

KATIBASTI: A REVIEW**Dr. Geeta D. Parulkar***

M.D. (Chikitsa) (Mum), Ph.D (Mum) Professor (Chikitsa), M.A. Podar (Govt) Hospital,
Worli, Mumbai-18.

Article Received on
26 March, 2017,

Revised on 16 April, 2017,
Accepted on 06 May, 2017

DOI:10.20959/wjpr20176-8514

Corresponding Author*Dr. Geeta D. Parulkar**

M.D. (Chikitsa) (Mum),
Ph.D (Mum) Professor
(Chikitsa), M.A. Podar
(Govt) Hospital, Worli,
Mumbai-18.

INTRODUCTION

The procedure of applying heat to the sacral or lumbar region by retaining warm medicated oil within a specially formed frame at this area is popularly known as 'Katibasti'. Basti generally refers to the administration of the Ayurvedic medicines in liquid form through the rectal route by using the specially designed 'Basti' instrument. But, Katibasti does not involve any such procedure. Rather this is a localized form of 'Svedana Procedure' i.e Fomentation. As warm oil is used to apply heat, this is considered as a variety of 'Snigdhasveda'.

INDICATION

'Katibasti' is indicated in painful conditions of low back region. The procedure 'Svedana' itself is beneficial in relieving the pain. In

addition to this, the oil used in this procedure gets absorbed through the skin has unique therapeutic effects. The procedure said above is proved effective in diseases like Lumbar Spondylosis, Spondylolysthesis, Disc Prolapse, Ankylosing Spondylitis, Rheumatoid Arthritis, Sacroilitis and Lumbosacral strain.

PRESCRIPTION

- Vishagarbha Taila
- Bala Taila
- Mahamasha Taila
- Dhanvantari Taila
- Nirgundi Taila
- Dashamooladi Taila
- Triphaladi Taila

- Narayana Taila

REQUIREMENTS

- (Masha, Udada) i.e. Black gram powder 500 grams for making the frame at Katipradesh i.e. Lumbar or Sacral region
- (Tilataila) i.e. Sesame oil or Medicated oil (Above said)
- Facility to heat the oil.
- Towel



PROCEDURE

A frame of Black gram powder paste is made around the Lumbosacral region. Warm oil or warm medicated oil is poured into this frame, which penetrates the heat to the Lumbar or Sacral region inducing perspiration, which is followed by Abhyanaga (massage) and Svedana (fomentation) to this part of the body. These are the steps of the Katibasti Procedure.

PREPARATION OF THE MASHA (BLACK GRAM) PASTE

500 grams of Black gram paste is taken in a vessel and then added with sufficient warm water to make a thick paste to be settled at Katipradesh.

POURING OIL

Oil is heated to make it lukewarm and then poured into the frame at the Katipradesh. The upper level of the oil should be approximately 1 inch above the skin.

CHANGING THE OIL

The oil poured in the beginning gets cooled as time passes. In this situation, the oil is taken out from the frame with the help of a spoon. Alternatively, one can soak a piece of cotton cloth in that oil to remove it. Fresh warm oil is then poured into the frame, which is reused in this procedure for Katibasti.

REMOVING THE OIL AND FRAME

Katibasti procedure can be continued for half an hour. The oil and the frame then removed.

AFTER PROCEDURE

After the Katibasti, the patient is asked to take rest for about 15 minutes in supine position, and then he is allowed to take lukewarm water bath. Bengal gram powder generally used instead of toilet soap during the bath.

Practical Work

50 patients of Katigatavata (Lumbar spondylosis) had undergone Katibasti procedure with Narayana Taila for 15 days after screening in OPD of M.A.Podar (Govt) Hospital, Worli, Mumbai-18 from Maharashtra state out of which 45 had shown remarkable results in Katishoola (Lumbosacral pain).

REFERENCE

1. Dr. G.Shrinivasa Acharya, Panchakarma illustrated,1st edition, Chaukhamba Sanskrit Prakashan,Varanasi, 2016.