



## Clinical Observation on the Adverse Effect of *Panch Tikta Panch Prashritika Vasti*: A Case Report

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### Abstract

Diabetes Mellitus is metabolic disorder having bad impact on almost all the systems, organ and cells of human body, for the treatment of this disease one must plan the treatment which will correct the basic pathology, checks the complications and acts on various systems. Panchakarma therapy which is the most famous bio-purification process of Ayurveda includes *Vasti* treatment for the complete remedy of all the ailments. It is such a unique treatment which can correct the basic pathology. *Panch tikta panch prashritika Vasti* (PPP Vasti) is specifically indicated for *Prameha* (Diabetes). Hence this *Vasti* was planned in *Kala Vasti* schedule and dose was as per text, by this patient complained for burning micturition after analyzing ingredient of PPP Vasti, *Sarshapa kalka* which was used as *Kalka dravya* in the preparation of PPP Vasti thought to be a cause behind burning micturition. After reducing quantity of *Sarshapa kalka* from 40 g to 10 g burning micturition was relieved. So, the dose of *sharshapa kalka* is the main cause for the adverse effect of PPP Vasti.

**Keywords:** PPP vasti; *Kala vasti* schedule; *Sarshapa kalka*

### Introduction

Diabetes mellitus is a syndrome with disturbed metabolism and hereditary immune mediated involvement. The changing life style, lack of exercise, fast foods and sedentary habits, stress and tension are major reasons for causing fresh disease and aggravating an existing condition. Diabetes becomes worse with evident of life threatening complications like Neuropathy, Nephropathy, Retinopathy along with pathological changes that involves small and large vessels leading to myocardial problems and cerebrovascular accidents.

Ayurveda emphasizes on the radical treatment by the use of Panchakarma therapies, which are primarily bio-cleansing in nature and corrects the basic pathological factors involved in the disease and regularize metabolism. PPP Vasti was planned for the treatment of Madhumeha (Diabetes) and during this therapy a severe adversities were observed.

### Case Report

A female subject "X" aged 40 years old, house wife, admitted in IPD (registration no. 1316) in *Panchakarma* Department for the treatment of type II Diabetes (*Sthula Prameha*) in the month of June 2012.

She was obese and weighing 85 kg with BMI 37.78 kg/m<sup>2</sup>, having *kapha-pitta Prakriti*, *Madhyam sara* and *samhanan*. She was suffering from Diabetics since last one year and have associated complain of Vaginal itching, poly urea, polydipsia, heaviness of body, loss of appetite, pain in the joints, excessive perspiration, excessive sleep and lethargy. Detail of bio-chemical, haematological and urine investigations are as shown in (Tables 1 and 2) respectively.

### Treatment

*Panch tikta panch prashritika Vasti* is specifically indicated for the treatment of *Prameha* [1]. Hence this *Vasti* was selected and planned in *Kala Vasti* schedule (which consist of total 16 *Vasti* out of which 6 *Vasti* are *Niruha Vasti* and 10 *Vasti* are *Anuvasana Vasti*) with *Anuvasana Vasti* by *Triphala siddha tila taila* after proper *Sarvanga Abhyang* and *Mridu Svedana*.

### Raw material for *Panch Prashritika Vasti*

1. *Patol patra* (*Trichosanthes dioica*)

2. *Nimba twak* (*Azadirachta indica*)
3. *Chirayta* (*Swertia chirata*)
4. *Rashna* (*Pluchea lanceolata*)
5. *Saptaparna* (*Alstonia scholaris*)
6. *Sarshapa* (*Brassica comprestis*)
7. *Go-ghrita* (Cow ghee)
8. *Madhu* (Honey)
9. *Saindhava* (Rock salt)

### Preparation of *panchtikta panch prashritika vasti*

*Pancha tikta Pancha Prashritika Vasti* contain following ingredients in different proportion according to the quotation given in *Charak samhita* [1], as shown below:

