

EFFECT OF KATIBASTI IN GRIDHRASI – A CASE STUDY

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Corresponding Author*Dr. Manisha Kakde**PG Scholar, Panchakarma
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Pune.**ABSTARCT**

Introduction: In Ayurveda *gridhrasi* disease is explained under *vatavyadhi chikitsa adhyaya* in *Charaka samhita*, it is *ruja Pradhan nanatmaja vatavyadhi*. *Gridhrasi* is one of the most common disease that affect the lumbar region and lower limbs. Symptom of the *gridhrasi* can be well correlated with sciatica in modern science.

Materials and Methods: A female patient having age 41 yrs presented with complain of *katishoola* (lower back pain), *katistambha* (spasm), *sakashta chankraman* (difficulty in walking), *ubhay hasta pada chimchimayan* (tingling sensation over upper and lower limb) for 4

months. Also complaining of *asamyak malapravartana*. It was treated with traditional external therapy described in ayurvedic text's and as well as internal medication after *pachana*. External therapy included *sthanik snehan*, *swedan*, *Katibasti* and *Abhyantara chikitsa*. Patient was clinically assessed by clinical presentation by SLRT. Pain and tingling walking time was assessed by VAS. **Observation and Result:** After treatment SLRT shows increased range of motion by 30° for both legs and pain reduction, tingling was observed on VAS scale. **Conclusion:** This case study reveal that *Katibasti*, *sthanik snehan*, *swedan* and *Abhyantara chikitsa* are significantly effective and clinically safe as no adverse effects were reported during treatment.

KEYWORDS:- *Gridhrasi, Vatavyadhi, Sciatica, Katibasti, Sthanik snehan, swedan.*

INTRODUCTION

Ayurveda is playing vital role in vatavyadhi, *Gridhrasi* is one of the vata vyadhi presented commonly in current society because of lifestyle changes.

Ghridhrasi is one among 80 *nanatmaja vatavyadhi* described by Acharya *charaka*. The sign and symptom found in *gridhrasi* are similar to sciatica in modern science. In this disease the patients gait becomes tense and slightly curved due to pain.

The word *Gridhrasi* is derived from the Sanskrit word “*Gridhra*” that means the name of a Bird i. e Vulture.^[1] The name given to it as *gridhrasi* because the patient suffering from this disease, walk like Vulture.

It is included under 80 *nanatmaja vatavyadhi*.^[2]

Characterized by *stambha*(stiffness), *ruka*(pain), *toda*(pricking pain), and *spandana* (frequent tingling). These symptoms initially starts from lumbar region then gradually radiates to posterior aspect of *uru* (thigh), *janu* (knee), *jangha* (calf) and *pada* (foot).^[3]

Acharya Sushruta has mentioned another path, pain starts from *parshni* and *anguli* and then moves towards upwards direction. Vagbhat also had same opinion as Acharya Sushruta.

The symptoms seen in *Gridhrasi* can be well correlated with sciatica in modern science. Sciatica is a common type of pain affecting the sciatic nerve. The pain resulting from irritation of sciatic nerve in sciatica. It is the largest nerve in human body, originates in the lower spine and formed by the combination of spinal nerves L4 to S.^[3] It usually affects only one side of lower body and then extended to back of thigh and down through the legs.^[4]

It will be depend on where the sciatic nerve is affected the pain may also extend to the foot or toe.

In sciatica pain is mainly caused due to tissue trauma. Leg pain and tingling sensation, numbness or weakness that originates in the lower back and travel through the buttocks and down the large sciatic nerve in the back of each leg.^[5]

Changed life style of modern human being has created several disharmonies in his biological system. In modern and busy life style of human being due to improper sitting posture in offices and factories, jerking movement during travelling and sports, all these factors creates pressure on the spinal cord. Improper diet, irregular timing of food, junk food and lack of nutrientsim food also cause *agnimandya* leads to indigestion of food. These improper

behavior and diet plays an important role in vitiation of vata dosha which causes different types of vata vyadhi.^[6]

Such as *Sandhigat vata*, *Asthimajjagat vata*, *manyastambha*, *katishoola*, *Gridhrasi*, *padashoola* etc.

