

Role of Basti in Cervical Facet Joint Arthropathy- A Case Study

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ABSTRACT

Cervical facet joint arthropathy is a degenerative condition that affects Cervical spine. It is with radiating pain to paraspinal areas, tenderness in neck region, difficulty in movements of neck and difficulty sitting for longer period of time. Due to lifestyle changes and improper posture most of the individuals are suffering with degenerative diseases of bone. The standard treatment for moderate to severe degenerative condition is operative procedures which are least preferred by the patients. Hence there is a need to search for effective treatment in Ayurvedic medicine. Here we represent a case of Facet Joint arthropathy which was successfully treated with Ayurvedic Basti management with *Greevastambha* as Ayurvedic diagnosis. As no specific line of treatment is described for this condition general line of management of *Vatavyadhi* adopted for the patient. The case report demonstrates clinical and radiological improvement in a cervical facet joint arthropathy with *Panchakarma* and Ayurvedic medicinal interventions.

KEYWORDS: Facet Joint Arthropathy, *Greevastambha*, *Shodhana Basti*, *Brihmana Basti*

INTRODUCTION

Cervical facet joint arthropathy is a degenerative condition that affects the Cervical spine. The spine is made up of segments of vertebrae running along the spinal column. Between each vertebra are two facet joints. The facet joints along the posterior of the spine help align the vertebrae and limit motion. Facet joints are made up of two bony surfaces cushioned by cartilage and lubricated by synovial fluid. Facet arthropathy occurs when the facet joints begin to wear down and put pressure on the spinal cord, resulting in pain. The condition occurs when the facet joints become irritated and inflamed, primarily as a result of arthritis, compression of joints or injury. Other causes include poor posture and repetitive stress injuries due to lifting or carrying heavy loads or frequent overhead motions. It is associated with pain and tenderness in the neck, pain that radiates to the paraspinal areas, difficulty in movement of neck and difficulty sitting for longer period of time. (1)

Based on evaluations utilizing controlled diagnostic blocks, the prevalence of facet joint involvement has been estimated to be between 15% to 45% in

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heterogeneous groups of patients with chronic low back pain and 36% to 67% in patients with chronic neck pain. However, false-positive rates varying from 27% to 63% in the cervical spine (2)

Only limited conservative and surgical procedures are available in modern medicine for disease. The standard treatment for moderate to severe degenerative condition is operative procedures which are least preferred by the patients. Hence there is a need to search for effective treatment in Ayurvedic medicine. Here we represent a case of Facet Joint arthropathy which was successfully treated with Ayurvedic management with *Greevastambha* as per Ayurvedic classics.

Case History –

54 years old female patient approached to OPD of Panchakarma with complaints of pain and stiffness in bilateral scapular region last 2 months. Associated with burning sensation in scapular region and in paraspinal muscles of thoracic region, alternate passing of loose stool and constipation. Past history

revealed that patient is non-hypertensive and non-diabetic with history of cervical spondylitis 4 years ago and treated for same. After Ashtavidha pariksha, Dashavidha pariksha, systemic and general physical examination of patient and assessing vertebral column and x-ray cervical spine (AP and Lateral view) patient was diagnosed as *Greevastambha* (Facet joint arthropathy).

Table 1 physical examination

Appearance	Medium
Gait	Normal
Pallor	Absent
Icterus	Absent
Cyanosis	Absent
Clubbing	Absent
Oedema	Absent
Lymphadenopathy	Absent

Table 2 systemic examination

P/A	Soft, non-tender
RS	Air entry bilateral equal
CVS	S ₁ and S ₂ heard
CNS	Conscious, well oriented with time and place

O/E

Spurling test – positive

Cervical rotation-

- Extension- normal
- Flexion- normal
- Lateral flexion- severe pain
- Rotation – mild pain