*Pancha tikta Pancha Prashritika Vasti* is prepared by adding four *Prashrit* (4×80=320 ml) Decoction of *Patol*, *Nimba*, *Bhunimba*, *Rashna*, *Saptaparna* and one *prashrit* (80 ml) *Go-ghrita* with *Sarshapa kalka* (*Paste of Brassica comprestis*)

1. *Kwath* (Decoction of *Patol*, *Nimba*, *Bhunimba*, *Rashna*, *Saptaparna*) 320 ml
2. *Kalka* (*Paste of Sarshapa*) 40 g
3. *Sneha* (*Go-ghrita*) 80 ml
4. *Madhu* (Honey) 80 ml
5. *Saindhava* (Rock salt) 5 g

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**Received** June 04, 2013; **Accepted** November 25, 2013; **Published** November 27, 2013

**Citation:** Pandey RK, Bhatted S (2013) Clinical Observation on the Adverse Effect of *Panch Tikta Panch Prashritika Vasti*: A Case Report. *J Homeop Ayurv Med* 2: 139. doi:10.4172/2167-1206.1000139

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Bio-Chemical	Value	Haematological	Value
FBS	241.0 mg/dl	Heamoglobin	11.4 gm%
PPBS	265.0 mg/dl	TLC	7300 th/ml
B Urea	29.0 mg/dl	Neutrophil	55%
S Creatinine	0.7 mg/dl	Lymphocytes	38%
S Cholestrol	179.0 mg/dl	Eosinophils	04%
S Triglycerid	180.0 mg/dl	Monocytes	03%
HDL	58.0 mg/dl	Basophils	00%
LDL	85.0 mg/dl	ESR	26 mm/hr
VLDL	36.0 mg/dl	-	-

Table 1: Bio-chemical, haematological Investigation.

Urine examination	Value
Appearanace	Pale Yellow
Ph	5.5
Sp.Gr.	1.030
Sugar	4+
Protein	Nil
Ep cell	2-3
WBC	1-2
Other	Nil

Table 2: Urine Investigation.

Quantity of sharshapa kalka was calculated according to the standard Quantity of different ingredient of *dwadas prashritik Vasti* [2] i.e., for *dwadas* (12) *prashritik Vasti* it is 100 g then for *Panch* (5) *prashritik Vasti* it should be  $100 \times 5/12 \sim 40$  g.

### Preparation of Vasti

Honey and rock salt were mixed together in the beginning followed by addition of warm ghee and thoroughly triturated. The finely wet grinded paste of *Sarshapa* was then added; lastly decoction was added to it. The mixture was then again triturated thoroughly. Mixture is then filtered through sieve. The filtrate so obtained was used as *Vasti dravya*.

### Observation

For the treatment, *PPP Vasti* in *Kala Vasti* schedule was planned consisting of 16 number of *Vasti* in which first *Vasti* was *Anuvasana Vasti* (oil enema) followed by alternate administration of six *Anuvasana* and six *Niruha Vasti* (decoction enema) and lastly three *Anuvasana Vasti* were administered as shown in Table 3.

After 1<sup>st</sup> *Niruha Vasti*, patient was feeling better as heaviness of body and vaginal itching was reduced.

After 2<sup>nd</sup> *Niruha Vasti*, she complains for burning micturition which was further increased after 3<sup>rd</sup> *Niruha Vasti*.

After analyzing ingredient of *PPP Vasti*, *Sarshapa kalka* which was used as *Kalka dravya* in the preparation of *PPP Vasti* thought to be a cause behind burning micturition.

Hence, in 4<sup>th</sup> *Niruha Vasti* the dose of *Sarshapa Kalka* was reduced from 40 g to 10 g, on that day she got mild relief in burning micturition.

Hence, there after the same dose of *Sarshapa Kalka* was continued.

After 5<sup>th</sup> *Niruha Vasti*, she got complete relief in burning micturition.

On reducing *Sarshapa kalka* symptoms of burning micturition was reduced so we confirm that *Sarshapa* is the causative factor for the burning micturition.