Acharya charak and *Acharya Vagbhata* has included the *Gridhrasi* under 80 types of *vatavyadhi* in *maharogadhyay* and *dashbhedhiya adhyay*.^[7,8]

Acharya charaka has explained the symptoms of *gridhrasi* disesse in *vatavyadhi Chikitsa Adhyay* also *Acharya Sushruta* has explained the disease *Gridhrasi* in detail.^[9]

In *Ayurveda* various treatments are given for *vatavyadhi*. Treatment like *snehan*, *swedan*, *shaman*, *shodhan chikitsa* like *basti* are explained by *Acharya Charaka*.^[10]

Internal and external treatments can be given as different treatment modalities. *Acharya Charaka* and *Acharya Vagbhata* in *Ashtang hridaya* has mentioned *Basti*, *Raktamokshan* and *Agnikarma* for the treatment of *Gridhrasi*.^[11]

As *Gridhrasi* is one of the *vatavyadhi*, *chikitsa* like *snehan* and *swedan* are indicated in *Gridhrasi*.^[12]

Katibast is treatment modality used to treat *vatapradhan* diseases especially with pain.

In modern science there are so many treatments modalities used to treat sciatica disease. But modern medicines has limitations to give sufficient relief in this disease.^[13]

In modern medicines sciatic pain is generally managed by using anti inflammatory drugs, muscle relaxants and traction.

In presence of neurological symptoms or deficits intractable pain surgical intervention is needed.

Severe pain affects daily routine work and sometimes it leads to disabilities. To treat such condition modern medicine has to consume again and again to get relief from pain, to overcome this situation *Gridhrasi* can be treated by *Ayurvedic* principles.

Objectives

To study the effect of *katibasti* in management of *Gridhrasi*.

Case report

A 41 years female patient house wife by profesion came with chief complaints of *katishoola* (pain in lumbar region) and radiating towards both legs (left keg ++), *katistambha* (stiffness at lumbar region), *ubhaya hasta pada chimchimayan* (tingling sensation over both upper and lower limbs), *sakashta chankraman* (difficulty in walking) since 4 months. Also complaining of *asamyaka malapravartana*.

History of present illness

The patient was alrigh before 1 year, then she had sever pain in lumbar region, slowly it radiate towards lower limb followed by tingling sensation. She had stiffness at lumbar region and also at lower limbs. She had tried modern medicines like pain killers at private hospital hospital, but got no relief and symptoms aggreavated since 8 days. So for further treatment she came to SGAK, Hadapsar, pune.

Personal history

Occupation- Housewife

Addiction- Nill

Examination

Vital of the patient were in normal limits.