Treatment –**Table 5 – Treatment schedule from 21/12/ 2021 to 31/ 12/ 2021**

DAYS	TREATMENT	OBSERVATIONS
DAY 1 (21/12/21)	1.Kostha shodhana with 75ml of Gandharva-hastahdi Erand taila along with 75ml of warm milk.	Total numbers of vega -5
DAY 2 (22/12/21)	1.Valuka sweda. 2.Eranda Muladi Niruha Basti given at 9:30 am Oral medication 3.Gandharvahasthadi Kashaya 20 ml BD B/F 4.Tab. Anumola DS 1 at night A/F 5.Rasna Mahayogaraja Guggulu Kashaya 15 ml BD Before Food	Eranda Muladi Niruha basti 1. Basti retention time- 15 min. 2. Basti pratyagaman – 2 vega, expulsion of only basti dravya. 3.Prasrishta Vit, Mutra-Samirana 4.Ruchi - 5.Agnivrudhi - 6.Ashayalaghavata + 7.Rogopashanti -
DAY 3 (23/12/21)	Continue 1 to 5	Eranda Muladi Niruha basti 1.Basti retention time- 10 min. 2.Basti pratyagaman – 1 vega, expulsion of only basti dravya. 3.Prasrishta Vit, Mutra, Samirana 4.Ruchi - 5.Agnivrudhi - 6.Ashayalaghavata + 7.Rogopashanti -

Table 3- Ashtasthan Pariksha

Nadi	Vata kaphaja- 76 bpm
Malapravrutti	Alternative loose stool and constipation
Mutravrutti	Prakrita
Jihva	Ischat lipta
Shabda	Prakriti
Sparsha	Aushanashita
Drika	Prakriti
Akruti	Madhyama

Table 4 Dashavidha Rogi Pariksha

Prakriti	Vata Kaphaja	
Vikriti	Vata	
Sara	Madhyama	
Samhanana	Madhyama	
Pramana	Madhyama	
Satmya	Madhyama	
Satva	Avara	
Aharashakti	Abhyavarana Shakti	Madhyama
	Jarana Shakti	Madhyama
Vyayama shakti	Avara	
Vaya	Madhyama	

Investigation –

- ESR – 45mm/hr
- CRP – 1.7 mg/dl
- RA factor- Negative
- X- ray cervical spine –

Facet joint arthropathy at C3-C4, C4-C5 and C5- C6 level.

DAY 4 (24/12/21)	Continue 1 to 5	Eranda Muladi Niruha basti 1.Basti retention time- 15 min. 2.Basti pratyagaman – 1 vega, expulsion of only basti dravya. 3.Prasrishta Vit-Mutra-Samirana + 4.Ruchi - 5.Agnivrudhi + 6.Ashayalaghavata + 7.Rogopashanti -
DAY 5 (25/12/21)	1.Valuka sweda. 2.Eranda Muladi Ksheera Basti at 9: 30am. 3.Anuvasan Basti with Tikta Shatpala Ghrita + Sahacharadi Taila (60ml) at 4 pm 4. Dry cupping was done at 12 pm at the site of pain for 10 min. Oral medication 5.Gandharvahasthadi Kashaya 20 ml BD B/F 6.Tab. Anumola DS 1 at night A/F 7.Rasna Mahayogaraja Guggulu Kashaya 15 ml BD B/F	Eranda Muladi Ksheera basti 1.Basti retention time- 15 min. 2.Basti pratyagaman – 3 vega, samala basti dravya Pratyagaman.. 3.Prasrishta Vit,Mutra, Samirana + 4.Ruchi - 5.Agnivrudhi + 6.Ashayalaghavata ++ 7.Rogopashanti + Anuvasana Basti 1.Basti Retention time -13 hr. 2.Basti Pratyagamana – 2 vega 3.Sashakruta Sneha + 4.Raktadi Dhatu Prasada- 5.Buddhi-indriya Prasada- 6.Swapnanuvrutti + 7.Bala Vriddhi-
DAY 6 (26/12/21)	Continue 1 to 7	Eranda Muladi Ksheera basti 1.Basti retention time- 20 min. 2.Basti pratyagaman – 2 vega, samala basti dravya Pratyagaman. 3.Prasrishta Vit,Mutra, Samirana + 4.Ruchi + 5.Agnivrudhi + 6.Ashayalaghavata ++ 7.Rogopashanti + Anuvasana Basti 1.Basti Retention time -18 hrs. 2.Basti Pratyagamana – 1 vega 3.Sashakruta Sneha + 4.Raktadi Dhatu Prasada- 5.Buddhi-indriya Prasada- 6.Swapnanuvrutti + 7.Bala Vriddhi+
DAY 7 (27/12/21)	Continue 1 to 7	Eranda Muladi Ksheera basti 1.Basti retention time- 15 min. 2.Basti pratyagaman – 2 vega, samala basti dravya Pratyagaman. 3.Prasrishta Vit, Mutra, Samirana ++ 4.Ruchi + 5.Agnivrudhi ++ 6.Ashayalaghavata ++ 7.Rogopashanti +

