



Case Study

MATRA BASTI IN THE MANAGEMENT OF KATIGRAHA

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ABSTRACT

Katigraha is one of the most common encountered diseases in present era. In this condition *Shoola* (pain) and *Stabdhata* (stiffness) is seen in the *Katipradesh* (low back). In this condition *Shuddha vata* or *Samavata* gets lodged at *Katipradesh* and produces symptoms. *Katigraha* which is correlated with lumbar spondylosis, it is a degenerative condition that effects the disc, vertebral bodies and joints associated with lumbar spine. The current case study was carried out at the department of Panchakarma Shri Shivayogeeswar Rural Ayurvedic Medical College, Hospital and Post Graduate Research Centre, Inchal. A 38 year old female patient with *Katigraha* was treated with the *Samanya chikitsa* of *Vata vyadhi* that is *Abhyanga*, *Swedana*, *Basti*, and *Katibasti*. Treatment was given for a period of 7 days. Patient got relief in pain and stiffness and also improvement in walking was seen. Clinically cardinal symptoms were significantly reduced. Radiologically spine showed improvement.

INTRODUCTION

The word *Katigraha* is formed by two words *Kati* and *Graha*. *Katigraha* is the condition of lower back region associated with pain and stiffness. *Kati* itself is one of the seats of *Vatadosha* and the root cause of disease is aggravated by *Vata*. *Shuddha Vata* dosha or *Sama vata dosha* (*Ama* associated with *Vata dosha*) afflicts *Kati pradesha* and produces symptoms such as pain and stiffness. Ageing is one of the well known risk factor of *Katigraha* as degenerative changes in the spine and disc are one of the major causes of *Katigraha*. In *Nanatamaja vatavyadhi Katigraha*, *Prista Graham* and *Sroni bheda* are mentioned as separate diseases depending on the region where pain is felt. *Acharya Charaka*^[1] and *Sharangdhar*^[2] considered it as *Nanatmaja vatavyadhi*. It is described as the separate disease in the classical texts of *Gadanigraha*^[3] and by *Shodal acharya*. According to modern science this disease is correlated to lumbar spondylosis. In this disease back pain is usually felt in the lumbosacral area and back of the

thighs. The common site of pain in the spine is intervertebral disc. Patient always complains of spinal stiffness, paraspinal muscle spasm, radiating pain to the lower extremities, difficulty in daily activities such as sitting, walking, standing, climbing etc. In modern science, if the diseases is in early stage it is managed by medications such as analgesics, anti-inflammatory, muscle relaxants, corticosteroids, epidural steroid injections etc. As these drugs have many side effects and cannot be used for long duration. When the symptoms are more, surgical treatment is advised in modern science^[4] but this also may not guarantee the complete cure of disease and regaining the previous level of activity. Ayurveda can provide a suitable treatment through appropriate *Panchakarma* modalities useful in such diseases. As the disease is associated with pain and stiffness of lumbar Spine, *Sthanik Snehana*, *Swedana* and *Katibasti* are very effective in reducing the symptoms and also increases the blood circulation. *Basti* is said to be the best treatment for all *Vataja* disorders, it is considered as *Ardha Chikitsa* by *Acharya Charaka*^[5]. So this case study is planned to evaluate the collective effect of *Samanya chikitsa* indicated for *Vata Vyadhi*^[6]. Low backache affects approximately 60% to 85% of humans during some point of their life time. As of 2023 lower back pain ranks number one is causing the disability in individuals under age 45.

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MATERIALS AND METHODS**A case report**

Name: XYZ
 Age: 38 yrs
 Religion: SC
 Occupation: Housewife
 Place: Bailhongal
 Marital status: Married
 OPD No.: 38768
 IPD No.: 4674
 DOA: 23/08/2023
 DOD: 30/08/2023
 Department: Panchakarma

Vedana samucchaya

Pain and stiffness over lower back region radiating to left leg since 7 years and increased since 2 yrs.

