



ISSN 2456-3110

Vol 7 · Issue 4

May 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Effect of *Dashmoola Siddha Ksheera Paka Kati Basti* in *Katishoola* - A Single Case Study

Padmavati Venkatesh¹, Ashivini²

¹Professor, Department of Panchakarma, Ayurveda Mahavidhyalaya, Hubli, Karnataka, India.

²Final Year Post Graduate Scholar, Department of Panchakarma, Ayurveda Mahavidhyalaya, Hubli, Karnataka, India.

ABSTRACT

According to *Ayurveda*, *Katishoola* is a disease with pain in lumbar region. In modern it is nearly correlated with Lumbar spondylolisthesis, in which anterior displacement of a vertebra or the vertebral column in a relation to the below vertebral is one of the common causes. *Katishoola* is a disease which is mainly caused by the vitiation of *Vata Dosha*. Some ancient texts also describe *Katishoola* as a symptom of some disorders such as *Kati Graha*, *Trika Graha*, *Prushta Graha*, *Grudrasi* etc. The present article deals with a case of diagnosed Grade 1 lumbar spondylolisthesis of L4 over L5 and got advised for surgery. The Ayurvedic diagnosis of *Katishoola* was made. Management included *Kshira Kativasti* with *Sadhyo Virechana* to evaluate the efficacy of a treatment regimen *Dashmoola Siddha Ksheera Paka Basti* with *Katibasti*. A 65 years old female with a 10 years history of lumbar spondylolisthesis was treated with *Katibasti*. The response to the treatment was recorded and therapeutic effect were evaluated through symptomatic relief. Clinical symptoms were significantly reduced and this *katibasti* is effective in successfully treating *Katishoola* by helping to reduce the symptoms and improving the degree of anterior flexion.

Key words: *Katishoola*, *Ayurveda*, *lumbar spondylolisthesis*, *Katibasti*, *Dashmoola Siddha Kshir Paka*.

INTRODUCTION

Ayurveda refers this condition as '*Kati Shoola*' *Kati* refers to low back and *Shoola* refers to Pain. *Kati Shoola* is a disease which is mainly caused by vitiation of *Vata Dosha*, due to various causative factors *Vata* gets vitiated and accumulates in the *Kati* region causing *Katishoola*. *Katishoola* has not been described as a separate disease in *Brihatrayis*, rather it has been mentioned as a symptom of the diseases. It has been

mentioned as *Trika Graham*, *Prishta Graham* in the context of *Vataja Nanatmaja Vikaras* by *Acharya Charaka*. Even though *Acharya Charaka* has not mentioned the condition directly, but by his quotation "*Hetu Sthaana Visheshat Ca Bhavet Roga Vishesa Krit*"^[1] he has indirectly mentioned all those-condition which can arise due to localization of *Vata* in specific part of the body.

Madhavakara of *Madhava Nidana* mentions *Kati Shoola* as *Trika Vedana* which is caused due to accumulated *Vata* in *Pakvashaya*.

Bhela has mentioned *Katishoola* is one of the *Vatavyadhi* and included under *Ekanga Roga* in *sutrasthana* he has described *Kati Prusthagata Vata* and *Katishoola* is one of the *Lakshana* in *bhagandara*. *Sharangadhara* included *Katishoola* in *Vataja Nanatmaja Vikara*.

A clear description regarding the *Samprapti*, *Lakshana* of *Kati Graha* is explained by the *Shodhala* in the *Kayachikitsa Khanda*, *Vataroga Adhikara*. He has

Address for correspondence:

Dr. Ashivini

Final Year Post Graduate Scholar, Department of Panchakarma, Ayurveda Mahavidhyalaya, Hubli, Karnataka, India.

