

**A REVIEW: EFFECT OF MATRABASTI WITH PANCHATIKTA
GHRITA IN KATIGRAHA (LUMBAR SPONDYLOSIS)****Dr. Parash Kashyap^{1*}, Dr. Shyamanta Kalita², Dr. Ranjan Kalita³**¹PG Scholar, Dept of Kayachikitsa.²Proff and HOD, Dept of Kayachikitsa.³Asst Professor, Dept of Kayachikitsa.Article Received on
25 June 2024,Revised on 16 July 2024,
Accepted on 06 August 2024

DOI: 10.20959/wjpr202416-33513

***Corresponding Author****Dr. Parash Kashyap**PG Scholar, Dept of
Kayachikitsa.**ABSTRACT**

Katigraha is one of the most commonly encountered diseases in the present era. In this condition, Shoola (pain) and Stabdhata (stiffness) are seen in the Katipradesh (low back). In this condition, Shuddha vata or Samavata gets lodged at Katipradesh, producing symptoms. Katigraha which is correlated with lumbar spondylosis, it is a degenerative condition that affects the disc, vertebral bodies and joints associated with lumbar spine. Basti is best for vataja vyadhi so along with medicin basti should be given for fruitful results. Also, as tikta dravyas are best for asthi majja gata vata, panchtikta ghrita Matra basti is very beneficial. As ghee is snigdha and also enhanced the dravyas used along with it, so in basti ghrita is superior to used. The present study aims to review the procedure of Matra basti with panchatikta

ghrita through various Ayurvedic and modern literature, published research papers and textbooks.

KEYWORD: Matra basti, panchatikta ghrita, katigraha, lumbar spondylosis.**INTRODUCTION**

In Ayurveda, lumbar spondylosis is correlated with Katigraha where In Sanskrit "Kati" means waist or part of the body which is covered with clothes and Graha means one which supports.^[1] It is one of the 80 types of vataja Nanatmaja Vyadhi described by our Acharyas. Gadanigraha is the only workbook where Katigraha is explained as a separate disease condition along with the vatavyadhis. A clear description regarding the samprapti, lakshana of Katigraha is explained by the author in the Kayachikitsa khanda, Vatarogadhikara.^[2] As

Vata is the main causative factor of the vatavyadhis so, elevation of vata is the main treatment of it. so, Acharya vagbhata suggests Basti as the Ardha Chikitsa (Half of treatment).^[3] According to Acharya Charaka in case of Asthi majjagata vata tikta dravyas processed with sneha dravya like milk or ghrita is beneficial.^[4] In Bhaisajyaratnawali also, panchatikata ghrita is also mentioned to be beneficial in vatavyadhis.^[5] Acharya charak while describing about the sneha mentioned that Among the four snehas i.e Ghrita, Taila, Vasa, Majjja;, Ghrita is the best because when Ghrita is processed with other herbs or substance it enhance the quality of herbs with it without losing its own quality.^[6] Thus, Panchatikta ghrita Matra basti will be the best For katigraha.

AIM AND OBJECTIVE

*To study the literature review of Matra basti.

*To understand the efficacy of Matrabasti with panchatikta ghrita in katigraha.

MATERIALS AND METHODS

The study of different Ayurvedic and modern literature has been done to fulfill the objective of the study. References regarding Matra Basti is collected from various textbooks of Ayurveda classics, previous work done and detailed descriptions regarding the Matra Basti and its probable mode of action have been explained in the present study.

DEFINITION OF MATRA BASTI

The basti in which the dose of sneha administered is equivalent to hrsva matra of sneha ia called matra basti.

*ह्रस्वया स्नेहपानस्य मात्रया योजितः समः ॥

मात्रावस्तिः स्मृतःस्नेहः शीलनीयः सदा च सः। (As.Hr.Su.19/67,68)

* यथेष्टाहारचेष्टस्य सर्वकालं निरत्यया।

ह्रस्वायाः स्नेहमात्राया मात्रावस्तिः सगो भवेत्। (Ca.Si.4/53)

* तस्यापि विकल्पोऽर्थार्थमात्रावकृष्टोऽपरिहार्यो मात्रावस्तिरिति ॥ (Su. Chi. 35/18)

2. According to Sushruta, Matra Basti is a type of Anuvasana Basti in which less quantity of Sneha is used. It can be given at all times without any complications. There is no any restriction during the course of Matra Basti.

