



Research Article

DHANYAKA HIMA BASTI IN MADATYAYA WITH -A NOVEL APPROACH

SayaniDatta¹, Ravinder², Ashvini Kumar M³ and Lohith BA⁴

Department of Panchakarma, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital,
Hassan, Karnataka-573201, India

ARTICLE INFO

Article History:

Received 10th October, 2022

Received in revised form 2nd

November, 2022

Accepted 26th December, 2022

Published online 28th January, 2023

Key words:

Alcoholism, Ayurveda, Basti, Dahanyakahima, Madatyaya

ABSTRACT

Substance abuse is defined as a pattern of detrimental use of any substance for mood-affecting non-medical purposes, with alcohol being the most common. Alcohol is a highly potent drug that causes acute and chronic changes in every neurochemical system. The cardinal features of Madatyaya (as indicated in Ayurvedic treatises) may be seen in the context of alcoholism. Here is the case report of a 52-year-old man who visited the Out Patient Department of Panchakarma at Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan with complaints of sporadic headaches in the morning, disturbed sleep, occasional tremor, anger spells for the past one year. After thorough interrogation, he was diagnosed with a case of *Vatapittajamadatyaya*, so treatment was carried out through a novel combination of *Dhanyakahimabasti* for 11 days. Symptoms were assessed before and after treatment with CIWA scale and Insomnia screening scale which showed significant results before and after treatment. This novel combination was found to be effective in this case but to establish this modality of treatment further study should be carried out.

Copyright © All Author 2023. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Man has been consuming Madya (~Alcohol) as part of his social and cultural life for many years. Madya functions as a *Sudha* (~Nectar) if consumed in the correct manner and quantity; otherwise, it functions as *Visha*.¹ Alcohol use disorder is described by changes in behavioral and physical symptoms. In Ayurveda, alcohol-related disorders can be associated with the *Madatyaya* (~Alcoholism), which affects the *Manashika* (~humor related to mental health) and *Shareerikadoshas* and is linked to physical, psychological, social, economic, and occupational well-being. *Madatyaya* is induced by incorrect alcohol consumption and is classified as a *Tridoshajavyadhi*. *Madatyaya* (~Alcoholism) treatment in the classics comprises mostly of *Doshavsechana* (~sodhana), *Rasayana* (Rejuvenation therapy), and *Satvavajayachikitsa* (Psychotherapy).

According to the World Health Organization (WHO), the total per capita consumption of alcohol by individuals above 15 years of age is 6.2L of pure alcohol per year. It equals 13.5 g of alcohol per day. Alcohol use is highest in western states and lowers in southern states. About 70% adults with a college degree are current drinkers, compared with only 40% of those with less than a high school education.² Person who drinks an alcoholic beverage 20% absorbed in the stomach and 80% absorbed in the small intestine after intake alcohol absorption rate depends on age, sex, type of drink,

metabolism rate, etc, alcohol affects various organs of the body.³ Alcohol interferes with the brain's communication pathways, the cerebral cortex is the processing & consciousness altered, alcohol depresses the inhibitory centres, slows down the processing of information from the eye, ears, mouth, and other sensory organs, and difficult to think clearly. Alcohol affects cerebellum movement, and balance resulting in staggering, it's called "falling down drunk". If alcohol affects the medulla, it decreases the breathing rate, and body temperature, and induces excessive sleep⁴.

According to *Charaka*, after intake of alcohol it reaches the *Hrudaya* (~Heart) afflicts the ten *Guna* result of this affliction, the mind gets agitated, and so causes intoxication. The heart is the controlling organ of the channels of circulation of *Rasa*, *Vata*, etc, the *Sattva*, *Buddhi*, *Indriyas* (sense organ), *Atma* (~souls), and *Ojas* (~Immunity) get destroyed by excessive intake of alcohol. There are three different stages of intoxication caused by the intake of alcohol, During the first stage, the *Ojas* (~Immunity) is not afflicted but the heart gets stimulated, in the second stage *Ojas* (~Immunity) is mildly affected, in the last stage *ojas* entirely afflicted. In classic numbers of the *Madatyaya* (~Alcoholism) are *Vattajamadatyaya*, *Pittajamadatyaya*, *Kaphajamadatyaya* & *Sannipatajamadatyaya*. in are four in the case of *Sannipatajamadatyaya* all the three doshas are found in alcohol and its acts like *visha* (~Poison) and its caused death.⁵ In *Vataja* type of *Madatyaya* (~Alcoholism) is

