



Case Study

A New Approach in Management of Amenorrhoea wsr to Mrutthika Basti Chikitsa and in Katigraha wsr to Vacuum Therapy : A Case Study

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Article Received on: 26/09/2018

Accepted on: 29/09/2018

ABSTRACT:

Ayurveda, world's Ancient holistic approach in disease management (meaning science of life), is the system of medicine which places great emphasis on preventive and curative aspects. Ayurveda can not merely be considered as shodhana and shamana chikitsa. It in fact, is the system of medicines which via acting in synchronisation with Panchamahabhutatmika chikitsa leads to miraculous results. "*Panchabhautikam hi shariram*" siddhanta is clearly mentioned in sacred Ancient texts where:-

It inculcates the panchamahabhautik chikitsa like Mrutthika Basti Chikitsa in Amenorrhoea and Vacuum Therapy in Katigraha and Nabhi chyuti

Thus these case studies helps in approaching Ayurveda in a manner apart from the use of Panchakarma and Yoga. These case studies may help in taking the so called larger world of Ayurveda to such immense heights that a whole new universe of introspection and opportunities might open up leading us to mighty achievements and contributions in assisting the Global health mission.

KEY WORDS: Amenorrhoea , Mrutthika Basti, Vacuum Therapy, Katigraha, Nabhi chyuti.

INTRODUCTION:

Ayurveda, world's ancient holistic approach in disease management (Science of life) is the system of medicines which emphasizes upon preventive and curative effects. Ayurveda can not merely be considered as shodhana and shamana chikitsa, it in fact is the system of medicines which acts in synchronization with Panchamahabhutas as Panchamahabhautika chikitsa. "*Panchamahabhautik hi shareeram* ", this siddhanta is clearly mentioned in all sacred ancient texts where Panchamahabhutas include Aakash, Vayu, Tejas, Jal, Prithvi. The following case studies will help in understanding the synchronization and relation with Panchamahabhautika chikitsa and its successful results.

CASE STUDY I

Mrutthika Basti Chikitsa (Case Study In Managing Amenorrhoea Condition)

A female patient of 27 years of age unmarried with c/o Amenorrhoea since 6 months

Associated Symptoms

- 1) Pelvic pain
- 2) Acne
- 3) Excess facial hair
- 4) Hair loss
- 5) Edema feet with burning sensation in feet and with other systemic difficulties

This is observed after proper case discussion that she underwent HRT (Hormonal Replacement Therapy) after which she developed Drug Induced Amenorrhoea (OCP's) which resulted into Depression, Stress and above mentioned symptoms.

Materials Used :

- Mrutthika (3 to 4 feet depth from surface of ground; black soil most preferable; to be activated by moisture for 3 to 4 hours till it exhibits dark color thereby helps in osmotic pulling of toxins by virtue of its positively charged ions)

- Taila (Tila taila)
- Rasona

Prefered Patterns

Procedures

- On the starting day a bridge is prepared below the naval region partitioning it into two triangle shapes.
- On the second day second pattern a bridge is prepared with mritthika below the naval without any partition in the shape of inverted triangle.
- In these prepared bastis lukewarm tila taila with Rasona Kalka is filled and retained for half an hour to one hour.

Impact of Pattern :

1. The first pattern exerts more pressure at the site and sides of lower abdomen thus, improving blood circulation and lets out excess heat by the virtue of the guna of the Mritthika
2. The second pattern impacts on smoothening the sides and site of lower abdomen thus, promoting peristaltic movements(as amenorrhoea results into avrodha of Apan vayu thereby creating tension in the nerve fibres which is corrected by it.)

Reasons Behind The Choice of Ingredients

By virtue of their sukshma gunas and vatakapsha shaman property leading to synergistic action thus, penetrates easily and improves circulation and activates the site.

Retention Duration

One hour for fifteen days

Results :

After completing first session, patient was benefitted with subsiding of presenting symptoms like a/o edema in feet followed by proper nishkasan of vid and mutra with sound sleep resulting in proper secretion of hormones.

Overall Result

After doing this for 15 days patient noticed regular menstrual bleeding of adequate quantity. Thus, Mrittika basti chikitsa helped in expulsion of excess heat and provided proper blood circulation at the site.

