



SHANKHAPRAKSHALAN KRIYA(VAMAN DHAUTI) IN THE MANAGEMENT OF AMLAPITTA JANYA(INDUCED) KATIGAT VATA W.S.R TO LOW BACK PAIN (LBP)- A SINGLE CASE REPORT

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ABSTRACT

In Today's trendy era of body building and body fitness, where people are fitness freak and focusing on their health, a paradoxical condition is observed which can be broadly termed as chronic low back pain, low back pain (lbp) is a primary public health concern globally. Lower back pain is very common can result from a strain (injury) to muscles or tendons in the back. Other causes include arthritis, structural problems and disk injuries. But above all, LBP has turned out as an outcome of the muscle complication in People experiment with their body, exercising in the gym with heavy workout and with different diet plans. Hereby presenting a case study of a 29-year-old male patient, lean built since childhood, with moderate body mass index (BMI), with presenting complaint of pain in low back area with stiffness, difficulty in forward and backward bending and rigidity in movements, symptoms were assessed accordingly and the case were diagnosed as LBP. Also, the patient suffered Digestive issues as such sour belching, anorexia, and indigestion. A contemporary treatment schedule was planned which include vaman Dhauti(shankha prakshalan kriya) and til tail kati basti along with shaman chikitsa included Maharasnadi kwath and Avipattikara churna and Sutashekhara rasa fora period of 1 month .The cause of slow

digestion cured with the help of Vaman Dhauti (Yogic therapeutic self-induced emesis) that helped in body detoxification. Drug therapy with dos and don'ts were advised for 30 days, which subsided Pitta vitiation and increased appetite by increasing digestive fire. After that, the patient needs to take more quantity of food but should be balanced, so a diet plan, Yoga, and Pranayama were explained for the next 60 days. The result was a remarkable improvement in subjective symptoms of low back pain along with significant change in patients digestive issues. The combination of Yogic procedures (an easier method for the cleansing body) with Ayurveda principles results in remarkable improvement without adverse effects. This study has a unique intervention; where there is a need to detoxify their body first for a better relief, then the medication will work out, which needs to be studied on a broader scale.

Keywords: low back pain (lbp), vaman Dhauti, detoxification, yogic procedures

INTRODUCTION

The description about is *Katigat Vata* is not available as a separate disease entity in any Ayurvedic text. It is mentioned as one of the *Vatavyadhi* in Charak Samhita (Eighty *Nanatmaja Vatavyadhi*). Many of the people experience Low back pain at certain point of time in their lifetime. Low back pain is a very common health issue worldwide and it is a major cause of disability. Low back pain affects population of all ages and it is the fifth most common reason for physician visits. Low Back pain occurrence is increasing day by day due to sedentary life style and unhealthy work patterns; Low back pain usually originates from the nerves, muscles, bones, joints and other structures in the spine. It is the pain localized to lumbar spine or pain radiating from lumbar spine to lower limbs. The lumbar region is the work house of our spine and it bears most of body weight and support the entire body. Hence the vertebrae of this region are stronger and heavier compared to other regions of spine and also more prone for pain and discomfort. *Kati Shoola* is a disease which is mainly caused by vitiation of *Vata Dosh*. Some ancient texts also describe *Kati Shoola* as a symptom of some disorders such as *Kati Graha*, *Trika Graha*, *Prushta Graha*, *Kati Vayu*, *Trika Shoola*, *Prushta Shoola*, *Vataja Shoola*, *Trika Vedana*, and *Gridrasi Vata*. It occurs most often in the lumbar spine and produces symptoms such as pain in the low back, thighs, and/or legs, which radiates into the buttocks, muscle spasms, leg pain, or weakness, tight hamstring muscles, and ir-

