

REVIEW ON KATI BASTI - OIL POOLING AYURVEDA PROCEDURE

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ABSTRACT

Kati Basti is a procedure in which comfortably warm medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a specially formed frame ring prepared from black gram powder. In *Kati Basti* the oil is heated up to warmth over the water bath and poured slowly inside the ring. Its uniform temperature is maintained throughout the process by replacing warm oil in *Kati Basti* Pool. The oil is kept for 30-40 minutes. *Kati Basti* is an unparalleled treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. Various types of *local Basti* are being practiced which are *Kati Basti*, *Greeva Basti*, *Janu Basti*, *Shiro Basti*, *Uro Basti* etc. While practicing *Kati Basti* one should

prevent burns and leakage. *Kati Basti* helps to relieve pain in the low back, relieves stiffness in the low back and lower limb, relieves swelling and inflammation in the low back, in the bones and soft tissues of the low back, Strengthens the low back (bones, muscles and soft tissues therein), Soothes the nerves supplying the low back and legs (lower limbs), enhances blood supply to the low back area. *Kati Basti* is highly beneficial *Ayurveda* oil pooling treatment.

KEYWORDS: *Kati Basti*, *Ayurveda*, oil pooling, temperature.

INTRODUCTION

Kati Basti is a procedure in which comfortably warm medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a specially formed frame ring prepared from black gram powder.^[1] The word *Kati* refers to Low

back and *Basti* stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated oil. This is form of giving fomentation to localized area. The oils generally are heated and pooled heated up to a tolerable temperature over the painful area. *Kati Basti* also considered as *Bahya Sthanik Basti* as a part of classification of *Basti*.^[2] Various types of *local Basti* are being practiced which are *Kati Basti*, *Greeva Basti*, *Janu Basti*, *Shiro Basti*, *Uro Basti* etc.^[3] This study was performed with the aim to study the concept of *Kati Basti* and understand the standard procedure of *Kati Basti*.

MATERIALS AND METHODS

References regarding *Kati Basti* were collected from various textbooks, published research papers, previous work done and compilation was done. Concept of *Kati Basti* and procedure was studied in detail.

REVIEW OF KATI BASTI

Fomentation is a treatment procedure in which sweat is induced by means of heat in the form of steam or by in contact of the body with heated medicaments. *Kati Basti* is an unparalleled treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. *Kati Basti* is used mainly to relief from pain and stiffness (catch) associated with bone, joint and or musculoskeletal pains.

PROCEDURE

Pre-procedure

Collection of materials required for procedure is done.

Instruments & Equipments: Panchkarma table - 1, Vessels – 3, Spoon - 1, Cotton QS, Hot water for bath - 1, Black gram powder - 1 Kg., *Dashamula Kwatha* for *Nadi Sweda*, Disposable towel and napkins.

Material Required: Medicated oil – 300-500 ml, Black gram powder 200-400 g. Commonly used Medicated oils are *Dashamula Taila*, *Karpasasthyadi Taila*, *Sahacharadi Taila*, *Masha Taila*, *Dhanvantara Taila*, *Kottumchukkadi Taila*, *Mahanarayana Tail*.

Preparation of Dough of Black gram powder is mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slab like structure having length of about 45 to 60 cm, thickness of 2-3 cm and height 5 cm.

Patient preparation

The patient is thoroughly examined. The *Prakriti* (basic constitution) and *Vikriti* (details of morbidity) are documented in detail. The disease is also examined. The treatment line-up, materials and medicines which need to be used are enlisted. Patient is advised to pass natural urges of urine stool if present. Patient is also advised to remove the cloths and expose the *Kati* (low back) area. Patient is advised to lie down in prone position. Generally it is done early in the morning if convenience of the patient has to be seen. The patient is asked to come or attend the treatment generally on empty stomach because while doing *Kati Basti*, the patient has to sleep in prone position (on stomach). The patient is positioned and made to lie on his belly on a comfortable couch.

Procedure

The prepared dough is fixed on the lumbosacral area in a circular shape, taking care to prevent any leakage of oil. The chosen medicated oil is heated passively. Required quantity of oil (sufficient enough to fill the space within the ring of wet flour) is taken in a small bowl. The bowl is kept in the vessel filled with hot water. When the oil gets warm, the bowl is removed. Oil is poured into the compartment (space within the constructed ring of wet flour). The oil is heated up to warmth over the water bath and poured slowly inside the ring. Its uniform temperature is maintained throughout the process by replacing warm oil. The oil is kept for 30-40 minutes. After the prescribed time, oil is removed by dipping cotton and squeezing in a container or with the help of spoon. A uniform temperature of potties is maintained by reheating and replacing the oil heated. Care should be taken to maintain the temperature of the oil in the *Basti* pool. The temperature should be kept uniform throughout the procedure (until the procedure is completed). For this to happen, the oil from the pool is removed at regular intervals (leaving some oil in it i.e. oil should not be completely removed) and replaced by warm oil (on the other side, simultaneously oil is passively heated).

Post operative procedure

Dough is removed afterwards, and the area is wiped off followed by cleaning with lukewarm water. Patient is given light oil massage over lumber region for 5-10 minutes. Thereafter the patient is advised to take rest for 10-15 min in comfortable position. Oil used once is filtered and reused for next two days. On 4th day the fresh oil is to be used. Patient is advised to take light diet and drink hot water after procedure. This SOP outlines recommended good practice, ensuring that all patients receive safe uniform and effective *Kati Basti*.

