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A CLINICAL STUDY TO ASSESS THE EFFECTIVENESS OF TILA TAILA KATI VASTI IN THE MANAGEMENT OF KATIGRAHA. (LOW BACK ACHE)

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ABSTRACT

Low-back-ache *(katigraha)* is seen to be one of the major condition affecting our daily activities. It is characterised by pain *(Shool)* & stiffness *(graha)* in lower back. In modern contemporary medicine, use of analgesics and physiotherapy are the only conservative remedies but in most of the cases the outcome of these are not satisfactory. Though analgesics are able to control the pain intensity but their regular use may produce several systemic side effects. While in most of the *Āyurvedic* classical texts principles of treatment and drugs for the management of this condition are described, especially *Vastikarma*, which gives high success rate with less recurrence. Here an open clinical trial was conducted on 50 patients between the age group 18 – 70 years of either sex, at Govt. Ayurvedic College & Hospital, Ghy 14, to see the response of *kati vasti* by using *tila taila*. The clinical trial showed a significant improvement in signs and symptoms of *katigraha* (low back ache). No any side effect was seen during the study. So *tila-taila kati-vasti* is found to be safe & ideal for the management of *katigraha* (low-back-ache).

INTRODUCTION

Defination

Bhavaprakash has mentioned *'katigraha'* as a condition where *shudda vata* or along with *ama* lodges in the *kati* region producing *vedana* (pain) *& graha* (stiffness). (Bhavprakash.

Madhyamkhanda Amavata adhikar Ch. 26/53). By looking at the symptoms katigraha can be correlated with *'low back ache'*. It is one of the common diseases which affect almost all the people in some part of their life.

The present *Kati-vasti* treatment is given locally as a *bahya sthanik snehana & swedana.* The *tila-taila* selected here has the property of pacifying *vata*, & *taila* itself has the anti-*vata* property, also easily available and also cost effective.Thus the present research work is planned to evaluate the clinical efficacy of *kativasti* in the management of *katigraha* by using *tila-taila.* Permisson from Institutional Ethical committee, govt. Ayurvedic College & Hospital, Jalukbari, has been taken for the trial drug.

MATERIALS AND METHODS

Materials

Tila taila (oil of sesamum indicum) (Cha. Su.27/30), Paste of black gram powder/flour, Syringe (10ml), Disposable gloves.

Methods

Source of data: A total number of 50 patients, between 18 to 70 years of age, with *katigraha* was registered randomly from the OPD and IPD of Govt. Ayurvedic College Hospital, Guwahati-14, Assam, after fully satisfying the diagnostic criteria of *"Katigraha"* laid by the clinical features of *Katigraha* as described in *Bhavaprakash*. A detailed history taking and physical examinations were carried out in these patients. Relevant data along with the elaborated assessment of pain, stiffness, functional ability and functional disability is registered in the specially designed case perform. For literary study the reference is collected from the ancient Ayurvedic Texts mostly *Brihat Trayee* available in the library of Govt. Ayurvedic College, Guwahati-14, Journal, Internet, previous thesis etc. And the present study is conducted at Govt. Ayurvedic College & Hospital, Guwahati-14.

Grouping: All the Patients were assigned to one group. The study period is of one month & patient were evaluated on the 0, 15, & 30^{th} day.

Dosage: Quantity Sufficient. **Duration of the treatment:** 14 days. **Follow up period:** One Month

Inclusion criteria

- Age between18 years to 70 years

- Sex – Either Sex
- Patient having classical features of *Katigraha.*
- Patient fit for *Snehana karma*.

Diagnostic criteria

a) *Shoola* (pain) in *Kati Pradesh* (lower back)

b) *Stambhana* (stiffness) in *Kati Pradesh* (lower back)

Exclusion criteria

- Age before 18years & after 70 years.
- Patient with disc prolapsed and herniation, injury of spinal cord.
- Pregnant lady.
- Tuberculosis/ pots-spine/ankylosing spondylitis, Diabetes Mallitus, Hypertension, Malignancy & other metabolic disorder.
- Patient with infection and other systemic diseases.
- Patients unfit for *Snehana*

Trial methodology: Open trial

Investigations

1. X-Ray lumbosaeral region Anteroposterior view & Lateral view.
2. MRI / CT Scan of Lumbosacral spine
3. Hematological investigations: Hb%, TC, DLC, ESR, RBS.
   Other investigations if necessary

Design of the clinical study

A single blind clinical study with pre test & post test design.

Intervention

All the patients were treated with *Tila-taila kati-vasti* for 14 days uninterruptedly. Complete bed rest on semi hard bed was advised to the patients.

Assessment criteria

Patients were observed for a total follow-up period of 30 days. Assessment was done initially before the medical intervention thereafter on the 15^{th} day i.e. just after the completion of

Vasti and lastly on the 30th day from the starting of the *Vasti*. Assessment was done on the basis of improvement in symptoms ; a) Pain & b) Stiffness.

Statistical analysis

Statistical significant test for comparison is done by ANOVA followed by Turkey multiple comparison test. *Graph Pad In Stat* software used for Statistical Analysis.

OBSERVATION AND RESULTS

Showing the distribution of patients according to status of *shoola*(pain) before treatment

Status of pain	Total No. of Patients	%
Severe pain	28	56
Moderate pain	21	42
Mild pain	1	2
Occassional pain	0	0
No pain	0	0

Showing the distribution of patients according to the status of *shoola* (pain) after treatment.

Status of pain	Total no. of patients	%
Severe pain	2	4
Moderate pain	7	14
Mild pain	17	34
Occasional pain	20	40
No pain	4	8

Showing the distribution of patients according to status of *graha*(stiffness) before treatment.

Status of stiffness	Total no. of patients	%
Daily more than 1 hr.	29	58
Daily for 30-60 min.	21	42
Daily for 10-30 min.	0	0
Some time for 5-10 min.	0	0

Showing the distribution of patients according to status of *graham* (stiffness) after treatment.

Status of stiffness	Total no. of patients	%
Daily more than 1 hr.	2	4
Daily for 30-60 min.	14	28
Daily for 10-30 min.	20	40
Some times for 5-10 min.	10	20
No tightness/stiffness	4	8

DISCUSSION AND CONCLUSION

Effect of *kativasti* on *shoola* (pain) & *Graha* (stiffness)

The relief of pain & stiffness after completion of *Kativasti* on the 15th as well as 30th day is extremely significant. After 14 days of *Kativasti* on the 15th day Pain & Stiffness is significantly reduced. Reduction in the intensity of Pain & Stiffness on the 30th day in comparison with the intensity on the 0– day is extremely significant.

Overall affect of the therapy

Among all the patients 2 patient got improvement below 20%, 12 patient got improvement between 21-40%, 21 patient got improvement between 41-60%, 11 patients between 61-80% & 4 patients got improvement between 81-100% . During the course of treatment no any adverse effect & side effect was seen. Therefore it may be inferred that *Tila-taila Kativasti* is an ideal & safe method for the management of *Katigraha* (Low-back-ache).

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