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Ayurvedic Management of Asthikshaya– A Case Study

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ABSTRACT:

The Equilibrium of Dhatus is health and their disequilibrium is disease. Disequilibrium may be either Vriddhi or Kshaya. Asthidhatukshaya is a condition explained in Ayurveda, under the heading Asthdasha kshayas. In Asthi Kashaya there is a diminution of Asthidhatu. Here pain in Asthi, Sandhi, Dhroubalya is main clinical feature. Asthikshaya` can be well correlated with Osteoporosis in modern medicine. Asthikshaya is not a life threatening condition, rather it is a degenerative but it makes person disabled to do daily routine work and reduces quality of life. In classics we find Shodhana, ShamanaChikitsa, and Rasayana to treat the Asthikshaya. With Bastikarma and Guggululalpas which are best known for Vatashamaka, Dhatuposhaka and Vedanasthapana properties. An effort is made to manage Asthikshaya with Panchatuktaksheerabasti followed by Trayodashanga Guggulu.

Keywords: Asthikshaya, Osteoporosis, Panchatiktaksheerabasti, Trayodhashanga Guggulu.

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