

CLINICAL EFFICACY OF DASHMOOLADI NIRUH BASTI (KALA BASTI) IN THE MANAGEMENT OF KATIGRAHA

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ABSTRACT

Katigraha is a condition where the lower back region is affected with vitiated *Vata Dosha* and present with symptoms of pain (*shool*) with stiffness (*stabdhata*). In the present era, lower back ache is the most common problem of all age groups. This condition is not life-threatening, but it hampers daily activity. *Katigraha*, mentioned in Ayurveda, can be co-related with lumbar spondylosis due to the similarity of clinical manifestation. About 60% to 70% of the population is suffered from this condition.

Case Report - A female patient of 35-year-old came to our hospital having the chief complaint of severe pain in the lower back region (*Kati Shool*) with stiffness and other symptoms such as difficulty during walking and sitting, tingling sensation B/L lower limb, disturbed sleep due to pain. **Aim and Objective** - To evaluate the efficacy of *Kati Basti* with *Kottamchukadi* + *Mahavishgarbha* tail and *Dashmooladi Niruha Basti*, along with *Shamana* therapy, is effective in the management of *Katigraha*. Result - Patient got marked relief in pain, stiffness, and tingling sensation, along with improvement in walking and sitting. We will discuss the detailed case study.

Conclusion - On the basis of this case study, *Katibasti* with *Kottamchukadi* + *Mahavishgarbha Tail* and *Dashmooladi Niruha Basti*, along with *shamana chikitsa*, are effective in reducing the symptoms of *Katigraha*.

Keywords: Katigraha, Kati basti, Matra basti, Dashmooladi Niruha Basti, Shamana Chikitsa.

INTRODUCTION

Lumbar spondylosis (*Katigraha*) is common with ageing and considered to be a pain in the lower back with stiffness. Low back pain secondary to degenerative diseases. It is an important clinical, social, and public health problem; about 60% to 70% of the population in India suffers from this condition. Spondylosis is a degenerative disease of the vertebral column. In some cases, degenerative changes in the lower back due to lumbar spondylosis lead to compression of the spinal nerve resulting in lower back pain with stiffness, which radiates to the lower limb. In Ayurveda classics, lower back pain, *Katigraha*, is explained in a broad aspect under *Vata Vyadhi* and based on symptoms. (1) *Katigraha* is primarily caused by vitiated *Vata Dosha and Mamsa, Asthi, and Majja Dhatu Kshaya*. Acharya Sushruta described that when vitiated *Vata Dosha* invades the *Asthi Dhatu*, symptoms like *Asthi Shosha* and *Asthi Shool* are produced. (2) Acharya Charaka has described *Katigraha* as one of the 80 *Vata Nanatamaja Vikara*. It is managed conservatively by the administration of *Abhyanga, Swedana, Basti, etc.*, mentioned in Ayurveda classics was selected for the present case, so this case report is planned to evaluate the collective effect of *Samanaya Chikitsa* included for *Vata Vyadhi*.(3)

CASE REPORT

This is a case of 35 years old female who came to our OPD with a chief complaint of severe pain in the lower back region with stiffness for 4 months and other symptoms of difficulty in walking and sitting, tingling sensation in the bilateral lower limb, disturbed sleep due to pain; she also had difficulty in forward bending. She had taken Allopathic treatment for lower back pain but did not get any relief, so for further treatment, she came to pt. kls govt. Ayurveda hospital and institute Bhopal.

K/C/O: - No disease.

Personal History: Occupation - House Wife, Appetite - Poor, Bowel - Disturbed due to pain, Micturition - Normal

General Examination: - The observation in the general examination are as follows Pallor, Icterus, Cynosis, Clubbing, and Oedema- Absent.

BP - 130/80 mmHg.

Pulse - 76/min.

O/E:- *Ashtavidha Pariksha*.

Nadi - Vatakhaphaja.

Mutra - Prakrita.

Mala - Saam (Sashabd).

Jivha - Saam.

Shabda - Spastha.

Sparsh- Samsheetoushna.

Drik - Prakruta.

Akriti - Sthaulya.

Samprapti Ghataka:-

Dosha - Vata khaphaja.

Dushya - Mamsa, Meda, Asthi.

Shrotas - Mansa, Meda, Asthi vaha shrotodhusti.

Shroto dushti - Sanga.

Adhistaan - Kati Pradesha.

Locomotory examination:-

Gait - Antalgic

The curvature of spine - normal

Tenderness - Positive in L4-L5 and L5-S1 Intervertebral region.

SLR test - positive.

Lasegue's sign - Negative

Flip test - Positive.

FABER test - Positive.

FNST - Positive.

VAS Score for pain - 8-10

Investigation

The following was the blood investigation which was done on 3/3/2023. Serum Calcium - 8.6 mg%, Vit. D - 52.9 ng/ml, MRI - dated 23-May-2022

Fused disc bulge with disc protrusion at L4-5 and L5-S1 level, causing indentation over the ventral thecal sac with bilateral lateral recess stenosis, leading to compression over the bilateral traversing nerve root.

