

**ROLE OF *TIKTA KSHEER BASTI* AND *AJASTHI BHASMA* IN THE MANAGEMENT OF *ASTHI KSHAYA JANYA KATIGAT-VATA* W.S R TO DEGENERATIVE LUMBAR SPONDYLOSIS-A CASE STUDY**¹Sonal D Wankhede, ²Nitesh K Kamble

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**ABSTRACT**

Lumbar spondylosis or lumbar osteoarthritis of spine produces low back pain radiating towards the gluteal region of the leg and further towards the great toe. Symptoms include pain, stiffness, tingling numbness, weakness of the adjuvant muscles, difficulty walking, lifting heavy objects, etc. These symptoms are mainly due to the degenerative osteoarthralgia of the joints between the centre of the lumbar vertebrae and the neuralforamina, that leads to narrowing of the space between the two adjacent vertebrae. In Ayurveda, LS or Low Back Pain can be Correlated to ;Katigat Vata and can be included in 80 types of Nanatmaj Vikaar. Although, the description about Katigat vata is not available as a separate entity Ayurveda provides miraculous treatment through Panchkarma (purification of the body). Hereby presenting a case of 52 years old female who visited our institute i. e Shri K R Pandav Ayurved College and Hospital with the presenting complaints of katishool (low back ache), Sakashta Chankraman (Difficulty walking), Pain radiating towards back, numbness in the joints. Also, she was also experiencing Vertigo and giddiness after standing or sitting for a longer duration. After consulting an orthopedic surgeon, MRI Lumbar Spine was done which reported Degenerative changes with Osteoporosis at the L5-S1 Vertebrae level with nerve Compression. She was advised to take analgesics and anti-inflammatory drugs regularly for initial period followed by occasional use when required. The case was examined thoroughly and with the written consent of the patient, she was decided

to undergo Ayurvedic panchkarma therapy along with Shaman Aushadhi. The treatment schedule of 2 months was planned to include two therapy sessions of Panchtikta Ksheer basti and kati basti regularly for 60 days with one weekly off. Along with the therapies, patient was also advised to take Ajasthi Bhasma throughout the treatment schedule without any interruption. No specific dietary regimen was advised during the whole treatment procedure. Ajasthi bhasma along with tikta ksheer basti and local kati basti serves as a complete combination therapy in case of degenerative lumbar spondylosis and can be utilized in treating several cases where asthi kshaya and vata dosha are involved.

Keywords: Tikta ksheer basti, Ajasthi Bhasma, Katigata Vata, Degenerative Lumbar Spondylosis.

INTRODUCTION

Lumbar spondylosis or osteoarthritis of the lumbar spine is a term with many definitions. Terminologies like lumbar osteoarthritis, disk degeneration, degenerative disk disease, and spondylotic changes are used to describe anatomical changes in the vertebral column and the intervertebral disc spaces that may be associated with clinical pain syndrome. (Patients with lumbar spondylosis complain of a broad variety of symptoms including discomfort in the low back lesion, whereas some of them have radiating leg pain or neurologic intermittent claudication (lumbar spinal stenosis). The majority of patients with spondylosis and stenosis of the lumbosacral spine can be treated non-surgically.) Despite the high prevalence of low back pain in the general population, the diagnostic approach and therapeutic options are diverse and often inconsistent resulting in rising costs and variability in the management throughout the country. In India, low back pain affects approximately 60-80% of adults at some point in their lives. Fortunately, 90% of patients have mild and subsiding symptoms. Men appear to have more degenerative changes than women. Recent studies have shown that lumbar spondylosis increases with age before 50 years and decreases with age after 50 years.

What is Lumbar Spondylosis?

