EFFECT OF YUKTARATHA BASTI IN KATISHOOL (LUMBAR SPONDYLOSIS) - A CASE STUDY

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ABSTRACT
Lumbar Spondylosis (LS) is degenerative change in the Vertebral Column Lumbar disc which is almost universal in the elderly. The Prevalence of Low back pain (LBP) is up to 85% in adults. LS is responsible for about 10% of all the back pain conditions. Symptoms of Lumbar Spondylosis can be co-related with Katishool (Trikkatigatvata) by Ayurveda, which is due to vitiation of Vata dosha. Basti is the main treatment for vata dosha. So to manage low back pain Yuktaratha Basti which is described in Sushrut Samhita is selected for study. Yuktaratha basti itself indicates flexibility in some rules of Basti-Parihar.

KEYWORDS: Katishoola, Yuktaratha Basti, Basti, Lumbar Spondylosis.

INTRODUCTION
Lumbar Spondylosis is degenerative change in the Vertebral Column Lumbar disc which is almost universal in the elderly. Moreover, there is no current concrete, gold-standard treatment approach to the diverse range of patient presentations despite substantial research efforts to identify conservative and more invasive methods of managing symptoms and slowing progressive decline. Given the morbidity of low back pain within the population and its social and economic implications, this area will continue to be a critical research focus.

Low Back pain (LBP) is the main symptom in Lumbar Spondylosis. The Prevalence of Low back pain (LBP) is up to 85% in adults. For the minority with intractable symptoms, the impact on quality of life and economic implications are considerable. Despite the high prevalence of low back pain within the general population, the diagnostic approach and
therapeutic options are diverse and often inconsistent, resulting in rising costs and variability in management throughout the country.

Day to day our lifestyle became very fast & competitive. One has to travel long distance by vehicles, public transport, etc., Roads are rough. All these factors put a lot of exertion on spine. Lack of exercise, fast food, foam beds, faulty postures are also adding up the problem backache. Patient needs quick (fast) relief for this pain & go for analgesics which is a time being relief & not a Curative management. Also these drugs have side effects.

Pain, numbness, tingling sensation, stiffness of spine are major symptoms of Lumbar Spondylosis which is predominantly due to vitiation of Vata dosha. Basti is the main treatment for vata dosha. So to manage low back pain Yuktaratha Basti which is described in Sushrut Samhita is selected for study. Yuktaratha basti itself indicates flexibility in some rules of Basti-Parihar.

AIM OF STUDY
To evaluate the effect of Yuktaratha Basti in Katishool w.s.r. to Lumbar Spondylosis.

CASE REPORT
Name of Patient - XXX
Age/Gender - 47 year/Male
Occupation - Farmer
Reg. OPD No. -13555
Reg. IPD No. -869
DOA -27-03-2015
DOD -02-042015

Brief History of case
A 47 year old male patient complaining of Katishoola (lower back pain), Parshnishoola, Katigraha, Chankraman kashtata, ubhay Padabahirya and Padagaurav since 4 months. He took allopathic treatment. Nsaid drugs has given by Allopathic doctors. But he didn’t get relief. He was advised for surgery but he doesn’t want to proceed with surgical intervention. To avoid surgery and to get relief he came to Panchakarma OPD No. 13 of GAH Osmanabad.
Diagnosis And Assessment
Lumbar spondylosis was diagnosed and assessed as follows,
1. Low Back pain (*Katishool*)-VAS method was used to assess the pain.
2. Numbness in lower limbs (*Padbadhirya*)- assessed by asking present or absent.
3. Heaviness of limbs (*Padgaurav*)- assessed by asking present or absent.
4. Stiffness of Lumbosacral Joint (*Katitrikasandhigraha*) was assessed by measuring forward bending angle.
5. Difficulty in straight Leg Rising, (*Sakashta Padothankriya*)- has been assessed by SLR test.

X-ray Report: on
X-ray of LS Spine AP and Lateral View
Reduction in L3 –L4 Intervertebral disc space width noted with marginal osteophytic along the antero-lateral borders of lower lumbar vertebral bodies-Spondylosis.
No collapse/ destruction of vertebral bodies seen. Both S.I. joint Normal.

OBSERVATIONS
Gait- Slow and patient has pain after walking.

