A REVIEW ARTICLE ON ACTION OF CHATURBEEJ ON KATISHOOLA W.S. R. TO LOW BACK PAIN

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ABSTRACT

Vata predominantly involve in induction of pain i.e. shoola. Some of Aacharyas of Ayurveda, differentiate doshaj vyadhi according to sthanbheda. Katishoola is the lakshana of so many vata vyadhis. Dooshya involved in Katishoolaa are asthi, majja, sira, kandara. Katishoola may be correlated with lower back pain. In Ayurveda hetu of exaggerated vata dosha explained in details, which results into vata vyadhi. Chaturbeej is group of four seeds- Methika, kalajaji, yawani and chandrasoor. In Bhavprakash nighantu, Aacharya said that Katishoola is suppressed significantly by using chaturbeej continuously. In present article I tried to elaborate the action of chaturbeej on Katishoola in detailed manner by Ayurvedic point of view.

KEYWORDS: Katishoola, low back pain, hetu of vata vyadhi, chaturbeej churna.

INTRODUCTION

In Ayurveda low back pain is considered under Katishoola which occurs commonly in diseases like Katigraha, Gridhrasi, Trik-graha, Sandhigata vata described under Vataj nanatmaj vyadh.[1] The low back is a structure of interconnecting bones, joints, nerve, ligaments and muscles which are responsible for flexibility provide support and strength. Nerves in lower back supply sensation and power to the muscle in the pelvis, legs and feet. Low back pain is common disorder involving the muscles, nerves and bones of the back which affects nearly 40% of people at some point in their lives.

Cause- Aahar- ruksha-sheeta-alpa-laghu[2]
Vihar- atijagarana, ativyavaya, vishama upachara, ati raktasrava, langhana, plavana, adhik vyayam, vegsandharana, abhighata, marmabadh, etc.
Manasik- bhaya, chinta, shoka, krodha.

Samprapti: Vata prakopak hetusevan

Vata prakopa

katibhagi sthansanshraya

Katishoola

Treatment
1. Snehana- ghritapan, vasapan tailpan or majjapan, snehmishrit yusha.[3]
2. Swedana-nadisweda, prastarsweda, sankarswedda[4]
4. Basti-
6. Katibasti and no. of single and compound formulations are practiced in Ayurveda for management of Katishoola like ajawain, chaturbeej, gokshuradi guggul, mahaayograj guggul, etc.

MATERIAL AND METHODS

“methika chandrashoorshcha kalaajaji yavanika|
etchchatushtyam yuktam chaturbeejamiti smritam||
tatchurnam bhakshitam nityam nihanti pavanamayam|
ajiranam shoolam adhmanam parshwashoolam kativyatham||”[7]

Chaturbeeea useful in Ajirna, Aadhmaa, Parshwashoola, Katishoolaa when use continuously.

Ingredients
Methika - Fenugreek - Trigonella foenum
Chandraashoor - Common cress- Lepidium sativum
Kalajaji - Small fennel - Nigella sativa
Yavani - Bishops weed - Trachyspermum ammi
Ayurvedic properties

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<td>Yavani</td>
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**DISCUSSION**

1. Methika - “Methika vatashamani shleshmagnejjwarnadhini”
2. Yavani - “Vatashleshmodaranah gulmapleekrumpranut”
3. Chandrashoor - “Chandrashooram hitam hikkavatashleshmatisarinam”

*Methika, chandrashoora, kalaajaji, yavanika all are having ushna veerya and methika is of snigdha guna. Due to this properties chaturbeej act as vatahara and as shoola is due to vata it ultimately reduce katishoola.*

**CONCLUSION**

Nowadays *katishoola* is most common complain as it is affecting all sorts of occupational group including housewives. *Chaturbeeja* is help to reduce *katishoola* due to its *shoolahara* property.

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