



EVALUATION OF EFFECT OF VAITARANA BASTI AND UPANAHA SWEDA IN LOW BACK ACHE (KATI GRAHA) DUE TO SACROILITIS: A CASE REVIEW

[Swathi N.](#)¹, [Anup B. Thakar](#)²

¹2nd Year PG Scholar, ² Professor and HOD, Director, I/c. Vice-chancellor
Dept. of Panchakarma, IPGT&RA, G.A.U., Jamnagar, Gujarat, India

Corresponding Author: swathinudupi@gmail.com

<https://doi.org/10.46607/iamj5808102020>

(Published online: October 2020)

Open Access

© International Ayurvedic Medical Journal, India 2020

Article Received: 23/09/2020 - Peer Reviewed: 02/10/2020 - Accepted for Publication: 04/10/2020



ABSTRACT

According to WHO, low backache is one of the leading causes of disability affecting about 540 million people in the world. **Objectives:** To evaluate the effect of *Vaitarana Basti* and *Upanaha Sweda* in *Katigraha* (low backache) caused due to sacroiliitis. **Methods:** A female patient aged 28 years suffering from pain and stiffness in low back was taken in this study. Her VAS score was 6 and ODI (Oswestry disability index) was 36 (72%). The case was diagnosed as sacroiliitis through MRI. She was treated with *Vaitarana Basti* and *Kolakulathadi Upanaha Sweda*. **Results:** VAS score was reduced to 1 and ODI-10 (20%). **Conclusion:** Significant improvement was found in the reduction of pain and stiffness due to *Deepana*, *Pachana* and *Shoolahara* properties of *Dravya*.

Keywords: Sacroiliitis, *Vaitarana Basti*, *Upanaha*

INTRODUCTION

Incidences of low back ache is 60-85% in adults. It is a common complaint in clinical practice and may be caused by wide spectrum of diseases. Sacro-iliac joint is almost always involved in Ankylosing spondylitis.

It is characterized by painful stiffness of the back. Pain may be like a distribution of band across the sacrum and buttocks. Acc. to Ayurveda, when *Kevala*

Vata or Saama Vata gets vitiated in Kati Pradesha, it exhibits the symptom of Katigraha.

Objectives: To evaluate the effect of Vaitarana Basti and Upanaha Sweda in Katigraha (low backache) caused due to sacroiliitis.

Methodology: Case Report: A female patient aged 28 years came to OPD (No. PG 71891) of Dept. of Panchakarma, IPGT&RA, Jamnagar with the complaint of *Ruja* (pain) and *Stambha* (stiffness) in low back for 2 years. She took allopathic medications like steroids and painkiller but there was only temporary relief. Since past 1 month, patient also suffering from *Suptata* (numbness) and *Akunchana-prasarane Akshamata* (restricted joint movement) in Kati Pradesha and was feeling difficulty in day to day

activities. She was admitted in the Female general ward (IPD No.4528) of Panchakarma department, IPGT&RA Hospital, Jamnagar.

Diagnosis and Assessment:

Gait- Antalgic., **Inspection of Back-** Curvature of Spine- Normal, **Palpation-** Tenderness- Positive in L₅-S₁ region., **SLR Test-** Negative in bilateral lower limbs., **Schober's Test-** No change in the distance., **Claudication distance-**200 meters., **VAS Score for Pain** ^[1] -6 on 0-10 Scale., **Oswestry Disability Index** ^[2]- 36 (72%) out of 50.

MRI LS Spine with SI Joints: Bilateral chronic sacroiliitis, more on right side. No evident changes of joint effusion.

Table 1: Rogi Roga Pareeksha

Rogi Pareeksha			Roga- Samprapti Ghataka		
1.	<i>Prikriti</i>	<i>Kaphavataja</i>	1.	<i>Dosha</i>	<i>Vata, Kapha</i>
2.	<i>Sara</i>	<i>Madhyama</i>	2.	<i>Dooshya</i>	<i>Rasa, Asthi, Majja</i>
3.	<i>Samhanana</i>	<i>Madhyama</i>	3.	<i>Srotas</i>	<i>Annavaaha, Rasavaaha, Asthivaha</i>
4.	<i>Pramana</i>	<i>Pravara</i>	4.	<i>Srotodushti Prakara</i>	<i>Sanga</i>
5.	<i>Satmya</i>	<i>Madhyama</i>	5.	<i>Udbhavasthana</i>	<i>Ama Pakwashaya</i>
6.	<i>Satwa</i>	<i>Madhyama</i>	6.	<i>Vyaktasthana</i>	<i>Kati, Ubhaya Pada</i>
7.	<i>Aharashakti</i>	<i>Avara</i>	7.	<i>Adhishtana</i>	<i>Asthi, Sandhi</i>
8.	<i>Vyayamashakti</i>	<i>Avara</i>	8.	<i>Rogamarga</i>	<i>Madhyama</i>
9.	<i>Vaya</i>	<i>Madhyama</i>	9.	<i>Vyadhi Swabhava</i>	<i>Chirakari</i>
			10.	<i>Sadhyasadhya</i>	<i>Krichrasadhya</i>

Diagnosis Katigraha (low back ache) due to bilateral sacroiliitis.

