

**EFFECT OF VAITARAN BASTI IN KATISHOOL (LUMBAR SPONDYLOSIS)-A CASE REPORT****Dr. Anita A. Patil\* and Dr. Sneha D. Bhaurale**

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**ABSTRACT**

Spondylosis is a form of spinal osteoarthritis due to degeneration affecting all regions of spine, neck, mid back & lower back. When spondylosis occurs in lower back region of spine it is termed as lumbar spondylosis. Joints lose their wear & tear mechanism, eventually as one gets older due to degenerative process occurring in bone & spine. This causes loss of normal spine shape & function in patients as disease progress. Lumbar spondylosis is common above the age of 60 yrs & tends to get worse over the time if not treated on time. Lumbar spondylosis has no permanent cure & is irreversible but it is excellently managed with ayurvedic treatment, Exercise, dietary advice & lifestyle modification. In Ayurveda lumbar spondylosis is correlate

with vatavyadhi. Pain stiffness of spine, tingling sensation are the major symptoms of lumbar spondylosis. snehana, swedana and basti is general treatment for vatavyadhi hence vangasen describe the vaitaran basti specially with godugdha which is very effective in vatavyadhi such as gudhrasi, katimanya shoola, that's why here we choose the vaitaran basti in lumbar spondylosis as a case study.

**KEYWORD:** Katishoola, vaitaran basti, lumbar spondylosis.

**INTRODUCTION**

In india about 70% of population is prone to develop disorders of vertebral column like Lumbar spondylosis, Lumbar spondylolisthesis, prolapsed Intra-vertebral disc (IVD), Osteoporosis & other degenerative diseases of spine. Majority of them are suffering from Lumbar spondylosis. Lumbar spondylosis is a degenerative joint disease.

In many cases there are no symptoms or complication associated with lumbar spondylosis. In some cases the degenerative changes on the lower back due to lumbar spondylosis can lead to compression of spinal nerves (nerve root) resulting in lower back pain which is radiates to the buttocks & legs.

The symptoms associated with lumbar spondylosis can vary with activity levels & weather influences. Sometimes it become very painful to lift any weight or bend. Sometimes its become very difficult to perform basic daily activities.

In allopathy, the principle line of treatment Involves are of steroids, NSAID's which are having severe side effect on hepatic & renal systems. Surgical interventions, Physiotherapy etc are the options for its management But all these treatment have their own limitations & Complication.

In Ayurveda lumbar spondylosis is correlated with katigat vat which is one of the vatavyadhi. In spondylosis main significant cause of katishula is degeneration of asthi dhatu. In ayurvedic point of view charak has expressed that, disease caused due to involvement of asthi dhatu should be treated with panchkarma therapy. Basti chikitsa has a very important role as it is said to be principal treatment on vata dosha. This is because this specific therapy aids greatly in balancing & combating the vitiated vata dosha or the air body humor which alone is responsible for so type of disease & disorder.

Basti is called as 'Ardha chikitsa' Vaitaran basti is described by vangasen which is indicated in katishula. Actually vaitaran is the name of the river. This basti is so powerful in a sense that it can bring back a life of a person who is about to cross the vaitaran river.

### **Symptoms of lumbar spondylosis**

- Difficulty in wallking
- Restricted range of motion.
- Back pain & stiffness
- Leg, back or buttock pain that gets worse when you bend over or twist.
- Tingling numbness & weakness in the legs, buttocks due to compression of nerves within or exciting the spinal canal
- Gait disorder

**AIM OF STUDY**

To evaluate the effect of vaitaran basti in katishool w.s.r. to lumbar spondylosis.

**CASE REPORT**

Name of patient – XXX

Age/ Gender – 37 yrs / Male

Occupation – Driver

Reg OPD No – 37141

**Brief History of case**

A 37 year old male patient complaining of katishoola (severe low back pain), left leg pain, severe pain during bending, pain during activity since last 3 months. He took allopathic treatment but he didn't get relief at all. That's why he comes to opd no 14 of M.A. Podar hospital Mumbai for ayurvedic treatment.

**Signs**

1. Lf leg pain since 3 months.
2. Severe Backache with 15 mint of walking since 2months.
3. Restricted range of bending & pain get worse during activity since 3 months.

Patient has history of fall on back before 12 yrs from bike.

N/H/O- DM/ HTN/ Epilepsy / PTB

Patient has history of malaria before 2yrs also has history of jaundice before 6yrs

S/H/O – NAD

**INVESTIGATION****MRI OF LUMBOSACRAL SPINE 28/5/17**

1. Grade 1 anterolisthesis of L5 over S1 vertebra is seen with bilateral spondylosis of L5 vertebra.
2. L4-L5 disc reveal diffuse post bulge with medium sized left paracentral extrusion (8\*6mm) & inferior migration for about 12mm compressing thecal sac & Rt budding nerve root.
3. Mild facet arthropathy is seen at this level.
4. L5 –S1 disc reveal diffuse post bulge effecing the epidural fat & encroaching the neural foramen.

**High definition usg of abd. & pelvis with sono ct xres processing 21/4/17**

1. Mild Hepatomegaly.

**X-Ray of chest (frontal projection) 19/4/17 – NAD****TREATMENT – Total 7 days.****INTERNAL MEDICINE**

1. Aarogya vardhini vati 500 mg BD
2. Sanjivani vati 500 mg BD
3. Triphala guggul 500 mg BD
4. Gokshuradi guggul 500 mg BD
5. Gandharva haritaki churna 5mg HS
6. Tb. Liv 52 BD

**Treatment given**

1. **Purvakarma** - Sarvang snehana (peti Swedan)
2. **Pradhan karma** - Vaitaran Basti – total 7 days.  
Vaitaran basti with chincha gud + saindhav lavan + godugdha +tila taila.
3. **Paschat karma** – sthanik karma - Kati basti with sahachar taila.

**DISCUSSION**

Spondylosis is a vertebral column disorder. In allopathy, the principle line of treatment Involves are of steroids, NSAID's which are having severe side effect on hepatic & renal systems. Surgical interventions, Physiotherapy etc are the options for its management But all these treatment have their own limitations & Complication.

In Ayurveda lumbar spondylosis is correlated with katigat vat which is one of the vatavyadhi. In spondylosis main significant cause of katishula is degeneration of asthi dhatu. In ayurvedic point of view charak has expressed that, disease caused due to involvement of asthi dhatu should be treated with panchkarma therapy.

Basti chikitsa has a very important role, Basti is called as 'Ardha chikitsa' 'Vaitaran basti is described by vangasen which is indicated in katishula. Actually vaitaran is the name of the river. This basti is so powerful in a sense that it can bring back a life of a person who is about to cross yhe vaitaran river.

**RESULT**

Symptoms	On Admission	On discharge
1.Back ache	Severe backache after 15 mint of walking	Back pain after 2hrs of walking
2.Lf leg pain	Left leg pain during walking	No pain
3.Severe pain during Bending	Bends upto 50 degree with pain	Bends upto 70 degree without pain
4.Pain during activity	Pain get worse during activity.	60% pain relief during activity.

**CONCLUSION**

Katigat vat (Spondylosis) are clinically diagnosable condition. Vaitaran basti plays a important role in the management of katigat vata / spondylosis. So this case study direct us to conclude that, vaitaran basti is very effective in the management of katishul/lumbar Spondylosis.

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