

Pain Management in Katishoola through Matra Basti: A Case Study

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ABSTRACT

Low back pain is a condition which creates obstacles in life of person. Pain in the low back restricts activity; reduce work capacity, day to day routine activity. Low back pain is a state characterized by dull or sharp pain associated with stiffness. Term has elaborated in classics of *Ayurveda* suggesting pain at low back region. The word *Katishoola* is originated from the union of two words viz, *Kati* and *Shoola*. The word *Kati* signifies the region of low back. The term *Shoola* is indicative of pain. Lowback pain is experienced in 60%-80% of adults at some point in their lifetime. Andersson estimated the annual worldwide Low back Pain incidence in adults to be 15% and the point of prevalence to be 30%. Hence the occurrence of pain at low back, which in turns restrict the normal movement is called *Katishoola*. The treatment of *katishoola* through *Ayurveda* is *Shamana Aushadhi* and most important *Panchakarma* (*Snehana*, *Swedana*, *Basti* etc.). Here in this article a case of Low Back Pain treated with *Matra Basti* with *Murchita Ghrita* was explained in detail.

KEYWORDS: *Katishoola, Low back pain, Murchita Ghrita, Matra Basti*

INTRODUCTION

Ayurveda an ancient Indian wisdom stands apart from the rest of medical fraternity with its holistic and encompassing approach towards the prevention of disease and disease management. *Ayurveda* originated as a part of *Vedic* science that provides a comprehensive understanding of the entire universe of matter, mind and consciousness. *Ayurveda* has been in vogue since the *Vedic* period. It emphasizes on the maintenance and promotion of health as well as curing of diseases. Daily regimen, seasonal regimen, social ethics, diseases and their treatment, in such a way in detailed description is elaborated in *Ayurveda*. This science helps in upholding the physical, mental, and social health of living beings. The health is basic need for all human being to achieve the four pursuit of life viz. *Dharma, Artha, Kama, Moksha*. Health of any individual depends on proper diet, way of living, personal behavior and hygiene. Any lacuna in this routine may lead to disturbance of homeostasis and causes diseases. In a normal daily life, living without ambulation is almost

impossible for any human being, from the time immemorial to ultramodern life. Back or backbones plays an important role in relation to mobility which is a basic character of life. A normal daily life without mobility is almost impossible for any individual. A man is as strong as his back. Among the back bones, low back region or lumbar region has its own significance in maintaining the posture as the maximum body weight is being supported by this area. As the advancement of busy professional and social life, improper posture creates under pressure over the low back and turns the daily life to misery. Low back pain is the common medical condition, which is felt in everyone's life at one or the other time. Sometimes it really needs medical help to get rid of it. Due to life style, the incidence of low back pain is rising day by day. It may affect the different age group and disturb the routine work of an individual. Now a day, in day to day clinical practice it is a burning issue. So, to find out the causative factors and to give relief from low back pain to an

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individual is the need of time. In *Ayurveda*, *Katishoola* can be correlated with low back pain. *Katishoola* is one such condition caused by vitiation of *Vata* characterized by pain, tenderness and restricted movements of *Kati Pradesa*. *Katishoola* is not mentioned as a separate disease in *Brihatrayees* but the description of this may be traced in some other disorders like *Katigraha*, *Pristagraham* which are included under *Vatavyadhi*. Even though, it is not mentioned as a separate disease, some of the references suggest *Katishoola* as a symptom^{1,2}.

Basti explained to be *Ardhachikista*³. The principle of treatment of *Vata* is *Basti*⁴. *Matra Basti* is a *Vikalpa* of *Anuvasana Basti* which promotes strength, can be administered easily and it is *Brimhana* and *Vatahara*⁵. *Ghrita* is *Vatahara*⁶ and have *Samskarasya Anuvartana* property⁷ so here *Murchita Ghrita* has been taken for study.

Case Report-

A 55 year old female patient (Registration No-110160) from Bagalkot, visited *Panchakarma* OPD of SJG *Ayurveda* Medical college and Hospital, Koppal on 25th November 2021, complaints of pain and stiffness in the low back region since 2 months.

