

## A CASE STUDY – EFFICACY OF *LASHUN TAILA* IN *KATISANDHIGAT VATA*

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### ▪ ABSTRACT

*Katisandhigata Vata* i.e. lowback pain is commonly occurring disease in many people. It commonly affects the old aged people because there is increase in *Ruksha* and *sheeta guna*. Also there is some decrease in *Asthi dhatu* (Osteoporosis). *Katisandhigata vata* can be resembled with *Kati shool*, *Trika shool*. *Lashun Taila* is mentioned as a remedy for *Vatavyadhi* in *Charak Samhita*. It is used in a patient of *katisandhigata vata* in the form of *Matrabasti* and assessed on a criteria like low back pain, stiffness, Straight leg raise test and Quebec low back pain scale. It showed a very much effect in this patient. It decreases the *sheeta* and *ruksha guna* of *Vata dosha*, so it is also called as *Vatari*. This study

can be done on large sample size and it is also cost effective.

**KEYWORDS:** *Katisandhigata Vata*, *Lashun Taila*, *Matra basti*, Lowback pain.

### ▪ INTRODUCTION

*Katisandhigat Vata* is a commonly affecting problem in population. The potential causes of this disease are aging, trauma, sedentary lifestyle, lack of exercise. Mostly 70% of Indian Population is affected by the Lowback pain<sup>[1]</sup> and in that, Men and women are equally affected. Stress at Work place is also a causative factor. In classical Ayurvedic Texts,<sup>[2,3,4]</sup> *Katisandhigat vata* can be referred as *Kati Graha*, *Trika graha*, *Kati vayu*, *Trika shool*, *Vataja shool*, *Gridhrasi* etc.

*Kati sandhigat Vata* affects the body due to vitiation of Vata Dosha. *Shodhana Chikitsa* in the *Kayachikitsa Khanda* has explained the detailed *samprapti* and *Lakshanas* of *Katigraha* in *Vataroga Adhikara*.<sup>[5]</sup> *Sandhigatavata* is mentioned in *Yogratnakara* under *Vatavyadhi*

Chapter.<sup>[6]</sup> The clinical features includes *ruk* (pain), *toda* (pin like sensation), *stambha* (stiffness), *muhuspandana* (twitching and cramping) in the *sphik* (buttock), *kati* (Waist), *Uru* (thigh), *janu* (knee), *Jangha* (calves) and *pada* (foot).<sup>[7]</sup>

The Ayurvedic treatment consists of *Snehana* (oleation therapy), *swedana* (sudation therapy), *Basti* (medicated retention enema), *Agnikarma* (Therapeutic cautery) and *Vatahara Shamana yogas* (Palliative therapy). *Basti Chikitsa* is Prime *chikitsa* mentioned in our Classical Ayurvedic Literature. It is referred as *Ardha Chikitsa* (Half treatment) for *Vatavyadhi*. There is reference of *Lashun Taila* is Mentioned in the Treatment of *Vatavyadhi* in *Charak Samhita*.<sup>[8]</sup>

Here we have details of case of *Katisandhigat Vata* which is well treated by *Lashun taila Matrabasti*. One Patient complaining Lowback pain & Stiffness at *Kati* region were taken. Patient was clinically diagnosed and selected for study.

## ▪ METHODOLOGY

### • Materials

1) Patient was selected from the Outpatient department of Shalyatantra Department of Government Ayurved college, Osmanabad. Patient was diagnosed for only *Katisandhigatavata*. Patient with other allied symptoms like swelling, Sciatica, Aamvata were excluded from the study.

2) For Matra Basti – *Tilataila* for local oleation, *Pindasweda* for *Swedana* and 60 ml *Matrabasti* with *Lashun Taila*.

### • METHODOLOGY

The patient was given treatment for consecutive 15 days. Detailed history was taken before the treatment.

• Parameter Assessed – Low back pain and Stiffness.

### • Preparation of *Lashun Taila*

Contents- 1. *Lashun* bulb – 1 part

2. Processed edible *tiltaila*- 4 part

3. Cow's Milk- 16 part

## Procedure

First *lashuna* bulbs were peeled and were crushed manually. On the other hand, cow's milk was boiled and crushed *lashun* balbs were added slowly and boiled again. Then processed edible *tiltaila* was later added to boiling preparation. The whole formulation was boiled continuously in low flame for about 2 days until we got the ideal signs of Taila as mentioned in classics. The formulation was later cooled and filtered and stored in sterile container.

### • Procedure

**Poorvakarma** – The patients was given prone position and local *abhyanga* (massage) with *Tilataila* was done for 10 minutes. Then *Pinda sweda* was given locally for 15 minutes. The patient was asked to consume light breakfast after 10 minutes.

**Pradhankarma** – Patient was given left lateral position, 60 cc syringe was filled by *Lashun taila*, oil was applied to anal region and tip of catheter. Catheter was inserted 3 cm in anus, the piston was slowly pushed till all the oil gets inside.

Slight massage was given on buttock region for 15 minutes and patient was asked to sleep in supine position for 10 minutes. The procedure was followed for 15 days.