DOSE OF MATRA BASTI

Acharya Charaka has mentioned the dose of Matrabasti is equal to the dose at Hrsva Snehapana. Matra for Hrsva Snehapana is the Matra which gets digested in 2 Yama ie.^[6] hours. However the dose required to get digested in 2 Yama is not mentioned.^[7]

Acharya Sushruta has mentioned the dose of Matra Basti as 1/4 of Sneha Basti.^[8] The dose of Sneha Basti is 1/4 of Niruha Basti i.e. 6 pala(apprx. 240 ml). Hence According to Kalinga Mana the dose of MatraBasti is 1½ pala (approx. 60ml).

INDICATIONS OF MATRA BASTI

Matrabasti can be safely administered in all seasons. It is useful to those emaciated by over exertion, vyayama, carrying heavy load, riding vehicle, travelling and indulgence in women, and for weak person as well as those afflicted with Vata diseases.

कर्मव्यायामभाराध्ययानस्त्रीकर्षितेषु च ।

दुर्बले वातभग्ने च मात्रावस्तिः सदा मता ॥Ch. Si. 4/51

बालवृद्धाध्वभारस्त्रीव्यामासक्तचिन्तकः ॥

वातभग्नावलाल्पाग्निनृपेश्वरमुखात्मभिः ।(As.Hr.Su.19/68,69)

CONTRADICTION

In Charak Samhita, it is mentioned that Matrabasti can be safely administered at any time and in all the seasons. No clear contraindication is mentioned for it.

Astanga Sangraha has stated that Matrabasti is contraindicated in the persons having Ajirna and who have taken sleep during day time.

तथापि तौ नाजीर्णे योज्यौ न च दिवास्वप्नः सेव्यः॥ (A.S. Su. 28/8)

Procedure of Matra Basti

It is divided in three-part

1. Purva karma
2. Pradhan Karma
3. Pachat Karma

PURVA KARMA

Collection of required materials: Pancha tikta Ghrita, Syringe (60 ml), Rubber catheter, Disposable gloves, Disposable sheet Before Matra Basti patient should not be given Snigdha Ahara because fat taking double quantity gives rise to Mada and Murchha. Before Matra Basti, patient should avoid the intake of excessively Ruksha Ahara, because it causes depletion of Bala and Varna.so, patient should be advised to come after taking light diet. the patient should subjected to local abhyanga and mridu swedan over the abdomen, thigh, and lumbar region.

PRADHAN KARMA

The patient is made to lie down on the table in the left lateral position with his left leg placed straight and the right leg is flexed at the hip and knee and is drawn up to the chest. Body is draped and the buttock and the anal region are exposed. This is the ideal position for Basti administration as it brings the whole colon (Pakwashaya) in one line. The Sneha prescribed for Matra Basti may be taken in the syringe and tied well placing the catheter in position. The trapped air in the syringe is expelled by gently pressing. Then the anal region and the catheter should be smeared with oil. Gently probe the anal orifice with the index finger of the left hand and introduce catheter through it into the rectum up to 4-5 cm. Keeping in the same position, press the piston of the syringe with right hand with adequate force. Remove carefully the catheter when a little quantity of Sneha remained inside the syringe.

PACHAT KARMA

The therapist should place gentle strokes on the patient's buttocks for about a minute. The patient is then asked to gradually assume the supine position. The therapist flexes the patient's legs at the hip and knee repeatedly several times. The patient is then asked to raise his legs by flexing the hip several times and placing the legs in a raised place. After Basti Pratyagamana patient should be given rest, and then Sukhoshana Snana to be given. Basti Vyapada must be looked for, if present, and must be treated appropriately.

RETENTION OF MATRA BASTI

The normal time of Pratyagama of Sneha Basti is 3 Yama i.e. 9 hours

निवृत्तिकालः परमस्त्रयो यमाः (A.H. Su.19/30).

As Matrabasti is a type of Sneha Basti its Pratyagama Kala is one muhurta (48 min). There is no harm if Matrabasti is retained in the body because while defining Anuvāsana Basti,

Acharya has explained that it does not injure the body even in the event of its being retained in the body for a whole day. Also, the dose of sneha in Matra basti is very small which can get easily absorbed in the body without coming out.

DISCUSSION

Matra Basti is a Basti under Sneha Basti mentioned by Acharyas'. It is of Snigdha nature and is used mainly in conditions of degeneration, muscle wasting, atrophy, Shula and Stambha type of VataVyadhi.

PROBABLE MODE OF ACTION^[9]

The probable mode of action could be understood using various concepts.

Stimulation of Enteric Nervous System

The enteric nervous system (ENS) is the greatest division of the autonomic nervous system. It is found to be a complex network of neurons and glial cells embedded in the gut wall. These cells perform independent of sympathetic and parasympathetic nervous system but can be influenced by them. It facilitates the activities of immune response, nutrient absorption, bowel motility etc.^[9] Administration of Basti directly into the gut may cause stimulation of ENS which in turns activates the above- mentioned functioning of the ENS. The ENS works in synergy with the central nervous system (CNS). Activation of ENS may cause stimulation of the concerned part of the CNS as well.