regular gait can be seen. This condition can be correlated with *Katigat Vata*., Anti-inflammatory agents, Corticosteroids, Muscle relaxants, Calcium and Vitamin D supplements, Lumbar Belt, Traction, and Physiotherapy to offer. But, these drugs have obvious side effects which limits their use for long period. LBP has turned out as an outcome of the muscle complication in People experiment with their body, exercising in the gym with heavy workout and with different diet plans. Different diet plans and faulty food habits in young generation individuals have given rise to different digestive issues and GI Disorders. Among which amlapitta is one such digestive issue. *Amlapitta* is one of the most common lifestyle disorder which leads to many complication like ulcer, gastritis, anemia, IBS, and malabsorption etc. The burden of lifestyle disorders is rapidly increasing worldwide. In spite of many available drugs in market there is no significance reduction in the prevalence and Incidence of this illness which remarkably emphasis on the need of novel approaches in combating those illnesses. According to Kashyapa, Vidagdha Annarasa staying in Aamashaya attains Shuktata and produces Amlapitta. Nidana pertaining to Amlapitta are explained in the different classics along with their treatment modules. Thus, hereby we come up with such a case where the patient has amlapitta as a complication of amlapitta, patient is suffering from spinal flexibility issues which can be termed as Shakhagat vata. Vaman Dhauti is an important Shatkarma or Shat-

kriya which has been a very effective in the management of amlapitta and removal of doshas (body humours). The yogis devised it as a means of systematic cleaning of the alimentary canal. It is intended mostly for the cleansing of the digestive tract. Hence, this small case study is a genuine attempt to see the role of vaman Dhauti along with ayurvedic classical medicinal formulations in the management of amlapitta janya Katigat vata with special reference to Low back pain(LBP).

CASE REPORT

A 29-year-old male, who attended the Outdoor Patients Department of Swasthyarakshanam Vibhag of our institute with major complaints of low back ache with restricted movements in forward and backward bending along with digestive symptoms such as indigestion, udgara(belching), nausea, Shirshool(mild headache) and (hrit-daha)heart burn. The patient was assessed clinically and was diagnosed as a case of amlapitta janya (induced) low back pain. he had a 6-month chronic history of progressively increasing pain in left lower back and both buttocks with gradual increase in symptoms like Shirshool, indigestion, anorexia etc. He was an otherwise healthy student, capable of doing heavy work but was continuously spending time sitting and having a sedentary lifestyle. He had no history of trauma and his symptoms have increased gradually. On physical examination, Patient had little discomfort in buttocks on turning to the lateral side. Straight leg raising test was negative in both legs. he could flex the body forward up to 5°. Motor and sensory functions were normal in right and left legs and both deep and superficial reflexes were also normal. All details of the patient including present history, past history, treatment history, dietary habits, lifestyle, and addictions were recorded before the treatment. Necessary examinations and X-rays in lumbo sacral region were done and findings were recorded. Patient was kept on a normal diet without any specific restrictions and with prior consent of the patient, he was advised with a proper treatment plan including shodhan procedures and shaman aushadhis with a specific dietary regime.

Therapeutic Intervention: The intervention was done in three phases. First, *Vaman Dhauti* was given to the patient which was carried out for first seven days followed by kati basti with til-tail and medicinal treatment was advised for the next 30 days followed by yoga , pranayama and meditation until a state of normal digestive fire was achieved.

A)First treatment Phase (Shankha Prakshalan Kriya)/Vaman Dhauti(day1 –day 7)

It is one of the procedures from *Shatkarma* explained by *Yoga Shastra*, which removes toxins and promotes proper digestion. It should be done in early morning, after the evacuation of the bowel, and should be done on an empty stomach.

The method for preparation of water–

Boil 1 litre of drinking water and let it cool till lukewarm and add one tablespoon each of salt and soda bicarbonate in equal proportions and stir well.

