

**EFFECT OF DASHMOOLADI NIRUHA BASTI IN KATISHOOLA W. S. R LUMBAR  
SPONDYLOSIS – A CASE STUDY****\*<sup>1</sup>Dr. Vipul Vikram and <sup>2</sup>Dr. Rachna Nigam**<sup>1</sup>M.D Scholar, Department of Panchakarma, Government PG Ayurvedic College and Hospital, Chaukhaghat, Varanasi, India.<sup>2</sup>Assist. Professor, Department of Kaya Chikitsa & Panchakarma, Government PG Ayurvedic College and Hospital, Chaukhaghat, Varanasi, India.**\*Corresponding Author: Dr. Vipul Vikram**

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**ABSTRACT**

In Ayurveda, Katishoola is a disease with pain in the lumbar region. In modern it is nearly correlated with Lumbar spondylosis, a degenerative condition that develops gradually over time, being more common in older individuals. This condition can also be referred to as spinal osteoarthritis. It occurs due to the wear-and-tear of the bones that happen from normal movement. The lower spine is composed of disc-like structures cushioned by soft gel-like sections between them. The purpose of these sections is to promote flexibility and absorb the load of stress applied to the vertebra. Degeneration of these areas causes a loss of elasticity and a propensity to be torn or damaged. If this type of damage were to occur, it may lead to a condition called disc prolapse, disc herniation, or a slipped disc—a common feature of lumbar spondylosis. Katishoola is a disease that is mainly caused by the vitiation of Vata Dosha. Some ancient texts also describe Katishoola as a symptom of some disorders such as Kati Graha, Trika Graha, Prushta Graha, Grudrasi, etc. The present article deals with a case of diagnosed Grade 1 lumbar spondylosis of L4 over L5 and got advised for surgery. The Ayurvedic diagnosis of Katishoola was made. She was treated with Kala Basti comprising of Dashmooladi Niruha Basti and Sahcharadi Taila Anuvasana Basti. A 49 years old female with a 3 years history of lumbar spondylosis was treated with Kalbasti. The response to the treatment was recorded and therapeutic effects were evaluated through symptomatic relief. Clinical symptoms were significantly reduced and this Dashmooladi Niruha vasti,<sup>[1]</sup> is effective in successfully treating Katishoola by helping to reduce the symptoms and improving the degree of anterior flexion.

**KEYWORDS:** *Katishoola, Ayurveda, lumbar spondylosis, Dashmooladi Niruha Basti, Sahacharadi tail AnuVasan basti.***INTRODUCTION**

According to the Ayurveda, Kati Shoola is a disease that is mainly caused by vitiation of Vata Dosha, due to various causative factors, Vata gets vitiated and accumulates in the Kati region causing Katishoola.

Katishoola has not been described as a separate disease in Brihatrayis, rather it has been mentioned as a symptom of the diseases. It has been mentioned as Trika Graham, Prishtha Graham in the context of Vataja Nanatmaja Vikaras by Acharya Charaka. Even though Acharya Charaka has not mentioned the condition directly, by his quotation "Hetu Sthaana Visheshat Ca Bhavet Roga Visheshat Krit"<sup>[1]</sup> he has indirectly mentioned all those-condition that can arise due to the localization of Vata in a specific part of the body.

According to WHO, it is one of the leading causes of disability affecting about 540 million people in the world. Improper sitting and sleeping postures, long

driving, and jerking movements during travel are the chief contributing factors to producing low backache. it is a common entity encountered in daily clinical practice that critically affects human beings. It occurs due to degeneration of Lumbar vertebrae. This causes the debility of the patients both physically and mentally. Low back pain is pain affecting the lower part of the back. It is described as Acute if it has lasted less than 6 weeks, Sub-acute if it has lasted 6-12, and Chronic if it has lasted more than 12 weeks.<sup>[2]</sup>

Bhava Prakash has explained Kati Graha and Trika Shoola as separate diseases. He has defined Trika as the joint between two hip bones and the spinal column and has explained Trika Shoola Lakshana and its management in Madhyamakhandha 24th chapter.<sup>[3]</sup>