### Discussion

Diabetes Mellitus is metabolic disorder having bad impact on almost all the systems, organ and cells of human body, for the treatment of this disease one must plan the treatment which will correct the basic pathology, checks the complications and acts on various systems. *Vasti* is such a unique treatment which can correct the basic pathology at the level of *Koshtha*, *Dosha*, *Dhatu*, nourish the body from head to toe and acts on various systems [3]. Hence *Vasti Chikitsa* was planned for the treatment of *Madhumeha*, further to have specific effect on *Madhumeha* special *Vasti* described for *Madhumeha* under the name of *Panch tikta Panch Prashritika Vasti* was selected and administered in the schedule of *Kala Vasti*, in which *Panch tikta Panch Prashritika Vasti* was administered as *Niruha Vasti* and *triphalasiddha tila tail* was used for *Anuvashana Vasti*, both *Vasti* are primarily indicated for treatment of *Prameha* (*Madhumeha* which is a type of *Vataj Prameha*).

After giving 2<sup>nd</sup> *PPP Niruha Vasti*, patient complained of burning micturition which was increased further after 3<sup>rd</sup> *Niruha* and relieved by reducing quantity of *sarshapa kalka*.

According to Acharya Bhavaprakasha, *Sarshapa* (*Brassica compestris*) have *Ushna*, *Tikshana Guna*, *Katu Rasa Katu Vipaka* and *Pitta Prakopaka*, *Rakta-pittakarak*, *Agnivardhaka* Properties [4]. So in high dose, it may increase the *Pitta Dosha* in body resulting into burning micturition. Acharya charaka also advice to use *sarshapa tail* as *pathya* in *Prameha* [5].

### New research shows that

*Brassica compestris* is having *Allyl isothiocyanate* (responsible for mustard flavor) is a strong irritant. May cause blister skin, red, burn like skin blotches, sometimes developing into ulcers. Large amounts or prolonged use of black mustard, internally or externally, can cause serious irritation and inflammation. Black Mustard must be used in small quantities and for short periods [6].

**Anti diabetic property:** In animals with experimentally induced diabetes, *Brassica juncea* powder significantly prevented the development of insulin resistance and improved serum glucose levels. Beneficial effects were also observed in rats taking an extract of *Brassica juncea* or *Brassica nigra*. Based on a review, *Brassica juncea* may possess hypoglycemic properties. In rats, *Brassica juncea* caused an increase in

Day	Type of Basti
1 <sup>st</sup>	Anuvasana Basti
2 <sup>nd</sup>	Anuvasana Basti
3 <sup>rd</sup>	Niruha Basti
4 <sup>th</sup>	Anuvasana Basti
5 <sup>th</sup>	Niruha Basti
6 <sup>th</sup>	Anuvasana Basti
7 <sup>th</sup>	Niruha Basti
8 <sup>th</sup>	Anuvasana Basti
9 <sup>th</sup>	Niruha Basti
10 <sup>th</sup>	Anuvasana Basti
11 <sup>th</sup>	Niruha Basti
12 <sup>th</sup>	Anuvasana Basti
13 <sup>th</sup>	Niruha Basti
14 <sup>th</sup>	Anuvasana Basti
15 <sup>th</sup>	Anuvasana Basti
16 <sup>th</sup>	Anuvasana Basti

Table 3: On the 5<sup>th</sup> and 7<sup>th</sup> day (2<sup>nd</sup> and 3<sup>rd</sup> *Niruha Vasti* day) adverse effect was noted.

the concentration of hepatic glycogen and glycogenesis and a decrease in glycogenolysis and gluconeogenesis [6].

### Conclusion

So, on the basis of above discussion, Sarshapa have anti diabetic effect may be due to its Agnideepan and Vata-Kapha Shamak properties but if used in excesses quantity it may result into *Pitta Prakopa* in the body due to its *Tikshana* and *Ushna* properties and that may cause burning micturition etc. This is an important observation with a clear message that Ayurvedic therapies require a careful consideration both on conventional and contemporary grounds before they can really be administered. Merely following the classical text without seeing it into the light of contemporary relevance may lead to adversities as was observed in this case or even more severe adversities.

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