

THE EFFECT OF CHATURBHADRA KALPA BASTI IN THE MANAGEMENT OF KATIGRAHA

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ABSTRACT

Kati Graha (Low back ache) is a *Vedanapradhana Vyadhi*. Patient feels pain and stiffness in the lumbar region, which hampers the normal activities of the person. It is one of the *Nanatmaja vatavyadhi* mentioned by *Acharya Sharangadhara*. *Nidana* and *samprapti* of this disease is not mentioned separately but included under *Vatavyadhi*. Due to much prevalence in the society and lack of effective medicament, the disease is being chosen for the study. *Basti Chikitsa* is the best line of treatment for *VataVyadhi* and called as *Ardhachikitsa*. *Kashyapa* has planned a special pattern of *Chaturbhadra kalpa basti* administration in *vatarogas* by putting 4 *Anuvasana* at beginning, followed by 4 *Niruha* in middle & 4 *Anuvasana* at the end. 15 patients were treated in *Chaturbhadra kalpa basti* pattern with *Prasarini taila* & *Rasnasaptaka kashaya* as *Anuvasana* & *Niruha* respectively for 12 days. So, in this clinical study an attempt is made to find out efficacy of *Chaturbhadra kalpa basti* pattern in *Katigraha*.

Keywords: *Katigraha, Chaturbhadra Kalpa Basti, Prasarinitaila, Rasna Saptaka Kashaya*

INTRODUCTION

In present busy, fast and mechanical life, one can't follow the rules of '*Dinacharya*' and '*Ritucharya*' described in '*Ayurveda*'. Due to heavy industrialization and development, advanced software technology the mankind running behind fast and furious life. Due to that every person indulging in improper sitting postures, Continuous long journeys, overexertion, jerky movements during traveling and sports, weight lifting, sitting for a prolonged time and other strainful activities etc., create an undue pressure to the spinal

column and play an important role in producing low backache even in early decades of life. About 70%-90% of the population above 40 years of age suffers from this disease¹.

In *Ayurvedic samhitas katigraha* has been mentioned as a very common problem, characterized by pain and restricted movements of *kati Pradesh* (Lumbar region). The etio-pathogenesis of *katigraha* is suggestive of *vatapradhana vyadhi*. Along with *vata*, sometimes *kapha* may be involved leading to stiffness, re-

stricted movements etc. symptoms. In present study only the chronic patients of *Katigraha* has been selected where only *vata* involvement is there.

Though *katigraha* is a commonest diagnosis given to the patients attending the clinics with back pain, the current management of disc diseases includes pain killers, lumbar corset, physiotherapy etc. In the concepts of *Ayurveda*, looking to the etio-pathogenesis of *katigraha*, *samprativighatana* demands *Shodhana* along with *Brimhana* to regulate *vataprakopavastha*. In these conditions *Basti* is the choice of treatment not only in regulating & coordinating *vata* dosha in its site, but also controls other *anubandha doshas* involved in pathogenesis. Apart from the *karma, kala* and *yoga basti* pattern mentioned by other *acharyas*, *acharya kashyapa* mentioned a special pattern of *basti* i.e. *Chaturbhadra kalpa basti*². This *basti* schedule works in *prabhoota vata prakopa*, where disease is in *jeer navastha*, where *brimhana* with *shodhana* is in need, because this package is a blend of *Anuvasanapradhana basti* i.e. containing 8 *Anuvasana* and 4 *Niruha bastis*.

Aim and objectives

1. To study the concept of *Chaturbhadra kalpa basti* in detail.
2. To assess the effect of *Chaturbhadra kalpa basti* in the management of *Katigraha*.

Materials and methods

This study was conducted on 15 patients with classical signs and symptoms of *Katigraha* to evaluate the efficacy of *Prasarini taila*³ & *Rasnasaptaka kashaya*⁴ as

Niruha & Anuvasana respectively in *Chaturbhadra kalpa basti* pattern.

Source of Data:

Patients were selected from OPD & IPD *Panchakarma* department of Sri Siddharoodha Charitable Hospital, attached to N.K.J. Ayurvedic Medical College & P.G research Centre, Bidar, Karnataka and other associated hospitals of the city.

Research design

Total 15 patients were randomly selected for the study according to the pre-set inclusion and exclusion criteria.

Inclusion Criteria

1. Patients presenting with signs & symptoms of *katigraha* were selected.
2. Patients age between 20-70 years irrespective of sex & socio-economic status.
3. Patients fit for *Basti Chikitsa*.

Exclusion Criteria:

1. *Katigraha* associated with other severe systemic complications.
2. Patients with inflammatory diseases.
3. Patients with congenital spine diseases.
4. Patients not fit for *Basti chikitsa*.