In Yogaratnakar under the heading of Vata Vyadhi, it has been mentioned as Kati Sandhigata Vata, Kati Vata,

Trika Shoola. Hence, these can be considered synonyms of Kati Shoola.<sup>[4]</sup>

Samprapti and Lakshana of Kati Graha are explained by the Shodhala in the Kayachikitsa Khanda, Vataroga Adhikara. He has described various formulations for Kati Shoola.<sup>[5]</sup>

## CASE REPORT

A female patient of age 49 years was admitted to IPD(No. 15825/1957) female general ward of Dept. of Panchakarma, govt. Ayurvedic college and hospital, Varanasi presented with the chief complaints of Ruja (pain) and Stambha (stiffness) in the low back since 3 Years. The patient also had complaints of Gaurava (heaviness), Aruchi (loss of appetite) Vibandha (Incomplete evacuation of the bowel) as well as Alasya (lethargy). In the last 4 months, she was feeling difficulty in day-to-day activities and the pain was preventing her from sitting or standing for more than 10 minutes.

### History and Examination of the Patient

#### History

Onset of Pain – Gradual

Duration – 3 years

Location – Low back

Quality of Pain – Pricking, Tingling

Severity – Severe, more at morning and night hours or during walking, sitting and standing time

Aggravating factors – Movement of the low back.

Relieving factors – Rest

Associated symptoms – Stiffness, heaviness, and numbness.

Past History – No history of falls.

Treatment History – Tab. Calcium; Tab. Zerodol SP 1 SOS

#### Personal History

Appetite – Low;

Bowel – Consistency – Hard, once in 1-2 days, feeling of incomplete evacuation;

Micturition - 6-8 times/day, 1-2 times at night;

Sleep – Disturbed due to pain;

Menstrual History – Menopause;

### General Examination

Appearance- Normal

Pallor, Icterus, Clubbing, Cyanosis, Lymphadenopathy, Oedema- Absent.

Built- Normal

Height-162cms.

Weight- 58 kgs.

Vital Examination: Pulse- 82/min.

B.P.- 130/70 mm/Hg.

Temperature-98.6<sup>0</sup> F

Respiratory rate16/min.

### Locomotor System Examination

Gait- Antalgic.

Inspection of Back - No swelling, discoloration, or scar marks.

The curvature of Spine- Normal

PalpationTenderness- Positive in L3- L4 and L4-L5 intervertebral region.

SLR Test – Negative

Lasegue's Sign–Negative

Femoral nerve stretch test – Negative

Flip Test- . Negative

Schober's Test- No changes in the distance of the upper mark from the lower.

Heel walking- Not possible.

Toe walking- Possible.

Sensory Examination- Superficial and Deep Sensations are intact.

VAS Score for Pain<sup>[6]</sup> - 6/10

**Investigations:** HAEMOGRAM- Within normal limit. DIABETIC PROFILE- FBS-94.2mg/dl., PPBS – 134.8 mg/dl., Uric Acid-5mg/dl. HEPATIC PROFILE- Within normal limit. HIV, HBsAg, VDRL-Negative.

**X-Ray LS Spine (AP, Lateral View):** Narrowing of Intervertebral Spaces at L3-L4 and L4-L5 region, scoliosis of lumbar spine. MRI LS Spine- There is lumbar scoliosis with convexity to the left. There is Moderate disc degeneration at the level of L3- L4 and L4 -L5 and there is lateral subluxation of L3 over L4. All these narrowed disc spaces show a vacuum phenomenon.

**Treatment Plan:** 1. Dashmooladi Niruha Basti,<sup>[6]</sup> (Kala Basti)

• Dashamooladi Niruha Basti -760ml.

• Anuvasana Basti with Sahacharadi Taila,<sup>[7]</sup> -60ml.

**Table 1: Schedule of Kala Basti.<sup>[8]</sup>**

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Vasti	A	A	N	A	N	A	N	A	N	A	N	A	N	A	A	A

A- Anuvasana Basti, N- Niruha Basti

### Contents of Niruha Basti

- Makshika- 120ml.
- Saindhava lavana- 12g.