*Corresponding author: SayaniDatta

Department of Panchakarma, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital,
Hassan, Karnataka-573201, India.

characterised by sing & symptoms like *Hikka* (~Hiccup), *Swasa* (~Asthma), *Shiro kampo*(Tremors in the head), *Parshoshula* (~Pain in the sides of the chest), *Anidra* (~Insomnia). *Pralapa* (~Delirium in excess). In *Pittaja* type of *Madatyaya* (~Alcoholism) is characterised by sing & symptoms like *Trishna* (~Morbid thirst), *Daha* (~Burningsensation), *Jwara* (~Fever), *Murcha* (~Fainting), *Atisara* (~Diarrhoea), *Vibhrama* (~Giddiness), *Harita varna* (Green colouration of the body), *Sweda* (~Sweating). In the case of the *Sannipatajamadatyaya*, all type sing & symptoms can occur, all three types of doshas get aggravated and last least to death.⁶

CASE REPORT

This is a case of a 52-year-old male, a business's man by profession, and a resident of Andhra Pradesh, who visited *Panchakarma* OPD with complaints of tremors in bilateral upper and lower limbs, and tongue for 15 days. He also complained of occasional headaches, sudden anger outbursts distension of the abdomen, burning sensation in the chest, tinnitus, blurred vision, and nausea every morning for 1 year. He is a known case of hypertension and bronchial asthma for 10 years and is under medication. There is a history of alcohol intake for 30 years but an excessive increase of intake of 1000 ml/Daily(Brandy) for 5 years. There is a history of disturbance in sleep and is bound to take alcohol for sleep. He found difficulty in carrying out the daily chores due to weakness and fatigue.

Systemic examination

In the abdomen examination, there was mild tenderness over the umbilical region. There was no significant history of any surgical or medical condition. When the patient came for consultation.

Diagnosis

Based on the detailed history and clinical examination it has been diagnosed as a case of *Madatyaya*.

Treatment protocol

Table 1 Different therapy procedures performed, their ingredients, and the duration

Procedure	Ingredients	Duration
<i>Sadyovamana</i> (~Medicated emesis)	<i>Saindhavajala, Yastimadhuphata</i>	1 st day
<i>Dhanyaka HimaBasti</i>	<i>Anuvasana-Kalyanakaghrita</i> <i>Niruha- honey-80ml</i> <i>Sandhava lavana-10gm</i> <i>Sneha- Kalyanakaghrita (80ml)</i>	2 nd -11 th day
	<i>Kalka-Musta (Cyperus rotundus),</i> <i>Bramhi (Bacopa monnieri),</i> <i>Yasthimadhu (Glycyrrhiza glabra)10 gms each,</i> <i>Kwatha- Dhanyakahima-400ml</i>	Modified yoga bastimethod.
<i>Shirodhara</i> ⁹ (~Pouring medicated fluid on forehead)	<i>Takra, Amalaka ((Embillica officinale),Musta(Cyperus rotundus) and Jatamamsi (Nardostacyesjatamandsi)</i> <i>Dhanyakahima 1000ml daily</i>	2 nd to 9 th day
Oral medication	<i>Guda and ghrita</i> (10gm+10gm)daily 4 times	2 nd to 11 th day
<i>Udvathana</i> ⁷ (~Hot potency power massage all over the body) and <i>Parisheka</i> (~Pouring medicated fluid on body)	<i>Tripahaladichoorna & Dashamoola Kashaya</i>	2 nd .7 th day

Table 2 Medications and therapies prescribed during discharge (12th to 40th day)

Medication	Dosage
<i>Kalyanaka ghrita</i> ¹⁰	10ml once daily on an empty stomach with <i>Ushnajala</i> as <i>Anupana</i> (adjuvant) Use for head massage twice daily
<i>Sootasekhara vati</i> ¹¹	500mg twice daily afterfood
<i>Manasamrita vati</i> ¹⁴	250 mg at night after food bedtime

Assessment criteria

Parameter	Before treatment (DAY1 st)	After treatment (DAY30 th)
CIWA scale ¹²	54	24
Insomnia Severity Index ¹³	28	13

Outcome

The patient was monitored before treatment and 14 days after therapy, i.e., "*Duigunaparihara kala*." The effectiveness of therapy was evaluated based on CIWA Scale and insomnia severity index. There were significant changes in both the scales before and after treatment.

DISCUSSION

Alcoholic drinks are made from various components with diverse Guna and Karma and are intoxicating in nature, with both good and detrimental effects. If consumed in the correct manner and dose, it acts like *amrita*; if given in excess, it acts as *Visha* (poison).