E-mail: ashwinimehtre44@gmail.com

Submission Date: 18/03/2022

Accepted Date: 28/04/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license
CC-by-NC-SA

described various formulations for *Kati Shoola* and has specifically indicated *Trayodashanga Guggulu* for *Kati Graha*.^[2]

Bhava Prakash has explained *Katigraha* and *Trika Shoola* as a separate disease. He has defined *Trika* as the joint between two hip bones and spinal column, has explained *Trika Shoola Lakshana*, and its management in *Madhyamakhanda* in *Vatavyadhi* chapter.^[3]

In *Yogaratanakar* under the heading of *Vata Vyadhi*, it has been mentioned as *Kati Sandhigata Vata*, *Kati Vata*, *Trika Shoola*. Hence, these can be considered as the synonyms of *Kati Shoola*.^[4]

The estimated worldwide lifetime prevalence of low back pain varies from 50% to 84%. The occurrence of low back pain in India is also alarming with nearly 60% of the people in India have suffered from low back pain at some time during their lifespan. Low back pain also restricts mobility, interferes with normal functioning and results in lifelong pain and permanent disability. In India, most of the low-income group people are engaged in physically demanding jobs which may increase the risk of low back pain and disability.^[5]

Improper sitting postures, traveling, change in form of transport, use of two-wheeler and sports activities etc. create a pressure on the spine which plays an important role in producing low backache or sciatica. The pain affects the lower lumbar spine, lumbo-sacral area and sacro-iliac joints. The most common level for degenerative anterolisthesis is L4-L5. Female are 5 times more likely to suffer from anterolisthesis than males.^[6]

Low back pain is common. The main cause for low back pain is a strain of the muscles, or other soft structures (e.g., ligaments and tendons) connected to the back bones (vertebrae). Sometimes it is the cushion between the bones (intervertebral disc) which is strained, and which bulges out (herniates) and presses on the nearby nerves (as in sciatica). Low back pain is pain affecting the lower part of the back. It is described as: Acute if it has lasted less than 6 weeks, Sub-acute if it has lasted 6-12 weeks, Chronic if it has lasted more than 12 weeks.^[7]

CASE REPORT

A 65-year-old woman, who attended the Outdoor Patients Department of Ayurvedic Mahavidhyalaya and Hospital, Hubballi, for treatment of lower back pain, was selected and admitted to the ward.

Pradhana Vedana

She had a 10 years history of progressively increasing pain in left lower back and both buttocks, pain in both thighs.

Anubandha Vedana

Pain in right thigh and calf muscles aggravates on walking. pain while walking and difficulty in forward bending. disturbed sleep.

Vedana Vritthanta

Patient was apparently normal 10 years before gradually she started develop pain in the back region along with pain in right thigh and calf muscles, patient neglected the above symptoms which was gradually developed, as she was a professionally farmer, capable of doing heavy work. She had no history of trauma and her symptoms have increased gradually hence she visited our hospital for treatment purpose.

Purva Vyadhi Vruttanta

N/H/O - Diabetes Mellitus, N/H/O -Hypertension, N/H/O - Trauma

On physical examination

Inspection - Prominence of the upper posterior border of the sacrum was observed on the lower back.

Palpation - Motor and sensory functions were normal in right and left legs and both deep and superficial reflexes were also normal.

SLR test - Straight leg raising test was negative in both legs. She could flex the body forward up to 5°.

Local examination of lumbo sacral region

Spine curvature	Normal
Swelling	Absent

Discoloration	Absent
Warmth	Absent
Tenderness	Present ++
Stiffness	Absent

Special examination

Coin test positive	Positive
Schober's test	Positive
SLR test negative	Negative

Investigation

X-ray of lumbo-sacral - lateral x-ray showing lumbar spondylolisthesis of L4 over L5

Treatment protocol

Koshta Shuddhi	Kati Basti
Medicine – 75 ml of Eranda Taila	Medicine – Dashmoola Siddha Ksheera Paka
Duration – 1 day	Duration – 7 days
Vegas – 6	Parihara Kala – 1 month

Methods of Dashmoola Siddha Ksheera Paka Basti preparation^[8]