• Sneha - (Sahcharadi Tail)- 90ml. (Panchatikta ghruta) – 90 ml

• Kalka Dravya- ajwain, Madanphala, Pipali, bail, kutha, bacha, saunf, nagarmotha all in quantity (All in equal quantity in the form of fine powder) will be

taken and mixed with ghruta, tail, and formed Kalka.- 30 gm

- Kwatha Dravya-Bilva, shyonak, gambhar, patala, arani, sarivan, pithivan, Badi Kateri, bhatkateya, gokhru Bala, Guduchi, haritaki, bibhitaki, amlaki, rasna, (All in equal quantity for decoction)-400 ml

- Mansa rasa- 200ml. Total-840 ml.

#### Anuvasana basti

Sahacharadi tail – 60 ml.

## RESULTS

After the completion of treatment, results were assessed based on the following parameters

Subjective Parameters	Before Treatment	After Treatment	7 days after the treatment
Pain in the low Back	Grade 4	No pain	No Pain
Pain in the left buttock	Grade 2	Grade 1	No pain
Pain in right buttock	Grade 2	Grade 1	Grade 1
Degree of anterior flexion	20 <sup>0</sup>	90 <sup>0</sup>	90 <sup>0</sup>

Grade 0: no pain

Grade 1: Occasional pain

Grade2: Intermitted pain

Grade 3: Frequent pain

Grade4: Continuous pain.

#### Discussion

Discussion on disease

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## DISCUSSION

Lumbar Spondylosis is one of the most common causes of Low backache (Katishoola). It is estimated that as much as 84% of the population suffers from low back pain at some point in their lifetime while 10% are chronically disabled.<sup>[9]</sup>

Katishoola (low back pain) is described as the most common joint disorder. In this condition, Sandhi is primarily affected due to the provocation of Vata dosha. Sandhi (joint) is a joint between two Asthi lined by Sleshmadhara Kala, which secretes Sleshaka Kapha for lubrication and reducing the friction during movements of Sandhis. Various Snayu and Peshi are responsible for the stability of the joints and support their functions. Marmas are vital points located in the Sandhis, and protection of them from injuries is of utmost importance in maintaining the normal functions of Sandhis. Vayu is an important functional unit to maintain the range of movements of any Sandhi.

The functions of Shleshaka Kapha and Sleshmadhara Kala can be correlated with the annulus Fibrosus and nucleus pulposus, which work as a cushion and helps for the proper functioning of the vertebral joints. The Marmas can be considered the various important structures such as nerves, vessels, and ligaments, which are vital for the functioning of the joints.

Functions of the Peshi and Snayu are similar to that of muscles and ligaments related to the joints. All Vata prakopaka Nidanas and Dhatu Kshaya in Vardhakya Avastha (Old age) are responsible for Katishoola. The physical activities such as Pradhavana (excessive physical labor) and Abhighata due to Prapatana (fall), Marma Abhighata (injury), Dukha Shayya (faulty bed), and Dukha Asana (faulty position) are considered Vata prakopaka Nidana for Katishoola. Due to exposure to these Nidanas, vitiated Vata Dosha is localized at Katipradesha and reduces functions (Karma Hani) of the Kati Sandhi. Simultaneously, Kaphavrita Vyana Vayu restricts the Rasa Rakta Samvahana (blood circulation). Thereby, the process of getting nutrition and waste removal is hampered. Gradually, the nucleus pulposus loses its normal water imbibing abilities, and it can be

correlated with a decrease of Shleshaka Kapha between the Sandhi due to an increase in Ruksha property of Vayu.

When Vata gets exceedingly aggravated, there is no remedy other than Basti for its alleviation. Basti has been glorified as the definitive therapy to treat the vitiated Vata and Vatapradhana Vyadhies.<sup>[10]</sup> Basti removes Mala, Pitta, and Kapha and does Vatanulomana to relieve the disorders situated all over the body. Basti performs various actions such as Samshodhana, Samshamana, Samgrahana, Vajeekarana, Brumhana, Karshana, Chakshushya, and Vayahsthapana.