Presenting Complaints-

The patient was having pain in the low Back region for last 1 year. For last 2 months the pain was aggravating during prolong sitting, standing and forward bending. As a Housewife she didn't able to do household work properly. There is no radiation of pain and no history of trauma. She had taken Medication from allopathic hospitals and got some temporary relief and after one month pain reoccurs. So finally she visited *Panchakarma* OPD of SJG *Ayurveda* Medical College and Research Centre, Koppal for better treatment.

History

There is no history for mechanical cause for back pain, no deformity in spine, Diabetes Mellitus, Hypertension. No history of any surgical intervention.

Clinical Examination

She was examined through both locally and systemically. The general condition of the patient was stable, fully conscious, and well oriented. Her vitals were found to be normal limits, blood pressure-120/80 mmHg, pulse rate-82/min. Her body height was 5 feet and 6 inch, and her body weight was 68 kg. Cardiovascular system was found normal.

Local Examination of spine revealed straightening of lumbar curvature, no bony tenderness, no swelling no scar was found. The local temperature was normal. The range of movement was decreased due pain. SLR and Femoral nerve stretching test was bilaterally

negative. For pathology related to sacroiliac joint, Fabers test and pump handle test was done it was also found negative. Sensation on all the dermatomes were found to be normal in both side. Deep tendon reflexes of Knee jerk, Ankle jerk were normal.

Management

The patient was taking treatment in department of *Panchakarma*. She was managed through procedure of *Matra Basti*. 1 Pala(48 ml) of *Murchita Ghrita* was used for *Matra Basti* for 7 day.

Follow up period

In this Duration patient was advised to avoid *Ashtamahadoshikara Bhava*. She was doing mild exercise regularly and asked to take light food and lukewarm water to drink. Proper posture was maintained during sleeping and sitting. For *Shamana Aushadhi-Kaishoraguggulu* DS 1BD and capsule Nuro XT 1BD with lukewarm water was continued for 15 more days.

After 15 day patient was visited again. There was no symptoms of back pain. All medication were stopped and advised for proper diet and exercise.

Observation

By the end of the 7th day of treatment and 14th day follow up period, the patient found a significant reduction of pain and stiffness in back region. Here for subjective parameter- pain and for objective parameter-range of movement of lumbar spine was taken. Before treatment, pain was 3 and after treatment it was 0. In ROM of lumbar spine only forward flexion was decreased (50° with pain) and backward extension, left and right lateral flexion was normal (25° without pain). The patient got complete symptomatic relief. In follow up period there was no pain during sitting, standing and forward bending. She was able to do her daily activities with ease. As treatment based on only pain management so no laboratory and radiological investigation was carried out.

Discussion

Katishoola is a condition where there is *Vata Prakopa*, symptoms like pain and stiffness in *Kati Pradesha* takes place. The pathology of *Katishoola* can be explained in two ways, *Dhatukshaya* and *Avarana*. In *Dhatukshaya Janya Kati Shoola* due to old age and *Vatahara Ahara* and *Vihara* there will be qualitative changes in the joint material gradually leading to disease manifestation. In other way of *Samprapti* where in due to continuous pressure due to various factor like accumulated *Mala* the joint may get affected (due to *Avarana*) leading to disease manifestation. The symptoms of *Katishoola* can be correlated with Low back pain. Low Back Pain is a

very common health problem worldwide and a major cause of disability affecting performance at work and general well being.

The management of *Katishoola* has 3 steps- *Nidana Parivarjana*, *Shamana Chikitsa*, *Shodhana Chikitsa*. *Shamana Chikitsa*- The *Vatahara Shamana Aushadhi* can be used in the treatment of *Kati Shoola*. If *Sama Avastha* of *Kati Shoola* is present, *Deepana*, *Pachana*, *Rookshana Chikitsa* will be helpful. For better results, *Shamana Aushadhi* can be used followed by *Shodhana Karma*. *Shodhana Karma* - As *Kati Shoola* is considering as the *Vata Vyadhi*, *Mridu Samshodhana* is ideal one as per *Vatasya Upakrama*⁸. *Mridu* and *Snigdha Virechana* will be the choice of *Shodhana* in *Kati Shoola*. *Shodhana Basti* can be planned according to the *Doshik* involvement. *Anuvasana Basti* can be planned with *Vatahara Taila* or *Ghrita*. *Basti* produces the *Shodhana* of the vitiated *Dosha* mainly cantered at *Pakvashaya*⁹. It is assumed that *Basti* contributes for reducing the inflammation, gives strength to the muscles and nerves of the affected area, there by gives relief.