Lumbar spondylosis or lumbar osteoarthritis of the spine produces low back pain radiating towards the gluteal region of the leg and further towards the great toe. Along with this, other symptoms include pain, stiffness, tingling numbness, weakness of the adjuvant muscles, difficulty walking, lifting heavy objects, etc. These symptoms are mainly due to the degenerative

osteoarthralgia of the joints between the centre of the lumbar vertebrae and the neural foramina, which leads to the narrowing of the space between the two adjacent vertebrae and compression of a nerve root emerging from the spinal cord which may result in Radiculopathy. (i.e. sensory and motor disturbances.) The lumbar spine carries most of the weight of the body and therefore lumbar spondylosis affects activities like walking, standing, lifting heavy objects, etc. after a long period of time. If we take a glance at the major risk factors of the disease, Age, gender, and occupation are the major contributing factors to the cause of the disease. However, we cannot neglect the fact that Stress is the main key factor contributing to LS. Also, overuse of the joint, metabolic disorders, hyperparathyroidism, Hypertension, Diabetes Mellitus, and Obesity add to the risk factors of the disease. In Ayurveda, LS or Low Back Pain can be correlated to 'Katigata Vata'-which can be included in 80 types of Nanatmaja Vikaar. Although the description of *Katigata vata* is not available as a separate entity in any of the ayurvedic Samhita Granthas, it is mentioned only as one of the pure *Vata Vyadhi* in *Charak Samhita*. Ayurveda provides miraculous treatment through Panchkarma (purification of the body), *Shamana*, *Rasayana*, *Agnikarma*, etc. Also, *Basti* stands as the main line of treatment for this type of vataj ailment in this holistic therapy. Also, Ayurveda mentions '*Asthi Prodoshaja Vikaar*' and has stated its treatment with the help of '*Ksheer Basti*' processed with '*Tikta Dravyas*' containing ghritha. The proper medicinal term used for this basti is '*Panchtikta Kshira Basti*'. It contains especially Tikta Rasa

which has the properties of *Deepana, Paachana, Shodhana, Lekhana, Kleda-Meda-Vasa Upashoshana*, etc. Hence, tikta rasa processed with milk can be definitely used to treat *Ashti Pradoshaj Vikaar* like Katigata Vata. Hence, the article presented here is a genuine attempt to manage lumbar spondylosis i.e Katigata vata by using ayurveda principles and its treatment in spite of using non-steroidal anti-inflammatory drugs (NSAID'S), analgesics, and other Cortico-steroids generally causing a large number of side-effects.

CASE REPORT

Hereby presenting a case of 52 years old female who visited our institute i. e Shri K R Pandav Ayurved College and Hospital with the presenting complaints of Katishoola (low back ache), Sakashta Chankraman (Difficulty walking), Pain radiating towards her back, numbness in the joints. Also, she was also experiencing Vertigo and giddiness after standing or sitting for a longer duration. After consulting an orthopedic surgeon, MRI Lumbar Spine was done which reported Degenerative changes with Osteoporosis at the L5-S1 Vertebrae level with nerve Compression. She was advised to take analgesics and anti-inflammatory drugs regularly for the initial period followed by occasional use when required. She was also advised to undergo physiotherapy sessions for 15 days. Other investigations included Hemogram, ESR, LFT, KFT, Lipid Profile, Thyroid profile, etc. were within normal limits. General and clinical examination of the patient revealed the following investigations:

1. Blood Pressure-130/80mm Hg
2. WEIGHT-62.8kg
3. Pulse-72/min
4. Pallor-Present

II) Systemic Examination:

- CVS-S1S2 Normal
- CNS-Well oriented and conscious
- RS- AE=BE & CLEAR

1. Per Abdomen-soft and not palpable

The case was examined thoroughly and with the written consent of the patient, she decided to undergo *Ayurvedic panchkarma* therapy along with *Shaman Aushadhi* for a period of 3 months.

ASSESSMENT CRITERIA:

Objective Criteria: Bone mineral Density

Subjective Criteria: Classical symptoms of Katigata Vata

PLAN OF WORK-

The treatment schedule of 2 months was planned to include two therapy sessions of Panchtikta Ksheer basti and kati basti regularly for 60 days with one weekly off. Along with the therapies, the patient was also advised to take Ajasthi Bhasma throughout the treatment schedule without any interruption. No specific dietary regimen was advised during the whole treatment procedure.

