

**THE ROLE OF MAHA VISHGARBHA TAIL & DASHMOOLA TAILA
KATI BASTI IN THE MANAGEMENT OF KATI SHOOL W.S.R
LUMBER SPONDYLOSIS**

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ABSTRACT

The degenerative change in the disc and lumbar spine is known as Lumbar Spondylosis. Katishula is localized Vata vyadhi in which Prakupita vayu affects Sandhi. According to Anshansa Kalpana of Katishula, the Vata vitiated due to Ruksha and Shita guna, which lead to Dhatukshaya. Katishula, according to its sign and symptoms can be compared to Lumbar spondylosis in modern medical science. **Kati Basti:** The procedure of applying heat to the sacral or lumbar region by retaining warm medicated oil within a specially formed frame in this area is popularly known as 'Kati Basti'. This is form of giving fomentation to localized area.

KEYWORDS: Maha vishgarbha taila, kati basti, kati shoola, lumber spondylosis.

INTRODUCTION

Spondylosis is a degenerative joint disease that is very common in the elderly. Lumbar spondylosis is due to aging and time-related wear and tear on the vertebrae (bones) of the lower back. The deterioration due to lumbar spondylosis also affects the cartilage, a slippery substance that helps bones to move easily, and the discs, which are pillow-like tissues

between the vertebrae that cushion movement of the lower back. The degenerative changes in the spine of people with lumbar spondylosis generally begin by age 30, although symptoms often never occur or generally do not appear until much later in life. Risk factors for developing lumbar spondylosis include being elderly, having a back injury, a herniated disc, or spinal stenosis.

Being a degenerative condition means that it is closely related to the passage of time. The impact that minor trauma occurring throughout one's life can accumulate until one day the symptoms of lumbar spondylosis present themselves. The following are the various causes and risk factors of the condition.

Causes and risk factors

Aging: The most common cause as the passage of time can lead to changes in the bones of the spine and other problems. Unfortunately, this often means that the disease is progressive and irreversible. Being over the age of 40 increases one's risk for lumbar spondylosis.

Abnormal spinal movement: Frequent overuse of the back as seen during sports or other physically strenuous activity can put increased amounts of stress on the lumbar vertebrae, leading to injury.

Genetics: Those genetically predisposed to weak bones and ligaments may be at increased risk for injury to the lumbar spine.

Lifestyle: Certain lifestyle habits affect the integrity of bones. Smoking, for example, decreases the amount of water in your discs, which are needed to absorb impact.

Obesity: Excess weight put extra load on the joints of the lumbar region, accelerating wear-and-tear of the lumbar joints.

Prolonged sitting: Puts pressure on the lumbar vertebrae.

Prior injury: Makes one more susceptible for lumbar spondylosis development.

Lumbar Spondylosis Symptoms

While just thinking of injuring the bones in the lower back can induce wincing, 37 percent of patients suffering from lumbar spondylosis do not have symptoms initially. But when symptoms do appear, they can present as pain ranging from mild to severe, initially

presenting as stiffness in the mornings lasting for more than 30 minutes. Additional symptoms of lumbar spondylosis include:

- Localized pain
- Pain after prolonged sitting
- Worsening pain after repeated movement
- Muscle spasms
- Regional tenderness
- Tingling, numbness in the limbs
- Weakness of affected limb due to possible nerve compression

Diagnosis

The initial evaluation for lumbar spondylosis begins with an accurate history and thorough physical examination with appropriate provocative testing. Radiographic studies such as x-rays, CT, or MRI will help in providing confirmatory evidence to support the exam finding. In case of findings of nerve compression during clinical history, electromyographic studies may be done.

