

## ***CLINICAL EFFICACY OF SAHACHARDI TAIL KATIBASTI IN KATISHOOL W.S.R. LUMBER SPONDYLOSIS***

**Shahane Yogita P<sup>1</sup>, Borole Harshal S<sup>2</sup>**

<sup>1</sup>PG Scholar, <sup>2</sup>Associated professor,  
Department of Panchkarma, S.S.A.M.&H. Nashik, Maharashtra, India

**Email:** [piu14k@gmail.com](mailto:piu14k@gmail.com)

### ABSTRACT

*Katishool* is the condition, which affects male and female equally. Approximately 60-85% of adults suffers due their bad habits in lifestyle. 10% of this is because of lumber spondylosis which is correlated with *Katishool* in Ayurveda. It is the degenerative condition which affects the discs, vertebral bodies or associated joints of lumber spine. As *Kati* is the most probable area affected in this disease, *Katibasti* was the procedure selected and 10 patients were treated for a period of 8 days. *Sahacharaditail* was the drug taken for the trial, as it is *Vatashamak* and the *vyadhiadhistan* is *Vatasthan*<sup>1</sup>. Highly significant results and improvement in cardinal symptoms of *Katishool* was observed. It also seems improvement in range of movements and pain intensity. This procedure also proved good clinical improvement in pacifying pure *Vataja* or *Vvatakaphaja* type of *Katishool*.

**Keywords:** *Katishool*, *Sahacharaditail*, *Katibasti*, Lumber spondylosis

### INTRODUCTION

Panchakarma procedures give remarkable results in many *Vatavyadhis*. *Katishool* is the condition very commonly found in routine practice. It can be correlated with lumber spondylosis due to similarity of clinical manifestation and pathogenesis.

In *Vatasyaupakrama* *Snehan*, *Swedana* is advised procedure of choice.<sup>2</sup> So in the present study *Katibasti* was the procedure

selected as *Snehan* & *Swedan* both is simultaneously done in this procedure.

This procedure is not directly mentioned in classical Ayurvedic text. But by using above basic principles it is developed now a days. Due to its significant results, the procedure becomes more popular. So an attempt was done to standardize the procedure.

*Sahacharaditail* was selected for present study. As most of contents of this drug is

Ushnavirya, Katurasatmak. So Sahacharaditail Katibasti proves as Kapha and Vatashamak. So it showed remarkable results in assessment criteria i.e. Katishool, Katistambh, Katigraha.

**MATERIALS & METHODS:-**

**Materials:-**Sahacharaditail<sup>3,4</sup> is the trial drug and prepared as per classical texts.

Materials used for the Katibasti procedure are-

- ✓ Sahacharadi taila-250ml
- ✓ Black gram flour-200gm
- ✓ Water-Q.s
- ✓ Water-bath
- ✓ Cotton swab etc.



**Methods:-**

The patients having classical signs and symptoms of Lumber Spondylosis (Katishool, Katigraha, Katistambh) were selected and given vidhipurvak Katibasti with Sahacharaditail

Sample size: 10.

SOP of Katibasti Procedure<sup>5</sup>:-

**PURVKARMA:**

**Preparation of patient**

- ✓ Sthanic Snehan with Murchit Til-tail
- ✓ Sthanic Swedan with Nadiswed
- ✓ Malavisarjan
- ✓ Mutravisarjan

- ✓ Laghuaahar

**PRADHANKARMA:-**

- ✓ Position of patient – Comfortably given prone position
- ✓ Time- In the morning between 8am to 10am.
- ✓ Duration- 8 days/30 min per day
- ✓ Procedure-By giving comfortable prone position, Sahacharaditaila is poured in the ring prepared with dough of black gram flour for a prescribe duration, Measurement of ring of Katibasti- its height approximately 1.5 inches.
- ✓ Temperature of Taila - 45-50 degree centigrade

Formation of Katibasti



Katibasti with Tail



Complete procedure of Katibasti



(Note- To keep the tail warm inside the ring, replace the tail from the ring with warm tail. The temperature of the tail should remain constant throughout the procedure of *Katibasti*.)