Discussion on Mode of action of *Matra Basti*-

The drugs administered though the rectal route i.e., *Pakvashaya Gata Basti* directly act over the *Udbhava Sthana* of *Vata Vyadhi* including *Kati Shoola*, as *Pakvashaya* is considered as *Udbhavasthana* of *Vata Vyadhi*¹⁰.

Left lateral position- As per *Acharya Charaka Gudavalees* will be relaxed in this posture, also *Grahani* and *Guda* present in *Vama Parshwa* (Left side)¹¹. So *Basti Dravya* reaches these organs easily. *Acharya Gangadhara* says; *Agni*, *Grahani* and *Nabhi* are present in the left side. *Jejjata* comments *Agni* is present in left side over the *Nabhi*, *Guda* has got a left sided relation with *Sthoolantra*. So *Basti Dravya* can reach to the large intestine and *Grahani*. The modern Anatomy supports this view as- In this posture; anal canal turns to left side to rectum, sigmoid colon and descending colon. Moreover, medicines stay at these surfaces and gets absorbed more and show its effect. The absorptive area of mucosa is more on left side and it is easily approachable through anus rather than on the right side and this posture relaxes the ileocecal junction and makes the easy flow of *Basti Dravya* into the sigmoid colon. Action of *Matra Basti* is possible by *Anupravarana Bhava* of *Basti Dravya*, which contains *Sneha*. *Sneha* easily moves up to *Grahani* by *Anupravana Guna*. *Matra Basti* acts mainly on *Asthi* and *Majjavaha Srotas*. *Asthi* is the *Ashraya Sthana* of *Vata Dosha*. *Dalhana* says that, *Purishadhara Kala* and *Asthidhara Kala* are one and the same. So we can assume that if *Purishadhara Kala* gets purified and nourished; the *Asthivaha*

Srotas will also be purified and nourished. *Pittadhara Kala* and *Majjadhara Kala* and *Grahani* take part in the action of *Matra Basti*. *Basti Dravya* enters till *Grahani* (*Pittadhara Kala*) which is the seat of *Agni*. The nutrients may get absorbed and thereby nourishes the *Majjadhara Kala*, which is having a strong bond with *Pittadhara Kala* and *Vata*.

Meditional effect-

Matra Basti with *Murchita Ghrita*- *Ghrita* has *Sheeta Virya*, *Madhura Rasa* and *Vipaka*¹². It is best in *Sarva Sneha*. *Ghrita* has *Samskarasya Anuvartana* property¹³. When administered according to the prescribed procedure, it increase *Sahasra Viryam/ Atyayika Shakti* and develops many fold utilities. *Ghrita* produces the *Brumhana* effect which helps in the degenerative conditions. In *Matra Basti*, more retention of *Basti Dravya* enhances the rate of absorption and increases the effect of the medicine.

Basti Dravya is also absorbed from external venous plexus in three parts, i.e. in lower part through inferior rectal veins and drained into internal pudendal vein, in middle part through middle rectal vein which is having tributaries, those drains from bladder, prostate and seminal vesicle into internal iliac vein, in upper part through superior rectal vein into inferior mesenteric vein a tributary of portal vein. *Matra Basti Dravya* is also absorbed from the upper rectal mucosa, and is carried by the Superior mesenteric vein into the portal circulation and enters into liver. Secondly, the portion absorbed from the lower rectum enters directly into systemic circulation via middle and inferior hemorrhoidal veins. This indicates that due to more vascularity in this area absorption rate is high.

Conclusion

Katishoola mostly seen in middle age group and common health problem now a days. *Vata* is the prime factor for *Katishoola*. Due to *Ruksha Guna* of *Vata* there will be dryness of *Kapha*. *Ayurveda* having different specialties of treatment and among them, *Panchakarma* is the super specialty. In *Panchakarma*, through different treatment modalities, one can maintain the healthy status of body; prevents the disease occurrence and curing the diseases in natural way. Not only treatment we should have do daily exercise, take healthy food.

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