Assessment Criteria: - Criteria of assessment was based on the sign and symptoms of *Katigraha*, followed by,

Ruka (pain)
Stambha (stiffness)
Tingling sensation

Table No. 1 **Grading of subjective parameters**

PAIN

Parameters	Gradation
No Pain	0
Mild pain but no difficulty in walking	1
Moderate pain and a slight difficulty in walking	2
Severe pain with difficulty in walking	3

STIFFNESS

Parameters	Gradation
No Stiffness	0
Sometimes for 5-10 minutes	1
Daily for 10-30 minutes	2
Daily for 30-60 minutes, more than 1 hr	3

TINGLING

Parameters	Gradation
No tingling	0
Occasionally once a day for 5-10 minutes	1
Daily once a day for 10-30 minutes	2
Daily for more than 30-60 minutes	3

SLEEP

Parameters	Gradation
Pain doesn't affect sleep	0
Pain occasionally disturbs sleep, less than 6-7 hr a day	1
Pain seriously affects sleep, less than 5-6 hr a day	2
Pain severely affects sleep, less than 3-5 hr a day	3

Intervention medication:-

Oral medication -

Trayodashanga guggulu - 2 tab twice a day

Rasna saptaka kwath - 20ml twice a day

Rasrajeshwar rasa - 1 tab twice a day

Swadishtha virechana churna - 8gm HS

Table no. 2 **Panchkarma Chikitsa**

Procedure	Drug	Dose	Duration
<i>Deepana and Pa-chana</i>	<i>Chitrakadi Vati</i>	250 mg BD	After a meal with warm water for 3 days

Sthanik Abhyanga	Vatashamak tail	-	15 days
Sthanik Swedana	Dashmool Kwath	-	15 days
Kati Basti	kottamchukadi Mahavishagarbha	-	15 days
Kala Basti	Niruha vasti dasmool adi kwath	400 ml	Before meal
	Anuvasana vasti Sahacharadi taila	60 ml	After meal

Table no. 3 Schedule of kala Basti

Days	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16
Basti	A	A	N	A	N	A		N	A	N	A	N	A	N	A	A	A

RESULT:- After the completion of treatment, results were assessed based on the following parameters

Table No.4 Assessment of subjective parameters

S. No	Symptoms	Grading BT	Grading AT
1	PAIN	3	0
2	STIFFNESS	3	1
3	TINGLING	2	0
4	SLEEP	2	0

Table no. 5 Assessment before and after treatment

Parameters	Before Treatment	After Treatment
Gait	Antalgic	Improved
Tenderness	Present	Absent
SLR test	Right - 60 Left - 75	Right - 80 Left - 90
Flip test	Positive	Negative
Faber test	Positive	Negative
FNST	Positive	Negative
VAS Score	8-10	2-10

DISCUSSION

Triyodashanga Guggulu- Inhibit the inflammatory pain along with showed anti-inflammatory activity in rats. *Triyodashanga Guggulu* is mainly *Guru Snigdha guna, Madhura Vipaka, and Ushna Virya* in properties that correct vitiated *Vata* and directly took part in *samprapti vighatana* of *Katigraha*.

Rasnasaptaka kwath- Possess an excellent *Vata Shamaka* property. It has the following content *Rasna, Amrita, Aragvadha, Devadaru, Punarnava*, etc., having anti-inflammatory, analgesic, and anti-arthritis properties.

Rasarajeswara Rasa- Excellent combination of *Swarn yukta Rasaraj rasa, Shudha Vishamusthi,*

Aswagandha, Rasa Sindoor, Dasmoolla Visesh Sodhit Guggulu acts as the best medicine for all kinds of nervous system disorder, relieves nervine irritation, inflammation, and pain.

Swadisht virechana Churna - Having a laxative property that helps relieve chronic constipation, headache, and detoxification of the body as well as relieves pain from gastric trouble.

Kati basti with kottamchukadi and Mahavishagarbha tail - *Kati Basti* is a type of *Snigdha Swedana*. *Kati Basti* provides nourishment and strength to the affected area. Here, degeneration of the intervertebral disc effects the functioning of *Shleshmak Kapha*, resulting in irritation and compression. The combination of *Kati Basti* with

Kottamchukadi + Maha vishgarbha tail, which combines the benefit of both *Snehana* and *Swedana*, helps lubricate, and increase local blood flow, which aids in draining the inflamed exudates.

Dashmooladi Niruha Basti followed by Sahacharadi tail Anuvasana Basti- Acharya Charaka describes *Basti Chikitsa* as the best treatment for vitiated *Vata Dosha*. As the rectum region has rich blood and lymph supply, *Basti* treatment elevates the blood supply of diseased area and helps in curing disease. Since the active ingredient in *Basti* preparation is absorbed by *Pakvashaya* (intestine) and then distributed to various body channels, they reach the affected area, exert their effect throughout the body, and provide relief. *Basti* primarily targets the site of *Vata Dosha*, that is, *Pakvashaya* and removal of the *Avarana* of *Kapha*, and it helps in relieving constipation, oedema, inflammation, and necrosis due to its *Shrotosodhana* effect. *Dashmoola* shows the *Tridosha hara* effect; *Amrita* facilitates *Dhatvagni* and nourishes *Asthi Dhatu*, while *Balamoola* works as a *Brahmana Kari* drug.

The effect of *Anuvasana Basti* with *Sahacharadi* tail nourished the *Asthi Dhatu*. *Tail and Ghrita* are, respectively, *Vata Pitta hara*, thereby arresting the degeneration of bone.

CONCLUSION

Dashmooladi Niruha Basti, which was given to the patient for 16 days (*kala basti*). *Basti dravya* used in the study have *Vatahara*, *Sothahara*, *Shoolhara*, and *Brihana* property. After undergoing the treatment, we observed a significant improvement in reducing pain and restricted movement. However, further work should be done on a larger sample to draw a better conclusion.

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