



ROLE OF KATIBASTI IN THE MANAGEMENT OF KATIGATVAT – A CASE STUDY

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ABSTRACT-

In order to achieve that man has to adopt constantly busy and fast lifestyle, which has its own sequence like over duties, physical stress etc. There are supplemented by unnatural food habits, in terms of irregular timing, etc with more physical stress disturbed eating timing. All have led to increase 'vatadosha'. Katu-ras shows predominance of tej and vayu mahabhut. It shows qualities like hot, dry, and light nature. It pacifies kapha but it aggravates pitta and vata as mentioned in Ayurveda. In Ayurveda various treatments are given for vatavyadhi. Treatment like snehan, swedan, shaman, shodhan chikitsa like basti are explained by Acharya Charaka. Low back ache (Katishool) in Indian population has been found to vary between 6.2% (in general population) to 92% (in construction workers). Katibasti is treatment modality used to treat vatapradhan diseases especially with pain. Kati Basti is a modified form of *Snehana* (oleation), *Swedana* (sudation) and *Abhyanga* (massage) therapy, reports a study.

KEYWORDS- Vatadosha, Katishool, Katu-ras, Sthanik snehan, Swedan, katibasti, Case study

INTRODUCTION-

In Ayurved literature, all samhita's played an important role. So, study of ayurved samhita and siddhant [basic principle] has more importance. Katishool is a common disorder. Nearly everyone is affected by it at some time of age. katishool is usually categorized in 3 sub types i.e. Acute, Sub-Acute and Chronic. Conventially Katishool is categorized according to its duration as Acute (less than 6 weeks), Sub-Acute (6-12 weeks), Chronic (more than 12 weeks).² In modern era, human having lot of 'Ahitkarahar', and that is the major cause of all diseases. 'Katishool' is one of the leading diseases in modern era, According to samhita, Katu-ras causes Katishoolas it vitiates tridoshas. So, it is important to study relavance between Katu-ras and Katishool. Ayurvedic science is based upon tridosh siddhant that is vata, pitta, kapha. Any abnormality of singaldosha create 'nanatmajvyadhi'. 'Charak' had mentioned there are 80 nanatmajvyadhi of vatadosha. Today's fast developing world has made man to compete for a decent economic status.^{1,2,3,4,5}

तत्रादौ रसद्रव्यदोषविकारप्रभावान् वक्ष्यामः।

रसास्तावत् षट्- मधुराम्ललवणकटुतिक्तकषायाः।

ते सम्यगुपयुज्यमानाः शरीरं यापयन्ति, मिथ्योपयुज्यमानास्तु खलु
दोषप्रकोपायोपकल्पन्ते॥४॥ (च.वि. – १/४)

The individual who was working in construction area and all worker due to their work load, need of concentration in their work, they have to work continuously and this may be responsible for khavaigunya in triksandhi which will give stimulation lodge vitiated dosha that is vatadosha which will create katishool. So, we have to study the relevance of Katu-ras as a hetu of Katishool has to be study. Acharya charak explained effect of rasa on dosha.^{6,7}

दोषाः पुनस्त्रयो वातपित्तश्लेष्माणः।

ते प्रकृतिभूताः शरीरोपकारका भवन्ति,

विकृतिमापन्नास्तु खलु नानाविधैर्विकारैः शरीरमुपतापयन्ति॥५॥

(च.वि. – 1/5)

Ayurveda is the one and only medical system which gives the way of perfect living with nature. It is a Science which is developing as a result of various discussions and researches from ancient time onwards. It gives equal importance to preventive and curative aspects of diseases. The importance of Ayurveda in Global scenario is because of its holistic approach towards positive life style.

Globally, about 40% of people have Low Back Pain at some point in their lives, with estimates as high as 80% of people in the developed world. Difficulty most often begins between 20 to 40 years of age and it is more common among people aged 40 to 80 years. It is most commonly seen in those who practice sports like weightlifting, boxing, etc because of their high lumbar load. In accordance with the report of W.H.O in 2002, LBP constituted 37% of all occupational risk factors which occupies 1st rank among the disease complications caused by work and it has made the W.H.O to name the first decade of the third millennium as the “decade of campaign against musculoskeletal disorders” (W.H.O. 2005)^{8,9}

MATERIALS AND METHODS-

Katishool can be a result of conditions affecting the discs between the vertebrae, ligaments around the spine and discs, spinal cord and nerves, muscles of lower back and various other factors. Increasing age brings about inevitable changes in the structure, shape and function of the human vertebrae. This in turn leads to a progressive alteration to the shape of the lumbar discs and together with biochemical and histological change, brings about variations in spinal posture, flexibility and compliance w.s.r. to its movements.

