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ROLE OF KATIBASTI IN THE MANAGEMENT OF KATIGATVATA– A CASE STUDY

Dr. Bhumika Rajai[1], Dr. C. S. Tanmane[2]

[1]P.G. Scholar, Department of Kayachikitsa, Bhausaheb Mulak Ayurved Mahavidyalaya and Research Hospital, Nandanvan, Nagpur, Maharashtra, India.

[2]H.O.D & Proff, Department of Kayachikitsa, Bhausaheb Mulak Ayurved Mahavidyalaya and Research Hospital, Nandanvan, Nagpur, Maharashtra, India.

ABSTRACT –

Man must embrace a fast-paced, always busy lifestyle in order to achieve that, which has its own set of challenges like physical stress and overwork. In addition, there is an increase in physical stress and inappropriate eating patterns, such as inconsistent timing. All of them have caused "vatadosha" to rise. Tej and vayu mahabhut predominate in Katu-ras. It exhibits attributes like heat, dryness, and lightness. While it calms Kapha, it agitates Pitta and Vata. Vatavyadhi is treated in many ways in Ayurveda. Acharya Charaka explains treatments like snehan, swedan, shaman, and shodhan chikitsa like basti.

One therapy option for vatapradhan disorders, particularly those including pain, is katibasti. According to a study, Kati Basti is a modified version of Snehana, Swedana, and Abhyanga.

KEYWORDS- Vatadosha ,Katishool, Katu-ras, Sthanik snehan, Swedan, katibasti, Case study.

INTRODUCTION –

Katishool is a prevalent illness. It affects almost everyone at some point in their life. Humans today have a high level of "Ahitkarahar," which is the primary cause of all illnesses. One of the most common diseases in the present age is "katishool." The Samhita states that Katu-ras vitiates tridoshas, which is the cause of katishoolas. Studying the relationship between Katu-ras and Katishool is crucial. The foundation of Ayurvedic knowledge is tridosh siddhant, or vata, pitta, and kapha. Any deviation from the singaldosha results in "nanatmajvyadhi." There are 80 nanatmajvyadhi of Vatadosha, according to "Charak." Man now has to compete for a respectable economic standing in the rapidly developing world of today.1, 2, 3, 4, 5

MATERIALS AND METHODS –

Conditions affecting the ligaments around the spine and discs, the spinal cord and nerves, the muscles of the lower back, and a number of other elements can all contribute to katishool. The structure, form, and function of the human vertebrae inevitably alter as one ages. This ultimately results in a gradual modification of the lumbar discs' shape, which, in conjunction with biochemical and histological changes, causes variances in the spinal posture, flexibility, and compliance with respect to its movements.

NIDAN

There isn't a distinct Nidana for Katishoola in classic literature. As Katishoola is a Vatavyadhi, Nidana of Katishoola can be regarded as general Nidana of Vatavyadhi. Furthermore, Nidana for Asthivaha srotodushti may function as Nidanas for Katishoola, as Asthi is the dhaatu implicated in the pathophysiology. Being a Vatavyadhi, Katishoola is distinguished by stabdhata in katipradesha and ruja. When these symptoms are present in poorvaroopavastha, they appear vague and mild, yet in obvious and distinct shape. The word "katishoola" itself is self-explanatory, highlighting the stiffness or graham crack that is a defining attribute. The person is unable to carry out his daily activities due to the ailment, which hinders movement at the katipradesha or low back region.10

OBJECTIVES

To study the effect of katibasti in management of katishool.

Case report A 45 years female came with chief complaints of katishoola (pain in lumbar region) and radiating towards both legs (left leg ++), katistambha (stiffness at lumbar region), ubhaya hasta pada chimchimayan (tingling sensation over both upper and lower limbs), sakashta chankraman (difficulty in walking) since 4 months. Also complaining of asamyaka malapravartana. History of present illness The patient was alright before 1 year, then she had severe pain in lumbar region, slowly it radiates towards lower limb followed by tingling sensation. She had stiffness at lumbar region and also at lower limbs. She had tried modern medicines like pain killers at private hospital, but got no relief and symptoms aggravated in the past 8 days. So, for further treatment she came to our college kayachikitsa opd .

