



**EFFECT OF MAJJABASTI AND ASTHIMAJJA PACHAK CHURNA IN KATIGRAHA
(LUMBAR SPONDYLOSIS): A CASE STUDY**

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ABSTRACT

Lumbar spondylosis is common in lumbar pathology. The degeneration of lumbar vertebrae is common in elderly age but now a day it is common in early and middle age also. In the present case study, the patient came with complaints of *Katishoola* and pain radiating to *Ubhaya Pada*, tingling numbness in both lower limbs. He can't stand for long time. The patient had above complaints since one year. In this case study effect of *Majjabasti* and *Asthimajjapachaka churna* in lumbar spondylosis is evaluated.

KETWORDS: *Katigraha*, *Majjabasti*, *Asthimajjapachak Churna*, lumbar spondylosis.

INTRODUCTION

Spondylosis describes a break in the integrity of the neural arch. Lumbar spondylosis is defined as degenerative condition of the vertebral bodies, vertebral discs and associated joints of the lumbar spine. Lumbar pathology is the main cause of low back pain nowadays. It was mainly observed in the old age i.e. above 60 years but now it is observed in the decade of 30 also. The urban people are more prone to develop disorders of vertebral column such as Lumbar spondylosis, Spondylolisthesis, Osteoporosis, Degenerative diseases of the spine and Prolapsed Intervertebral Disc.

The onset may be sudden or gradual. Repeated episodes of low back pain may precede sciatica by months or years. In Lumbar Spondylosis pain is felt in lumbar region and may radiate to buttock, thigh, calf and foot. The roots are mostly affected are S1, L4 and L5. In modern medicine the line of treatment is use of steroids, NSAIDs, physiotherapy. But this treatment has many side effects on various systems. Surgical intervention also used. But these treatments have their own limitations.] In *Ayurvedic* literature Lumbar spondylosis may be correlated with *Katigraha*. *Acharya Charaka* has described *Katigraha* in 80 *Nanatmaja Vikara* of *Vata*. *Vata vyadhi* are of two types – *Margavarodhjanya* (obstructive pathology) and *Dhatukshayajanya* (degenerative pathology). According to *Ayurveda* vertebral column is made up of *Asthi Dhatu* (bone). So, there is *Ashrayashrayee Sambandha* between *Vata Dosh* and *Asthi Dhatu*. Lumbar spondylosis is a *Dhatukshayajanya Vata Vyadhi*. So, line of treatment is *Shamana* of vitiated *Vata Dosh* and *Asthi-majja Dhatu*

Vridhhi. *Acharya Charaka* described the management of vitiated *Vata Dosh* viz. *Snehana*, *Swedana*, *Agnikarma*, *Panchakarma*, *Raktamokshana*, *Upnaha*, *Basti*, and *Bheshaja chikitsa* etc. In this present study, we used *Majjabasti* and internal *Ayurvedic* medicine.

CASE REPORT

A male patient of 60 years old came to *shalya* department of Govt. Ayurvedic Hospital with complaints of *Katishoola* and pain radiating to *Ubhaya pada* and tingling and numbness in both lower limbs. He was unable to walk and stand for long time. He has taken modern medicine from various hospitals, but couldn't get significant relief. So, he came to this hospital for the further management.

Past History

The patient had history of fall before 1 year, due to which he was suffering from the above complaints for 1 year. He was advised for surgery. But he refused for the surgery and came here for his treatment.

General Examination

General condition- moderate Pulse rate- 75/min
B.P.- 110/80 mm of Hg Pallor- Absent

Ashtavidha parikshana

1. *Nadi* – *Vata Pradhan Pitta*
2. *Mala* – *Samyak Pravrutti*
3. *Mutra* – *Samyak Pravrutti*
4. *Jivha* – *Sama*
5. *Shabda* – *Spashta*
6. *Sparsha* – *Anushna Shita*

7. *Druk – Prakrut*
8. *Akruti - Madhyam*

Srotas Dusti

1. *Asthivaha srotas: Katishoola* radiating to *Ubhaya Pada*.
2. *Majjavaha srotas: Tingling and numbness* in both lower limb.

Local examination

1. **Pain-** as per visual analogue scale- 7
- 2.

Systemic examination

RS – Air entry bilateral equal, clear
 CVS – S1- S2 normal, no abnormal sound
 CNS – Fully conscious and well- oriented.
 P/A – Soft, non-tender, no splenomegaly and hepatomegaly

Examinations	Right leg	Left leg
1.SLR Test	45°	70°
2.Laseque sign	Positive	Negative
3.SIST	Positive	Positive
4.PHT	Positive	Negative

3. Reflexes

Joint reflexes	Right leg	Left leg
Knee joint reflex	++	++
Ankle joint reflex	+	+
Plantar reflex	Plantar flexion of toe	Plantar flexion of toe

Investigations

Haematological examination: Normal
 Urine examination: - Normal
 Blood sugar(random): Normal
 HBsAg: Non-reactive

we used *Majja* of the goat (bone marrow of goat). Total 16 *Basti* were given which included 4 *Niruha* and 12 *Majja basti*. First one was *Niruha* followed by three *Majja basti*, so, the same cycle was repeated for 4 times.