**PASHATKARMA:-**

- ✓ Removable of ring.
- ✓ Sponging of the affected area.
- ✓ Rest in comfortable supine position for 30 min.
- ✓ Follow up- Before treatment 0th day, After treatment on 15th day

**Inclusion Criteria:**

- a. Patients having textual symptoms of Lumbar Spondylosis [*Kati Shoola*].
- b. Age: 30 to 45Years.
- c. Patient who will give written consent.
- d. Gender: Male & Female

**Exclusion Criteria:**

- a. Patients having Congenital Structural Deformities.
- b. Fracture of Lumbar spine, and needs surgical care will be excluded.
- c. Patients with other joints deformities or diseases which are not related to Lumbar spondylosis [*Kati-shoola*].
- d. Lumbar spondylosis [*Kati-shoola*] associated with known cases of Cardiac disease, Pulmonary TB, Pregnancy, Paralysis, HIV, Neurological disorder etc.
- e. Patient having major illness.

**Investigations** Routine investigation imaging modalities such as X-ray was done.,

**Assessment Criteria:**

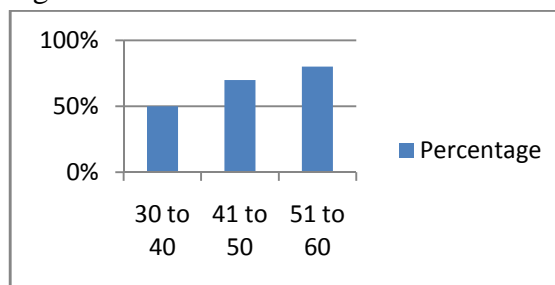
**Subjective Criteria**

- ✓ *Katishool*
- ✓ *Katigraha*
- ✓ *Katistambh*

**Objective Criteria -Coin test**

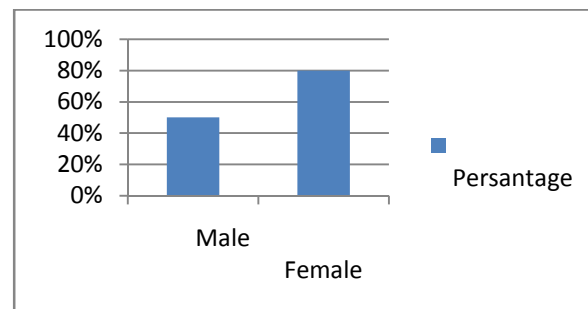
**OBSERVATIONS –**

**Table1:** Distribution of patients according to Age



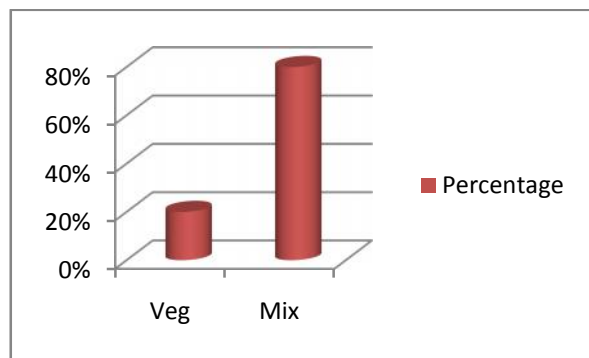
Between age group 51-60 yrs, 80% patients were suffering from Lumber spondylosis.

**Table2:** Distribution of Patients according to Sex



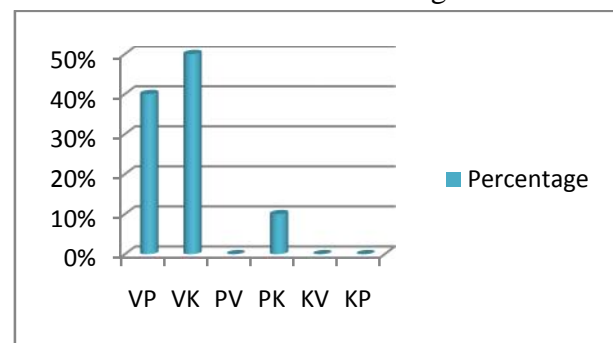
Females are found more i.e.80% suffering from Lumber spondylosis.

**Table3:** Distribution of Patients according to Diet



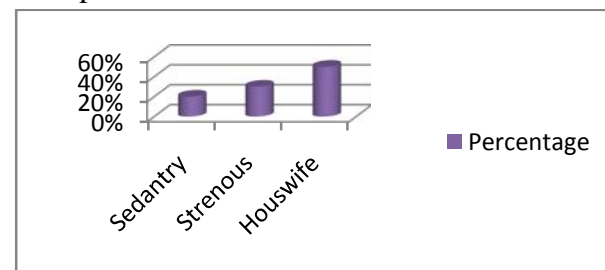
Patients of mix diet are found more in Lumber spondylosis.

**Table4:** Distribution of according to Prakruti



Patients of *Vatakapha* and *Vatapitta* are found more suffering from Lumber spondylosis.