### • CRITERIA FOR ASSESSMENT

#### 1. Low Back Pain

0	No Pain after sitting
1	Pain Starts after sitting 30 minutes
2	Pain starts after sitting for 15 minutes
3	Pain starts immediately after sitting

#### 2. Stiffness

0	No Stiffness
1	In Morning , only 5 minutes
2	During day time for 15 minutes
3	During day time for more than 15 minutes

#### 3. SLR Test

0	90°
1	60°
2	30°
3	0°

#### 4. Quebec Back pain Disability Scale.<sup>[9]</sup>

- **History of Present illness**

The 52-year-old patient has a lowback pain for last 1.5 years and came to GACH Osmanabad for treatment.

**PAST HISTORY:** HTN. No any other major illness like, DM, IHD, KOCH'S, BRONCHIAL ASTHMA etc.

**SURGICAL HISTORY:** No any major surgical history.

**MEDICINAL AND ALLERGIC HISTORY:** No any medicinal and drug allergic history.

#### **PERSONAL HISTORY**

Appetite-Normal

Diet- Mixed

Sleep- Normal

Micturition- Normal 4-5 times/ day

Bowel- Normal 2 times/ day

Addiction-Tobacco chewing (since 12 yrs), Alcohol addiction (since 15 years)

Occupation- Service in Hotel as Receptionist

**FAMILY HISTORY:** Not specific

**GENERAL EXAMINATION:** Not any specific

**SYSTEMIC EXAMINATION:** Not any specific

**INVESTIGATIONS:** HB- 13.0%

RBC- 5.1 million/mm<sup>3</sup>

WBC- 9200/ cu mm

PLT- 356000/ UL

Bleeding time- 1 min 30 sec

Clotting time- 4 min 20 sec

Urine routine- Nil, Microscopic- Nil

#### **EXAMINATION**

1. No tenderness at rest in lowback area.

2. Slight Tenderness during start of working

3. No any swelling
4. SLR test at 30°.
5. CVS – Normal
6. CNS – Normal
7. RS –Normal
8. Blood pressure and Pulse- within normal range.

#### ▪ OBSERVATION AND RESULT

Assessment	At Start	At 7 <sup>th</sup> day	At 15 <sup>th</sup> day
Low back pain	2	2	1
Stiffness	3	2	1
SLR Test	1	1	0

#### \* The Quebec back pain Disability scale

No.	Questionnaires	Before Treatment (Score)	After Treatment (Score)
1.	Get out of Bed	1	0
2.	Sleep through the night	0	0
3.	Turn over in bed	0	0
4.	Ride in a car	2	1
5.	Stand up for 20-30 minutes	3	2
6.	Sit in a chair for several hours	4	2
7.	Climb one flight of stairs	0	0
8.	Walk a few blocks	0	0
9.	Walk several kilometers	2	1
10.	Reach up to high shelves	0	0
11.	Throw a ball	1	1
12.	Run one block (about 100 m)	1	1
13.	Take food out of the refrigerator	0	0
14.	Make your bed	2	1
15.	Put on socks	2	2
16.	Bend over to clean	3	1
17.	Move a chair	1	1
18.	Pull or Push heavy doors	1	0
19.	Carry two bags of Groceries	0	0
20.	Lift and carry heavy suitcase	2	1

Patient got relief from our Treatment of 15 days. Further he advised to take oral medications.

#### ▪ DISCUSSION

*Katisandhigat vata* is not directly mentioned as a disorder in Ayurvedic Texts.<sup>[10]</sup> *Kati* is one of the *sthana* of *Apana vayu*.<sup>[11]</sup> In *Katisandhigat vata*, *Vata dosha* is vitiated by its *Rukhsa* and *sheeta guna*. This Vitiated *guna* can be best controlled by *Basti Chikitsa*. *Agnivesha* has

stated that *Basti* is *Ardha Chikitsa* for *Vatavyadhis*.<sup>[12]</sup> The *ruksha* and *sheeta guna* of vitiated *Vata dosha* is balanced by *Snigdha* and *Ushna guna* of the *Anuvasana Basti*. This *Anuvasan basti* is such *matra Basti* which can be administered daily. It is most useful in *ruksha pradhan vyadhis*, *vata dosha* vitiated *vyadhis*, *kati ashrit vyadhis*. *Matra basti* can be used for long term treatment in *Vataj Vyadhi*. This *Matrabasti* is recommended in Childeren, elderly people, strenuous workers etc.<sup>[13]</sup>

This patient has the sedentary lifestyle and there may be some chances of wrong sitting style at office which results in *Katisandhigat vata*.

*Matrabasti* is very much effective in this patient by decreasing *Ruksha guna* of Vitiated *Vata dosha*. It also performs as *Snehan* and *Bruhan* to *Ashidhatu* which gives *bala* (strength) to bones and Joints. It also give *anuloman* of *Apan vayu*. *Matrabasti* helps in breaking the *Samprapti* of *Katisandhigat vata* due to its characteristic *Snehan* Properties.

## ▪ CONCLUSION

1. *Vata dosha* is vitiated due to increase in *Ruksha* and *sheeta guna*.
2. There is vitiation of *Vata dosha* in *Katisandhigata vata*.
3. *Lashun taila matrabasti* shows Signigicant effect on Vitiated *Vata* in *Kati Sandhigat Vata*. It is Result Oriented and Cost effective.

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