Procedure	Drug	Dose	Duration
Dashmoola Siddha Ksheera Paka Kati Basti	Dashmoola	50 gm	7 days
	Water	400ml	
	Ksheera	1600ml	
	Masha flour	350 gm	

Method

The patient is thoroughly examined, patient is given Erandataila for Mala Vata Anulomana. Drug – Dashmoola, milk (400 ml) and water (1600 ml) are considered in the ratio of 1:8:32. All these are taken in a clean stainless-steel vessel and boiled over mild fire until Ksheera Avashesha (only milk part remains.)

Kati Basti^[9]

Kati Basti is procedure in which retaining of warm medicated Dashmoola Siddha Ksheera Paka with in a specially formed frame in the lumbo-sacral region. It performs the combined action of Snehana and Svedana.

Purva Karma

Preparation of the patient

- The Prakruti and Vikriti of the patient are documented in detail. The disease related examinations are also performed.
- Pateint is given a Sadhyo-Virechana for detoxification. This will also evacuate the bowel and reduce the pressure over the back and thus enhance the effect of Kati Basti treatment.
- Sambhara Sangraha - Materials needed for the treatment are collected. those are

Materials Required	Quantity
Black gram flour	350 gms
Vessel	3
Spoon	1
Cotton	Q.S

Make thick dough with black gram powder by mixing with adequate quantity of water

Pradhana Karma

Bastiyanttra Dharana and Basti Dravya Dharana

Using the thick dough make a rim and fix it firmly on the low back (lumbo-sacral) region where the highest pain is present. Take the specified Dashmoola Siddha Ksheer Paka, warm it and pour on the inner wall of rim taking care not to spill out. When oil becomes cool, remove it with cotton & again refill with warm oil. Uniform temperature should be maintained throughout the procedure. Time and duration of the procedure varies according to the disease condition. Usually, Kati Basti is done for 30-45 minutes for 7 days.

- Observation of *Samyak Yoga Lakshana* - Like *Sheetagnata, Shoolagnata, Sthambhagnata, Gauravagnata, Mardavata, Svedakarakata.*
- Removal of *Basti Dravya* and *Basti Yantra*

Paschat Karma

- Mridu Abhyanga* is done over the *Kati Pradesha.*
- Patient is advised to follow *Pathya-Apathya* as per instructed

Pathya^[10]

Aharaja		
1.	Rasa	Madhura-Amla-Lavana
2.	Shukadhanya	Nava Godhuma, Nava Shali, Rakta Shali, Shashtika Shali
3.	Shimbi Varga	Nava Tila, Masha, Kulatha
4.	Shaka Varga	Patola, Shigru, Vartaka, Lashuna
5.	Mamsa Varga	Ushtra, Go, Varaha, Mahisha, Magura, Bheka, Nakula, Chataka, Kukkuta, Tittira, Kurma
6.	6 Jala Varga	Ushnajala, Shrichasheetajala, Narikelajala
7.	Dugdhavarga	Go, Aja, Dadhi, Ghritha,
8.	Mutravaga	Gomutra
9.	Madyavarga	Dhanyamla, Sura
10.	Snehavarga	Ghritha, Tila, Vasa, Majja
11.	Present day food stuffs	Orange juice, carrot, all fibrous fruits and Vegetables
Viharaja		
1.	Veshtana, Trasana, Mardana, Snana, Bhushayya	
2.	Present day & activities: Physiotherapy exercise, Yoga Asana, Steam bath	

Apathya^[11]

Aharaja		
1.	Rasas	Katu, Tikta, Kashaya
2.	Shukadhanya	Truna, Kangu, Koradusha, Neevara, Shyamaka
3.	Shimbivarga	Rajamasha, Nishpava, Mudga, Kalaya