Absorption of Basti

The working site of Basti, that is the Pakwashaya, or the large intestine is responsible for the absorption of almost 90% of the ileal effluent. The cell membrane epithelial cells of the colon is made up of lipid and is a semi permeable membrane. It allows unionised compounds to pass through it. Presence of Sneha could facilitate the process of absorption. The active compounds of Basti then reaches the systemic circulation and reaches the site of pathology.

Actions on Gut Microbiota

The colon hosts nearly 5000 species of bacteria, viruses, archaea and fungi that improve the normal functioning of the colon. They are rather considered as essential for the health because disturbance in the gut microbiota has been associated with various systemic disorders. These tiny guests play an important role in synthesis of the essential metabolites that are easily absorbed by the colon. For example, the complex carbohydrates are fermented

to short-chain fatty acids which in turns acts as lipid regulating factor The ingredients of Basti Dravya are basically lipids, carbohydrates, and minerals that basically have nutritive effect on the gut microbiota which in turn may help in improving their colonisation.

Increases Bioavailability

There are studies showing that bioactive compounds of certain drugs may get degraded while digestion thus are not available for absorption.^[12] Hepatic pass metabolism or the first pass effect of liver is another challenge for the oral drug to get into the systemic circulation. Inferior rectal veins drain into the inferior vena cava and bypass liver thus avoiding the hepatic first pass effect which in turns increases the bioavailability of the active compound of the medicine.

Cleansing Effect

Gut microbiota is an essential factor in the metabolism but studies have shown that dysbiosis of gut flora can cause serious health issues. The administration of Basti Dravya causes distention of the colon which in turn initiates a defecation reflex. Basti reaching to ileocecal junction, thus evacuates the whole colon content and may result in the expulsion of the harmful colonies of microorganisms.

CONCLUSION

Katigraha is a type of Vata vyadhi commonly associated with dhatu kshaya. Shoola and Stambha are the prominent feature in its manifestation. The Doshas involved in this disease are mainly Vyanavayu and Sleshaka Kapha. Old age, female sex, obesity and repeated trauma are the main risk factors for Lumbar Spondylosist. Occupational, improper postures, sitting on irregular surfaces are the precipitating factors in the pathogenesis of Katigraha. Vasti is an important therapeutic measure in Ayurvedahich has got worldwide popularity because of its simple administration and effectiveness in several disorders. Basti provides the benefits of Snehana along with nourishing action for the bodily tissues. It is effective in many type Vata-Vyadhi involving Dhatu-Kshaya conditions (such as muscle wasting and atrophy. Degenerative joint changes being progressive and irreversible, Basti treatment aimed at the relief of the symptoms and to induce regeneration if possible.

REFERENCES

1. Sri Manna Lal, THE AMARKOSH of Sri Amara Sinha, Master Khelarilal and sons Sanskrit book depot, 1994; 431.

2. Indradev Tripathi, GADANIGRAHA by Shodalla vol 2, 3rd edition Varanasi Chaukhambha publication, 1999; 19/160pp-871, 508.
3. Dr.Brahmananda tripathi, Astanga Hridaya, 10th edition. Varanasi: Chaukhambha Orientalia, 2011; 1: Basti Vidhi Adhyaya,. 286.
4. Kashinath Shastri & Dr. Gorakhnath Chaturvedi, Charak samhita, Choukhamba Bharati Academy Prakashan, 2020, ch no 25, sloka no 40.
5. Sidhinandan Mishra, bhaisajyaratnavalivigyan, 2003, choukhambha surbharatiprakashan, Chapter 55, Sloka 251, 254, 884.
6. Dr. Ambikaduttashastri, Sushruta Samhita, Chaukhamba Sanskrit Samsthana, 2017 Edition, Sutra Sthana, ch no-13, sl no-13.
7. Kashinath Shastri & Dr. Gorakhnath Chaturvedi, Charak samhita, Choukhamba Bharati Academy Prakashan, 2020, Siddhi Sthana, ch no 4, sloka no 52.
8. Dr. Ambikaduttashastri, Sushruta Samhita, Chaukhamba Sanskrit Samsthana, 2017 Edition, Chikitsasthan, Ch no 35, sl no-18.
9. Rohan Agiddu, Kabupta Rajotu, Sarvesh Kumar Sangh, Nivedita Sitpal; Critical Analysis on Action of Basti: A Review; RRJOYASYN, 2022; 9(3). ISSN:2395-668