Procedure-

1. Ask the patient to Stand or sit comfortably (sit in squatting position, if comfortable).
2. Keep drinking this mixture until the stomach can contain it no more. Retain the water; do not throw out immediately.
3. Ask him to Exhale entirely and draw the belly in, deep towards the spine.
4. After 5-10 seconds (as per the Patients comfort), relax the abdomen and inhale well, letting the stomach balloon. Keep repeating 5 to 10 times, as convenient.
5. Now ask him to apply slight pressure on the pit of the stomach with the palm and vomit the water out. If unable to vomit, insert the forefinger and touch the palate or the root of the tongue.
6. Rest for a few seconds and repeat step 5, above. Ask him to Keep doing it till all the water comes out. Avoid strain and exhaustion.
7. Intake of 250 ml of lukewarm saline water should be followed by performing the particular set of asanas respectively. It includes *tadasana*, *Tiryaka tadasana*, *kati Chakrasana*, *Tiryaka Bhujangasana*, and finally *udarakarshasan*.

8. Each asana must be performed eight times in order to complete one round. The patient was asked to perform complete 5-6 rounds as per the technique's requirement.
9. **Precaution-** Rest well after the practice and advise the patient to have a light sattvic diet for the rest of the day.

Second treatment regimen (day 10-30) During the next 20 days, the patient was treated with kati basti carried out by til tail oil along with shaman aushadhi such as internally 120 ml of decoction of Rasnasaptak kwath and amlapittnashak kadha and 5 gm each of Avipattikar churna and laghu Sutshekar rasa twice a day after meals.

C)Third Treatment Regime-Diet and lifestyle :

1. A high protein rich diet including, soybean, egg white, pulses, Rice porridge, Yusha fish, poultry and unprocessed foods.
2. Fresh fruits, vegetables, lentils, whole grains, starchy tubers or roots such as potato, millets, oats and foods from animal sources
3. Raw vegetables salads rich in fibre and sugar. Drinl atleast 8-10 cups of water daily.
4. Avoid sleeping during the day (Divaswapna) and keeping awake at night (Ratri jagarana)

ASSESSMENT CRITERIA

The assessment done on the basis of subjective and objective parameters was shown. The gradation of subjective parameters is as follows:

1. **SPINAL FLEXIBILITY** Spinal mobility was measured using Leighton type goniometer. This

instrument is tied around the waist and has a dial with a calibration from 0° to 360°. The values for the range of the movement during forward and backward bending are observed on the dial and recorded in degrees.

2. **STRAIGHT LEG RAISING TEST** Spinal flexion was measured by SLR test using a calliper type goniometer which comprises of 2 cm scales fixed at an axis with a compass (calibrated in degrees) fixed at this point. Participant is made to lie down on the couch comfortably and placed next to the body with the center of axis at the tip of the greater trochanter and the stationary arm resting on the couch. The other arm of the calliper is held by the examiner along the lateral midline of the thigh. The participant's leg is raised passively by the examiner, up to a point where the patient starts experiencing pain. The angle between the two scales is read off on the compass and recorded in degrees. The same procedure is repeated on both sides.

3. **OSWESTRY DISABILITY INDEX**-a self-administered questionnaire was used. This section of ODI provides measures of pain intensity with 5 graded questions for assessing the degree of pain in 10 different activities of living such as walking, standing, social life, etc. Test-retest reliability of ODI is high, ranging from 0.83 to 0.99. It has good construct validity and Cronbach alpha ranges from 0.71 to 0.87

SUBJECTIVE PARAMETERS:

Sr.No	Symptoms	Duration
1	Sour Belching	
2	Indigestion	
3	Agnimandya	
4	Katigraha	
5	Katishoola	
6	Difficulty Walking	

OBSERVATION AND RESULT

Vaman Dhauti along with - internally and Til Oil Kati Basti (Locally), proved efficacious in the manage-

ment of 'Katigat Vata' with 'p' value less than 0.001, except for X-ray findings. Back Pain', 'Painful Lumbar movement' and 'Stiffness' were the symptoms which were present in the patient. The got complete relief at the end of 10th day of *Kati Basti* treatment only. During the second and the third Treatment Regime, the patient experienced good flexibility and diet oddification was also done which proved highly beneficial in curing amlapitta and gastric disorders.