Alcohol is a potent drug that causes both acute and chronic changes in almost all neurochemical systems. Alcohol abuse can produce serious temporary psychological symptoms including depression, anxiety, and psychoses long-term escalating levels of alcohol consumption can produce tolerance as well as the such intense adaption of the body that cessation of use can withdrawal syndrome usually marked by insomnia, evidence of hyperactivity of the autonomic nervous system and feeling anxiety⁸

All varieties of *Madatyaya* (Alcoholism) are produced by the vitiation of all three doshas, and treatment should be based on the *dosha* predominance. Because this condition originates in *Kaphasthana*, treatment should focus on addressing the seat of *dosha*, hence *vamana* is the primary mode of treatment so first, we are doing *sadyovamana* for the expulsion of the *Utklishta Kapha Dosha*. There was *Vataja Kapahaja* type of symptoms present in this condition based on *Doshic* dominance, it was *Pravrit Ritu* and the patient had refused *Snehapana* (Oleation therapy), thus an attempt was made with this innovative combination of *basti*.

Dhanyakahimabasti comprises *Dhanyakahima*⁸ as *Kwatha*, *Kalyanakaghrita*¹⁰ as *Sneha Dravya*, *Yastimadhu* (*Glycyrrhiza glabra*), *Musta* (*Cyperus rotundus*), *Brahmi* (*Bacopa monnieri*) as *Kalka* along with, *Makshika* (~Honey) and *Lavana* (*Salt*) in modified *Yoga basti* schedule with *Niruhabasti* in the morning and *Anuvasanabasti* with *Kalyanaka ghrita*¹⁰ in the afternoon. The *Dhanyakahima*⁸ possesses properties like *Tikta*, *Katu rasa*, *Tridoshanasak*, *Trishnanashaka* (~decrease the thirst), *Dahanasak* (~Reduced the burning sensation), *Jwara* (~Fever), *Deepana-pachana* (~Increases metabolism), *Sodhana* (~Purification) effect and patient also having c/o burning sensation of chest, tremors in

bilateral upper and lower limbs, thirst, that's why we choose *Dhanyaka Himaas* a bastikwath.

Yasthimadhu (*Glycyrrhiza glabra*), *Bramhi* (*Bacopa monnieri*), *Musta* (*Cyperus rotundus*) *churna* are utilized as *kalkadravya* 10gm each, with *Musta* (*Cyperus rotundus*) having *tikta, katu, kasaya rasa* predominated *kaphapitta hara* property, and *Bramhi* (*Bacopa monnieri*) having *tikta rasa* prominent *vata-pitta hara* property. Here, we administered *Sadyovamana* to the patient on the first day with *Saindhavajala* and *Yasthimadhu* (*Glycyrrhiza glabra*) *Phantasi* since he has *Kapha Utkleshana Lakshana* and there were symptoms such as nausea, headaches, and coughing due to worsened *Kaphadosha*.

*Udvarthana*⁷ a *Bahirparimarjana Chikitsa*, which is performed in *Pratilomagatias Bahya Rookshana karmaitis* effected *kapha & Vata* disorder by causing liquefaction of *kapha & Meda*, promotes the metabolism.

*Takradhara*⁹ with *Amlaki* (*Emibilica officinale*) & *Jatamansi* (*Nardostacyesjatamansi*) and *Musta* (*Cyperus rotundus*) powder, in *Takradhara* aids in *Raktagatavata* (~Increase the blood pressure), *Anidra* (Insomnia), *Avasada*, *Vatapittaja disorder*, *Ojakshaya* (~ Low immunity), *Smriti Nasa* (~Loss of memory).

*Kalyanaka ghrita*¹⁰ was prescribed for *Shamannga Snehapana* and also in *Basti*. *Tridosaharagunas* are present in *Haritaki*, *Vibhitaki*, *Amla*, *Vishala*, *Sariva*, and *Kalayanaka ghrita*¹⁰ is indicated in *Meha*, *Moha*, *Gara Visha*, *Monovyadha*, *Buddhinasa*, *Smriti*, and *Ayushya*.

*Manasmrita Manasa*¹⁴ *Mitra vati* is indicated in the *Sarva Manadosha Hara*, *Buddhi*, *Unmada Nasaka* so this was prescribed.

Guda & Brita helps to improve sleep by showing effects on balancing the *Vata dosha* and increases *Kapha dosha*, *guda*, *ghrita* combination is *vatapittahara* and *sheetavirya* and *kapha karaka*. The combination contains *Madhura rasa* and helps to improve sleep by *kaphavardhaka* action.