METHODOLOGY

1. **Oral medication:** *Asthimajjapachaka churna* i.e. *Guduchi, Amalaki* and *Musta* each 2 gm twice a day with lukewarm water for 30 days.

The *Majja basti* is prepared as following- *Majja* of goat taken 100 g and water 1000ml. Both are mixed and boiled on *Mandagni* until 120ml was remained.

2. Procedures

- a. *Katibasti* with *Tiltaila* once a day for 30 days. Time taken for *katibasti* was 30 minutes per day.
- b. **Basti:** For this case, *Majjabasti* (enema of bone marrow) was also given. This *Majjabastikrama* included two types of *Basti* - 1. *Niruha Basti* which is a type of *Shodhana Basti*. 2. *Majja Basti*- Here,

Dashamuladi Niruha Basti was prepared as following – 450ml

1. *Madhu* – 20ml
2. *Saindhav lavana* - 5g
3. *Tiltaila* - 40ml
4. *Dashamula kalka* – 40g
5. *5- Dashmula kwatha* – 350ml

Oral Medication

Sr. No.	Drug	Dose	Frequency	Duration
1.	<i>Guduchi</i>	2g with lukewarm water	Twice a day	30 days
2.	<i>Amalaki</i>	2g with lukewarm water	Twice a day	30 days
3.	<i>Musta</i>	2g with lukewarm water	Twice a day	30 days

Procedures

Procedures	Type	Contents of Basti	Dose	Frequency	Duration
<i>Basti</i>	1. <i>Niruha</i>	1. <i>Madhu</i> 2. <i>Saindhava</i> 3. <i>Tiltaila</i> 4. <i>Dashamula Kalka</i> 5. <i>Dashamula Kwatha</i>	20g 5g 40ml 40g 350ml	Once a day	4 days
	2. <i>Majja basti</i>	Bone marrow of goat	100g	Once a day	12 days

RESULTS

S. No.	Symptoms		Before treatment	After treatment
1.	Pain (as per VAS)		7	2
2.	SLR test	Right leg	45°	90°
		Left leg	70°	90°
3.	PH test	Right leg	Positive	Negative
		Left leg	Positive	Negative
4.	Laseque sign	Right	Positive	Negative
		Left	Positive	Negative
5.	Tingling and numbness	Right	Present	Absent
		Left	Present	Absent

DISCUSSION

In the *Katigraha* (lumbar spondylosis), *Vata dosha*, *Asthi-majja dhatu* and *Sandhi* (joints) are involved. Hence it is included in *Madhyama Marga Roga*.^[1] So, the treatment is given for *Vata*, *Asthi* and *Majja*. *Asthimajjapachaka churna* contains *Guduchi*, *Amalaki* and *Musta*. *Guduchi* has *Guru guna*, *Ushna virya*, *Madhuvar vipaka*, *Vatahara karma* and *Rasayana karma*.^[2] *Amalaki* is *Tridoshaghna* and *Rasayana*.^[3] *Musta* is the best *Dipana* and *Pachana*.^[4] This combination of the three *Churna* acts as nerve tonic. *Basti* therapy is the best treatment for *Vatavyadhi*. It mainly acts on *Mulsthana* (root) of the *Vata dosha* i.e. *Pakwashaya*. *Basti* has local as well as systemic effects. In this case, *Majja* of goat and *Dashamula* are used. This *Majja* effects on *Asthi* and *Majja dhatu* according to *Samanya Visheshha Siddhanta* said by *Acharya Charaka*.^[6] *Dashamulas* are best *Vatashamaka dravya*.

Vitamin B1 which is responsible for integrity of peripheral nerve functioning and prevents degeneration of myelin sheath. This vitamin is reduced due to pyruvic content of ketoacids. So, after *Basti* karma this pyruvic content of ketoacids is reduced.^[5]

In lumbar spondylosis, two main pathology are seen- inflammation of soft tissues and hypersensitivity of the nerve. *Basti karma* reduces both these pathologies. *Basti* increases the endogenous secretion of vitamin B1 and vitamin B12. These vitamins help in the reduction of tingling numbness of the lower limbs and prevent further degeneration of nerves.

CONCLUSION

From this case study, it can be concluded that *Majjabasti* and *Asthimajja Pachak* are the best treatment for lumbar spondylosis. Lumbar spondylosis has *Dhatu-Kshayajanya* pathology which is responsible for *Vata vriddhi*. This treatment works on *Dhatu-vriddhi* as well as on vitiated *Vata*.

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