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Evaluation of efficacy and safety of traditional *Katibasti* and infrared aided *Katibasti* with *Sahachara Taila* in *Katigraha* (Lumbar Spondylosis)

Dr. Asha Daddenavar,¹ Dr. Anand Daddenavar²

¹Assistant Professor, Dept. of Panchakarma, BVVS Ayurveda College and Hospital, Bagalkot, Karnataka, ²Assistant Professor, Dept. of Roga Nidana, Kalidas Ayurvedic Medical College and Hospital, Badami, Karnataka, INDIA.

ABSTRACT

Kati Graham comes under *Vatavyadhi* and it is one of most common diseases. There is no direct references about *Kati Graham* in *Bruhatrayi* it is explained by *Kashyapa Samhita*. It is characterised by *Shoola*, *Stabdta*, *Vedana* during *Prasarana* and *Akunchana* of *Kati* and involves *Vata* and *Kapha Dosh*. It can be correlated to lumbar spondylosis and involves the *Vata* and *Kapha Dosh*. So treatment involves *Vata Kapha Shamana* i.e. *Snehana*, *Swedana*, *Shodhana*, *Bahirparimarjana Chikista* like *Kati Basti* etc. So research work is carried out with the aim to evaluate the efficacy and safety of traditional and Infrared aided *Kati Basti with Sahachara Taila* in *Kati Graham*, and also to make the therapies simpler, easier, convenient, effective and economical and less time taking. Statically both groups show almost same results or group B shows better results compare to group A and clinically group B had good improvement.

Key words: *Katigraha*, *Lumbar Spodylosis*, *Kati Basti*, *Infrared Rays*, *Sahachara Taila*.

INTRODUCTION

Ayurveda is one of the most ancient medical sciences of the world. It describes the basis of life process and its applied aspect, health, disease and management in terms of its own principal and approaches. All functions of our body and mind depend on *Vata* and it is important among *Tridosha*. Vitiation of it leads to vitiation of other *Doshas* and derangement of body system. *Asthi Dhatu* makes *Dharana* of *Deha*. This *Asthi Dhatu* and *Vayu* are having *Ashraya Ashrayi Sambhandha*. When *Vata Dosh* is increased it prone

to get lodged in the *Asthi* and *Sandhi* of *Kati Pradesha* leads to *Katigraha*.^[1]

Panchakarma has become the fastest growing speciality of Ayurveda due to its long lasting healing effect, quick and radical cure. The cost of the treatment is becoming more due to costlier instruments and therapist salary.

An Ayurvedic physician needs a *Panchakarma* theatre, instrument and therapist for carrying routine *Panchakarma* procedures.

Now a day practitioners are facing scarcity of skilled therapist because of a very few training institutes. So there is urgent need of inventing newer tools and techniques in order to make the therapies simpler, easier, convenient, effective and economical and less time taking.

OBJECTIVE OF THE STUDY

To compare the efficacy and safety of traditional *Katibasti* and Infrared aided *Katibasti* with *Sahachara Taila* in *Katigraha*.

Address for correspondence:

Dr. Asha Daddenavar
Assistant Professor, Dept. of Panchakarma, BVVS Ayurveda
College and Hospital, Bagalkot, Karnataka, INDIA.
E-mail: drashaanand@gmail.com

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MATERIALS AND METHODS

Source of Data

1. Patients of *Katigraha* are randomly selected from OPD and IPD of R.P. Karadi Ayurvedic Hospital attached to S.V.MA.M.C. Ilkal.
2. The literary aspect was collected from the classical text of Ayurveda and Modern text and research work done.
3. The trail drug is collected locally and prepared in pharmacy of S.V.M.A.M.C. Ilkal, after the identification under the guidance of *Rasashashtra* and *Bhaishajya Kalpana* experts.

Preparation of Medicine

Sahachara Taila^[2]

Kalka Dravya : *Sahachara Moola*

Sneha Dravya: *Tila Taila*

Drava Dravya: *Sahachara Panchanga, Godugda*

Prakshepaka Dravya: *Sugar*

Procedure: As per classical reference.

