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Evaluation of Efficacy of *Guggulu Tikta Ghrita Matrabasti* and *Laxadi Guggulu* in the Management of *Vatakantaka*. (W.S.R. Calcaneal Spur)

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ABSTRACT

Pada is one of the *karmendriya*, most of the activities of the day-to-day life depend on this. Any problem with the foot adversely affects the routine of an individual. There are few references available regarding *Padagata vyadhi* in *Samhita*, but amongst *vata vyadhi*, *Vatakantaka* is one condition that affects the foot of the person. In *Vatakantaka*, *vata* produces *ruja* in *Khuda Pradesha*. Except *charakaacharya*, all *Bruhatrayi* and *Laghutrayi* have accepted *Vatakantaka* as a *Vataja Nanatmaja Vyadhi*. Among *Laghutrayi*, *Yogaraj Nigraha* has told *Vatakantaka* as *Padakantaka*. Patients suffering from *Vatakantaka* experience severe pricking pain in *Padatala pradesha*. The factors which are responsible for *vatakantaka* are excessive use of *ruksha*, *sheeta*, *laghu ahara* and excessive walking on bare feet.

Keywords: *Vatakantaka*, Calcaneal Spur, *Padagata Vyadhi*, *Guggulu Tikta Ghrita*, *Lakshadi Guggulu*, *Matra basti*.

INTRODUCTION

Swastha rakshana is one of the primitive aspects of Ayurveda. It tells about the preventive measures. *Marma abhigata* was considered the most frequent cause of the disease. Protection from injury to the different parts of the body was explained in *dinacharya* and *rutucharya context*. In this regard, protection of the foot can be done by wearing proper *padastrana* i.e. footwear. The features of

vatakantaka have similarities with calcaneal spur explained in the modern text. A calcaneal spur is the bony projection forwards from the undersurface of the calcaneal tuberosity. It is nothing but the ossification of the plantar fascia at its calcaneal end. This is usually revealed by X-ray and it frequently causes pain on walking.^[4]

In Ayurveda, this condition is treated as *Astigata vata*. The line of treatment of *astigata*

vata is *Tikta Grith Prayoga*.^[5] *Laksha* is one of the best medicine in *Asthi kshaya*, so the present study is taken to evaluate the efficacy of *Guggulu Tikta Ghrita*^[6] *Matrabasti* and *Lakshadi Guggulu*^[7] in the management of *Vatakantaka*. *Guggulu Tikta Ghrita* is the best *Vatahara* and *Lakshadi Guggulu* is having anti-inflammatory and analgesic properties so may be useful in *Vatakantaka*.

Considering all the above points the present comparative clinical trial chosen to evaluate the efficacy of *Guggulu Tikta Ghrita matra basti* and *Lakshadi Guggulu* in the management of *Vatakantaka*. (w.s.r. Calcaneal spur)

Objectives of Study: To assess the combined efficacy of *Guggulutikta ghrita matra basti* and *Lakshadi Guggulu* in the management of *vatakantaka*.

MATERIALS AND METHODS: The present study titled “Evaluation of the efficacy of *Guggulu Tikta Ghrita* and *Lakshadi Guggulu* in the management of *Vatakantaka*. (w.s.r. Calcanealspur)” is a clinical trial that will be done with the following materials.

- ❖ *Lakshadi Guggulu* internally.
- ❖ *Guggulu Tikta Ghrita Matra basti*.

Source of Data:

- a. **Subject:** Patient suffering from *Vatakantaka* will be selected from OPD and IPD of D.G.M.A.M.C&H, Gadag after fulfilling the inclusion and exclusion criteria.
- b. **Literary:** Literary aspect of the study will be collected from classical Ayurvedic and Modern books and will be updated with recent medical journals.
- c. **Selection of Drugs:** The trial drugs will be collected from local areas and markets.
- d. **Preparation of Medicine:** All the ingredients of *Guggulu Tikta Ghrita* and *Lakshadi Guggulu* are collected from the local area after proper identification. The useful parts and the ratio of the individual

drugs are according to the reference. Preparation will be undertaken with Good Manufacturing Practices. The Yoga is prepared according to classical text instructions.