Investigation required

Routine blood investigations

- CBP
- RBS
- ESR

Special Investigations

- X-ray of lumbar spine AP & Lateral view.
- MRI and CT scan if necessary.

Table 1: Showing *Chaturbhadrakalpa Basti* Pattern

Number of <i>Basti</i>	1	2	3	4	5	6	7	8	9	10	11	12
Type of <i>Basti</i>	A	A	A	A	N	N	N	N	A	A	A	A

Here, A= *Anuvasana Basti*, N= *Niruha Basti*

Table 2: Showing Intervention chart

S.No.	Procedure	Drug	Dose	Duration
1.	<i>Poorva Karma</i>			
	a) <i>Sarvanga Abhyanga</i>	<i>Murchita tila taila</i>	Q.S	30-40 mins
	b) <i>Bhashpa sweda</i>	<i>Dashamula Dravyas</i>		Till <i>samyak swinna lakshana</i> appears.

2.	<i>Pradhana Karma</i>				
	<i>Anuvasana Basti</i>	<i>Prasarinitaila</i>	150 ml appr (3 pala)	1st,2nd,3rd,4 th & 9th,10th,11th,12th day	
	<i>NiruhaBasti</i>	<i>Madhu</i>		50 gm	5th,6th,7th,8th day
		<i>Saindhalavana</i>		12 gm	
		<i>Prasarinitaila</i>		150 ml (1/5th of total niruha matra)	
		<i>Kalka of Rasna, Gokshura, Eranda, Guduchi, Aragwadha, Punarnava, Devadaru.</i>		50 gm	
	<i>Rasna saptaka kashaya</i>		500 ml		
	Total		Appro 760 ml*		
3.	<i>Paschat Karma</i> a) <i>Anuvasana Basti</i> b) <i>Niruha Basti</i>	Lifting legs, padding to the buttocks, anticlockwise massage to abdomen etc. Lying in supine position	3-5 mins	Till patient feels urge	

*Niruha Basti madhyama matra according to Sha-rangadhara Uttarakhanda 6th chapter.

Follow up

There will be two follow ups-

First is after completion of basti i.e. on 12th day.

Second is after basti parihara kala i.e. 24th day after Basti chikitsa.

Assessment criteria:

Subjective and objective parameters will be assessed based on before & after treatment with appropriate statistical analysis.

Parameters for assessment

Subjective Parameters:

- 1) *Shula* (Pain)
- 2) *Sthamba* (Stiffness)
- 3) *Graha* (Restricted movements)
- 4) *Suptata* (Numbness)

Objective Parameters:

- 1) Lumbar mobility test
- 2) SLR test
- 3) Coin test

Table 3: Showing Gradings Chart

Parameter	G0	G1	G	G3	G4
Pain	No pain	Mild pain	Mod.pain	Severe pain	Most excruciating pain
Stiffness	No Stiffness	Mild Stiffness	Mod. Stiffness	Severe Stiffness	Most severe Stiffness
Restricted movts.	No Restricted movts.	Mild Restricted movts.	Mod. Restricted movts.	Severe Restricted movts.	Most severe Restricted movts.
Numbness	No Numbness	Mild Numbness	Mod. Numbness	Severe Numbness	Most severe Numbness
Coin test	Easy pick	Minimal difficulty	Mod. Difficulty	Severe difficulty	Unable to bend & pick
SLR test	Normal (90 ⁰)	89 ⁰ - 70 ⁰	69 ⁰ - 50 ⁰	49 ⁰ - 30 ⁰	< 30 ⁰
Lumbar mobility test	Normal (15cm)	14.9 – 13.8 cm	13.7 – 12.6 cm	12.5 – 11.4 cm	11.3 – 10 cm

Observation

In present study maximum i.e. 33.33% patients were in the age group of 41-50 yrs. Among the registered patients 56.67% of the patients were Female & 43.33% of the patients were Male. 90% of the patients

were belonging to Hindu community and Muslim were 10 %. 90% of the patients were Married. 26.67% patients were uneducated, 20% patients were primary, 36.67% patients secondary & 16.67% patients were graduate. 13.33% patients were doing ser-

vice, 20% patients were doing business, 13.33% patients were doing agriculture and remaining 53.34% patients were Housewives.

33.33% patients had mixed diet, while 66.67% patients had vegetarian diet. 36.67% Patients were having good sleep and 63.33% patients were having disturbed sleep. 36.67% patients were found *vata-pittaja prakruti*, 10% patients having *Pittakaphaja Prakruti* & 53.33% were found *kaphavataja prakruti*. 66.67%

patients had *Vishama Agni*, 26.67% patients had *Manda Agni*, 6.67% had *Teekshna Agni* & no patients were of *Sama Agni*. 50% patients had *Madhyama kostha*, 36.67% patients had *Krurakostha* & 13.33% patients had *Mrudua kostha*. 33.33% patients were having the chronicity of 12-23 months & more than 35 months, 26.67% were of 24-35 months chronicity & 6.67% patients were of 0-11 months.