NIDANA

In classics there is no specific Nidana has been mentioned for Katishoola. Katishoola is a Vatavyadhi, so general Nidana of Vatavyadhi can be considered as Nidana of Katishoola. Moreover, Asthi being the dhaatu involved in the pathogenesis, Nidana for Asthivaha srotodushti may act as Nidanas for Katishoola. Katishoola being a Vatavyadhi is characterized by ruja and stabdhata in katipradesha. These symptoms manifest in a clear and distinguishable form from its vague and mild form in poorvaroopavastha. The term Katishoola itself is self-explanatory pointing out the characteristic feature of graham or stiffness. The condition is such that the movements at the katipradesha or low back region are hampered preventing the person from performing his day to-day activities.¹⁰

Objectives

To study the effect of katibasti in management of katishool.

Case report

A 45 years male patient teacher by profession came with chief complaints of katishoola (pain in lumbar region) and radiating towards both legs (left keg ++), katistambha (stiffness at lumbar region), ubhaya hasta pada chimchimayan (tingling sensation over both upper and lower limbs), sakashta chankraman (difficulty in walking) since 4 months. Also complaining of asamyaka malapravartana.

History of present illness

The patient was alright before 1 year, then he had severe pain in lumbar region, slowly it radiates towards lower limb followed by tingling sensation. He had stiffness at lumbar region and also at lower limbs. He had tried modern medicines like pain killers at private hospital, but got no relief and symptoms aggravated in the past 8 days. So, for further treatment he came to our college panchakarma opd, Satara.

Personal history

- Occupation- teacher
- Addiction- Nill
- Examination

Vital of the patient were in normal limits.

Systemic examination -

RS	Aebe Clear
CVS	S1S2 N
CNS	Conscious oriented.
P/A	soft

Ashtavidh parikshan -

Nadi	Vataj
Mala	Samyak
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushna Sheeta
Jivha	Ishad sama
Druka	Prakrut
Akruti	Madhyam

Dashavidha parikshan -

Dushya	Asthi, Sandhi, Mansa
Desh	Sadharan
Bala	Madhyam
Kala	Varsha ritu
Agni	Vishamagni
Prakruti	Vata-Pittaj
Vaya	Madhyam
Satmya	Madhyam
Satva	Madhyam
Ahara	Mishra

Nidan panchak -

Nidan- Long hours of sitting and working, heavy weight lifting.

Poorvarupa- Stambha at kati pradeshi

Rupa- Low back pain radiating pain from lumbar region to lower limb, left limb ++,
Difficulty in walking and tingling over both legs.

Upashaya- Resting in supine position.

Anupashay- Walking, Bending

OBSERVATION AND RESULT

After treatment there was significant relief in katishoola, katistambha, chimachimayan and sakashta chankraman .

Treatment given

Sthanik Snehan	Nirgundi Taila
Sthanik Swedan	Nadi Sweda
Kati Basti	Narayan Taila

External therapy

Sthanik Snehan, Swedan for one day.

Followed by Katibasti for 7 days.

Internal therapy- for 15 days.

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Drug name	Dose	Anupan
Pancha Tikta Ghrit Guggula	1 BD	Koshna jal
Saptamruit loha` Vati	1 BD	Koshna jal
Gandharva Haritaki Churna	5 gm. HS	Koshna jal

MODE OF ACTION- KATI BASTI

Improves Blood Flow

Medicated sesame oil is commonly used as a base oil in Kati Basti. When the warm medicated oil is poured on the back, blood flow towards the back increases.

Such a flow of the nutrient and oxygen-rich blood towards the back soothes the back and helps in relieving the pain.

Heat from the warm oil stimulates the sensory receptors in the back and lowers the transmission of pain signals to the brain. This reduces the discomfort associated with back pain.

Continuing this procedure for 14-21 days definitely reduces the pain without causing any side-effects.

Reduces Inflammation

Spondylitis and lower back pain are associated with inflammation. This inflammation causes stiffness and pain.

