

EFFECT OF YUKTARATHA BASTI IN KATISHOOL (LUMBAR SPONDYLOSIS) - A CASE STUDY

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ABSTRACT

Lumbar Spondylosis(LS) is degenerative change in the Vertebral Column Lumbar disc which is almost universal in the elderly. The Prevalence of Low back pain (LBP) is up to 85% in adults. LS is responsible for about 10 % of all the back pain conditions. Symptoms of Lumbar Spondylosis can be co-related with *Katishool (Trikkatigatvata)* by Ayurveda, which is due to vitiation of *Vata dosha*.^[2] *Basti* is the main treatment for *vata dosha*. So to manage low back pain *Yuktaratha Basti* which is described in *Sushrut Samhita* is selected for study.^[3] *Yuktaratha basti* itself indicates flexibility in some rules of *Basti-Parihar*.

KEYWORDS: *Katishoola, Yuktaratha Basti, Basti, Lumbar Spondylosis.*

INTRODUCTION

Lumbar Spondylosis is degenerative change in the Vertebral Column Lumbar disc which is almost universal in the elderly.^[1] Moreover, there is no current concrete, gold-standard treatment approach to the diverse range of patient presentations despite substantial research efforts to identify conservative and more invasive methods of managing symptoms and slowing progressive decline. Given the morbidity of low back pain within the population and its social and economic implications, this area will continue to be a critical research focus.

Low Back pain(LBP) is the main symptom in Lumbar Spondylosis. The Prevalence of Low back pain (LBP) is up to 85% in adults. For the minority with intractable symptoms, the impact on quality of life and economic implications are considerable. Despite the high prevalence of low back pain within the general population, the diagnostic approach and

therapeutic options are diverse and often inconsistent, resulting in rising costs and variability in management throughout the country.

Day to day our lifestyle became very fast & competitive. One has to travel long distance by vehicles, public transport, etc., Roads are rough. All these factors put a lot of exertion on spine. Lack of exercise, fast food, foam beds, faulty postures are also adding up the problem backache. Patient needs quick (fast) relief for this pain & go for analgesics which is a time being relief & not a Curative management. Also these drugs have side effects.

Pain, numbness, tingling sensation, stiffness of spine are major symptoms of Lumbar Spondylosis which is predominantly due to vitiation of *Vata dosha*.² *Basti* is the main treatment for *vata dosha*.³ So to manage low back pain *Yuktaratha Basti* which is described in *Sushrut Samhita* is selected for study.^[4] *Yuktaratha basti* itself indicates flexibility in some rules of *Basti-Parihar*.

AIM OF STUDY

To evaluate the effect of *Yuktaratha Basti in Katishool* w.s.r. to Lumbar Spondylosis.

CASE REPORT

Name of Patient - XXX

Age/Gender - 47 year/Male

Occupation - Farmer

Reg. OPD No. -13555

Reg. IPD No. -869

DOA -27-03-2015

DOD -02-042015

Brief History of case

A 47 year old male patient complaining of *Katishoola* (lower back pain), *Parshnishoola*, *Katigraha*, *Chankraman kashtata*, *ubhay Padabadhira* and *Padagaurav* since 4 months. He took allopathic treatment. Nsaid drugs has given by Allopathic doctors. But he didn't get relief. He was advised for surgery but he doesn't want to proceed with surgical intervention. To avoid surgery and to get relief he came to *Panchakarma* OPD No. 13 of GAH Osmanabad.

Diagnosis And Assessment

Lumbar spondylosis was diagnosed and assessed as follows,

1. Low Back pain (*Katishool*)-VAS method was used to assess the pain.
2. Numbness in lower limbs (*Padbadhirya*)- assessed by asking present or absent.
3. Heaviness of limbs (*Padgaurav*)- assessed by asking present or absent.
4. Stiffness of Lumbosacral Joint (*Katitriksandhigraha*) was assessed by measuring forward bending angle.
5. Difficulty in straight Leg Rising. (*Sakashta Padothankriya*)- has been assessed by SLR test.

X-ray Report: on

X-ray of LS Spine AP and Lateral View

Reduction in L3 –L4 Intervertebral disc space width noted with marginal osteophytic along the antero-lateral borders of lower lumbar vertebral bodies-Spondylosis.