		<p>Anuvasana Basti</p> <ol style="list-style-type: none"> 1. Basti Retention time -10 hr. 2. Basti Pratyagamana – 2 vega 3. Sashakruta Sneha + 4. Raktadi Dhatu Prasada+ 5. Buddhi-indriya Prasada- 6. Swapnanuvrutti + 7. Bala Vriddhi+
DAY 8 (28/12/21)	Continue 1 to 7	<p>Eranda Muladi Ksheera basti</p> <ol style="list-style-type: none"> 1. Basti retention time- 15 min. 2. Basti pratyagaman – 3 vega, samala basti dravya Pratyagaman.. 3. Prasrishta Vit, Mutra, Samirana ++ 4. Ruchi + 5. Agnivrudhi ++ 6. Ashayalaghavata +++ 7. Rogopashanti + <p>Anuvasana Basti</p> <ol style="list-style-type: none"> 1. Basti Retention time -12 hr. 2. Basti Pratyagamana – 1 vega 3. Sashakruta Sneha + 4. Raktadi Dhatu Prasada++ 5. Buddhi-indriya Prasada+ 6. Swapnanuvrutti ++ 7. Bala Vriddhi++
DAY 9 (29/12/21)	<ol style="list-style-type: none"> 1. Sarvanga Abhyanga with Vatari Taila 2. Bashpa sweda. 3. Anuvasan Basti with Tikta Shatpala Ghrita + Sahacharadi Taila (60ml) given at 11 am 4. Dry cupping was done at 12 pm at the site of pain for 10 min. <p>Oral medication</p> <ol style="list-style-type: none"> 5. Gandharvahasthadi Kashaya 20 ml BD B/F 6. Tab. Anumola DS 1 at night A/F 7. Rasna Mahayogaraja Guggulu Kashaya 15 ml BD B/F 	<p>Anuvasana Basti</p> <ol style="list-style-type: none"> 1. Basti Retention time -10 hr. 2. Basti Pratyagamana – 1 vega 3. Sashakruta Sneha + 4. Raktadi Dhatu Prasada++ 5. Buddhi-indriya Prasada+ 6. Swapnanuvrutti ++ 7. Bala Vriddhi+
DAY 10 (30/12/21)	Continue 1 to 7	<p>Anuvasana Basti</p> <ol style="list-style-type: none"> 1. Basti Retention time -12 hr. 2. Basti Pratyagamana – 1 vega 3. Sashakruta Sneha + 4. aktadi Dhatu Prasada++ 5. Buddhi-indriya Prasada++ 6. Swapnanuvrutti ++ 7. Bala Vriddhi++
DAY 11 (31/12/21)	Continue 1 to 7	<p>Anuvasana Basti</p> <ol style="list-style-type: none"> 1. Basti Retention time -11 hr. 2. Basti Pratyagamana – 1 vega 3. Sashakruta Sneha + 4. Raktadi Dhatu Prasada++ 5. Buddhi-indriya Prasada++ 6. Swapnanuvrutti ++ 7. Bala Vriddhi++

Table no 6-composition of Erandamuladi Niruha basti and Erandamuladi Ksheera Basti

ERANDAMULADI NIRUHA BASTI	ERANDAMULADI KSHEERA BASTI
Guda -50gm	Guda -50gm
Saindhava Lavana-6gm	Saindhava Lavana-6gm
Sneha – 70ml (Tiktashatapala Ghrita + Sahacharadi Taila)	Sneha – 70ml (Tiktashatapala Ghrita + Sahacharadi Taila)
Kalka – 30gm (choorna of Eranda, Rasna, Lashuna, Musta, Ajwain, Shatavari)	Kalka – 30gm (choorna of Eranda, Rasna, Lashuna, Musta, Ajwain, Shatavari)
Kwatha –300 ml (Erandamuladi Kwatha)	Kwatha –300 ml (Erandamuladi Kwatha 200ml+ Ksheera 100ml)
Avapa –50 ml (Dashamularista)	Avapa –50 ml (Dashamularista)