Treatment Plan-

- Vaitarana Basti**^[3]: Ingredients: *Guda*-24 g., *Saidhava lavana*- 12g., *Sneha (Tila Taila)*- 48ml., *Amleeka*- 48g., *Gomutra*- 100ml., *Jala*-100ml. Total- 320ml. Preparation was done as per the standard procedure of *Niruha Basti*. Basti was administered following *Sthanika Snehana* and *Swedana* at 9 am in empty stomach for 8 days.
- Kolakulathadi Upanaha**^[4]: Poulitice prepared using the ingredients like *Tila Taila*-20ml., *Lashuna*- 4 bulbs, *Saindhava lavana*- 5g., *Nimbuka*- 1, *Kola*, *Kulattha*, *Devadaru*, *Rasna*, *Masha*, *Atasi*, *Tila*, *Kushta*, *Vacha*, *Shatahwa*, *Yava*-10 grams each. *Drava Dravya-*

Erandamoola Kwatha. Patient was instructed to lie in the prone position on the massage table. Low back area was exposed and skin sensitivity for allergy and temperature was checked. Then prepared poultice pasted over it uniformly about 5mm. thickness. It was covered with *Arka Patra* and cotton bandage was tied and removed after 12 hours. It was followed for 8 days.

Results: After the completion of treatment, results were assessed based on subjective and objective parameters. Marked improvement was seen in reduction of *Ruja* and *Stambha*. *Supti* got reduced up to 80%.

Table 2: Effect of treatment on Objective parameters

Objective Parameters	Before treatment	After treatment
1. Gait	Antalgic	Normal
2. Tenderness on palpation	Severe	Mild
3. Schober's Test	No change in the distance	Distance increased by 5cms.
4. VAS Score for Pain	6 on 0-10 Scale	1 on 0-10 Scale
5. Oswestry Disability Index	36(72%) out of 50	10(20%) out of 50
4. Claudication distance	200 meters	800 meters-1 kilo meters

DISCUSSION

Vaitarana Basti is indicated in the diseases which are having *Amadosha* and *Vatakapha* predominance. It is explained in *Chakradatta* and *Vangasena Samhitha*. As per the reference of *Chakradatta* treatment was followed in this patient which contains *Gomutra* as *Avapa Dravya*. *Guda (Puraana)* is *Laghu*, *Pathya* and *Anabhishyandi*. *Saindhava Lavana* acts as *Deepana*, *Pachana* and *Tridoshaghna*. *Amleeka* is *Vatakaphahara* in nature. *Tila Taila* is said to be best *Vatahara* and in *Basti* it helps to attain homogeneous mixture. *Gomutra* having *Ushna*, *Teekshna Guna* pacifies *Kapha Dosha*. In this way, *Basti* eliminates the *mala* from the body which have undergone liquefaction due to *Snehana* and *Swedana* just like a cloth which absorbs the dye from water mixed with *Kusumbha* plant. *Upanaha* is a type of *Swedana*, so it induces hyperthermia which improves local blood and lymphatic circulation and thereby improving local tissue metabolism [5]. It reduces inflammation by modifying secretion of various inflammatory mediators, relaxes local musculature by physical effect of heat, increases the rate of transdermal drug delivery and thereby reduces the pain. Drugs used are having *Ushna*, *Teekshna Guna*, *Vedanasthapana* and *Vatakaphahara* in nature. Most of the drugs are having Anti-inflammatory and analgesic properties which helped in relieving pain [6].

CONCLUSION

Low back ache is the major cause of morbidity and sacroiliitis is often an early symptom of Ankylosing spondylitis. Conservative medicine is only for pain management which includes analgesics or corticosteroids. This case study showed *Vaitarana Basti* and *Upanaha Sweda* are safe and effective in the

management of *Katigraha* and significant improvement found in quality of life of the patient. There was no any adverse drug effect during and after the course of treatment.

REFERENCES

1. Michael Ogon et al, Chronic low back pain measurement with visual analogue scales in different settings, March 1996, Volume 64, Issue 3:425-428
2. Fairbank JCT, Pynsent PB. The Oswestry Disability Index. *Spine*. 2000; 25:2940-2953.
3. Dr. Indradeva Tripathi, *Chakradatta, Chaukambha Sanskrit Pratishthan, Niruhadhikara*, 2019, Chapter 73/32:455
4. Acharya YT, editor. *Charaka Samhita of Agnivesha, Varanasi: Chaukambha Sanskrit Sansthan; Sutrasthana*. Ch.3, Ver. 18. 2016:28.
5. H Shiota, M Goto, K. Katayama, Application of adjuvant-induced local hyperthermia for evaluation of anti-inflammatory drugs. *The Journal of Pharmacology and Experimental Therapeutics*. 1988, 247(3):1158-63.
6. Brosseau L, KA Yonge, Robinson V, Marchand S, Judd M, Wells G, et al. Thermotherapy for treatment of osteoarthritis. *The Cochrane Database of Systemic Reviews*, 2003(4):CD004522

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Swathi N. & Anup B. Thakar: Evaluation of Effect Of Vaitarana Basti And Upanaha Sweda In Low Back Ache (Kati Graha) Due To Sacroiliitis: A Case Review. *International Ayurvedic Medical Journal* {online} 2020 {cited October, 2020} Available from: http://www.iamj.in/posts/images/upload/4917_4919.pdf