CASE STUDY II

Vacuum Therapy In Katigraha and Nabhi Chyuti (Naval Displacement)

Vacuum therapy / cupping therapy is an ancient and alternative procedure mentioned by acharaya Sushruta in Sutra sthana in Jalaukavcharniya adhyay.

Case Study

A male patient of 36 years of age paralysed ,complete stiffness from cervical to lumbar region with severe lower back pain.

H/o Patient

Patient was asymptomatic 8 years before gradually developed pain at ankle region followed by lower back pain, stiffness ; was admitted in Modern hospital ,was advised for MRI of spine, diagnosed with Spinal stenosis ,polyarthritis , was prescribed with NSAIDS and steroids, latter he went to a quack and started consuming one Kupilu per day for 6 days.Finally he came to us and after examining the nadi of the patient vacuum therapy was performed with a tumbler .

Procedure

After advising the patient to lie down in supine position ,initially the nabhi of the patient was massaged with oil latter a small stone pebble was placed at nabhi. A small piece of camphor was placed at that stone pebble. Then the patient was asked to inflate his abdomen. Afterwards a tumbler was placed at the site which resulted into vacuum thereby releasing the inculcated tension and loosening the stiffened muscles . As a result blood flow increased within the vessels and capillaries and the tissues receive adequate nutrients and oxygen . As this therapy uses heat and pressure thereby reducing the inflammation expanding the capillaries which offers deep tissue massage and the improvement of immune system is observed as blood and lymphatic fluid circulates properly throughout the body.Thus, this therapy at the nabhi will activate all the 72000 nadis as nabhi is the marma and centre core point .

Site Preferred: Nabhi.

All the vacuum therapies can be done at any skin site but we preferred our case study at nabhi

Nabhi is a marma(energy vital point) behind the naval and it is considered as the centre point and it is considered as 3rd chakra where all 72000 nadis are present,therefore as small intestine,where the main digestive enzymes are produced and it lies just behind the nabhi because of this reason nabhi is selected as site as it stimulates the production of enzymes. In Ayurveda nabhi is given importance due to being Agni present and its stimulation results in proper agni and elimination of Ama.

RESULTS :

Patient was benefitted, was able to walk on his feet and the stiffness of his muscles got relaxed.



Image 1 :



Image 2 :

Nabhi Chyuti (Naval Displacement)

A male emaciated and extremely lean male patient of 26 years of age came to our clinic complaining of IBS. The presentation of his IBS was alternate loose and constipated stools. After making the patient lie down in supine position the nabhi of the patient was examined. On examining the nabhi the original position was detected by feeling for pulse in the concerned area.

NOTE: If the pulse and naval are together the position is correct.

The patient was detected with a difference in the length of 3 cms then he was given pressurised massage with oil followed with vacuum therapy with tumbler procedure as mentioned above.

Later the patient was given normal medication like Musta kwath- 15 ml b.d., chitrakadi vati for his bloating.

Duration of the Procedure

15 mins every 15 days

RESULTS :

Weight of the patient increased, his bloating went away also culminating his alternate diarrhea and constipation.

DISCUSSION:**Achieving Globalisation of Ayurveda**

Thus these case studies help in approaching Ayurveda in a manner apart from the use of Panchakarma and Yoga. These case studies Panchbhautik chikitsa i.e. Mruttika basti chikitsa that is Prithvi and Vacuum therapy i.e. Aakash, Vayu. Thus if we protect our natural soil resources not only in the field of Ayurveda we can also achieve the Global Health Mission with the aid of these Alternate systems and the aim of Globalisation will be fulfilled. These case studies may help in taking the so called larger world of Ayurveda to such immense heights that a whole new universe of introspection and opportunities might open up leading us to mighty achievements and contributions in assisting the Global Ayurveda Health Mission.

Cite this article as:

Vishnupriya Kalekar, A New Approach in Management of Amenorrhoea wsr to Mruttika Basti Chikitsa and in Katigraha wsr to Vacuum Therapy : A Case Study, ADJIM 2018: 3(3), p. 45-47.