Systemic examination

RS	Aebe Clear
CVS	S1S2 N
CNS	Conscious oriented.
P/A	soft

Ashtavidh parikshan

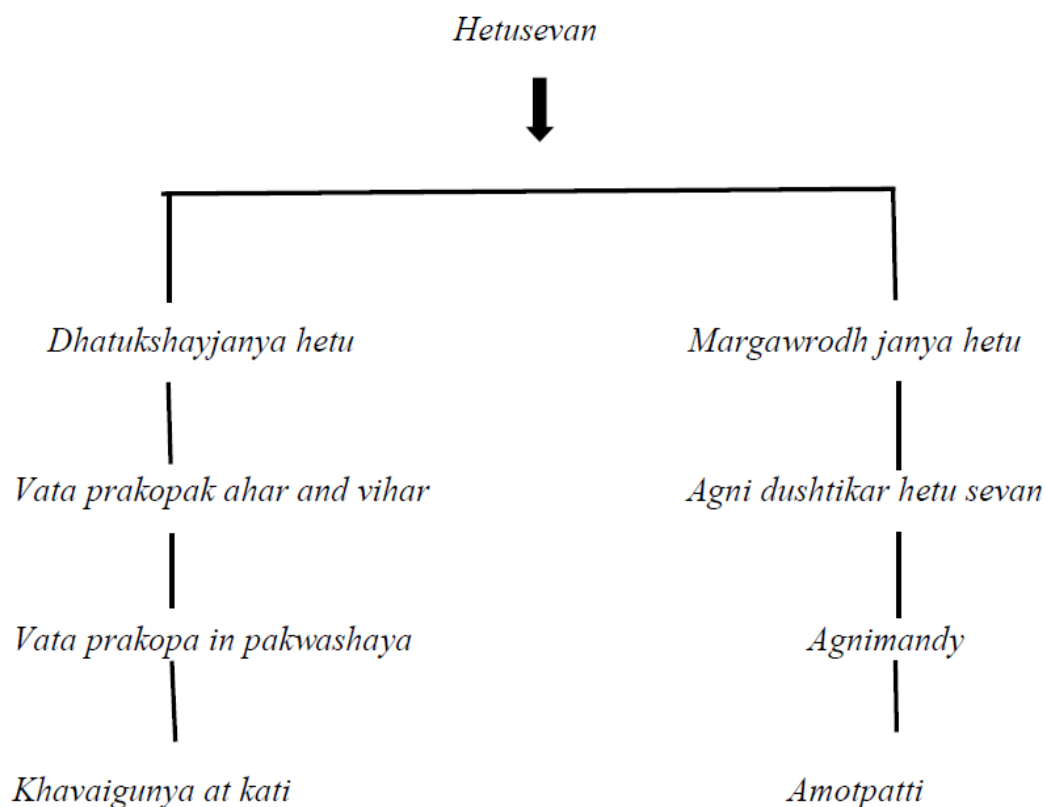
<i>Nadi</i>	<i>Vataj</i>
<i>Mala</i>	<i>Samyak</i>
<i>Mutra</i>	<i>Samyak</i>
<i>Shabda</i>	<i>Prakrut</i>
<i>Sparsha</i>	<i>Anushna Sheeta</i>
<i>Jivha</i>	<i>Ishad sama</i>
<i>Druka</i>	<i>Prakrut</i>
<i>Akruti</i>	<i>Madhyam</i>

