



Case study: role of panchatikta ksheera basti, patrapottali sweda and kati-basti in the manegment of katigata vata.

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ABSTRACT : Low back ache is one of the most common problem in early adult life and middle age. About 60 – 80% of world population suffers from it at some stage of life. It is a chronic condition characterised by persistent dull or sharp pain. Low back ache may be associated with stiffness, numbness or tingling, difficulty in walking, pain at buttocks and legs.

Above mentioned symptoms can be relieved by treatment of vitiated vatadosha. Causes of vitiated vatadosha are wondering job, in-appropriate food habits, etc. Treatment of vatadosha include snehana (oil massage), swedana (steam), basti (medicated enema) etc. In this paper by the use of patrapottali (Sweda), katibasti (Snehan), panchtikta ksheerbasti (Basti) symptomatic relief was observed in patient diagnosed as Katigata Vata within 14 days.

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Keywords: katigata vata, patrapottali, katibasti, panchtikta ksheerbasti.

1. Introduction

Ayurveda explain health as an equilibrium of dhatus and doshas. [1] Among the dhatus asthi is blessed with the function of osharirdharan. According to principal of ashryashrayibhava of vat dosha [2] when vata dosha increases asthidhatu decreases. Both are inversely proportional to each other [3]. Ayurveda classics mention the use of basti prepared with tiktadravyas, ksheer (milk), ghrut (clarified butter) for the treatment of asthidhatu disorder [4]. Low back ache can be correlated to katigata vata. Symptoms of katigata vata are pain, numbness, difficulty in walking. As we age related spine changes often leading to a degeneration of vertebrae, discs, muscle and ligament that together make up the spinal column. About 60-80 % of people at some time in their lives get affected by this [5].

Acharya Charaka has stated the treatment of asthipradoshajvyadhi [6] with the help of ksheerbasti with tiktadravya containing ghrita. Tikta rasa has basically ruksha, parush, vishada, laghugunas. It also has property of dipana, pachana, sandhi-shodhan, lekhan, kleda – medavasaupshamnam by all these properties. Tikta rasa processed with milk can be used in asthipradoshajvyadhi like katigata vata. In the treatment of vata the condition required property is naatisnigdhanatiruksha. Patrapottali sweda works by its snigdha and ushnaguna which acts on ruksha and shitaguna of vata. (Shitaguna is responsible for spasm). In modern medicine the disease is managed by non steroidal anti inflammatory drugs, analgesic drugs and corticosteroids but these drugs have side

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effects. In this case study above prescribed treatment was given to the patient. After 14 days patient got symptomatic relief.

2. Case report

A 38 years old male patient came to the Kayachikitsa OPD of Govt. Ayurved College, Nanded, Maharashtra. with presenting complent of low back achesince 6 months ,Difficulty in walkingsince 5 months,Tingling since 5 months

On examinationwe observed that General condition - good, afebrile, Pulse rate-80/min , regular ,Blood pressure -130/80 mm of Hg.All systemic examination within normal limits.

Diagnosis : katigatavata

Treatment :

AskatigataVatavyadhiis one of the type of Vatavyadhi so the line of treatment isSnehana,Swedana and Bastichikitsa(medicated enema).

The treatment was planned as below:

1. Patrapottali sweda for 14 days.
2. Sthanik (local) katibastifor 14days.
3. PanchatiktaKsheerBasti for 14 days

Contents of patrapottali sweda :

Tila tail (sesmum indicum)	100 ml
Garlic pest (Allevum satavum)	25 gm
Lemon juice (ciyrus medica)	20 ml
Turmeric powder (curuma longa)	5 ml
Fenugreekc powder (trigonella foenumgranecum)	5 ml
Mustard powder (brassica nigra)	5 ml
Nirgundi patra kalka (vitex negundo)	25 gm
Shigru patra kalka (moringa olifera)	25gm

Contents of katibasti:

Sesame oil (sesmum inicum)	200 ml
Black gram powder (vigna mungo)	500ml

katibasti was given for 20 minute

PanchatiktaKsheerBasti:

130 ml Decoction (Kwatha prepration according to Sharangdhar) of PanchatiktaDravyasGuduchi (Tinosporacordifolia),Nimb (Azatiractaindica), Patol (Triocanthesdioca), Vasa (Adhatodavasisa), Kantakari (Solanumsuratense)was made according to classic references of sharangadhar samhita. 130 ml of milk was added in kwatha and the SiddhaKsheer(medicated milk) was prepared.

Preparation of Basti:Honey (Madhu)-5ml+Lavan (salt)-5gms + Ghee (clarified butter) -20 ml +Siddhaksheer-130ml.

Basti was administered andBastipratyagamanKala was noted .Total 150 ml of PanchatiktaKsheerBasti was given daily for 14 days after food at morning hours.

BastipratyagamanKala was found to be 3 to 5 hours.

Assessment criteria:

1. BACK PAIN	
No pain	0
Pain after activity	2
Pain on movement	4
Pain on bed	6

2. LEG PAIN	
No pain	0
Pain on 100 meter walk	2
Pain on 50 meter walk	4
Pain on movement	6

3. STIFFNESS	
No stiffness	0
Mid stiffness	2
Moderate stiffness	4
Severe stiffness	6

4. Straight Leg Rising Test (SLRT)

Angle of SLRT	10	20	30	40	50	60	70	80	90
Pain score	8	7	6	5	4	3	2	1	0

ASSESSMENT :

	Signs & symptoms	Before T/t	After T/t
1	Back pain	4	2
2	Leg pain	2	0
3	Stiffness	2	0
4	SLRT	Right 3, left 2	Right 2, left 2
	Total	13	6

Result and Discussion

In this case study patient got 50% relief in above symptom like low back pain,difficulty in walking,etc of katigataVata.Panchtikaksheerbasti acts by, Tikta rasa has tendency to go towards Asthidhatudue to dominance of akash and vayumahabhuta. ksheera with tikta rasa dravyas used as bastidravyas because ksheera has singha and madhura properties so it does vatadosha shaman in body. Also katibasti and patrapindasweda ,helps for local vedanashamana by the action of snehana and swedana does vatadosha shaman .

Conclusion

In this case study we got good results ofAyurvedic treatment. The treatment given for katigataVata was Snehana, Swedana, and Basti which helped in Vatadosha Shaman, which gives relief in symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

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