Method of collection of data

Study design

A Randomized Comparative Clinical Study

Sample Size

- 40 patients were selected and divided into two groups, 20 patients in each group.
- **Group A** - 20 patients were treated with Traditional *Kati Basti*.
- **Group B** - 20 patients were treated with Infrared aided *Kati Basti*.

Diagnostic criteria^[3]

1. Pain
2. Tenderness
3. Stiffness
4. Restricted movements of Hip - Forward bending and Backward bending

Inclusion Criteria

1. Age 30 to 60 years of either sex.
2. Pain
3. Tenderness
4. Stiffness
5. Restricted movement of Hip - Forward bending and Backward bending

Exclusion Criteria

1. Age below 30 and above 60 years.
2. Acute inflammation.
3. Fracture and osteoporosis.
4. Bone disease eg -TB, etc.
5. Pregnant women.
6. Disc prolapse, Radiculopathy, Nerve compression.

Intervention

Group A - Traditional *Katibasti*^[4]

Procedure: Make thick dough with black gram powder by mixing with adequate quantity of water. Using this thick dough make a rim and fix it firmly on the low back region where the highest pain is present. Take the *Sahachara Taila*, warm it and pour on inner wall of rim taking care not to spill out. When oil becomes cool, remove it with cotton and again refill with warm oil. Optimum temperature should be maintained throughout the procedure, time and duration of the procedure is 30 minutes. After 30 min oil should be removed by cotton and then the dough should be removed.

Group B - Infrared aided *Katibasti*

Procedure: *Katibasti* as same that of the group - A. But first oil is heated with infrared rays till it become warm than that oil was poured to *Kati Basti* and optimum temperature of oil is maintained with the help of infrared rays. The infrared lamp is kept at right angle to the *Kati Basti* in the distance of 2ft approximately horizontally from the patient. Surrounding area means other than *Kati Basti* was covered with cloth. After 30 min. infrared lamp was

switched off and removed from the area. There after oil was removed by cotton and then the dough was removed.

For both groups starch filled capsules 500 mg BD orally was given from 8th day to 30th day.

Assessment Criteria^[5]

Detail performa adopting standard methods of scoring subjective and objective parameters was analyzed statistically.

Subjective Criteria

Pain Grading

- Grade 0 - No pain
- Grade 1 - Mild pain lasting for less than 15 min occasionally not affects ADL (Activity of daily living)
- Grade 2 - Moderate pain lasting for more than 15 min frequently affects ADL.
- Grade 3 - Severe pain lasting for more than 30 min more frequently affects ADL badly.

Stiffness Grading

- Grade 0 - No stiffness.
- Grade 1 - Mild stiffness lasting for less than 15 min in morning occasionally not affects ADL.
- Grade 2 - Moderate stiffness lasting for more than 15 min in morning frequently affects ADL.
- Grade 3 - Sever stiffness lasting for more than 30 min in morning more frequently affects ADL badly.

Mobility

- Grade 0 - No restriction (mobility up to 20 cm)
- Grade 1 - Mild restriction (mobility up to 12-18 cm)
- Grade 2 - Moderate restriction (mobility up to 8-11 cm)
- Grade 3 - Sever restriction (mobility up to 0-7 cm)

Scobers test

- Grade 0 - Bend up to 20 cm
- Grade 1 - Bend up to 15 cm

- Grade 2 - Bend up to 10 cm
- Grade 3 - Bend up to 5 cm

SLR test

- Grade 0 - Lift up to 75° - 90°
- Grade 1 - Lift up to 60° - Below 75°
- Grade 2 - Lift up to 45° - Below 60°
- Grade 3 - Lift up to 30° - Below 45°

Walking time

- Grade 0 - 10 ft for 5 sec
- Grade 1 - 10 ft for 10 sec
- Grade 2 - 10 ft for 15 sec
- Grade 3 - 10 ft for 20 sec

RESULTS

Table 1: Overall response of the treatment.

