



A CONCEPTUAL STUDY ON THE ROLE OF BALADI YAPAN BASTI IN MANAGEMENT OF UDAVARTA JANYA HRIDROG—A LIFESTYLE DISORDER

Richa Tripathi¹ and J.S.Tripathi²

¹Ph.D. Scholar and ²Professor, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, E-mail: richa.23oct@gmail.com, Corresponding Author: Richa Tripathi

Abstract: In present world of sedentary lifestyle, when people willingly control natural urges, a pathological situation develops which causes hindrance in normal path of Vata making it reverse and results in situation like Udavarta, which manifests as Basti, Hridaya and Kukshi Shool, Adhmana, Hrillasa, Toda, Avipaka etc. This state can increase the risk of both acute and chronic cardiac diseases. Hridaya is a Sadhya Pranahara Marma, which is an important Ashray (site) of Vata (Prana, Udan, Vyan). Hridroga can originate after 1. Ashray (in Hridaya) dushti, 2. Vata Vilomatva or Vaigunya

As a part of preventive cardiology emphasis should be given on the second pathological state in which Hridrog (Cardiovascular disorders) is originated as an effect of Vata Vilomatwa, which can also lead to Ashray Dushti. Regarding the importance of Marma Raksha, Charak has mentioned that Marma are the sites of Prana and body is dependent on the Prana so if there is any kind of Aghat (trauma) either Agantuj (external) or Doshaj (internal), it can be fatal. Pratiloma Vata can produce Doshabhogat that can be correlated with heart attack or conditions like angina. So Marma Sthan should be protected from Vata as it is the Vata which is responsible for vitiation of Pitta and Kapha and Basti Karma is best therapeutic measure for controlling vitiated Vata and ultimately performing Marma Paripalan. Baladi Yapan Basti (BYB) (Ch.S. Si 12/6) is one of the formulations of Acharya Charak which can be used in such syndromes. The ingredients of BYB are mainly Vata Hara and Tridoshashamak, Amla Rasa is used which is responsible for Anuloman of Vata, strengthen Indriyas and it does Tarpan of Hridaya. Yapan Karma is related with Dharan, Poshan and Rogshaman.

Keywords: Hridrog (Cardiovascular disorders), Marma, Basti, Yapan

Introduction: Heart diseases have been a leading killer in the West and have now brutally made its way to India emerging as major cause of death in urban as well as rural areas. In India only the coronary heart disease have risen from 4 percent to 11 percent in the past five decades. The threat of heart disease has been glaring at us for years, making us question every detail of our complicated lifestyle choices, diet and level of physical activity. Recent trends indicate that the disease has escalated to younger age groups also. It has a significant presence in males and females in both urban and rural population ^[1]. The government data shows the prevalence of heart diseases in India with an annual incidence of 491,600 to 1.8 million. Proclamation is that 2.4 million Indians die due to heart disease every year ^[2]. "India has the dubious distinction of

being known as the coronary and diabetes capital of the world,"

The survey suggests that India's economic growth and urbanization is the foremost cause of this condition. A large section of the population is leading an unhealthy lifestyle combined with decreasing physical activity, increasing stress levels and a higher intake of saturated fats, alcohol and tobacco. The increase in mortality rate is directly proportional to the increasing risk factors. It has been found that over 80% of deaths and 85% of disability from CVDs occur in low and middle income countries ^[3,4]. The current scenario demands an immediate emphasis on preventive healthcare. This involves raising awareness about the disease and its risk factors as well as some alternative treatment schedule which decreases the possibility of

CVDs.

Ayurveda describes a number of medicine formulations and Panchakarma procedures for CVDs. Emphasizing on the relation between faulty lifestyle and CVDs, intake of excessive pungent bitter foods, cessation of natural urges, performing least physical activity, excessive dieting may lead to reverse movement of Apan Vayu and results in a clinical condition called Udavarta. This condition, in association with many diseases may lead to CVDs. The main pathology lies in reversal of Apan Vayu which ultimately provokes all other Dosha and may result in CVDs. Tentatively in such type of disorders the formulation of Baladi Yapan Basti may act as an innovative preparation in the therapeutic as well as preventive cardiology.

Hridaya (heart) is one of the Trimarma (three vital parts) of the body and also a Sadya Pranahara Marma i.e. any injury at its site can immediately lead to death. It originates in fourth month of gestational period as a Prasad Bhag (extract) of Rakta and Kapha. It is site of Prana, Udan, Vyan Vayu, Sadhak Pitta, Avalambak Kapha, Pranavaha Dhamani and Oaj.