Unable to lift the left leg since 2yrs

Purva vyadhi vrittanta: No any relevant past medical history

Koutumbika vrittanta: All are healthy

Vyayaktika vrittanta

Aahara: Mishra Aahara
Vihara: Alpa
Nidra: Alpa
Vyasana: No any
Jatharagni bala: Madhyama
Kostha: Madhyama
Bala: Madhyama
Raja Pravrutti: Prakruta
Mutra Pravrutti: Prakruta
Mala Pravrutti: Prakruta

Chikitsa vrittanta: Patient took Allopathic treatment before approaching to our Hospital.

Samanya pareeksha**Astasthan pareeksha**

Nadi: 70bts/min
Mala: Prakruta
Mutra: Prakruta
Jiwaha: Prakruta
Shabda: Prakruta
Sparsha: Ushna
Drik: Prakruta

Aakriti: Madhyama

Vishesha pareeksha**Lumbar spine examination**

Inspection: Shape-normal

Mild swelling over the lower back

Abdominal masses-Absent and no any surgical marks found

Movement of Abdominal wall – Normal

Palpation: Tenderness- Present

Abdominal mass-Absent

Movement: Painful with Restricted movement

Aatura bala pareeksha

Prakruti: Vatakaphaja

Vikruti: Vata Kapha, Rasa, Rakta, Mamsa, Asthi, Majja, Sira, Snayu, Kandara

Sara: Tvaksara

Samhanana: Madhyama

Pramana: Madhyama

Satmya: Katu, Tikta, Ruksha

Satva: Madhyama

Aatura Shakti: Madhyama

Abhayavarana Shakti: Madhyama

Jarana Shakti: Madhyama

Vyayama Shakti: Heena

Vaya: Madhyama

Desha: Sadharana

Brief History of Case

A 38 yrs old female patient, presented with the chief complaints of severe pain at low back with pain and stiffness radiating to left leg and difficulty in lifting the left leg while walking and climbing the steps since 7 yrs and increased since 2 yrs. Patient underwent allopathic treatment before, but got only mild and temporary relief. So for further management patient came to Panchakarma OPD at Shri Shivayogeeswar Rural Ayurvedic Medical College, Hospital and Post Graduate Research Centre, Inchal.

Diagnosis and Assessment Criteria

Lumbar Spondylosis is diagnosed on the following parameters.

a) Pain at low back (*Katishoola*) – Assessed by Visual Analog Scale (VAS). 01 to 09

Assessment and Grading of Pain

Pain (VAS)	Scale	Grade
No pain	0 to 1	0
Mild, annoying pain	2 to 3	1
Nagging, uncomfortable, troublesome pain	4	2
Distressing, miserable pain	5	3
Intense, dreadful, horrible	6 to 9	4

On the day of admission, the patient was in distressing, miserable pain with a VAS Score of 3.

b) Stiffness at low back (*Katigraha*) – Assessed by grading of Range of Motion (ROM) by using the Oswestry Disability Index (ODI)

Assessment and Grading of Stiffness

Stiffness (ROM)	Grade
No stiffness	0
With upto 25% impairment in ROM of joint and patient can perform daily work without any difficulty	1
With upto 25% -50% impairment in ROM of joint and patient can perform daily work with mild or moderate difficulty	2
With upto 50% -75% impairment in ROM of joint and patient can perform daily work with moderate or severe difficulty	3
With more than 75% impairment in ROM of joint and patient totally unable to perform daily routine work	4

On the day of admission, the range of movements were restricted, the patient was with upto 50%-75% impairment in range of motion of joint and patient can perform daily work with difficulty i.e., Grade 3; on the day of admission oswestry disability index was 25 points/50%.

c) Investigation: L4 – L5 disc diffuse central and Bilateral paracentral posterior disc bulge, compromising bilateral neural foramina, indenting the thecal sac and bilateral traversing L5 nerve roots.

d) Clinical Examination: SLR Test – Positive (Lt)

Pumb Handle Test – Painful (Lt)

Flip Test – Positive (Lt)

Faber Test – Positive (Lt)

FNST – Positive (Lt)

Treatment given – Following Treatment was given

Procedure	Drug	Duration
<i>Deepana and Pachana</i>	<i>Chitrakadi vati</i> ^[6]	For 3 days
<i>Kati Basti</i>	<i>Murivenna + Ksheera bala Taila</i> ^[7]	30 mints, for 7 days
<i>Abhyanga</i>	<i>Sahacharadi Taila</i> ^[8]	30 mints, for 7 days
<i>Swedana (Baspa Sweda)</i>	<i>Balamoola Kashya</i>	Till perspiration over forehead
<i>Matra Basti</i>	<i>Guggulu Tiktaka Ghrita</i> ^[9]	For 7 days after <i>Laghu Ahara</i>