Aims and objectives

This study is particularly pinpointed on following:

1. To study katishula vis-à-vis lumbar spondylosis from ayurveda and modern point of view respectively.
2. To study the efficacy of katibasti in katishool with W.S.R Lumber Spondylosis.
3. To study the efficacy of Maha Vishgarbha Tail & Dashmoola Taila Kati Basti In The Management Of Kati Shool W.S.R Lumber Spondylosis

METHOD AND MATERIAL

Kati Basti

Synonyms

- Kati Tarpana
- Kati Vasti
- Back Oil dough therapy

Kati Basti (Vasti) is a traditional Ayurvedic treatment used for lower backache and disorders of lumbosacral region, including slip disc, lumbar spondylosis, sciatica, spinal problems

etc. Kati Basti is a part of external oleation (Snehana) therapy in Ayurveda. It is very safe, non-invasive and green category procedure.

In this procedure, patients will get instant relief from the backache. After completing a course of 7 to 21 days, may not need any kind of oral medicines. It is a complete therapy for back pain and lumbosacral disorders.

However, the results vary person to person, but in most of cases, people get quick relief after the procedure.

Principles of Kati Basti

Warm oil is used in Kati Basti, warm oils pacify VATA humor, so it reduces pain stiffness. It lubricates the region and relaxes the surrounding muscles.

It also works on KAPHA humor. Sometimes patients experience stiffness along with very dull pain and heaviness. It is a sign of KAPHA involvement. The base of all oils used in Kati Basti is Sesame Oil. Sesame Oil has VATA and KAPHA pacifying properties. Therefore, Kati Basti also works on back pain and tightness, stuffiness and back tiredness.

Sometimes, PITTA humor becomes associated with the backache. In this type of backache, tenderness is also present.

Material For Kati Basti

Black gram flour/powder = 100 grams (required every day)

Oils = 200 ml every day

Steel or plastic Ring = 2 inches height and around 20 inch circumference

Note: Black gram flour can be used to make ring. Some doctors and therapist do not use the steel or plastic rings.

Indication of Kati Basti

Kati Basti is beneficial in all types of back and spinal problems. Some of them are listed underneath:

- Backache
- stiffness Intervertebral Backache in women
- Sciatica
- disc protrusion

- Lumbar spondylosis
- Lumbar spondylitis (Inflammation of lumber joints characterized by, tenderness and pain)
- Slip disc
- Degenerative disc disease

Maha Vishgarbha Tail

Maha Vishgarbha Oil is a mixture of natural herbs that helps to support for natural cleansing by excreting the natural toxins and support healthy joints.

It helps to balance the Vata (Air), Dosha (Humour) in body and also helps to support for healthy digestion.

Ingredients

Sesame Oil as base oil. Cold pressed and double filtered in muslin cloth without chemicals or petrochemicals.

Sesame Oil (*Sesamum Indicum*) Processed with water decoction of:

Nirgundi (*Vitex Negundo*), Tumbini (*Citrullus Colocynthis*), Punarnava (*Boerhavia Diffusa*), Erand (*Ricinus Communis*), Ashwagandha (*Withania Somnifera*), Citraka (*Plumrigo Geylanica*), Sobhanjana (*Moringa Oleifera*), Makoi (*Solanum Nigrum*), Clove (*Myrtus Caryophyllus*), Haldi (*Curcuma Longa*), Kantakari (*Solanum Xanthocarpum*), Nimba (*Azardica Indicus*), Maha Nimba (*Melia Azedarach*), Isvar (*Callicarpa Lanata*), Bilva (*Aegle Marmelos*), Nagkeshar (*Mesua Ferrea*), Shyonaka (*Oroxylum Indicum*), Gambhari (*Gmelina Arborea*), Patala (*Stereospermum Suaveolens*), Agnimantha (*Premna Integrifolia*), Shalaparni (*Desmodium Gangeticum*), Dalchini (*Cinnamomum Cassia*), Parish Parni (*Uraria Picta*), Brihati (*Solanum Indicum*), Gokhru (*Tribulus Terrestris*), Shatavari (*Asparagus Racemosus*), Sariva (*Ichnocarpus Frutescens*), Mundi (*Sphaeranthus Indicus*), Arka (*Calotropis Gigantea*), Kakjangha (*Leea Aequata*), Apamarga (*Achyranthes Aspera*), Medalakadi (*Litsea Chinensis*), Somavalli (*Latifolium*), Prasarini (*Paederia Foetida*), Ginger (*Zingiber Officinale*), Kali Mirch (*Piper Nigrum*), Pippali (*Piper Longum*), Rasana (*Pluchea Lanceolata*), Motha (*Cyperus Rotundus*), Devadaru (*Cedrus Deodara*), Potassium Carbonas, Svarijka Ksara (Barilla), Rock Salt, Sauvarcala (Sodium Chloride), Vida, Uchida (Potassium Nitrate), Samudra (Sodli Muras), Copper Sulphate, Katphala (*Myrica Nagi*), Patha (*Cissampelos Pareira*), Sows/Soya (*Peucedanum Graveolens*), Saunf (*Foeniculum Vulgare*), Tagar (*Valeriana Wallichii*), Bharangi (*Premna Herbacea*), Navsar (Ammonium Chloride),