Overall (%)	Group A	Group B	Total
Poor response (Below 25%)	5 (25.0%)	3 (15.0%)	8 (16.0%)
Mild response (25-50%)	12 (60.0%)	13 (65.0%)	25 (50.0%)
Moderate response (51-75%)	2 (10.0%)	4 (20.0%)	6 (12.0%)
Marked response (>75%)	1 (5.0%)	0	1 (2.0%)
Total	20 (100.0%)	20 (100.0%)	40 (100.0%)

Table 2: Overall response of treatment on Objective parameters.

Overall assessment	Group A	Group B
No pain	15%	30%
No stiffness	20%	30%
No restriction	15%	20%

Schober test bend up to 15 cm	50%	35%
SLR test negative	30%	50%
Walking test : 10ft in 5 sec	5%	0%

DISCUSSION

In Ayurvedic management of *Katigraha*, procedures like *Snehana*, *Swedana*, *Lepa*, *Kati Basti*, *Basti* and *Agnikarma* and *Shamana Aushadhi* are explained to provide better relief from pain, swelling, mobility. In our trail work *Kati Basti* with *Sahachara Taila* act as *Vata Kapha Shamaka* and *Kati Basti* simultaneously *Snehana* and *Swedana* will occur.^[6]

Discussion on Probable mode of action of *Sahachara Taila* in *Kati Graha*^[7]

In our research work *Sahachara Taila* is taken for trail and it has following properties. *Sahachara Taila* contains *Sahachara Panchanga*, *Tila Taila*, *Dugdha* and *Sharkara*.

Sahachara drug has *Madhura*, *Tikta Rasa*, *Ushna Virya*, it act as *Vata* and *Kapha Shamaka*. *Tila* is *Madhura*, *Tikta*, *Kashaya Rasa* and *Madhura Vipaka* and *Ushna Virya* all these act as *Vata* and *Kapha Shamaka*. *Dugdha* and *Sharkara* are *Vata Shamaka* and *Bhrimhana* in effect.

So from above said properties it helps in *Samprapti Vighatana* of *Kati Graha* and helps in reliving symptoms.

Mode of action of procedure^[8]

Kati Basti is a *Bhahirparimarjana Chikista*. In this procedure both effects of *Snehana* and *Swedana* are achieved at the same time. For *Vatavyadhi*, *Snehana* and *Swedana* are the best line of treatment. As in *Kati Basti* retention of warm oil is made for 30 mins and temperature of oil is maintained throughout the procedure. This retention of oil will give the proper *Snehana* and *Swedana* effect, and absorption of the oil is get influenced. It is mentioned as heat is the one of factor which influences the drug absorption. All

these properties will helps in reliving symptoms like *Shoola*, *Stambhata*, *Veadana* during *Prasarana* and *Akunchana*.

Comparison of the effects of both the therapies

It is obvious from the foregoing that Traditional *Kati Basti* and Infrared aide *Kati Basti* with *Sahachara Taila* provide the slight improved results in group B i.e. Infrared aided *Kati Basti* in both subjective and objective criteria's. This results are validated from stastical analysis. From this we can substitute the Traditional *Kati Basti* to Infrared aided *Kati Basti* which is safe and effective.

CONCLUSION

Katigraha is the condition pertains to vitiation on *Vata* and *Kapha Dosha* in *Kati Pradesha*. Traditional *Kati Basti* and Infrared aided *Kati Basti* both treatments are very effective can be practiced safely. Traditional *Kati Basti* is already proved that it is treatment of choice as *Bhahirparimarjana Chikitsa* in all lumbar disorders. Satically group A (Traditional *Kati Basti*) and group B (Infrared aided *Kati Basti*) both are showing significant results in subjective and objective parameters with slight improved results with group B. From stactical analysis we can conclude as Traditional *Kati Basti* can be replaced to Infrared aided *Kati Basti* which is safe, effective and less time consuming.

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