1. Laxadi Guggulu : Ingredients:-

Sn	Sanskrit Name	BOTANICAL NAME
1	<i>Laksha</i>	<i>Rosa centifoli</i> Linn
2	<i>Asthismhrta</i>	<i>Cissus quadrangularis</i>
3	<i>Arjuna</i>	<i>Terminalia arjuna</i>
4	<i>Asvaganda</i>	<i>Withania somnifera</i>
5	<i>Nagabala</i>	<i>Sida spinosa</i>
6	<i>Shodita Guggulu</i>	<i>Comiphara mukul</i>

2. Guggulu Tikta Ghrita: Ingredients:-

Sn	Sanskrit Name	Botanical Name
1	<i>Nimba</i>	<i>Azardirachta</i> India
2	<i>Amrta</i>	<i>Tinospora cardi folia</i>
3	<i>Vasa</i>	<i>Adatoda vasica</i>
4	<i>Patola</i>	<i>Trichosanthes dioica</i>
5	<i>Nidigdhika</i>	<i>Solanum xanthocarpus</i>
6	<i>Water</i>	
7	<i>Shodita Guggulu</i>	<i>Comiphara mukul</i>
8	<i>Murchita Goghrita</i>	
9	<i>Patha</i>	<i>Cissampelus pariera</i>
10	<i>Vidanga</i>	<i>Embelia ribes</i>
11	<i>Devadaru</i>	<i>Cedrus deodar</i>
12	<i>Gajapippali</i>	<i>Piper chaba</i>
13	<i>Yava Kshara</i>	
14	<i>Sarja Kshara</i>	
15	<i>Nagara</i>	<i>Zingiber officinalis</i>
16	<i>Nisa</i>	<i>Curcuma longa</i>
17	<i>Misi</i>	<i>Foeniculum vulgare</i>
18	<i>Cavya</i>	<i>Piper chaba</i>

19	<i>Kushta</i>	Soussurea lappa
20	<i>Tejovati</i>	Cinnamomum tamala
21	<i>Maricha</i>	Piper nigrum
22	<i>Kutaja</i>	Holerrhina antidystria
23	<i>Yavani</i>	Carium copticum
24	<i>Agni</i>	Plumbago zeylanica
25	<i>Rohini</i>	Terminalia chebula
26	<i>Bhallataka</i>	Semecarpus anacardium
27	<i>Vaca</i>	Acorus calamus
28	<i>Pippali</i>	Piper longum
29	<i>Rasna</i>	Alpinia galangal
30	<i>Manjishta</i>	Rubia cardifolia
31	<i>Ativisha</i>	Aconitum heterophyllum
32	<i>Atibheda</i>	Aconitum ferox

METHOD :

A) Study Design simple random sampling clinical study.

B) Sample size:- Minimum of 30 cases of diagnosed *Vatakantaka* will be selected incidentally and randomly in a single group.

C) Inclusion Criteria:-

- Subjects presenting with clinical features of *Vatakantaka*.
- Subjects of either sex between the age group of 30 to 60 years.

D) Exclusion criteria:-

Subjects with the following criteria-

- Uncontrolled Diabetes with complications and other systemic disorders.
- Pregnancy.
- Undergone foot surgery
- Undergone or on Chemo and Radio -Therapy
- RVD

E) Diagnostic Criteria:-All clinical symptoms of *Vatakantaka* and X-ray of Calcaneal bone will be the Criteria for Diagnostic.

F) Intervention: *Matra vasti* with *Guggulu Tikta Gritha* 60ml daily for 15 days followed by *Lakshadi guggulu* 3gms per day in three divided doses orally will be administered for 15 days.

G) Study duration: 15 days

H) Follow-up: 15 days.

Assessment of Result:

1) Pricking Pain(*Kantakavata Vedana*):-

- Gr -0 No Pain
- Gr -1 Pain After Long Walk
- Gr -2 Pain After Short Distance Walk
- Gr -3 Pain Immediately On Standing

2) Pain After Getting Up From Resting Position:-

- Gr -0 No Pain
- Gr -1 Pain After Getting Up Last For Short Distance Walk
- Gr -2 Pain After Up Last For Long Walk
- Gr -3 Pain After Getting Up And Continuous

3) VAS:-

- 0---1---2---3---4---5---6---7---8---9---10
- 0-3 Mild Pain
- 4-7 Moderate Pain
- 8-10 Severe Pain

RESULTS:

Table No 1. Showing the distribution of patients according to Age

Age Group	Number of Patients	percentage
30 – 39	18	(60.00%)
40 – 49	03	(10.00%)
50 – 60	09	(30.00%)

Table No 2. Showing the distribution of patients according to Sex:

	No. of patients	Percentage
Male	13	66.70%
Female	17	33.30%

Table No 3. Showing the distribution of patients according to Occupation

Occupation	No. of patients	Percentage
Sedentary	01	03.33%
Labour	14	46.66%
Housewife	15	50.00%

Table No 4. Showing the distribution of patients according to Socioeconomic status.