Studies have reported that inflammation of the sacroiliac joints and lower spine is commonly seen in patients with ankylosing spondylitis.

During Kati Basti, when the warm oil is poured on the back, it reduces the chemicals, which produce pro-inflammatory compounds. Such a drop in the levels of inflammation relieves stiffness and muscle spasms.

Helps in the Removal of Toxins

Toxin overload is implicated in the onset of lower backache and lumbar spondylosis. Accumulation of the toxins over a period of time, give rise to chemical substances that cause pain and spasms in the back.

Studies have found that Kati Basti provides excellent benefits and relieves spondylosis in older adults. In Kati Basti, the warm oil is poured and allowed to stay at the lumbar part of the body for 45 minutes.

According to Ayurveda, due to the heat of the oil, vitiated Vata dosha becomes pacified. This increases the blood flow towards the lumbosacral region and helps in flushing out the pain-producing biochemical substances or the vitiated Dosh.

This helps in relieving the painful spasms and reduces the stiffness too.

Strengthens the Back Muscles

One interesting study found that Narayana Oil when used in Kati Basti procedure, helped in reducing musculoskeletal conditions related to the back.

This amazing ayurvedic oil is made using various powerful and healing herbs, which are natural and have no side-effects on the body.

Narayana oil provides good nutrition to the affected area. Kati Vasti increases the tone of the muscle tissues and spinal muscles.

This procedure balances the vata dosha, which is otherwise aggravated. Hence, Kati Basti strengthens the back muscles and reduces the irritating symptoms associated with back pain.

It improves the flexibility of the back muscles as well as the movement of the back.

It is Cost-Effective

In today's time, cost-effective treatment is the biggest benefit. Kati Basti is an affordable procedure. Spine surgeries and modern treatment used to treat back pain are expensive. You do not need to spend a big amount to get rid of pain and stiffness. But, this natural method is easy.

PROCEDURE OF KATIBASTI-



DISCUSSION-

- Nidan-Dominant Rasa: Katu-Tikta-Kashaya Rasa Pradhana and Ruksha, Laghu, Shitadi Guna Pradhana Ahara. This dietary habit might have hampered the digestion process and provoked Vata Dosha. According to literature the inefficient metabolism converts fruit acids (sour tasted) partly into energy, the rest forms lactic acid. Acids liberate histamine, which in turn causes swellings and strong inflammatory reactions.
- Diwaswapna: Daytime sleeping increases Kapha and Meda in the body. It is one of the prime causes for weight gain and Agnivaishmya, which is considered as a risk factor for Katishoola.
- Manasika hetu: Stress and depression can also directly be provoked pro-inflammatory cytokine production in absence of infection or injury which may aggravate the pathogenesis.
- Vegasandharana: Vegavidharana is one of the cause of Vata Vyadhi that vitiates the Vata Dosha and initiates the lumbar pain.
- Agantuja Nidana: Major trauma and repetitive stress causes damage to articular cartilages and other structures. Previous history of trauma may also trigger the process of degeneration in later life.
- All Vataprakopaka Nidanas and Dhatu Kshaya in Vardhakya Avastha (Old age) are responsible for Katishoola. The physical activities like Pradhavana (excessive

physical labor) and Abhighatas due to Prapatana (fall), Marma Abhighata (injury), Dukha Shayya (faulty bed) and Dukha Asana (faulty position) are being considered as Vataprakopaka Nidanas for