No collapse/ destruction of vertebral bodies seen. Both S.I. joint Normal.

OBSERVATIONS

Gait- Slow and patient has pain after walking.

Prakriti- Vatkaphaj

Vaya- Tarun

Bala- Madhyam

Agni- Vishamagni

Koshta-Madhyam

Hetu-

Ahar- Vishamashna, Akalaj Bhojan, Kwachit Paryusheetannasevan, Ruksha aahar like Bajari bhakri with Thecha(Green chilli paste) etc.

*Vihar-*Travelling on Bike upto 60 kms daily, long term standing work, occasionally heavy weight lifting.

Dosha- Vatakapha

Dushya- Asthi, Majja, Mansa

Strotodushti- Asthivaha, Majjavaha,

Adhisthan-Katitrik Sandhi

Udbhavsthan-Pakvashaya

Treatment Given

Basti Karma (Therapeutic enema)

Niruha Basti (*Yuktaratha Basti*)

NO.	Material	Drug	Dose
1.	<i>Madhu</i>	<i>Madhu</i>	170gm
2.	<i>Lavan</i>	<i>Saindhav</i>	10gm
3.	<i>Sneha Dravya</i>	<i>Til tail</i>	170ml
4.	<i>Kalk</i>	<i>Vacha, Pippali, Madanphala</i>	30gm (each 10gm)
5.	<i>Kwatha</i>	<i>Erandmoolkwath</i>	340ml
6.	<i>Rasa</i>	<i>Mansrasa</i>	40ml

Yutaratha Basti was prepared by following standard text method as follows, First *Madhu* 170gm & *Saindhav* 10 gm will be mixed well. Then *Til taila* 170ml will be added in it & again stirred the mixture. Then *Erandmoolkwath* 340ml will be added in the mixture and again stirred it. Last *Mansrasa* 40ml will be added in the mixture and made that lukewarm to use.

***Yuktaratha Basti* Application**

Patient was prepared by doing *Sthanik* (*Kati, Udar, Nitamb, Uru Upto Janu*) *Snehana* & *Swedana*. *Til Tail* was used for *Snehana*. *Nadi Sweda* with *Dashmool Kwatha* have been used for *Swedana*.

Procedure

Left Lateral Position was given to the Patient. *Basti* was administered through anus by using *Basti Yantra*.

Post Procedure: Patient was observed for *Basti Pratyagam* & for *samyaka basti lakshsnas*.^[4] After *Basti pratyagama Pathyakar Ahar* & *Vihar* have been given to the patient.

Duration & Time

Basti was given daily for 8 days. *Basti* has been given in the morning.

The results observed after the treatment were:

Improvement in signs and symptoms of the patient. Relief was found in Low back pain, *padabadhira* (numbness) and *Padagaurav*. Stiffness of Lumbosacral joint (*katitriksandhigraha*) has gone.

Gait has improved.

□ □ Walking distance

Before treatment - Patient had severe pain after walking 100 mts.

After treatment - Patient could easily walk without pain about 200 mts.

□ □ Walking time

Before treatment - Patient took around five minutes to walk 100 steps.

After treatment: patient took around three minutes to walk 100 steps.

No significant change was observed in X-ray findings.

DISCUSSION

Lumbar Spondylosis is the cause of LBP (Katishoola) in this case. According to Ayurveda, Katishoola is Vatavyadhi showing features like Shoola(Pain), Stambha (Stiffness), Badhira(Numbness) and Chimchimayana (tingling sensation). Degeneration of disc is the main cause of LS. Dhatukshayajanya Vatavyadhi can be correlate with degeneration of discs. Basti is the best treatment for Vatavyadhi. Yuktaratha Basti mentioned in Sushrutsamhita was selected for this case. As Yuktaratha Basti having mansarasa and Erandmulakwatha, it reduces Vatadosha and improves the strength of spine. Yuktaratha basti helps to reduce the degeneration of discs also.^[5]

CONCLUSION

In this case study it can be concluded that Yuktaratha Basti is effective in the management of Katishoola due to Lumbar Spondylosis.

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