It is the Moolasthan (origin) of Rasavaha and Pranavaha Srotas. The function of Hriday is circulation of Rasa Rakta in the body and preservation of Prana throughout the life. So it is very important to preserve this organ system. Baladi Yapan Basti can be used as preventive measure as well as therapeutic measure in maintaining cardio vascular health after the development of pathology.

Etiological Factors of Hridrog (CVDs):

Hridrog can be originated as Swatantra Samprapti where direct Hridgat Dushti is present, or Paratantra or passive pathogenesis where it is present as a symptom of any other disease. Jataj Hridrog is originated either by Beej Dushti (deficient sperm or ovum) or Garbhini Apacharya (improper pregnancy regimen).

बीजात्मकर्माशयकालदोषैमातुस्तथा आहारविहारदोषैः

कुर्वन्ति दोषा विविधानि दुष्टाः संस्थानवर्णेन्द्रिय

वैकृतानि ।। च.शा. 2/29

So all the etiological factors, which vitiate Rakta or Kapha, if consumed, or done in pregnancy, they directly cause Hriday Dushti and the probability of child having congenital heart disease increases. Janmottar (acquired) CVDs can be originated as a result of Nij (self) or Agantuj (non self) etiological factors.

विरुद्धाध्यशनाजीर्णरसात्म्यैश्चापि भोजनैः

दूषयित्वा रसं दोषा विगुणा हृदयं गताः

कुर्वन्ति हृदये बाधां हृद्रोगं तं प्रचक्षते ।। सु.उ. 43/4

In food habits excessive consumption of bitter, astringent and pungent foods, Adhyasana (eating food before proper digestion of previous meal), Asatmya (non habitual) and foods which make the body undernourished and in Viharaspect (regimen) excessive exercise, Shrama (excessive exertion), Prasang (excessive sexual activity), Sanchintan (worry) and Vega Vidharan (voluntary suppression of natural urges) play an important role in pathology of CVDs⁵. We can see a typical pattern of opposite Veeryatmak (potential) causative factors. Along with other causative factors, Vega Vidharan or voluntary suppression of natural urges is very common now a days and it itself causes hindrance in natural course of Vata and forces it to move in reverse direction. Baladi Yapan Basti supposed to maintain these pathological factors of CVDs. Yapan means ...कालादेः क्षेपणे i.e. to pull or to maintain... to maintain the body in a normal state. Indication is-सर्वकालं देयाः च. सि 12/15 i.e. can be given in both Atur (patient) and Swastha Awastha (healthy individual). In Swastha, if there is a strong family history of Hridrog, Poorvaroopo of Hridrog is present in minimal form or Vegavidharan is a major Hetu, then it can be administered as a preventive measure. In diseased, there are some specific indications for this Baladi Yapan Basti.

Specific Clinical States for Baladi Yapan Basti

तत्र कोष्ठाश्रिते दुष्टे निग्रहो मूत्रवर्चसोः ।। च.चि.

28/24

ब्रध्नहृद्रोगगुल्मार्शः पार्श्वशूलं च मारुते ।

In this condition of Koshtashrit Vata, vitiation and inverted order of Vata results in accumulation of Mala and Mootra and causing several diseases including Hridrog. Normalization of natural course of Vata is the requirement of this condition.

.....ततश्च रोगा

ज्वरमूत्रकृच्छ्रप्रवाहिकाहृद्ग्रहणीप्रदोषाः ।। च.चि.26/8

In Udavarta, it is a typical example of passive vitiation of Vata. Apan Vayu in obstructed at Guda and misdirected upward to imbalance Samana, Udaan, Vyaan and Prana. An abnormality in all these Vata leads to Hridrog. So Hritpradosha is mentioned as a symptom of Udavarta along with other accompanied symptoms.

हृत्स्तंभ मूर्धोदर गौरव.....आनाहमामप्रभवं.....च.चि.26/26

In Anaha, there is irregularity in Apana which again leads to accumulation of Mala and Aam and aggravation of Pathology and symptoms like Hritstambha is seen. Here Chala Guna of Vata should be increased so that Vibandha and Stambha both can be removed.

In case of Samanavritta Apan, when Apan Vayu lays Avaran on Saman Vayu, then due to its unnatural inverted direction of movement, it causes Grahni, Parshwa and Hridrog. Here Deepan Karma (ignition of abdominal Agni) along with Vatanuloman is expected. So we can use Deepan Ghrit like

Indukant Ghrit in place of Goghrit in this combination.