CONCLUSION

Dhanyakahimabasti has produced significant results on *Madatyaya* (Alcoholism) parameters. Based on the findings of this clinical study, it is possible to conclude that this novel *basti* combination is an effective formulation for the treatment of *Madatyaya* (Alcoholism). The current study was conducted on a single subject. As a result, an extended study with a high sample size might be considered to verify the treatment in *Madatyaya* (Alcoholism) patients.

Acknowledgments

Authors like to acknowledge the staff, postgraduate scholars as well as therapists of the department of *panchakarma* for their support.

Conflict of interest: None declared

References

1. Acharya Jadavji Trikamji (editor). *Charaka Samhita*. Varanasi: Chaukhamba publication; 2010. P. 24/59.

2. World Health Organization (WHO) *Global Status Report on Alcohol and Health*. 2014. [Last accessed on 2017 Jan 18. Last accessed on 2018 Jul 01]. Available from: http://www.who.int/substance_abuse/publications/global_alcohol_report/msb_gsr_2014_1.pdf?ua=1.
3. Benjamin James Sadock, Virginia Alcott Sadock, Pedor Ruiz, Chapter no-20. Substance use & Addictive Disorders 20.2 Alcohol-related disorders, KAPLAN&SADOCK'S (Synopsis of Psychiatry Behavioral Sciences/Clinical Psychiatry, Publish by Wolters Kluwer (India) Pvt Ltd, New Delhi, 11 Ed, P. 624.
4. Aragon CM, Rogan F, Amit Z. Ethanol metabolism in rat brain homogenates by a catalase-H₂O₂ system. *Biochemical Pharmacology*. 1992;44(1):93-98.
5. R.K Sharma, Bhagwan Dash. *Charaka Chikitsa Sthana 24 Chapter Madatyayachikitsa Vol-4, Caraka Samhita (Text with English translation & critical exposition based on cakrapanidatta's Ayurveda dipika)* Verse 26-36, Publish by Chowkhamba Sanskrit Series Office, Varanasi 1, Edition Reprint 2016, P.390-91
6. R.K Sharma, Bhagwan Dash. *Charaka Chikitsa Sthana 24 Chapter Madatyayachikitsa Vol-4, Caraka Samhita (Text with English translation & critical exposition based on cakrapanidatta's Ayurveda dipika)* Verse 107-11, Chowkhamba Sanskrit Series Office Varanasi 1, Edition Reprint 2016, P.405-8
7. Vasant C. Patil, Principles and practice of Panchakarma, Chapter 8 Snehana Karma, Edition-Reprint, Chaukhambha Sanskrit Sansthan, New Delhi, 2017, P.-142-43
8. K.R.Srikanta Murthy, Sarangadha Samhita, Chapter 4, Him a Kalpana, Chaukhambha Orientalia, UPT third Edition, Year 1997, P.-80
9. Vagbhat, *Astangahrudaya Samhita, Sutrasthana (Gandushadi) verse-22/23, Ayurveda rasayana Sanskrit commentary by Hemadri*. In: Harishastriparadkar, editor. Varanasi: Krishnadas academy; 2000, p.301.
10. R.K Sharma, Bhagwan Dash. *Charaka Chikitsa Sthana Chapter 9, Vol 3, Unmadachikitsa, Caraka Samhita (Text with English translation & critical exposition based on cakrapanidatta's Ayurveda dipika)* Verse 35-41, Chowkhamba Sanskrit Series Office Varanasi 1, Edition Reprint 2016, P.424-25.
11. Anonymous. *Yoga Ratnakara Vol: II*. Shetty SBM editor. Varanasi: Chowkhambha Sanskrit series office. 2008. P. 97
12. http://en.wikipedia.org/wiki/cinical_Institute_Withdrawal_Assessment_for_Alcohol.11_2019_04212257-ciwa-Ar.pdf.9\08
13. https://centreforsleep.com/archive/assets/images/pdf/insomnia_Withdrawal_Assessment_guideline07.pdf, update
14. K. Nishteswar & R.Vidyanath, *Sahasrayogam*, Chapter 9 Gulikaparakarana, Edition Reprint, Chowkhamba Sanskrit Series Office, Varanasi, 2020, P.354-56
15. Arun M, A Clinical study on *Guda & Ghritaprayoga* in *madatyaya* (Pg thesis), India. Qld: Rajiv Gandhi University of Health Sciences (time), Available From: University of RUGHS Library E-Reserve, 2019