Personal history

- Occupation- Housewife
- Addiction- Nil
- Examination Vital of the patient were in normal limits.

- A 45 years female came with c/0 –
- katishoola (pain in lumbar region) and radiating towards both legs (left leg ++),
- katistambha (stiffness at lumbar region),

- ubhaya hasta pada chimchimayan (tingling sensation over both upper and lower limbs), 2++
- sakashta chankraman (difficulty in walking) since 4 months.
- SLRT left leg 60 degree

Systemic examination - RS CVS N CNS. P/A

RS	Aebe Clear
CVS	S1S2
CNS	Conscious oriented
P/A	soft

ASHTAVIDH PARIKSHAN -

Nadi	Vataj
Mala	Baddhata
Mutra	Samyak
Shabda	Prakrut
Sparsha	Anushna Sheeta
Jivha	Ishad sama
Druka	Prakrut
Akruti	Madhyam

DASHAVIDHA PARIKSHAN –

Dushya	Asthi, Sandhi, Mansa
Desh	Sadharan
Bala	Madhyam
Kala	Varsha ritu
Agni	Vishamagni
Prakruti	Vata-Pittaj
Vaya	Madhyam
Satmya	Madhyam
Satva	Madhyam
Ahara	Mishra

NIDAN PANCHAK -

Nidan- Consuming ruksha aahar and dharan of adharaneeya veg .

Poorvarupa- Stambha at kati pradeshi

Rupa- Low back pain radiating pain from lumbar region to lower limb, left limb ++, Difficulty in walking and tingling over both legs.

Upashaya- Resting insupine position

Anupashay- Walking, Bending

OBSERVATION

After treatment there was significant relief in katishoola, katistambha, chimachimayan and sakashta chankraman

There was decrease in pain from +2 to +1

There was decrease in chimchimayan from +2-+1

There was increase in SLRT of left leg from 60-75 degree

S.NO	COMPLAINTS	BEFORE TREATMENT	AFTER TREATMENT
1.	Katishoola	+3	+2
2.	Chimachimayan	+2	+ 1
3.	Sakashta chankraman	Difficult painful movement	Can walk easily
4.	SLRT-Left leg Right Leg	60 90	75 90

TREATMENT GIVEN

Sthanik Snehan	Tila Taila For 21days
SthanikSwedan	Nadi Sweda With Dashmool kwath for 21 days
Kati Basti	Tila Taila For 21 days

Internal therapy

Drug name	Dose	Anupaan
Yograaj Guggula 500mg	1 BD	Koshna jal
Vaatvidhvansarasa 125mg	1 BD	Koshna jal
Triphala Churna (30 days)	5 gm. HS	Koshna jal

RESULT AND CONCLUSION

After treatment there was significant relief in katishoola, katistambha, chimachimayan and sakashta chankraman . There was significant relieve symtomatically to patient we can seen that katibasti reduces pain stiffness n chimchimayan of the patient .Along with subjective criteria objective criteria like SLRT degree was changed markedly .Patient can move more easily and comfortably then before .Due to katibasti and internal treatment there was improvement in patients signs and symptoms .

MODE OF ACTION KATI BASTI

1) Boosts Blood Circulation

In Kati Basti, medicated sesame oil is frequently utilized as a base oil. Blood flow increases in the direction of the back when the warm medicinal oil is applied there. This kind of nutrient- and oxygen-rich blood flow in the direction of the back helps to relieve pain and relax the back. Warm oil activates back sensory receptors, reducing the amount of pain signals that are sent to the brain. This lessens the agony that comes with back pain.This process definitely lessens pain without having any negative side effects when done for 14–21 days.