4.	Phalavarga	Jambu, Udumbura, Kramuka, Tinduka
5.	Mamsa varga	Sushka mamsa, Kapota, ParaVata
6.	Jala varga	Sheetajala
7.	Dugdhavarga	Gardabha
8.	Present day food stuffs	Fast food, cold beverages, liquor
Viharaja		
1.	Manasika	Chinta, Shoka, Bhaya

Vyayama

- Ustrasana
- Bhujanga Asana
- Shallabh Asana
- Nauka Asana

OBSERVATION AND RESULTS

Symptoms	Before Treatment	After Treatment
Pain in low back	Grade 4	Grade 0
Pain in left buttock	Grade 3	Grade 1
Pain in right buttock	Grade 3	Grade 1
Degree of anterior flexion	15	90

Grade 0: no pain

Grade 1: Occasional pain

Grade2: Intermitted pain

Grade 3: Frequent pain

Grade4: Continuous pain.

Indications of Kati Basti - Lumbar spondylosis, disc prolapse (IVDP), Lumbar canal.

DISCUSSION

Spondylolisthesis is described as a translation of a vertebra with respect to the vertebra below without any modification or notable lesion to the pars

interarticularis. The present article deals with a case of diagnosed Grade 1 lumbar spondylolisthesis of L4 over L5 and got advised for surgery. It can be considered as various conditions like *Kati Shoola*, *Kati Graha*, *Trika Graha*, *Prushta Graha*, *Trika Shoola*, *Prushta Shoola*, *Grudrasi* in *Ayurveda*.

Katishoola simply means pain in low back area. It is a condition due to deranged *Vata Dosha*. Management included *Vatahara* procedures described in *Ayurveda* like *Abhyanga*, *Kativasti*, *Kshira Vasti*, *Virechana*, *Vaitarana Vasti* and *Dashmoola Siddha Ksheera Basti* as *Katibasti* along with internal medications.

Dashmoola Siddha Kshir Paka Kati Basti is a very simple and effective *Snehayukta Swedana* procedure. This procedure cures pain in low back, especially due to *Spondylolisthesis*. But it is not widely used.

As per *Ayurveda*, *Shoola* (pain) occurs due to vitiation of *Vata Dosha*. *Vata Dosha* is vitiated by *Srotorodha* (obstructions of channels) and *Dhathu Kshaya* (depletion of tissues). In *Kati Shoola*, *Apana Vata* (*Vata* located in the low back region) is mainly involved. So, the aim of the treatment is to pacify vitiated *Vata Dosha*, especially *Apana Vata*.

Eranda Taila by the virtue of its laxatives action flushes metabolites out of the body and highly effective in alleviating inflammation and pain when given in medicinal forms. which is very useful in normalising *Tridoshas* and specifically have *Vatahara Gunas*. *Sadhya Virechana* was followed by *Dashmoola Siddha Kshir Paka Kati Vasti* for 7 days was planned for present case study.

Panchakarma interventions started with *Katibasti* for 7 days. *Katibasti* is a *Snehayukta Sweda Basti* procedure which helps to decrease low back ache, alleviates numbness due to nerve compression & strengthens back muscles which maintain normal curvature of the spine the bone tissues.

Mode of action^[12]

Dashamoola Ksheerapaka contains *Bilva*, *Agnimantha*, *Shyonaka*, *Patala*, *Gambhari*, *Bruhati Kantakari*, *Shaliparni*, *Prisniparni*, *Gokshura* - 1 part each, *Ksheera* - 8 parts, water - 32 parts. *Dashamoola Ksheera Paka*

Basti has been indicated in treatment of *Shoolahara*. Most of the drugs in *Dashamoola* are having *Madhura & Kashaya Rasa*, *Laghu Ruksha Guna*, *Ushna Veerya*, *Madhura Vipaka*, which mainly act on *Vata Vikriti*. *Madhura Rasa* and *Madhura Vipaka* helps to pacify vitiated *Vata*, *Kashaya Rasa* and *Ushna Veerya* does *Amapachana* & cleanses the *Srotasa*. Collectively the actions of *Dashamoola* are *Vatahara*, *Parshvashulahara*, *Shothahar*, *Balya*, *Amapachaka*.