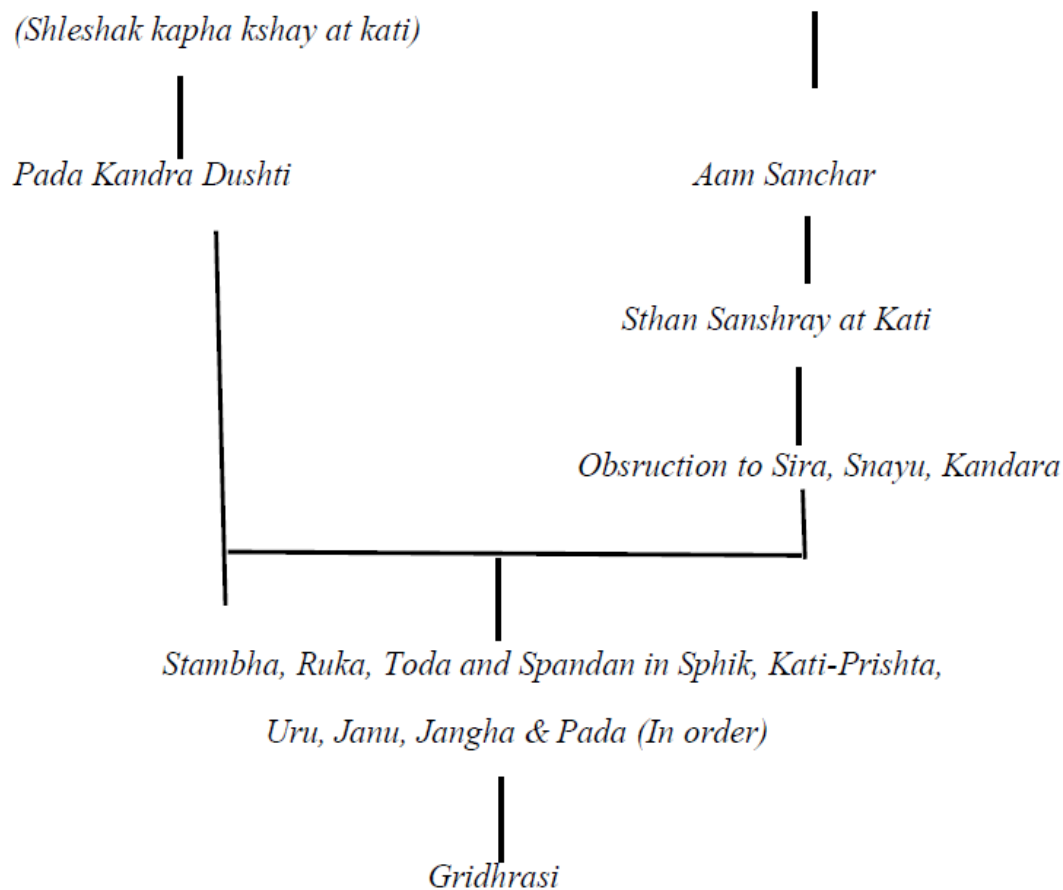
Dashavidha parikshan

<i>Dushya</i>	<i>Asthi, Sandhi, Mansa</i>
<i>Desh</i>	<i>Sadharan</i>
<i>Bala</i>	<i>Madhyam</i>
<i>Kala</i>	<i>Varsha ritu</i>
<i>Agni</i>	<i>Vishamagni</i>
<i>Prakruti</i>	<i>Vata-Pittaj</i>
<i>Vaya</i>	<i>Madhyam</i>
<i>Satmya</i>	<i>Madhyam</i>
<i>Satva</i>	<i>Madhyam</i>
<i>Ahara</i>	<i>Mishra</i>

Nidan panchak

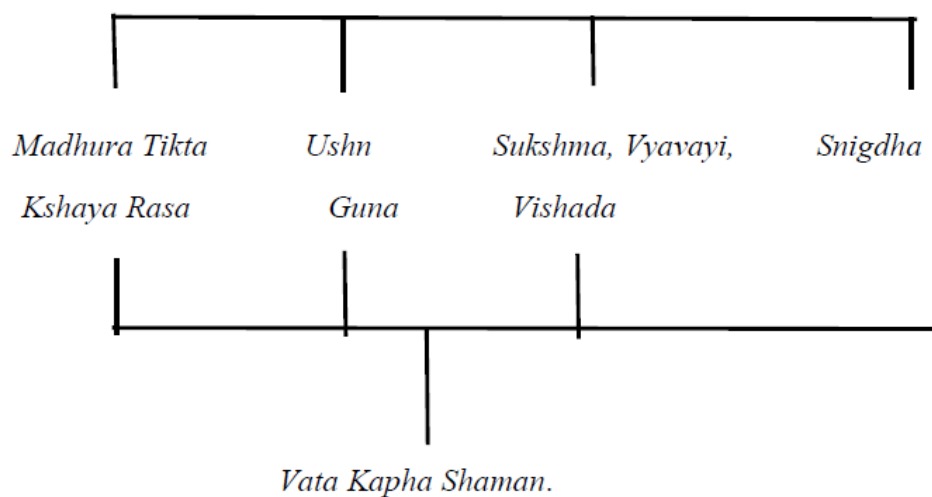
- *Nidan*- Long hours of sitting and working, heavy weight lifting.
- *Poorvarupa*- *Stambha* at *kati pradeshi*
- *Rupa*- Low back pain radiating pain from lumbar region to lower limb, left limb ++, Difficulty in walking and tingling over both legs.
- *Upashaya*- Resting in supine position.
- *Anupashay*- Walking, Bending

Samprapti



Samprapti bheda by kati basti

Kati basti with tila taila.



OBSERVATION AND RESULT

After treatment there was significant relief in *katishoola*, *katistambha*, *chimachimayan* and *sakashta chankraman* and SLR test.

