

STUDY THE EFFICACY OF SHWADAMSHTRADI TAILA MATRA BASTI IN KATIGRAHA WITH SPECIAL REFERENCE TO LUMBAR SPONDYLOSIS

Jaya Prabhakar Maske¹, Harshal Trivedi², Prashant Ganbote³

¹Assistant Professor, Panchakarma, Government Ayurveda College, Baramati, Maharashtra

²Assistant Professor Kayachikitsa, Government Ayurved College and Hospital Baramati

³Associate Professor Panchakarma, Dr.D.Y.Patil Ayurved College and Hospital Pune

Corresponding Author: dr.jayamaske29@gmail.com

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ABSTRACT

There are restricted movements in Katigraha mainly occurring at L4 – L5 Lumbar vertebra. Restricted movements along with pain are a common complaint of Katigraha patient attending in OPD. It is mainly due to improper postural habits, unhealthy dietary patterns and improper daily routine. It is neither a serious disorder nor a life threatening one but at the same time can be crippling by grossly disturbing the individual's day-to-day lifestyle. In matra basti, medicated oil is inserted to the rectum (Pakwashaya) from anus with the help of rubber catheter (Enema pot). A total of 30 patients were selected complaining of pain, stiffness, restricted movements in the lumbar region. Matra basti with Swadamshtardi taila in dose of 60 ml for 7 days were given to the selected patients. It was observed that Swadamshtardi taila matra basti was highly significant for reducing pain, restricted movements and stiffness of Katigraha patients.

Keywords: Katigraha, Katishoola, Katistambha, Matrabasti.

INTRODUCTION

Katigraha is a common condition disturbing day to day life of a person. Katigraha consists of two words, 'Kati' and 'Graha'. Kati means Shroni Pradesh and

Graha means restricted movements. Kati may be considered as the particular anatomic region from which a Person can be able to bend i.e., lumbar region. So,

pain, restricted movements at lumbar region can be recognized as a disease entirely called Katigraha. Almost every class of society is suffering from this disorder. So, it is well worthy to study the commonest disorders by vitiated vata dosha. Related to this lumbar spondylosis is one of the most common degenerative disorders characterized by pain, restricted movements and stiffness. About 90% of the low backache can be attributed to lumbar spondylosis. The symptoms begin as low backache. Initially worse by the activity but later persists all the time. The lumbosacral region is the junction between fixed pelvis and thoracic vertebra. And it is very mobile. Owing to its pathogenesis Katigraha is a troublesome disease thus it needs specific and careful treatment. Several treatment regimens are being tried in the management of lumbar spondylosis. However, it is needed to provide a good medicine which will pacify Katigraha for a longer duration and would not get affected by causative factors in future. Panchakarma is the most effective and confirmatory therapy for Katigraha. Out of Panchakarma, Basti karma ensures the long-lasting effect of treatment, as it completely eliminates the vitiated vata dosha, which is ultimately responsible for Katigraha.

Basti indeed is the half of entire management of disease.

Swadamshttradi taila and its contents are found to decrease the vitiated vata dosha as well as provide strength to kati sandhi, thus helping in prevention of the same.

Aims and objectives:

AIMS: To study the efficacy of Swadamshttradi Taila Matra Basti in Katigraha along with lumbar spondylosis”

OBJECTIVES: -

To evaluate the effect of Swadamshttradi Taila as a Matra Basti.

Samprapti:

Katigraha has no specific samprapti as per the text available. It is classified under the heading of vatavyadhi, where the dushit vata get accumulated at kati region and hence the nomenclature Katigraha.

Dosha

Vata: Vyana, Samana, Apana

Dushya: Asthi, Majja

Srotas: Asthi, Majja

Adhishthana:-Pakwashaya

Awayawa: - Kati

Method of preparation of Swadamshttradi taila-

Swadamshttradi Taila prepared as described in Vangasena Samhita by following method.

Shwadanshttra- 1aadhaka (2.56 Lit)

Tila taila- 1aadhaka (2.56 lit)

Godugdha (cow milk) - 1aadhaka (2.56 lit)

Aadraka- 5 pala (200 gm)

Guda (Jaggery) -20 pala (800 gm)

Clinical Study

a. Selection of patients-

Total 30 patients of kati Sandhigata vata having symptoms like Katishool and Katigraha with Lumbar Spondylosis were selected for the study.

b. Inclusion Criteria –

A. Patients suffering from lumbar spondylosis with Katigraha.

B. Gender- Male / Female

C. Age- 20 to 70 years

c. Exclusion Criteria-

A. Conditions like Spondylolisthesis, Spina bifida, Ankylosing Spondylitis, Vertebral fracture, Lumbar Malignancies etc.

B. Neoplasms, severe lumbar canal stenosis.

C. Permanent joint damage.

D. Known cases of Cardiac diseases, Pulmonary TB, Pregnancy, DM, Paralysis, HIV, Neurological disorder etc.

a. Methods of Administration :-

a. From: Matra- Basti.

b. Dose: 60 ml

c. Kala: After the food is taken, once a day.

d. Duration of therapy: 7 days

e. Initial assessment: 0th day

f. Route of administration: per Rectum.

