

A REVIEW ON MATRABASTI IN MANAGEMENT OF KATIGRAHA**Rayate A. D.^{1*} and Mandalkar P.²**¹PG Scholar, Panchakarma, SMBT Ayurveda College, Nashik.²Professor & HOD, Department of Panchakarma, SMBT Ayurveda College, Nashik.Article Received on
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Nashik.**ABSTRACT**

Panchakarma therapy is a powerful & ancient medical system. Panchakarma is a specialized technique that attack the root causes of diseases, cleanses all body microcirculatory channels, expels the vitiated Doshas from the body and produce long-term beneficial effects. Panchakarma therapy is effective in treating the vast majority of diseases. This therapy has also benefits like improving body's resistance(immunity) and thus checks the pathogenesis of the disease, confirming its preventive effects. Matrabasti is a type of Sneha basti in which the oil used is in least quantity. Matrabasti is Paschatkarma. The purvakarma includes snehana and swedana due to which the vitiated and aggravated doshas come shaka to kostha which in turn becomes easy for the body to expel it through gudmarga.

KEYWORDS: *Matrabasti, Paschatkarma, Snehana, Swedana.***INTRODUCTION**

The word Katigraha is formed by two words Kati means lower back and graha means stiffness or restricted movements. Thus, Katigraha is a condition of lower back region associated with pain and stiffness. Shuddha vata dosha or Sama vata dosha (Ama associated with vata dosha) affects Kati pradesha and produces symptoms such as pain and stiffness. Ageing is one of the well-known risk factor of Katigraha as degenerative changes in the spine and disc are on of the major causes of Katigraha. In many Samhitas Katigraha is addressed as a symptom (Charaka)^[1] but in Gadanigraha^[2] it is described as independent disease along with its lakshana.

According to Acharya Sharangdhara, Katigraha is described amongst the 80 types of Vataj Nanatmaja Vyadhis.^[3] But the brief description of Katigraha with its lakshana is available in Bharprakasha.^[4]

According to modern science this disease is correlated to lumbar spondylosis. In this disease the site of pain is usually felt in lumbosacral area and the back of thighs. The common site of pain in the spine is intervertebral disc.

Patient always complains of spinal stiffness, paraspinal muscle spasm, radiating pain to the lower extremities, difficulty in daily activities such as sitting, walking, standing, climbing, etc. In modern medicine the disease in early stage is managed by analgesics, relaxants anti-inflammatory, corticosteroids, epidural injections, etc. As these drugs have many side effects it cannot be used for long duration. When this symptoms are aggravated surgical procedure is advised in modern medicine^[5], but this also does not guarantee the complete cure of disease and making the person regain his previous activities, whereas Ayurveda can provide suitable and affordable relief through Panchakarma modalities. As the disease is associated with pain and stiffness of lumbar spine sthanik shehana, swedana and Katibasti are very effective in reducing the symptoms and also increases the blood circulation. While Charaka states basti is the best treatment for all types of Vata Vyadhis Charaka states basti as Ardha Chikitsa.^[6] So, this study is planned to evaluate the management of Katigraha in Matrabasti.

TREATMENT DETAILS

Procedure of Matra - Basti

1. Material and Methods

- a. Taila – 60ml
- b. Syringe of 100ml
- c. Rubber catheter
- d. Cotton pad

2. Purva karma

- a. Shauch Karma(mala mutra visarjan)
- b. Sthanik Abhyanga will be done before matrabasti
- c. Sthanik swedana will be done after Abhyanga

3. Pradhan karma

- a. The pt. will be asked to lie down on left lateral position with the folded right leg will be drawn well up on to the chest and left leg will be placed straight on the table.
- b. Oil will be heated in the water bath to make it lukewarm.
- c. 60 ml of oil will be filled into the syringe. Rubber catheter will be fixed to its nozzle. The anal orifice of the patients will be smeared with oil. The catheter will be introduced into the anal canal in the direction of spine for about 4 to 6 cm.
- d. The oil will be then syringed into the rectum. When all the oil will be pushed into the rectum catheter will be gently pulled out.
- e. To avoid early evacuation of oil patient will be placed in supine position and buttock of the patient will be elevated with the help of pillow. Briskly rubbing the sole and palm of the patient will be done.

4. Paschat karma

- a. Patient will be asked to take light diet and nutritious food after matra basti
- b. Patient should take lukewarm water for drinking and bathing

Follow up should be carried out on 10th and 11th day after the treatment.

Basti chikitsa is considered as an Ardha chikitsa and Shrestha chikitsa for pacifying aggravated vata, so it is highly recommended and useful treatment in vitiated vata disorders. Acharya Sushruta explains the mode of action of basti saying that Basti given through rectal route gets absorbed and shows its effects all over the body.

Considering overall effects of Samanya chikitsa of Vatavyadhi including sthanik snehana and swedana along with basti was highly effective in treating Katigraha.

DISCUSSIONS

According to Ayurvedic principle patient of any disease treated with their Dosha, Dhatu, Mala Avastha and Asthavidha Prakisha definitely leads to Upashyay. The oil used for snehana gets absorbed by the skin reaching the particular Dhatu when applied over body for sufficient time. It prevents and corrects disorder caused by vitiation of vat.

Swedana helps in relieving the stambha and basti helps to expel the doshas out of body through Gudmarga thus eradicating the root of the disease.

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