutritive in function will improved blood passage, nerve conduction & immunity of organs.

Reference

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