



AYURVEDA MANAGEMENT OF KATIGRAHA (LOW BACK ACHE) W.S.R. TO ROLE OF RASNADI GUGGULA AND PANCH-TIKTA KSHEERA SARPI BASTI

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ABSTRACT

Ayurveda the oldest system of disease management encompasses many theories for healthy living. The historical development of Ayurveda witnessed uses of many treatment modalities for different kind of disorders. Ayurveda successfully presented therapeutic approaches for curing different diseases and *Katigraha* is one of them. The morbid *Vata dosa* along with *Kapha dosa* triggers disease pathogenesis. Stiffness, pain, pricking sensation and restriction in movement, etc. are the symptoms of *Katigraha*. Ayurveda recommended many therapeutic procedures for curing disease like *Katigraha* and *Basti* procedure is one of them. *Basti* not only provide symptomatic relief but also helps to cure pathogenesis of *Katigraha*. Considering this perspective present article summarizes role of *Rasnadi Guggula* and *Pancha-Tikta Ksheera Sarpi Basti* in the management of *Katigraha* W.S.R. to low back ache.

KEYWORDS: *Ayurveda, Basti, Pancha-Tikta Ksheera, Katigraha.*

INTRODUCTION

Katigraha is considered as *Trikashoola* and *Katishoola* disorder which mainly resembles symptoms of low back ache. The modern therapy suggested physiotherapy, exercise, rest and uses of NSAID for relieving painful condition. While ayurveda recommended uses of therapies for reliving symptoms as well as curing disease pathogenesis by pacifying root causes of disease. In this regards ayurveda suggested *Rasnadi Guggula* and *Pancha-Tikta Ksheera Sarpi Basti* as *Shamana* and *Shodhana Chikitsa* respectively for the management of *Katigraha* especially low back pain.

Katigraha (low back pain) is one of the common health problems affecting global population with high rate of prevalence in current scenario. *Stambha*, *Ruk* and *Toda* are major symptoms of disease. The condition if persisted for long time then it may leads consequences like complete restriction in movement and psychological depression. The lack of exercise, excessive physical burden, uneven weight lifting, sedentary life style, long bike riding, seating posture for longer period and in disciplinary daily regimen, etc. can causes consequences

of low back pain. The **Figure 1** depicted some specific therapeutic properties of drugs which can offers benefits in *Katigraha* (low back pain).

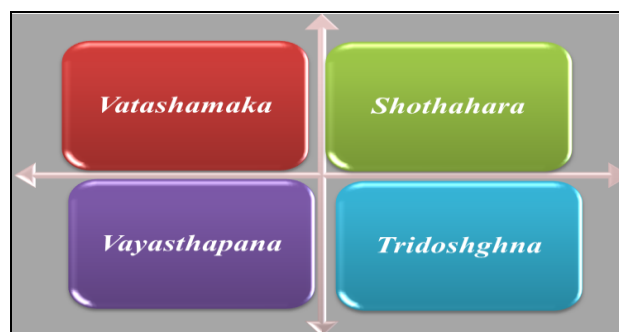


Figure 1: Properties of drugs require treating *Katigraha* (low back pain).

Role of *rasnadi guggulu*

Rasnadi Guggulu is *Amapachak* in nature pacifies *Vata*, control *Apana Vayu*, it offers beneficial effects in *Vata* aggravation and painful diseases such as; rheumatoid arthritis, gout, osteoarthritis and low back pain.

Composition of Rasnadi Guggulu

- ❖ *Rasna (Pluchea lanceolata)*
- ❖ *Guduchi (Tinospora Cordifolia)*
- ❖ *Erand mool (Ricinus Communis)*
- ❖ *Devdaru (Cedrus Deodara)*
- ❖ *Sonth (Zingiber Officinale)*
- ❖ *Shuddha Guggulu*
- ❖ *Ghee*

Rasnadi Guggulu prepared using *Shuddha Guggulu* in pestle mortar along with small quantity of *Ghee*. *Shuddha Guggulu* triturated with *Ghee* that after fine powder of other ingredients added to form final formulation *Rasnadi Guggulu*.