Ksheera is having *Madhura Rasa*, *Snigdha Guna*, *Madhura Vipaka* and it is *Jeevaniya*, *Balya*, *Rasayana*, *Medhya*, *Sara*, *Anulomaka* in nature.

Thus, when *Dashamoola* is processed with *Ksheera*, it provides *Dhatu Poshana*, in turn alleviates *Vata* gives strength to the muscles, joints help in normal *Prasarana* and *Akunchana*.

By the above properties *Dashamoola Ksheerapaka* is *Vatanulomaka*, *Balya*, *Shothahara*, *Shoolahara*. The patient reported relief for most of the complaints after 7 days of *Dashmoola Siddha Kshir Paka Kati Basti* procedure.

CONCLUSION

It is concluded that this treatment regimen completely relieves the symptoms in *Kati Shoola* (lumbar spondylolisthesis). These medicines can be utilized in treating patients who are suffering from *Kati Shoola*, to reduce both signs and symptoms successfully and with greater effectiveness. It is proposed that the therapy may be accepted as a treatment method of *Kati Shoola* (lumbar spondylolisthesis).

REFERENCES

1. R.K Sharma & Bhagavan das, editor. *Charaka Samhita*, Varanasi: Chaukhamba Sanskrit Sansthan 2019; *Chikitsa Sthana*, *Vata Vyadhi Chikithsa Adhyaya*, 28/23. Volume 5 . Varanasi: p.g no. 25.
2. Ganga Sahaya Pandeya, *Gada Nigraha*, Part 2, Chapter 19, Verse 160, Varanasi; Chaukhambha Sanskrit Sansthan; 2006.
3. Dr.Bulusu sitaram *Bhavaprakashaof bhavamisra*, *Madhyama Khandaa*, Chapter 24, Verse 115-116, Delhi; Chaukhambha Orientalia, Varanasi; 2017 pg no. 277

4. Yogaratnakara. Hindi Commentary by Shri Laxmipati Shastri, Purvardha, *Vata Vyadhi Adhyaya*, Varanasi; Chaukhambha: 2003.p.504.
5. <https://www.google.com/url?sa=t&source=web&rct=j&url=https://indianjpain.org/article>
6. https://www.researchgate.net/publication/333385465_International_Journal_of_Ayurveda_and_Pharma_Research_Case_Study_ayurvedic_management_of_lumbar_spondylolisthesis_kati_shoola_with_special_reference_to_chincha_lavana_sweda-a_case_report
7. https://www.researchgate.net/publication/314095062_diagnosis_and_management_of_katishoola_low_back_pain_in_ayurveda_a_critical_review
8. Dr.P.Himasagara Chandra murti, *Sarangdharacharya Sarangadhara Samhita* Varanasi: Chaukhamba Sanskrit Sansthan; *Madhyama khanda Kvathakalpana adhyaya* 2/161 pg no.139
9. Dr.Vasant C. Patil. *Panchakarma* Chaukhamba Publication new delhi *Snehana* chapter pg no.168
10. Govinda Das Sena. *Bhaishajya Ratnavali*. Chapter 26, Varanasi; Chaukhambha Sanskrit Series: 2002. p.611.
11. Govinda Das Sena. *Bhaishajya Ratnavali*. Chapter 26, Varanasi; Chaukhambha Sanskrit Series: 2002. p.626.
12. http://www.iamj.in/posts/2020/images/upload/5232_5241_1.pdf

How to cite this article: Padmavati Venkatesh, Ashivini. Effect of Dashmoola Siddha Ksheera Paka Kati Basti in Katishoola - A Single Case Study. J Ayurveda Integr Med Sci 2022;4:127-132.

Source of Support: Nil, **Conflict of Interest:** None declared.