THERAPY SESSION NO 1. Panch tikta Ksheer basti
Ingredients:

- *Makshika-60 ml
- *Saindhav Lawan-5g
- *Goghruta- 100ml
- *Panch tikta Kalka-(Vasa, Neem, Kantakari, Guduchi, Patola)-each 4gm
- *Godugdha-200ml

TREATMENT PROTOCOL:

1. **Ama Pachana: Panchakola Churna** - 3gm bd with warm water for 3-5 days
2. **Snehana (Abhyanga): Ksheera Bala Taila** - All over the body.
3. **Swedana: Nadi Sweda** - All over the body
4. **Basti: Tikta Ksheera Basti** - In Kala Basti schedule (16 days)

Anuvasana Basti: -Pancha Tiktaka Guggulu Ghrita 1 Prasarita (80ml). -Saindhava Lavana 1 Aksha (10gms). -Shatapushpa Churna 1 Aksha (10gms).

Asthapana Basti: -Makshika 1 Prasarita (80ml). -Saindhava Lavana 1 Aksha (10gms). -Pancha Tiktaka Guggulu Ghrita 2 Prasarita (160ml). -Puto Yavani Kalka 1 Prasarita (80gms). -Godugdha 4 Prasarita (320ml)

The treatment Procedure was planned considering the pure vitiation of Vata i.e Vata Dushti and Ashthi dushti including Katigata Vata. The patient was given **Tikta Ksheer Basti for consecutive 16 days along with kati-basti by Murivenna Taila and Shaman Aushadhi** for a period of 60 days. During the treatment Protocol, no special pathya Apathaya was advised to the patient.

Panchkarma Treatment Schedule

Sr. No	THERAPY	DOSE	KAAL	DURATION
1.	Panchtikta Ksheer Basti	360ml	Once in the morning	15 days
2.	Kati Basti by Murivenna Tail	60ml	Once in the morning (for 15 mins)	60 days
3.	Shaman Aushadhi: Cap. Ajasthi Bhasma	500 mg	BD with milk	60 days

OBJECTIVE ASSESSMENT

Bone Mineral Density (T-Score): WHO Criteria for assessing osteoporosis 15: Normal - 't' score greater than -1; Osteopenia - 't' score between -1 to -2.5; Osteoporosis - 't' score less than or equal to -2.5 and severe osteoporosis - 't' score less than -2.5 with fracture

SUBJECTIVE ASSESSMENT

1. KATI-SHOOL (LOW BACK PAIN)

1.	No Pain	Grade 0
2.	Mild Discomforting Pain	Grade 1
3.	Distressing Pain	Grade 2
4.	Horrible Pain	Grade 3

2. SPARSHASAHYATA (TENDERNESS)

1.	No Tenderness	Grade 0
2.	Mild Tenderness Without Any Suuden Response on Pressure	Grade 1
3.	Wincing of Face on Pressure	Grade 2
4.	Wincing of Face and Withdrawl of Affected Part on Pressure	Grade 3

3. DAURBALYA (GENERAL DEBILITY)

1.	No Dourbalya	Grade 0
2.	Not Able to Perform Strainous Activity -	Grade 1
3.	Not Able to Perform Moderate Activity	Grade 2
4.	Cannot Perform Mild Activity	Grade 3

Observation And Results

Sr.no	Parameters	Before therapy (Day 0)	After therapy (Day 15)	After therapy (Day 30)	After therapy Day 45	After therapy Day 60
1.	Kati-Shool (low back pain)	+++	++	++	+	+
2.	Sparshasahatva (tenderness)	+++	+++	++	++	+
3.	Daurbalya (general debility)	+++	++	+	+	-
4.	Tingling numbness	+++	++	++	+	-
5.	Sakashta Chankraman (Difficulty walking)	+++	++	++	+	-