- Katishoola. Due to exposure of these Nidanas, vitiated Vata Doṣha is localized at Katipradesha and reduces functions (Karma Hani) of the Kati Sandhi. Simultaneously Kaphavrita Vyana Vayu restricts the Rasa Rakta Samvahana (Blood circulation). There by the process of getting nutrition and waste removal is hampered. Gradually nucleus pulposus loses its normal water imbibing abilities & it can be correlated with decrease of Shleshaka Kapha between the Sandhi due to increase in Ruksha property of Vayu.
- Kati Basti is a method in which medicated oil is poured over the lumbosacral region. A circular-shaped ring is made of black gram paste or mixed with wheat paste. The poured oil is then allowed to stay in this circular-shaped ring of flour paste at a specific temperature. This process is usually carried out for 45 minutes every day for at least two weeks.
- The type of medicated oil used for the treatment of backache depends upon the condition of the disease, season or weather.
- Katishoola (Low backache) : In Katishoola, the aggravated Vata Dosha might have provoked disturbed function of Katisandhi at the onset and started process of Asthikshaya. Shoola is developed due to compression or irritation of spinal nerves of lumbar spine which is cardinal symptoms of Vatavyadhi that brought the patients towards physician.
- Kati Stambha (Stiffness) : Due to predominance of Shita Guna of Vata and Kapha, the movement of Katisandhi is restricted the Stambhana activity was found more at early morning. It could be possible due to stimulation of nerve endings at Katipradesha. It might be due to pain; patient restricted the movement which may lead to stiffness of that region. Kati Suptata (Numbness): It might be possible due to Shita and Ruksha properties of Vata
- Dosha which obstructs the Vatasamvahana Nadi. That's why, the process of feeling of sensation is hampered in elderly age. The increased level of Vata Dosha may augment its pathology.
- Numbness is occurred when nerve roots of lumbar joint is fully compressed.

- Akunchana Prasarana Pravrutti Savedana (Restriction of movements): In chronic stages of katishoola, aggravation of Vatadosha due to Dhatukshya may lead to improper joint nourishment & may cause discomforts in the joint mobility. Also due to Margavarana Janya Samprapti,
- Vikruta Kapha Avarita Vata might be hampered the normal Rasa Rakta Samvahana at Katipradesha and caused for improper joint nourishment and loss of structural arrangement of lumbar joint. The pain and restriction during flexion and extension may be due to compression of nerve roots and stretching of muscles.
- DISCUSSION ON APPLIED ASPECTS OF LUMBAR VERTEBRA W.S.R TO KATI SHOOLA -
- Ruja or pain is confined to the katipradesha or the Lumbo sacral and sacroiliac region only. Pain can arise due to the vitiated vyaana Vata, which dries up the shleshaka Kapha in the joints creating friction. If the vitiation is due to any abhighaata pain can manifest because of injury to the sandhi as well as the surrounding structures. Radiation of pain towards the lower limb is not seen in a typical case, but can be found in few low back disorders where there is a defect in the Inter vertebral discs, which is giving tension to a nerve root passing out. It can be seen in spondylosis, spondylolisthesis, spondylitis, disc herniation, etc
- Stambha: The characteristic feature of Katishoola is Stambha or stiffness at the katipradesha. This can be taken as Stabdghata due to ruksha, khara and sheeta guna of vata as in niramaja Katishoola The vitiated vata when it takes ashraya in katipradesha it leads to the shoshana of the shleshaika kapha present in the sandhi. The shoshana of shleshaka Kapha leads to the hampered functioning of the joints preventing all the movements at the katipradesha. Thus, the movements at the Lumbo-sacral region like flexion, extension, lateral flexion and rotation are hampered either completely or partially. It can be seen in sacralisation of fifth lumbar vertebra etc.

CONCLUSION-

- Prevalence of lower back pain is 42% in India. More than 60% of which are women.
- There are various causes of lower back pain most common of which are excessive intake of katu rasa, Constipation, Mutravarodha, standing for a long time, arthritis etc.
- This particular study aims to find out relevance between excessive intake of katu rasa and Katishool.
- 58% of patients have as a hetu o excessive intake of katu rasa Katishool according to the criteria in this study.
- No patient has only excessive intake of katu rasa as a hetu of Katishool. All have some other hetus with. excessive intake of katu rasa
- Therefore, excessive intake of katu rasa Viprakrushta hetu as well as abhyanter hetu and Vyanjaka hetu of Katishool.
- Injury to the Chestavantha Sandhi's in kati pradesh will lead to excessive increase in severe pain, inflammation, debility, breaking pain and even loss of function of joints.
- Ruja, Stambha, Khanjata, Shopha, Asthi vikruthi lakshana's are seen in the Kati Sandhi during trauma, sports, routine work injuries are due to the involvement of structural changes in lumbar vertebrae which were identified by the radiological findings.
- Katishoola most often begins between 20-40 years of age and it is more common among people aged 40-80 years . Degenerative changes are more likely to occur in women as compared to men. Intervertebral discs are thickest in the cervical and lumbar regions, where the movements of the vertebral column are greatest.
- Katibasti reduces katishool.

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