*Prakriti* - *Vatkaphaj*

*Vaya* - *Taran*

*Bala* - *Madhyam*

*Agni* - *Vishamagni*

*Koshta* - *Madhyam*

*Hetu* -
*Ahar* - Vishamashna, Akalaj Bhojan, Kwachit Paryusheetannasevan, Ruksha aahar like Bajari bhakri with Thecha(Green chilli paste) etc.
*Vihar* - Travelling on Bike upto 60 kms daily, long term standing work, occassionaly heavy weight lifting.

*Dosha* - *Vatakapha*

*Dushya* - *Asthi, Majja, Mansa*

*Strotodushti* - *Asthivaha, Majjavaha, Adhisthan-Katitrik Sandhi*

*Udbhavsthan-Pakvashaya*
Treatment Given

_Basti Karma_ (Therapeutic enema)

_Niruha Basti_ (Yuktaratha Basti)

<table>
<thead>
<tr>
<th>NO.</th>
<th>Material</th>
<th>Drug</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Madhu</td>
<td>Madhu</td>
<td>170gm</td>
</tr>
<tr>
<td>2.</td>
<td>Lavan</td>
<td>Saindhav</td>
<td>10gm</td>
</tr>
<tr>
<td>3.</td>
<td>Sneha Dravya</td>
<td><em>Til tail</em></td>
<td>170ml</td>
</tr>
<tr>
<td>4.</td>
<td>Kalk</td>
<td>Vacha, Pippali, Madanphala</td>
<td>30gm (each 10gm)</td>
</tr>
<tr>
<td>5.</td>
<td>Kwatha</td>
<td>Erandmoolkwath</td>
<td>340ml</td>
</tr>
<tr>
<td>6.</td>
<td>Rasa</td>
<td>Mansrasa</td>
<td>40ml</td>
</tr>
</tbody>
</table>

_Yutaratha Basti_ was prepared by following standard text method as follows, First _Madhu_ 170gm & _Saindhav_ 10 gm will be mixed well. Then _Til taila_ 170ml will be added in it & again stirred the mixture. Then _Erandmoolkwath_ 340ml will be added in the mixture and again stirred it. Last _Mansrasa_ 40ml will be added in the mixture and made that lukewarm to use.

_Yuktaratha Basti Application_

Patient was prepared by doing _Sthanik_ (Kati, Udar, Nitamb, Uru Upto Janu) Snehana & Swedana. _Til Tail_ was used for Snehana. _Nadi Sweda with Dashmool Kwatha_ have been used for Swedana.

Procedure

Left Lateral Position was given to the Patient. _Basti_ was administered through anus by using _Basti Yantra_.

Post Procedure: Patient was observed for _Basti Pratygam_ & for _samyaka basti lakshnas_.[4] After _Basti pratygama Pathyakar Ahar & Vihar_ have been given to the patient.

Duration & Time

_Basti_ was given daily for 8 days. _Basti has_ been given in the morning.

The results observed after the treatment were:

Improvement in signs and symptoms of the patient. Relief was found in Low back pain, _padabhadhirya_ (numbness) and _Padagaurav_. Stiffness of Lumbosacral joint (katitriksandhigraha) has gone.

Gait has improved.
Walking distance
Before treatment - Patient had severe pain after walking 100 mts.
After treatment - Patient could easily walk without pain about 200 mts.

Walking time
Before treatment - Patient took around five minutes to walk 100 steps.
After treatment: patient took around three minutes to walk 100 steps.
No significant change was observed in X-ray findings.

DISCUSSION
Lumbar Spondylosis is the cause of LBP (Katishoola) in this case. According to Ayurveda, Katishoola is Vatavyadhi showing features like Shoola(Pain), Stambha (Stiffness), Badhirya(Numbness) and Chimchimayana (tingling sensation). Degeneration of disc is the main cause of LS. Dhatukshayajanya Vatavyadhi can be correlate with degeneration of discs. Basti is the best treatment for Vatavyadhi. Yuktaratha Basti mentioned in Sushrtsamhita was selected for this case. As Yuktaratha Basti having mansarasa and Erandmulakwatha, it reduces Vatadosha and improves the strength of spine. Yuktaratha basti helps to reduce the degeneration of discs also.[5]

CONCLUSION
In this case study it can be concluded that Yuktaratha Basti is effective in the management of Katishoola due to Lumbar Spondylosis.

REFERENCES
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