The *Rasnadi Guggulu* having *Vatashamaka*, *Kaphashamaka* and *Vedana Sthapana* properties thus offers beneficial effects in painful condition like low back pain. *Vatanulomana* properties of *Rasnadi Guggulu* normalize *Apana Vaayu* and *Vyana Vaayu* movement thus relieves pain. *Laghu*, *Ushna* and *Sukshma* properties of ingredients provides *Kaphashamaka* action, helps to clear blockage, relieve *Stambha* and *Shotha*. Formulation is useful in case of *Upastambhita Vayu* and it imparts anti-inflammatory effects and analgesic properties.

Role of pancha tikta ksheera basti

Pancha-Tikta Ksheera Sarpi Basti is predominance to *Vayu* and *Aakash Mahabhuta* thus it enter minute channels of body and strengthen *Asthi Dhatu*. *Basti* having *Tikta*, *Snigdha*, *Shoshana* and *Khartva* properties thus offers good effect on *Asthi Dhatu* and cure painful disorders.

Composition of Panchatikta Kshira Basti

Patol, *Vasa*, *Saptaparna*, *Nimba* and *Rasna* used for making decoction while *Shatpuspa*, *Pippali* and *Madanphal* used for making *Kalka*.

Procedure of Panchatikta Kshira Basti

❖ Poorva Karma:

Before *Basti* generally patient advises to take *Laghu Ahara* & patient also advises not to suppress natural urges. *Sthanika Snehana* can be performed with *Kati*, *Sphika* and *Tila Taila*. While *Sthanika Swedana* also recommended as *Poorva Karma*.

❖ Pradhana Karma

Patient generally suggests lying down keeping back up front and *Pancha Tikta Ksheera Sarpi Basti* can be administer with help of *Basti-putaka* along with tapping of buttocks and back.

❖ Pashchata Karma

Patient generally advises to take rest and stay for any complications if occur. Patient also advises to take *Laghu ahara*. Excessive physical exercise to be avoided and *Parihara Kala* need to be followed.

Ksheera Basti helps to relief symptoms like pain and tenderness. *Ksheer Basti* improves calcium level since *Basti Dravya* affects calcium absorption through colon circulation and nourishes bone.

Guduchi offers *Vayasthapana*, *Balya* and *Tridoshghna* effects. *Patola* imparts *Dipana* & *Kaphapittaghna* effects. *Vasa* offer *Kaphapittaghna* effects. *Nimba* possess *Vatakaphaghna* property. *Kantakari* provides *Pachana*, *Kaphavatahar* and *Shothahara* effects. *Kshir* having *Rasayaniya* & *Sarvarognashana* properties. These all properties of ingredients present in *Pancha Tikta Ksheera* offers beneficial effects in low back pain.

Panchatikta Ksheer Basti especially recommended for *Asthi Pradoshaja Vikaras* since it provides nourishment to the *Asthi Dhatu* and correct vitiates *Vata Dosha*. *Snigdha* and *Shoshana* properties produce *Khara Guna* similar to property of *Asthi* therefore *Panchatikta Ksheer Basti* strengthen *Asthi Dhatu* on the basis of *Samanya Siddhanta*. The decoction possess *Madhura* and *Snigdha Guna* thus helps to pacify *Vata* and *Pita Dosha*, the *Sukshma Guna* of *Sandhav Lavana* helps drugs to reaches at the site of action through micro channels.

Basti drugs get transformed into *Asthi Poshakamshas* which further converts into *Sthayi Asthi Dhatu* by *Asthi Dhatwagni*. The drug decrease osteoclastic activity, increase bone matrix, balances deposition of mineral and prevents deterioration of bone. These all properties and of *Pancha Tikta Ksheera Sarpi Basti* provides symptomatic as well as pathological relief in case of *Katigraha*.

CONCLUSION

Kati-Graha is a condition related to the *Asthi Dhatu* mainly associated with pain and tenderness. The ayurveda therapies help in *Sthana Vishesh Vata Vyadhi* like *Kati-Graha*. The use of *Rasnadi Guggula* and *Pancha-Tikta Ksheera Sarpi Basti* provides relief in *Vata* disorders. These therapies reduce degenerative effects related to the old age; suppress destructive effect of *Abhigata*, balances positioning of spinal disc, pacifies *Vyana Vayu*, balances *Vata Kaphaja* vitiation and offers *Vatashamaka* property thus provide relief in *Kati-Graha*. The recommended ayurveda therapies do not imparts adverse effects like *Atiyoga*, *Ayoga* and *Mithya Yoga* therefore can be used successfully for the management of low back ache.

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