Basti was administered as follows

Day	1	2	3	4	5	6	7
<i>Basti</i> with dose	30 ml	40 ml	50 ml	60 ml	70 ml	70 ml	70 ml

RESULTS

Parameter	Observation	Observation	Improvement %
	Before Treatment	After Treatment	
VAS Score (Pain)	3	1	66%
ROM Grade (Stiffness)	3	1	66%
ODI	25	5	80%
SLR	Lt – 40°	Lt - 80°	80%

DISCUSSION

In Ayurvedic classics *Vatavyadhi* which refer to *Vyadhis* caused by the vitiation of *Vata dosha*. Most of the joint pain related conditions have been explained under the heading of *Vatavyadhi*. *Katigraha* is compared to lumbar spondylosis. *Katigraha* is not mentioned as a separate disease in *Bruhatraye's*. *Katigraha* is the condition in which vitiated *vata dosha* gets lodged in *Katipradesha* producing *Shoola* and *Stambha*. As Acharya Sushruta says without vitiation of

Vata, Shoola cannot arise. *Gada Nigraha* clearly states that *Shoola* takes place due to *Stambha* which arises by *Niram* and *Sama vayu* movement into the *Kati*. This present case of lumbar spondylosis was treated with *Samanya chikitsa* of *Vatavyadhi* including *Sarvanga Abhyanga, Bashpasweda, Katibasti* and *Basti*.

Probable Mode of Action

Sarvanga Abhyanga is the type of *Bahya Snehana*. Acharya Dalhana explains that the drug and

oil used in *Abhyanga* gets absorbed by the skin reaching the particular *Dhatu* when applied over body for sufficient time. It prevents and corrects disorder caused by vitiation of *Vata*.

Bashpa Sweda is *Saagni sweda*, Acharya Chakrapani has stated that *Sthambha* also means obstruction or block. Therefore *Swedana* not only relieves stiffness, but also clears blockage of passages. *Snigdha sweda* pacifies *Vata dosha* and relieves stiffness.

Katibasti was selected in this treatment procedure as *Kati* is the most probable region afflicted in this condition. *Katibasti* is *Snigdha* and *Saagni* type of *Swedana* which by its local effect helps in relieving *Stambha*, *Shaityata* and helps in relieving intensity of pain and stiffness. It may help in immediate relief of symptoms causing an analgesic effect. *Katibasti* is the type of *Swedana* so it induces hyperthermia which improves local blood and lymphatic circulation and hence improves local tissue metabolism. *Katibasti* also reduces inflammation by modifying secretions of various inflammatory medications, relaxes local musculature by physical effect of heat, increases the rate of transdermal drug delivery and hence reduces pain.

Basti Chikitsa is considered as an *Ardha chikitsa* and *Shrestha chikitsa* for pacifying aggravated *Vata*, so it is highly recommended and useful treatment in vitiated *Vata* disorders. Acharya Sushruta explains the mode of action of *Basti* saying that *Basti* given through rectal route gets absorbed and shows its effects all over body.

Considering overall effect of *Samanya chikitsa* of *Vatavyadhi* including *Sarvanga Abhyanga*, *Bashpasweda*, *Katibasti* and *Basti* was highly effective in treating this patient with lumbar spondylosis.

CONCLUSION

According to Ayurvedic principles patient of any disease treated with their *Dosha*, *Dhatu*, *Mala Avastha* and *Asthavidha Pariksha* definitely leads to *Upashaya*. In present case study result shows that *Guggulu Tiktaka Ghrita Matra basti* and *Kati Basti with Murivennam Tailam and Ksheerabala taila* were found to be very effective in relieving the signs and

symptoms in *Katigraha* with increased functional activities. Patient had better effect in relieving pain, stiffness and Oswestry Disability Index (ODI). Thus it can be concluded that Ayurvedic approach is better, safe, and effective treatment as compared to contemporary approach in treating painful spinal conditions. This study needs further evaluation on large number of patients.

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