DISCUSSION

Probable mode of action of Tikta Ksheera Basti:

The Virya of Basti dravya, because of its Anupravana

Bhava is transmitted all over the body by the Apanadi Vatas and thus has a systemic effect. This Virya of the basti dravya extracts the morbid doshas from all parts

of the body i.e., Charaka and Hemadri have said that basti is useful in Kshina Dhatus and Bhagna (fractures) of the Asthi and Sandhi. Basti is called the 'Ardha Chikitsa' - half of the whole treatment and some call it the 'Sampurna Chikitsa' i.e., the whole treatment.

a) **Ama Pachana:** To clear the obstruction (Sanga) in Asthivaha srotas caused by Ama and to combat the other lakshanas of Ama, Ama pachana was done with Panchakola churna. When Amapachana is achieved (Pakat), the Sroto Mukha becomes clear, and the stage is set to bring back the vitiated Doshas from Shaakha to Koshta.

b) **Snehana-Swedana:** Sneha is said to reach the Asthi Dhatu by performing Abhyanga for 800 Matra Kala for approximately 15 minutes²⁶. Sneha enters the body through minute pores of the skin by the virtue of its Anupravana Bhava. **Swedana:** Swedana also pacifies Vata especially, when performed after Snehana. If Swedana is done after proper Snehana, it liquefies the Doshas which obstructs the minute channels. Hence, by the combined effect of Amapachana, Snehana and Swedana the morbid Doshas are brought to Koshta.

Basti: Tikta Ksheera Basti is given to expel these Doshas from the body and to nourish the Kshina Asthi Dhatu. The Basti contains Ksheera, Ghrita, Madhu, Guggulu, and Tikta Dravya as its main ingredients. The prepared Basti Dravya is Madhura (64.77%) and Tikta Rasa (21.43%) Pradhana. The percentage of Madhura and Tikta Rasa in Anuvasana Basti is 27.43% and 60.15% respectively. The percentage of Katu Rasa in Niruha and Anuvasana Basti is 5.25% and 2.04%. If we analyze the Panchabhoutikam composition of Madhura, Tikta, and Katu Rasa it is Prithvi + Jala, Vayu + Akasha, and Agni + Vayu respectively. Hence, the total Panchabhoutikam composition of Basti Dravya is similar to the Asthi Dhatu and hence nourishes the Asthi. Also, Cow's milk is the richest natural source of calcium present on earth. The ratio in which calcium and phosphorus are present in cow's milk is ideal for their proper absorption & assimilation and consequently for bone formation along with vitamin-D₂₂. Vitamin-D present in cow's milk helps in bone formation by maintaining the proper levels of

calcium in the blood along with the parathyroid hormone.

Ajasthi Bhasma is Samana Dravya of the Asthi Dhatu. By the chemical analysis of Ajasthi Bhasma, we find that it contains 51.66% of Calcium and 18.59% Phosphorus as phosphate. Calcium and phosphate may combine to form calcium phosphate which is the major component of a bone mineral complex called hydroxyapatite. It is having Madhura in Rasa and Vipaka, Ushna, Sukshma, Vyavayi Guna and has Ushna Virya.

CONCLUSION

Tikta Ksheer Basti including Amapachana and Snehana-Swedana is significantly effective in reducing the degenerative changes occurring at the L5-S1 level of the lumbar area reducing symptoms, especially Katishoola, Daurbalya, and Sparshaasahatwa. Kati basti by Murivenna tail is quite beneficial in improving symptoms of low back pain i.e. Katishoola and in improving difficulty walking and tingling sensations. Ajasthi bhasma along with tikta ksheer basti and local kati basti serves as a complete combination therapy in case of degenerative lumbar spondylosis and can be utilized in treating several cases where asthi kshaya and vata dosha are involved. Randomized controlled trials are the future scope of the study.

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