Socio-economic status	No. of patients	Percentage
Poor	14	46.66%
Middle	13	44.33%
Higher class	03	10.00%

Table No 5. Showing the distribution of patients according to Diet

Diet	No. of patients	Percentage
Vegetarians	12	40.00%
Mixed	18	60.00%

STATISTICAL ANALYSIS:**Table No 6. Showing the descriptive statistics of the parameter “*kantakavata vedana in padatata*”**

Criteria	Mean	S.D.
BT	1.700	0.837
AT	0.467	0.629
AF	0.167	0.379

Table No 7. Showing the assessment of the parameter “*kantakavata vedana in padatata*”

Crit eria	Net-Mea n	SD	SE	T- valu e	P- valu e	Rem arks
BT-AT	1.233	0.568	0.104	11.886	<0.001	S.
BT-AF	1.533	0.629	0.115	13.356	<0.001	S.

Table No 8. Showing the Descriptive statistics of the parameter “severe pain after getting up from resting position”

Criteria	Mean	S.D.
BT	1.967	0.718
AT	0.600	0.563
AF	0.133	0.346

Table No 9. Showing the assessment of the parameter “severe pain after getting up from resting position”

Crit eria	Net - Me an	SD	SE	T- valu e	P- valu e	Rem arks
BT-AT	1.367	0.809	0.148	9.256	<0.001	S.
BT-AF	1.833	0.747	0.136	13.449	<0.001	S.

Table No 10. Showing the Descriptive statistics of the parameter VAS

Criteria	Mean	S.D.
BT	3.467	1.074
AT	1.433	0.728
AF	0.500	0.509

Table No 11. Showing the Assessment of the parameter VAS

Crite ria	Net - Me an	SD	SE	T- valu e	P- valu e	Rem arks
BT- AT	2.0 33	0.8 50	0.1 55	13.0 98	<0.0 01	S.
BT- AF	2.9 67	1.2 17	0.2 22	13.3 49	<0.0 01	S.

Table No 12. Showing the distribution of patients according to Over All Effect of Medicine

Overalleffect	No. of Patients	Percentage
Markedresponse	09	30.00%
Moderate response	15	50.00%
Mildresponse	08	26.67%
No response	01	03.33%

PHOTOS: X-Ray View Of Calcaneal Spur.**IMAGE 2.****IMAGE3.****IMAGE 4**

DISCUSSION:

- **Laksha** is a kind of resin that is produced when the *laccifer lacca* makes its home in ficus, palas, kusum (*schleichera oleosa*) and ber trees.
- The description from *Bhava Prakash* is *vranorakshatapaha*. Anytime a wound is caused by injury (*kshata*), it heals and regenerates the tissue, especially if it is nerve tissue.
- The *tuvera prabhava* (deeply penetrating quality) and the *laghu guna* are what allow *laksha* to reach the deep tissue toxins located in the bone marrow and nervous tissue. The *snigdha guna* is what allows *laksha* to bind these toxins and slide them out of the body.
- Acharya Vagbhata explained **Guggulu Tiktaka Gritha** in *Kusta prakarana*, its *phalasruti* specified the usage in *vata vikara*, especially in *Asthigata vata*.
- Hence to treat *vatakantaka* drugs acting on both *Vata* and *Asthi* should be selected. According to *Charaka*, in *Asthi Dhatu Dushti* the treatment should be given *Tikta Dravya Ghrita* and *Kshira*.
- Most of the ingredients of *Guggulu Tiktaka Ghrita* have *Tikta Rasa*, *Ushna Virya* and *Madhura* and *Katu Vipaka*. The *Tikta Rasa* increase the *Dhatvagni* (metabolic stage). As a result, *Asthi Dhatu*, *Majja Dhatu* may get stable and *Asthi Dhatu* and *Majja Dhatu Kshaya* will be decreased.
- *Ghritha* is *Vata-pittashamaka*, *Balya*, *Agnivardhaka*, *Madhura*, *Saumya*, *Sheeta Virya*, *Shula*, *Jwarhara* *Vrishya* and *Vayasthapaka* also. Thus, it pacifies *Vata*, improves the general condition of the body and acts as a rejuvenator of the body.

CONCLUSION:

If vitiated *vata* affects the *Gulpha pradesha* and produces pain then that *vyadhi* is called as *Vatakantaka*. If vitiated *Vata* affects *Paada* and

produces pain then that is called as *Paadakantaka*. Present study was a simple random sampling clinical study. *Kantakavat Vedana*(Pricking Pain) in *Padatala*, Severe pain after getting up from a resting position, *VAS* were the parameters of the study. In the present study, it is seen that the treatment has shown highly significant results on all the parameters.

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