Results

Table 4: Showing Subjective Parameters

Sr. No	Symptom	BT Mean ± SE	Follow up	AT Mean ±SE	df	t- value	%	p-value	Remark s
1	Pain	3.4±0.16	1	2.27±0.15	14	8.5	33.23	<0.0001	HS
			2	1.47±0.13	14	10.64	56.76	<0.0001	HS
2	Stiffness	3.27±0.18	1	2.27±0.11	14	5.92	30.58	<0.0001	HS
			2	1.33±0.15	14	10.64	59.33	<0.0001	HS
3	Restricted movements	3.0±0.13	1	1.93±0.15	14	6.96	35.67	<0.0001	HS
			2	0.93±0.15	14	13.48	69	<0.0001	HS
4	Numbness	2.53±0.26	1	1.6±0.23	14	7.9	36.76	<0.0001	HS
			2	0.67±0.18	14	7.3	66	<0.0001	HS

Table 5: Showing Objective Parameters

Sr. No	Symptom	BT Mean ± SE	Follow up	AT Mean ±SE	Df	t- value	%	p-value	Remark s
1	Coin test	2.6±0.18	1	1.73±0.15	14	6.5	33.46	<0.0001	HS
			2	0.8±0.14	14	12.44	69.23	<0.0001	HS
2	SLR test	2.66±0.15	1	1.6±0.13	14	9.02	39.85	<0.0001	HS
			2	0.67±0.15	14	11.83	74.81	<0.0001	HS
3	Lumbar Mo-bility Test	2.53±0.16	1	1.53±0.13	14	10.25	39.53	<0.0001	HS
			2	0.80±0.10	14	11.31	68.38	<0.0001	HS

DISCUSSION

On Basti karma

In the pathogenesis of *Kati Graha*, *Vata* is invariably present particularly *Vyana* and *Apana vayu*. *Kati Graha* is a disease having its origin in *Pakwashaya* and seat in *Kati* that is lumbar spine. Behind the *Pakwashaya*, there are large numbers of nerve plexuses originating from the hypo gastric plexus and lumbo-sacral plexus etc. These plexuses will get nourishment and soothing effect from *Basti karma* because *Basti* mainly acts on the *Pakwashaya*, here it nourishes, purifies and expels the unwanted toxins from the body.

Pain is the cardinal symptom of *Vata* and *Basti* which is used for this study is mainly having the *Vatahara* property and the *Basti* is the main line of treatment to overcome the vitiated *Vata* too. The drugs of *Rasnasaptaka kashaya* are having *Ushna virya*, *Sukshma*, *Teekshana gunas* which helps to reduce the *Kapha* hence produced better relief in *Stambha* & *Graha*. *Prasarini taila* used for *anuvastana basti* is having *brimhana*, *balya*, *vatanulomana* properties which helps to relieve pressure on nerve roots, there by strengthens the nerves, hence produced better relief in *Suptata*.

Coming to the *basti* pattern, *Chaturbhadra kalpa basti* serves the purpose of more *brumhana*, *balya* &

vatanulomana karma along with shodhana, as it contains double the number of niruha bastis.

Discussion on results

On pain the effect of therapy was observed 56.76% improvement. On stiffness the effect of therapy was observed 59.33% improvement. On restricted movements the effect of therapy was observed 69% improvement. On numbness the effect of therapy was observed 66%. All the results were statistically highly significant ($P < 0.01$).

On coin test the effect of therapy was observed 69.23% improvement. SLR test the effect of therapy was observed 74.81% improvement. On Lumbar Mobility Test the effect of therapy was observed 68.38% improvement. All the results were statistically highly significant ($P < 0.01$).

Overall effect of therapy: The overall effect of therapy was 66.65%.

CONCLUSION

Kati Graha/ Low Back Ache is commonly seen in society as a prominent problem. *Basti* is one of the prime treatment choices in chronic *Katigraha* condition. *Chaturbhadra kalpa basti* serves the purpose of more *brumhana*, *balya* & *vatanulomana karma* along with *shodhana*, as it contains double the number of *niruha bastis*. Hence *Chaturbhadra kalpa basti* plays very important role in mitigating *vata*, thereby it subsides *shula* etc. symptoms of *katigraha*. *Basti* showed better result that is 66.65%. *Prasarini taila* as *anuvasanabasti* gives very good result in *katigraha* because of its *balya*, *brumhana* & *vedanasthapana* properties. Drugs of *Rasnasaptaka kashaya* like *rasna*, *eranda*, *guduchi*, *gokshura*, *aragwadha*, *punarnava*, *devadaru* as *Asthapana basti* are having best *vatahara* properties.

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