2) Reduces Inflammation

Inflammation is linked to both lower back discomfort and spondylitis. Pain and stiffness result from this inflammation.

Studies have shown that people with ankylosing spondylitis frequently experience inflammation of the lower spine and sacroiliac joints.

Warm oil is applied to the back during Kati Basti, which lowers the molecules that cause pro-inflammatory substances to be produced. This kind of reduction in inflammation eases stiffness and spasms in the muscles.

3) Aids in Eliminating Toxins

Lower back pain and lumbar spondylosis may be caused by toxic overload. Over time, the accumulation of toxins results in the production of chemicals that cause back discomfort and spasms. According to studies, Kati Basti helps older persons with spondylosis and offers great

5) It is Cost-Effective

benefits. Warm oil is applied to the lower back during a Kati Basti and left there for 45 minutes. An increase in blood flow towards the lumbosacral region and the flushing out of pain-producing biochemical substances or the vitiated Dosha are two benefits of using oil, according to Ayurveda, because the heat of the oil pacifies the vitiated Vata dosha. This helps to relieve painful spasms and reduce stiffness as well.

6) Boosts Muscle Strength in the Back

The otherwise inflamed vata dosha is balanced by this method. As a result, Kati Basti increases back muscular strength and lessens bothersome back pain symptoms.

It enhances both the range of motion and flexibility of the back muscles.

The treatment is cost-effective today. Treatment with Kati Basti is not that expensive. Indeed, the spine surgeries and advanced treatment of back pain cost a fortune. You shouldn't have to part with big bucks just for a couple of dollars worth of pain reduction. The way is natural but simple.

DISCUSSION –

Nidan - Ruksha, Laghu, Shitadi Guna Pradhana Ahara as well has Katu-Tikta-Kashaya Rasa & Dominant Rasa. This diet habit may have deranged the digestion and aggravated Vata Dosha. Some indication for this view also receives literature, the argument that fruit acids (served with a sour taste) partway implemented as an energy conversion can pass lactic acid. Acids generate and release histamine, causing swellings together with powerful inflammatory poles.

1) Diwaswap: It increases Kapha and Meda: In day people are increasing high Day napping rose element{}. One of the main reason for fat related diseases and a risk factor agnimandya (Katishoola)
2) Manasika hetu: In the absence of infection or injury, stress and depression can also directly provoke pro- inflammatory cytokine production that may work as a noxious contributing factor to the pathogenesis.
3) Vegasandharana : Vegavidharana is one of the causative factor for Vata Vyadhi which vitiate in Vayan srotas and it initiates that lower back pain.
4) Agantuja Nidana: Acute Trauma, Continued microtraumas of the Articular Cartilages and associated structures causes Damage. It is also likely that an inciting event such as trauma from a previous history can lead to degeneration later in life.

Katishoola is the result of all Vataprakopaka Nidanas and Dhatu Kshaya in Vardhakya Avastha (Old Age). Vataprakopaka Nidanas for Katishoola include physical activities such as Pradhavana (excessive physical labor), Abhighatas owing to Prapatana (fall), Marma Abhighata (injury), Dukha Shayya (faulty bed), and Dukha Asana (faulty position). These Nidanas expose Vata Doṣha to vitiation, which is focused at Katipradesha and diminishes the functions (Karma Hani) of the Kati Sandhi. Kaphavrita Vyana Vayu limits the Rasa Rakta Samvahana (blood circulation) at the same time. As a result, the removal of waste and acquisition of nourishment are impeded. Nucleus pulposus gradually loses its capacity to absorb water, and

this is associated with a reduction in Shleshaka Kapha between the Sandhi as a result of an increase in Vayu's Ruksha characteristic.

One technique called "Kati Basti" involves applying medicinal oil to the lumbosacral area. Black gram paste, or a mixture of it and wheat paste, is formed into a circular ring. After that, the oil is poured and left in this flour paste ring in a circular form for a predetermined amount of time. Typically, this treatment takes place for 45 minutes each day for a minimum of two weeks.