Basti is “ParamVatahara,” and Vata is the causative factor of Katishoola; hence, here Basti Chikitsa opted. In Katishoola, Ruja and Stabdhta are observed, and according to Ayurvedic classics, Basti is advocated in Shakhagata Vyadhies and patients having Stambha, Sankocha, pain, severe constipation, fracture<sup>11</sup>, etc.

There is the involvement of Asthi – Majja Vaha Srotas in Katishoola. Dashmooladi Niruha Basti is described as the main line of treatment in Asthi gata Vikaras by Acharya Charaka. The Basti, which has Dashmoola as the main ingredient is known as Dashmooladi Niruha Basti.

In this study, Dashmooladi Niruha Basti is used as Kala Basti with Sahacharadi tail for 16 days. The rectum has rich blood and lymph supply, and drugs can cross the rectal mucosa such as another lipid membrane. Thus, unionized and lipid-soluble substances are readily absorbed from the rectal mucosa. In Basti Karma, a homogeneous emulsion of Honey, Saindhava, Sneha Dravya, Kalka, and decoction mixed in remarkable combination after proper churning may break the large and middle chain fatty acid into small chain fatty acids.

The mixture given facilitates absorption better than a single drug per rectum.

Katishoola is one of the Vata Vyadhi. It is caused by the vitiated Vata affecting the stay and Kandara Producing Pain in the lower back & Lower limbs resulting in difficulty in walking and also restricted movements of the spine. In some patients there can be anubandha (association) of Kapha with the Vata Producing kaphaanubandha Katishoola.

Katishoola can be related to lumbar spondylosis in contemporary science where the patient experiences pain in the lumbosacral region. this radiculopathy may be associated with sensory neuropathic features like tingling sensation or numbness in the leg. If a patient develops myelopathy due to spinal cord compression by lumbo sacral inter Vertebral disc prolapse, it can make the patient even bedridden due to loss of muscle power in lower limbs along with the pain. Basti chikitsa is mentioned for Vata vyadhi in specific.

The sahacharadi tail used in Anuvasana Basti is the choice of the tail in katishoola. Panchatikta ghruta which is used in niruha basti is vata hara, shothahara, shoolahara. The ruksha, Khara guna of tikta dravyas of panchatikta ghruta & sahacharadi tail nourishes the asthi dhatu. Tail and ghruta are respectively Vatapitta hara, thereby arresting the degeneration of bones. so panchatikta ghruta & sahacharadi tail was used in Niruha basti. Dashmoola are vatahara, sothahara, and shoolahara. Balamoola is brahmana and amrita corrects the dhatwagni & nourishes asthi as it is tikta. Therefore, Kashaya of Dashamoola was used in Niruha basti. Mansrasa should be the avapa dravya in niruha basti as it is a degenerative bone disease.

Niruha Basti being shodhana & the presence of Madhu ((honey) help to reduce the Kapha. Hence resulted in better relief of satambha. Spandana due to increased Chala and Laghu Guna of Vata was checked by Sneha and administered in Basti. In total, Dashamooladi niruha Basti (Kala Basti) in relieving the signs and symptoms significantly.

## CONCLUSION

Katishoola is the Vata Vyadhi Characterized primarily by pain in Kati Pradesh (Low back region). The other symptoms of Katishoola are stambha, Ruk, and toda. This condition can be correlated to Lumbar Spondylosis. Basti Karma is said to be the best treatment for Vatavyadhi. Dashmooladi Niruha Basti which was given to the patient for 16 days (Kala Basti) showed marked improvement in above said complaints. Basti dravyas used in the Present study have Vatahara, Shothahara, Shoolahara, and Brimhana properties, hence it can be concluded that Basti Karma is one of the best therapy for Katishoola and provide relief in Pain.

Gridhrasi is one among the nanatmaja isclusion on drugs.

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