Gulma

कफं च पित्तं च सदुष्टवायुरूद्धयमार्गान् विनिबद्धय
ताभ्याम
हृन्नाभिपार्श्वोदरबस्तिशूलं करोत्यथो याति न बद्ध मार्गः
च.चि.5/6
यः स्थानसंस्थानरूजाविकल्पं विद्वृवातसंगं गलवक्त्रशोषं
श्यावारुणत्वं शिशिरज्वरं च हृत्कुक्षिपार्श्वं सशिरोरुजं
च ॥ च.चि.5/10

Hriday is a site of Gulma, so in this condition it can directly lead to Hridrog while at other places it will lead to Paratantra Samptapti (secondary pathogenesis). eg in Vataj Gulma.

the pathology of Udavarta Janya Hridrog can be compiled as:

Management: Based on all above discussion, the major pathological conditions that provoke

Shukra Sanga
Mootra Sanga
Mala Sanga
Vata Sanga
Gulma
Adhmana
Bradhna
Parshwa –Kati Graha
Sangyanash
Balakshaya

Anuloman and Marma Paripalan are the major therapeutic requirement of these condition

Here, the main focus of therapy is about Sanga or obstruction. So Anuloman (maintaining proper

direction of Vata) and Marma Paripalan are expected to be done by Baladi Yapan Basti.

Materials and Methods

बलातिबलारास्नारग्वधमदनबिल्वगुडूचीपुनर्नवैरण्डाश्वगंधासहचरपलाशदेवदारुद्विपंचमूलानि पलिकानि
यवकोलकुलत्थद्विप्रसृतं शुष्क मूलकानां च जलद्रोणसिद्धनिरूह प्रमाणावशेषं कषायं पूतं
मधुकमदनशतपुष्पाकुष्ठपिप्पली वचा वत्सकुलरसांजनप्रियंगुयवानीकल्कीकृतं
गुडघृततैलक्षौद्रक्षीरमांसरसाम्लकांजीकसैधवयुक्तं सुखोष्णं बस्ति दद्याच्छुक्रमूत्रवर्चःसंगेनिलजे
गुल्महृद्रोगाध्मानब्रध्नपार्श्व कटीग्रहसंज्ञानाशबलक्षयेषु च ॥ च.सि. 12/16.6

| Drugs | Properties and Function |
|--|---|
| Bala, Atibala, Rasna, Aragwadha, Erand, Ashwagandha, Ksheer, Mansrasa, Ghrita, Taila, Guda and Madhu | Madhur, Vatahamak |
| Madanphala, Bilwa, Guduchi, Punarnava, Sahchar, Palaash, Devdara, Vacha, Kushtha, Shatapushpa | Katu – Tikta Rasatmak Ushna Veerya and Anulomak |
| Shushka moolak | Katu, Pachan, Vatanuloman and Tridosahara |
| Yava | Katu Kashaya Ushna, Snehan, Pachan, Vata Kapha Nashak |
| Amla Kanji, Kola, Kulattha | Amla, Sara, Anulomak |
| Saindhav | Lavana, Vatahara |

Baladi Yapan Basti will be prepared according to the classical method of preparation and the emulsion should be used as enema. As Yapan Basti is a type of Niruha Basti, so the quantity of emulsion may vary upto 960 ml as per requirement of person.

Proposed Mode of Action: Any type of Hridrog is originated as an effect of Sanshrist Dosh. These Dosh along with inverted course of Vata causes a Sangatmak Vikriti (obstructive pathology) resulting in CVDs. So in such condition first it is necessary to treat vitiated

Vata at its own territory at the same time Marma Paripalan (protection) is also necessary to avoid Marmaghata (eg. Miocardial infarction). Hriday is site of Prana so any injury at the site of Heart will lead to Prana Hani. Here we can see that all six Rasa are present in this combination along with Mansrasa, Ghrita, Taila, Guda and Madhu to show a cumulative effect of whole formulation as Prana Dharan, Prana Poshan, Rogashaman and Marma Paripalana. The Sanga or obstruction is removed because of Katu Tikta Rasa, but excessive use of these Rasa would cause Vata

Prakop and hence Madhur, Amla, lavan will balance these negative effect and causes Snigdhatwa and also controls Vata. The Phalashruti (abstract) of this combination reveals its indication in obstructive pathology and the pharmaco- kinetics certifies its mode of action.

Conclusion: Baladi Yapan Basti may be used in a condition where sedentary lifestyle, wrong food habits, cessation of natural urges results in symptoms like obstruction in urine, motion, flatus and situations like flatulence, herniation, lower backache, pain in flanks with sign and symptoms of CVDs are present. Baladi Yapan Basti is specifically indicated in this condition for performing Anuloman and Marma Paripalan that are responsible for reverse pathogenesis of Udavarta janya Hridrog.

Clinical research should be done on this topic.

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