Results-

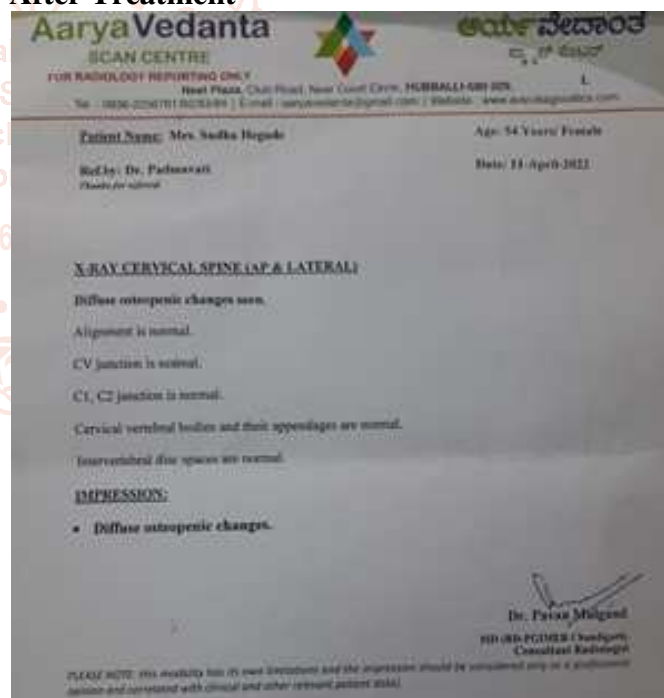
Table No. 7- Day wise observations of patient

Sl. No	Days→ Lakshana↓	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
		1.	Neck Stiffness	+++	+++	+++	++	++	+	+	-
2.	Burning sensation at Paraspinal muscles	+++	++	++	+	+	+	+	-	-	-
3.	Pain	+++	+++	+++	++	++	+	+	+	-	-
4.	Epigastric Burning	++	++	++	+	+	+	-	-	-	-
5.	Gatra Laghavata	-	-	-	-	+	+	++	++	++	++
6.	Ashaya Laghavata	-	+	+	+	++	++	++	++	+++	+++

Before Treatment



After Treatment



Discussion –

Facet joints are lined with cartilage which not only helps ensure smooth movement between bones but also serve as shock absorbers for the daily weight and pressure that is naturally put on the spine. However, like many other joints throughout the body, facets are susceptible to natural wear and tear and can, over time, can experience cartilage degeneration. When this happens, the conjoined vertebrae can begin to rub together which can cause inflammation, swelling and other painful symptoms³.

Ayurveda diagnosis of these problems can be correlated with *Greevastambha*. All these symptoms are considered in *Nanatamaj Vatavyadhi*⁴. In this condition Vata gets aggravated due to various causes. Vitiated vata deplete Sthanika Kapha and by this dries up synovial fluid and does Shosha of capsule present at facet joint by virtue of its Ruksha, Khara and Laghu Guna and leads to pain and Sthambha. Vitiated vata produce avarana to pitta and leads to burning sensation at Paraspinal muscle.

As no specific line of treatment is described for *Greevastambha* in Ayurvedic texts, general line of management of *Vatavyadhi* adopted for the patient⁵. Mridu virechana with Gandharvahasthadi Eranda taila removed Vata Avarana and improved Vatanulomana. In this case, two types of basti were administered. Erandamuladi Niruha Basti was started as Shodhana Basti, as it is best Avaranajanya Vata Shamaka, Agni vardhaka, Shoolahara and Stambhanashak. Thus, relieved burning sensation. After three Shodhana Basti Erand muladi Kshira basti was administered as Brihmana basti. In present case of degenerative pathology, Brihmana basti helps to rejuvenation and improve quality of bone health and also overall health of patient.

Conclusion-

The case report demonstrates clinical and radiological improvement in a cervical facet joint arthropathy with *Panchakarma* and Ayurvedic medicinal interventions.

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