**Table5:** Distribution of Patients according to Occupation



Housewives are found more suffering from Lumber spondylosis.

**Criteria of Assessment:-**

Statistical results in cardinal symptoms of Lumber Spondylosis

For criteria we used paired t test. It is based upon subjective parameters assessed by severity of symptoms and signs presented before and after treatment.

Parameters of Upashaya:-

- a. Excellent Result –Uttam Upashaya above 75%
- b. Moderate Result –Madhyam Upashaya between 35% - 75%
- c. Mild Result –Hin Upashaya below 35%

**Results:-**

Data Related to Subjective & Objective Parameters.

Sr.no	Katishool			Katigraha			Katistambha			Coin test		
	0 day	8 D	15D	0	8	15	0	8	15	0	8	15
1	+++	+	-	+++	+	-	+++	+	-	++	+	-
2	+++	-	-	+++	++	+	-	-	-	++	+	-
3	+++	++	+	++	+	-	-	-	-	++	+	-
4	+++	+	-	++	+	-	+	-	-	+	-	-
5	+++	+	-	+	+	-	++	+	-	+	-	-
6	+++	-	-	++	+	-	+	-	-	+	-	-
7	+++	+	-	+++	+	-	-	-	-	+	-	-
8	+++	+	-	+++	+	-	+	-	-	+	-	-
9	+++	++	+	++	+	-	+	-	-	+	-	-
10	+++	+	-	+	++	-	+	-	-	+	-	-

#### TOTAL ASSESSMENT: -

After the treatment of *Katibasti* in *Katishool*, it is statistically analysed that it was very significant and particularly in mild and moderate cases. So above relieved form of analysis standard Deviation is 0.966 and standard error is 0.306 and the observed t value is 27.45 times the standard error.

Therefore Result of *Katishool* in *Katibasti* is highly significant.

*Katishool* was relieved by *Uttamupshaya*, while *Katigraha* was relieved by *Madhyamupshaya*, *Katistambha* was relieved by *Madhyamupshaya* in *Katibasti* procedure.

#### DISCUSSION

Content of *Sahacharaditaila*<sup>4</sup> may be subdivided into two categories *Ushnaviryā* & *Shitvirya*.

The *Ushnaviryā* drugs are *Sahachar*, *Dashmula*, *Kust*, *Agar*, *Shilaras*, *Tagar*, *Raktkarvir*. They are *Tikt-Katu-Kashaya* rasatmak, all drugs are *Vatakphashamak*. Another group is *Shitvirya* drugs. *Shitvirya* drugs are *Shatavari*, *Ushir*, *Brahmi*, *Priyangu* all are *Katu-Madur* rasatmak, *Vatapittashamak*.

When administered by *Katibasti*, it acts as a *Snehan* and *Swedan*. Thus locally at *Kati pradesh* it causes *Doshvilayan*, *Kledan* due to taila application<sup>7</sup> and *Srotovishodhana*, *Swedpravartan* due to its warm temperature<sup>8</sup>.

It causes *Snehan*, *Vishyandan*, *Mardav*, *Kledan* and Relieves Stiffness, Heaviness, Coldness.

Gives results to decrease cardinal symptoms of Lumber Spondylosis which are *Katishool*, *Katigraha*, *Katistambha*.

In *Katishool* (Lumbar spondylosis) the main vitiated *dosh* is 'Vata', also according to *Vataprakopa* treatment of choice is *Katibasti*. Drug given in present study for *Katibasti* is *Sahacharaditail*. According to *Charakasamhita* *Sahacharaditail* is *Vatashamak* means it relief pain and gives muscle strength, stiffness, tenderness.

#### CONCLUSIONS

According to Ayurveda *Shool* (Pain) occurs due to vitiation of *Vatadosha*. *Vatadosha* is vitiated by *Strotas avrodhata* (Obstruction of channel) & *Dhatukshaya* (depletion of tissues). In *Katishoola* *Apanvata* is mainly involved so the aim of treatment is to pacify vitiated *Vatadosha* especially *Apanvata*. Response to the treatment was recorded & therapeutic effect was evaluated by symptomatic relief of patients, it was observed that the patients clinical symptoms were reduced gradually during the treatment period, although this symptoms were reduced completely or partially at the end of treatment. This medicine utilized in treating patients who are suffering from *Katishool* to reduce both sings & symptoms successfully & with greater effectiveness i.e. *Uttam-Upshaya*.

*Sahacharaditail Katibasti* shows remarkable relief in symptoms of *Katibasti* in *Katishool* w.s.r to Lumber spondylosis.

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