7. Follow up: 7th day & 14th day.

b. PAIN ASSESSMENT CHARTS AND SCALES:-

a. OXFORD PAIN CHART:

a. Intensity of Pain Measurement :-

- i. Severe- 03
- ii. Moderate- 02
- iii. Mild- 01
- iv. No Pain- 00
- b. Pain relief measurement :-
 - a. Complete- 03
 - b. Moderate- 02
 - c. Mild- 01
 - d. None- 00

According to the Oxford pain chart, mean reduction in pain was 0.93 and percent relief was 63.24%. The mean reduction in pain between 7th and 14th day was 0.66 and percent relief was 29.03%. That means the effect of treatment was sustained up to 14th day, but it was less than that of 0th to 7th day. Therefore, for better efficacy the duration of treatment should be increased.

2.WALKING TIME:-

Walking time of patient for the distance of 20 meter recorded on 0th, 7th, and 14th day.

Mean reduction in Walking time was between 0th and 7th day was 21 and percent relief was 4.41%. The mean reduction in walking time between 7th and 14th day was 20.67 and percent relief was 1.57%. That means, the effect of treatment was sustained up to 14th day, but it was less than that of 0th and 7th day. Therefore, for better efficacy the duration of treatment should be increased.

3.COIN TEST

Patient was asked to pick up the coin from ground without bending knees. According to severity of pain, gradations were done-

- G1 - Can easily pick up the coin.
- G2 – Can pick up the coin with minimum pain.
- G3 – Can pick the coin with moderate pain.
- G4 – Can't Pick.

This test can be done on the 0th, 7th and 14th day.

According to Coin Test, mean reduction in pain was 1.533 and percentage relief was 39.47.

Mean reduction in pain between 7th and 14th day was 1.333 and percentage of relief was 13.04% that means, the effect of treatment was sustained up to 14th day, but it was less than that of 0th to 7th day. Therefore, for better efficacy the duration of treatment should be increased.

Mode of Action of Swadamshttradi Taila Matra Basti in Katigraha (Lumbar Spondylosis) –

Basti was administered for a period of 7 days. Day to day examination of patients was done and observations regarding basti dharana kala, basti Pratyagamana kala, udar parikshana and side effects if any were recorded.

According to criteria of Assessment follow up was taken on 7th and 14th day from the day of administration of basti. Swadamshttradi taila is the combination of ingredients.

I.e., Gokshur, Ardraka, Godugdha (Cow's milk), Guda (Jaggery) and Tila taila. The cumulative effect of this oil is Ushna, Guru, Snigdha, Brumhana, Balya, Deepana and Malabhedana. It helps in the caseation of pathogenesis.

DISCUSSION

In this study 30 patients were selected. Clinical trials were carried out. All the observations were observed thoroughly. The data is discussed as follows. As Pakwashaya is the main origin of Vata dosha, pathogenesis is also treated by administering Basti chikitsa. As Pakwashaya is the main origin of Vata dosha, pathogenesis is also treated by administering Basti chikitsa at the same time . Hence matra basti brought the control on the formation of vikruta vata dosha and also strengthened the asthi dhatu at the kati. This effect was due to the ingredients like Gokshura, Godugdha, Ardraka and Guda. Basti has action all over the body by its virya which spreads through the body from Pakwashaya. Similarly, Swadamshttradi taila enters the Pakwashaya , purifies all the dosha due to its virya.

CONCLUSION

1. Katigraha is seen more common in females.
2. Swadamshttradi taila Matra Basti in katigraha was found statistically highly significant.
3. katigraha reduced up to 45.90% in Swadamshttradi taila Matra Basti.
4. Overall assessment score shows 56.30% relief in all symptoms of katigraha by Swadamshttradi taila Matra Basti.

5. Swadamshtiradi taila Matra Basti is also effective in Graha, Shotha, and Vatapurnadrutisparsa.
6. Swadamshtiradi taila Matra Basti found to be good Brunhana, vatashamana, and pachana.
7. No adverse effect was found during or after treatment.

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