Danti (*Baliospermum Montanum*), Dhanvayasa (*Oryza Sativa*), Cumin(White) Black Cumin, Indrayan (*Citrullus Colocynthis*).

Effect on Tridosha – Balances Vata.

Reference: Bhaishajya Ratnavali Vatavyadhi Rogadhikara – 414-423.

Dashamoola oil

Ingredients, how to make:

240 g of each of

Bilva – *Aegle marmelos*

Shyonaka – *Oroxylum indicum*

Gambhari – Coomb Teak (root) – *Gmelina arborea*

Patala – Trumpet (root) – *Stereospermum suaveolens*

Agnimantha – *Premna corymbosa* (Burm.f) Merr

Shalaparni – *Desmodium gangeticum*

Prishniparni – *Uraria picta*

Brihati – Indian Nightshade (root) – *Solanum indicum*

Kantakari – Yellow berried nightshade (whole plant) – *Solanum xanthocarpum*

Gokshura – Small caltrops (whole plant) – *Tribulus terrestris* Linn.

Water for decoction – 12.288 liters, boiled and reduced to 1.536 liters, filtered.

Juice extract of Ardraka – Ginger Rhizome – *Zingiber officinalis*

Juice extract of Nirgundi – *Vitex negundo*

Paste prepared from 12 g of each of

Pippali – Long pepper fruit – *Piper longum*

Pippalimoola – Long pepper root – *Piper longum*

Chavya – Java Long Pepper – *Piper chaba*

Chitraka – Lead Wort (root) – *Plumbago zeylanica*

Shunti – Ginger Rhizome – *Zingiber officinalis*

Maricha – Black pepper – *Piper nigrum*

Shunti – Ginger Rhizome – *Zingiber officinalis*

Pippali – Long pepper fruit – *Piper longum*

Jiraka – Cumin – *Cuminum cyminum*

Krishna Jiraka – *Nigella sativa*

Sarshapa – Mustard seed – *Brassica juncea*

Saindhava Lavana – Rock salt

Yava Kshara – Kshara of Barley – *Hordeum vulgare*

Trivrit – *Operculina turpethum*

Haridra – Turmeric rhizome – *Curcuma longa*

Daru Haridra – Tree Turmeric (stem) – *Berberis aristata*

Jala – water – 364 ml

Taila – Sesame oil – *Sesamum indicum* – 768 ml

All the ingredients are mixed and boiled till total moisture is lost from the oil, filtered.

Reference: Bhaishajya Ratnavali Shirorogadhikara 65–69.

Effect on Tridosha – Balances Vata and Pitta.

Benefits of Kati Basti

1. Increases the circulation in the region, as the herbal oil gets deeply absorbed into the skin, and both nourishes and strengthens the muscles and nerves.
2. Pacifies one of the primary sites of Vata, relieving pain, soreness and tension and restoring flexibility.
3. Relieves chronic lower backaches and painful muscle spasms, stiffness, and degenerative problem.

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