Precautions: Care should be taken to prevent excess heating of the oil since it may cause burn, Paste the dough well to avoid leakage and avoid movements during procedure.

Complications: Burn and Discomfort due to prolonged lying

Duration: 7-21 days depending on the nature and intensity of the disease.

Indications of *Kati Basti*: Low back pain (lower back pain / lumbago), Lumbar spondylosis, Sciatica, Sacro-iliac joint pain or dysfunction, Coccydynia, Inter-vertebral disc prolapse (IVDP) or Lumbar disk disorders or spinal disc herniation, Spodylolisthesis, Spina bifida (occulta) etc.

Contraindications: Acute fever, acute stage of Rheumatoid arthritis, Inflammatory or infective conditions, Haemorrhagic disease, Kidney disease.

***Kati Basti* helps to** relieves pain in the low back and lower limbs relieves stiffness in the low back and lower limb, relieves swelling and inflammation in the low back, in the bones and soft tissues of the low back, Brings lightness and a sense of health in the lower portion of the body, improves movements at the back and lower limbs and enable us to move and work freely, Strengthens the low back (bones, muscles and soft tissues therein), Soothes the nerves supplying the low back and legs (lower limbs), Enhances blood supply to the low back area.

Some Previous Studies

1. **Mangal et al**^[4] did A comparative study of *Kati Basti* with *Sahacharadi Taila* and *Maha Narayana Taila* in *Gridhrasi* (Sciatica). It was an open clinical study for 14 days *Kati Basti* with 2 groups 45 patients in each group. *Kati Basti* with *Sahacharadi Taila* was more effective to control *Kapha* dominance symptoms like *Stambha*, *Graha*, *Gaurava* and *Tandra* and also on walking distance and magnitude of Pain. *Kati Basti* with *Maha Narayan Taila* group is more effective to control *Vata* dominance symptoms like *Ruk*, *Toda*, Numbness, Burning Sensation and *Muhuspandana* and also on the Functional ability, *Sakthikshepanigraha* and the functional disability. *Kati Basti* with *Sahacharadi Taila* and with *Maha Narayan Taila* were almost equally effective in the management of *Gridhrasi*.
2. **Bali et al**^[5] did a study in Efficacy of *Agnikarma* over the *Padakanistakam* (little toe) and *KatiBasti* in *Gridhrasi*. The study was taken up with the objective of evaluating the

efficacy of *Agnikarma* (treatment done with cauterization) over the *Padakanistakam* (little toe) in the management of *Gridhrasi*. To consider the significance of the method of *Agnikarma*, the efficacy of *Kati Basti* in the management of *Gridhrasi* was considered standard control. There was a significant reduction in the parameters, pain ($P < 0.01$) and straight-leg raising (SLR) test ($P < 0.01$), of the study group compared to the control group ($P < 0.01$). Pain was assessed through Numerical Pain Analogue Scale. After the treatment with *Agnikarma*, the pain was totally relieved in 80% of cases. It was reduced to moderate degree in 20% of cases and in 95% of cases, SLR test became negative. After the treatment with *Kati Basti*, the pain was totally relieved in 50% of cases. It was reduced to moderate degree in 20% and to mild degree in 25% of cases. In 60% of cases, SLR test became negative. There were no radiological changes produced by both the methods of treatment.

3. **Avneesh Kumar Dwivedi et al^[6]** did a Clinical study on efficacy of a herbal preparation and *Kati Basti* in the management of *Gridhrasi roga*. In this study total 30 patients of *Gridhrasi Roga* were registered and divided randomly into three groups. 10 diagnosed patients of *Gridhrasi Roga* were administered with *Herbal Preparation i.e Ghan Satva* which was made from the decoction of the leaves of *Parijat* for 30 days. 10 diagnosed patients of *Gridhrasi Roga* were administered with *Kati Basti (Dashmoola Taila)* for a period of 21 days. Other 10 diagnosed patients of *Gridhrasi Roga* were administered with *Herbal Preparation* and *Kati Basti (Dashmoola Taila)* simultaneously in the same manner. After the completion of trial there was a marked improvement in the feeling of well-being in all the three groups but the incidence of improvement was higher in Group-C, moderate level of improvement was observed in Group-B and the patients of Group-A have shown mild level of improvement. On the basis of the various observations and results obtained after completion of the study, it was concluded that, *Cap. Parijat Patra Ghana* and *Kati Basti* with *Dashmoola Taila* may be used separately or simultaneously in the effective management of patients of *Gridhrasi Roga (Sciatica)*.

DISCUSSION

In *Kati Basti* medicated oils having analgesic and anti-inflammatory properties are the important ingredient of the procedure. *Kati Basti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata*, *Pitta* and *Kapha* in the affected joints, muscles and soft tissues, causes sweating and brings about

lightness and a feeling of health in the affected joints, muscles and soft tissues. *Kati Basti* is highly effective in the management of pain. While practicing *Kati Basti* one should prevent burns and leakage. Care should be taken during the procedure to prevent over heating of oil. Proper positioning should be made to prevent leakage so that the procedure can be done for desired duration.

CONCLUSION

Kati Basti is most often recommended in condition like chronic back pain, arthritis, stiffness of the joints and even muscle pain. In these conditions *Kati Basti* may help to increase blood circulation to the affected area, gets rid of *Dosha* imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. This also helps to tone muscles and improve the working of tissues within the body.

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