Katishoola: Aggravated Vata Dosha may have caused Katisandhi to act abnormally at the start, thereby initiating the Asthikshaya process. Shoola is caused by compression or irritation of the spinal nerves, which is a fundamental symptom of Vatavyadhi.

Kati Stambh: Because the movement of Katisandhi is constrained by the Shita Guna of Vata and Kapha, Stambhana activity was observed more early in the morning. It is caused by the stimulation of nerve endings in Katipradesha. It could be related to pain; the patient restricted movement, resulting in stiffness in that location.

Kati Suptata can be caused by the Shita and Ruksha characteristics of Vata, which block the Vatasamvahana Nadi. As a result, sensational perception is impaired in the aged. Numbness occurs when the nerve roots are completely crushed.

Akunchana Prasarana Pravrutti Savedana (Restriction of Movements): In chronic phases of katishoola, aggravation of Vatadosha due to Dhatukshya can lead to inappropriate joint nourishment and discomfort in joint mobility. Also owing to Margavarana Janya Samprapti, Vikruta Kapha. Avarita Vata may impair the normal Rasa Rakta Samvahana at Katipradesha, resulting in incorrect joint feeding and loss of structural arrangement of the lumbar joint. Pain and limitation during flexion and extension could be caused by nerve root compression or muscle stretching.

DISCUSSION ON APPLIED ASPECTS OF LUMBAR VERTEBRA W.S.R TO KATI SHOOLA –

Ruja, or pain, exclusively affects the katipradesha, or Lumbo sacral and sacroiliac region. Pain might result from vitiated vyaana Vata, which dries out the shleshaka Kapha in the joints, causing friction. If the vitiation is caused by an abhighaata, pain might occur as a result of harm to the sandhi and adjacent structures. Radiation of pain to the lower limb is uncommon, however it can occur in a few low back conditions if there is a deficiency in the intervertebral discs that causes tension on a nerve root flowing out. It is seen in spondylosis, spondylolisthesis, spondylitis, disc herniation. Katishoola is characterized by stambha, or stiffness at the katipradesha. This can be regarded as Stabdhata because of the ruksha, khara, and sheeta guna of vata, like in Niramaja. Katishoola When vitiated vata absorbs ashraya in katipradesha, it causes the shoshana of shleshaika kapha in the sandhi. The shoshana of shleshaka Kapha impairs joint function, prohibiting any mobility at the katipradesha. Thus, movements in the Lumbo-sacral area such as flexion, extension, lateral flexion, and rotation are either entirely or partially restricted. It can be detected in sacralization of the fifth lumbar vertebra, among other things.The prevalence of lower back pain in India is 42%. More than 60% of them arewomen. Lower back discomfort can be caused by a variety of factors, the most prevalent of which include an excessive consumption of katu rasa, constipation, Mutravarodha, prolonged standing, arthritis, and so on. This study

intends to determine the relationship between excessive consumption of katu rasa and Katishool. According to the study's criteria, 58% of patients consumed an excessive amount of katu rasa Katishool. No patient consumes an excessive amount of katu rasa as a hetu of Katishool. Everyone has some other hetus.

Excessive use of Katu rasa Therefore, excessive intake of katu rasa Viprakrushta hetu, abhyanter hetu, and Vyanjaka hetu of Katishool.Injuries to the Chestavantha Sandhi in Karnataka can cause extreme pain, inflammation, debility, breaking pain, and loss of joint function. Radiological data reveal structural abnormalities in lumbar vertebrae, resulting in Ruja, Stambha, Khanjata, Shopha, and Asthi vikruthi lakshanas in Kati Sandhi during trauma, sports, and routine labor injuries.

Katishoola often starts between the ages of 20 and 40, with a higher prevalence among those aged 40 to 80. Degenerative alterations are more likely to develop in women than men. The intervertebral discs are thickest in the cervical and lumbar areas, where the spinal column moves the most. Katibasti lowers katishool.

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