DISCUSSION

Pharmacological action of vaman Dhauti

In the stomach, the food gets converted into liquid chime with the help of enzymes and digestive juices. Now food is ready to move into the intestine for absorption. Although though the liquidated food gets released into the intestine, small particles of undigested food remain on the lining of the stomach. But this may get flushed down when we drink water or when we take the next meal. But during that time, it can cause irritation and produce gas and acidity. Vaman Dhauti is an important Shatkarma or Shatkriya. The yogis devised it as a means of systematic cleaning of the alimentary canal. It is intended mostly for the cleansing of the digestive tract.

How does bowel cleanse work?

The clinicians of yoga and ayurveda (5000 years ago) observed that Katigat vata(LBP) is usually associated with disturbed bowel functions (constipation or IBS Irritable Bowel Syndrome) i.e nothing but amlapitta (hyperacidity) and proposed that this is a manifestation of uncontrolled excessive locked up flow in the local Prana control structures called Chakras.[19] Chakras are vortices of Prana, which seem to operate through the major nerve plexi,[14] that monitor and control the flow of Prana in six zones of the body starting from vertex (Sahasrara Chakra) to sacrum (Muladhara Chakra). The lowest of the seven vortices, the "root center," situated at the base of the spine (Muladhara Chakra) controls the physiological functions in the lower zone of the trunk including all involuntary (e.g., defecation) and voluntary functions (Paraspinal and perennial muscles). Thus, it is proposed that katigat vata(LBP) is a manifestation of

dysfunction of Muladhara Chakra. Dhauti clears the bowel by activating the peristaltic reflex by a combination of specific physical postures (Asanas) that are designed to release the locked-up Prana in this Chakra causing balancing effect on the Prana and uses safe movements to develop this mastery.

Physiological action of asanas

At limbic level, yoga offers mastery over the emotional surges through controlled and need based physiological responses to stressfully demanding situations instead of uncontrolled overtones of (HPA axis) Hypothalamo-pituitary-adrenal axis during chronic pain. Studies also point to reduction in sympathetic arousal following yoga based relaxation techniques. Yoga changes the physiological responses to stressors by improving autonomic stability with better parasympathetic tone and reduction in sympathetic arousal with improved performance.

1. *Tadasana*, improves circulation to the limbs by stretching the whole body and hence prevents constipation and flatulence.
2. *kati Chakrasana*, provides a huge stretching and flexible effect and stimulates the liver, pancreas, small intestine, and large intestine, which helps in the proper production of enzymes. It prevents anorexia and loss of appetite.
3. *Tiryaka tadasana* improves circulation to the back, which improves the flexibility and strength of the back and neck muscles.
4. *Tiryaka Bhujangasana* strengthens the abdominal muscles, provides a massaging effect on the abdominal organ that initiates enzymatic secretion, improves circulation, and kindles the digestive fire.
5. *Udarakarshana* improves the activities of the renal system and prevents lower back ailments such as central obesity
6. *shavasana* is the relaxing posture one should perform after the above asanas. It relieves strain and stress occurred by asanas and calm down the mind and thought waves that help conserve energy.

CONCLUSION

1. This case study concluded that the Yogic management (Vaman Dhauti along with the four set of asanas) and Ayurveda regimen helped a lot in the management of low back pain along with curing Amlapitta (digestive issues).
2. To the best of our knowledge, this is the first study that has looked at the immediate effect of Amlapitta janya low back pain and had shown significant results in all variables including subjective (pain and disability) and objective measures (spinal flexibility).
3. Treatment given in this study was cheaper, containing minimum medications, need to promote it on a large scale. Patient Perspective The patient was very happy with his body transformation without any side effects
4. It can be concluded that Shankha Prakshalan Kriya (Vaman Dhauti) is highly beneficial in the management of Amlapitta janya kati gata vata (Low back pain) along with regular medications and yogic exercises.

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