Treatment given

<i>Sthanik Snehan</i>	<i>Nirgundi Taila</i>
<i>Sthanik Swedan</i>	<i>Nadi Sweda</i>
<i>Kati Basti</i>	<i>Tila Taila</i>

External therapy

Sthanik Snehan, Swedan for one day.

Followed by *Katibasti* for 7 days.

Internal therapy- for 15 days.

Drug name	Dose	Anupan
<i>Pancha Tikta Ghrit Guggula</i>	1 BD	<i>Koshna jal</i>
<i>Asthi Kalpa Vati</i>	1 BD	<i>Koshna jal</i>
<i>Gandharva Haritaki Churna</i>	1 tbs. HS	<i>Koshna jal</i>

Assesement criteria**SLRT**

SLR	Degree of motion	Grade
	> 90°	0
	71°-90°	1
	51°-70°	2
	Up to 50°	3

VAS**OBTAINED RESULT****SLR**

	Before treatment	After treatment
Right leg	3	1
Left leg	2	1

VAS

Symptoms	Grade BT	Grade AT
<i>Katishoola</i>	8	2
<i>Katistambha</i>	8	3
<i>Chimchimayan</i>	8	4
<i>Sakashtha Chankraman</i>	8	3

DISCUSSION

Aetiology of *vatavyadhi* described in classical text i.e *samanyaja* and *nanatmaja*, among them *gridhrasi* is under *nanatmaja* type *vatavyadhi* but sometimes there is involment of *kapha dosha*.

Main causative factor for *gridhrasi* is vitiation of *vata dosha*, affects *madhyam marga* and involving *asthi*, *sandhi*, *snayu*, *kandara*, *majja*, *mansa*, *rakta*, *rasa dhatu* and there *strotas*.

Current case is of *Vataj Gridhrsi* which is associated with *dhatukshay*, so for all type of *vata vikara* associated with *dhatukshay*, *snehan* and *swedan* acts as a first line of treatment. *Snehan*, *Swedan* is the specific treatment for number of *vata Pradhan* diseases specially which includes *stambha*, *shoola* and *Gaurav shitatva*.^[14]

Snehan was done with *nirgundi taila* having property like *vatashaman* and *vedanasthapana*, thus it helps in reducing pain in *Gridhrasi*.

Swedan helps to expel the waste product from body, also causes vasodilatation thus result in increase in blood circulation to that specific area and reduces symptoms over there.

Sweda relieves pain, stiffness, and pacifies the morbidity of *vata*, *pitta* and *kapha dosha* in the affected joints, muscle and soft tissues.

Katibasti is considered as *bahya snehan* and *swedan*, eventhough oil is not introduced internally but it is still termed as *basti* because the oil is retained over specific area for specific time.

It is an oil pouring method, in which specific moulds are used for specific areas and warm oils poured on that specific area and retained for 15 to 20 minutes. It is also called as *purana* or *tarpana* procedure in *Ayurveda*.^[15]

Katibasti relieves muscle spasm, rigidity of lower spine and strengthen the bone tissue in that specific area. It acts as *snehana* and *swedana* therapy reducing *Ruk*, *Toda* and *Gaurav*. *Katibasti* acts effectively in condition like *Gridhrasi*.

Overall effect in *gridhrasi*

Snehan (Nirgundi taila)- By *snehan* itself reduction in *vata dosha*.

- *Nirgundi taila* having property Analgesic and Antiinflammatory.

- By having *Ushna veerya* it acts on *vata dosha*.

Swedan- Because of *Ushna guna* it acts as *Vata shamak*.

Katibasti- Itself it acts as *Snehan* and *Swedan*.

- *Tila taila* having *Ushna veerya* and *snigdha guna* thus acts as *vatashamak*

CONCLUSION

From this case study it was concluded that *Katibasti* is the best therapy for relieving symptoms in *Gridhrasi* and can be more effectively treated with *sthanik snehan*, *swedan* and *shaman chikitsa*.

There was no adverse effect found during treatment.

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