

## A CLINICAL STUDY ON MATRA BASTI WITH SHATYADI TAILA IN THE MANAGEMENT OF KATIGRAHA

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### ABSTRACT

Low backache is a condition that affects 60% of the general population in India. *Katigraha* is characterized by pain and restricted movements in the *Kati Pradesh*. As mentioned in *Gadanigr* and *Bhavaprakasha*, it manifests in two ways – *Kevala Vataja* and *Samaja Katigraha*. *Brihatrayees* have not mentioned *Katigraha* as a separate disease entity, but it is mentioned as a *Lakshana* in some other disorders like *Gridhrasi*, *Vatarakta*, *Ashmari*, etc. *Katigraha* being *Vatavyadhi* and *Basti* is the best treatment for *Vata* so for the proposed study, the procedure of *Matra Basti* with *Shatyadi Taila* is selected. *Matra Basti* is a variety of *Sneha Basti*, so *Sneha* is given in the form of *Taila*.

**Keywords:** *Katigraha*, *Bhavaprakasha*, *Vataja*, *Brihatrayees*, *Gridhrasi*, *Vatarakta*, *Matra basti*, *Shatyadi taila*, *Taila*.

### INTRODUCTION

Low backache is one such condition that affects 60% of the general population in India<sup>1</sup>. Each disease can become a symptom and each symptom may manifest

as a disease<sup>2</sup>. *Katigraha* has not been described as a separate disease entity by any text except *Gada Nigr*<sup>3</sup>. It has been categorized under *Vatika*

Nanatmaja Vyadhi in Sharangadhara<sup>4</sup>. None of the Bruhatraies have been considered a separate disease, but have been considered as a symptom in various diseases such as Arshas, Ashmari, Bhagandara, etc. It is one among the list of conditions mentioned in Pakvashayagata Vata as Trikavedana. In Bhavaprakasha Amavatadhikara<sup>5</sup> and Gadanigraha Vatavyadhi adhi-kara<sup>6</sup> finds a brief description of Katigraha as a disease with its etiological factors, symptoms, and treatment. Here it is explained as a condition characterized by Shula and restricted movements of Kati caused by Shuddha or Sama vayu. Panchakarma is a unique branch of Ayurveda that deals with purification and detoxification of the body. It is unique in several senses, as this therapy is based on the eradication of the humors causing disease from the body, which no other system in the world has addressed. Vamana, Virechana, Asthapana basti, Anuvasana basti, and Nasya are the five procedures comprising Panchakarma<sup>7,8,9</sup> Some Acharyas included Rakthamokshana and both varieties of Basti consider one karma<sup>10</sup>. Among the Bastikarma occupied a prime position by its wide indications and applicability like Shodhana, Shamana, Brumhana, and Karshana, etc depending on the properties of the drugs employed in the procedur<sup>11</sup> Moreover the Udbhava stana of Katigraha is Pakvashaya and generally, whenever the Doshas are aggravated in Pakvashaya region, they have to be eliminated through Guda and which is possible by Virechana and Basti<sup>12</sup>. Shatyadi taila is indicated in Katigraha vata vyadhi<sup>13</sup> and it includes drugs like kachoor, Pushkar moola, Pippali, Madanapahla, Devdaru, Satpushpa, Kustha, Yashtimadhu, Vacha, Belva Giri, Chitraka twak. Most of the ingredients of the taila are having Ushna veerya and Vata-kaphahara<sup>14</sup> properties.

#### **AIM AND OBJECTIVE:**

The clinical study was carried out with the following objectives.

1. To study in detail about Katigraha.
2. To study the efficacy of Shatyadi taila Matra Basti in Katigraha.

#### **MATERIALS AND METHODS:**

##### **Study design:**

The study design set for the present study was ‘Comprehensive clinical study’

The study was carried out on Katigraha, to know the effect of Shatyadi taila through Matra Basti.

##### **Reasons for selection of the study:**

- A treatment modality to control Vata, one among the tripod- superior most in all aspects, for every action or movement, strongest in its ability to produce disease and worst mortality.
- Katigraha is a condition, affecting the locomotor system which considerably reduces human activity in terms of social and professional life.
- To know in which avasta (condition) of katigraha is more effective like Nava or Purana (recently originated or chronic stage), Guru or Laghu (mild or severe), cures completely or partially.
- Matra Basti is one of the treatments mentioned in our classics. It does not need so many preparations, and it can be performed without any complications.

Therefore, the study is undertaken to evaluate the efficacy of Matra Basti in the management of Katigraha.

##### **Source of Data:**

- Patients were selected from O.P.D and I.P.D of K.V.G. Ayurveda Medical College and Hospital, Sullia.

##### **Sample size and Selection Criteria:**

- 30 patients with classical Lakshanas of Katigraha fulfilling the diagnostic criteria and Inclusion criteria were selected.

##### **INCLUSION CRITERIA:**

- 1) Patients aged between 20-and 60 years.
- 2) Patients with classical Lakshana of Katigraha.
- 3) Basti Yoga.

##### **EXCLUSION CRITERIA:**

- 1) Patients who were Basti Ayogya according to Ayurveda classics.
- 2) Patients with severe systemic diseases.

**Examination of the patient:**

**Diagnostic criteria:**

Patients with classical signs and symptoms of Katigraha such as Ruja (Pain) and Graha (Stiffness) in the Katipradesha were selected for clinical trials.

**Posology:** One and half pala (72 ml) of Taila is used for Matra Basti

**Treatment Schedule:**

Basti - 8 days

Follow up - 16 days

Total study duration - 24 days

**DRUG REVIEW:**

**Shatyadi Taila:** The ingredients and their properties are described in below table:

Sl.no.	Drugs	Latin name & Family	Rasa	Guna	Veerya	Vipaka	Doshakarma
1	Kachoor	Curcuma. Zedoaria Zingiberaceae.	Katu Tikta	Laghu Tikshna	Ushna	Katu	Kapa Vata shamaka
2	Pushkarmoola	-Inula Racemosa – Compositae.	Tikta Katu	Laghu Tikshna	Ushna	katu	Pitt shamak, Vata kapha vardhak
3	Pipali	-Piper Longum -Piperaceae	-katu	Laghu Snigdha Tikshna	Anushna sheetha	Madhur	Pitt shamak, Vatakapha Vardhak
4	Madanphala	-Randia spinas pair. -Rubiaceae.	-katu -Tikta -kashya -Madhur	-Laghu, Ruksha	Ushna	katu	Kaph Vata shamak
5	Devdaru	-Cedrus deodara. -pinaceae.	-Tikta	Laghu snidha.	Ushna	Katu	Kapha Vata shamak
6	Shatapushpa	-Anethum sowa kurz -Umbelliferae.	-Katu, --- Tikta	Laghu, Ruksha, Tikshna.	Ushna	katu	Kapha Vata shamak
7	Kustha	Saussurea Lappac -compositae.	-Tikta -Katu -Madhur	- Laghu -Ruksha Tikshna	Ushna	katu	Kapha Vata shamak
8	Yasthimadhu	-Glycyrrhiza glabra -Leguminosa	Madhur	Guru, Snigdha	Sheetha	Madhur	Vata Pitta shamak
9	Vacha	-Acorus calamus -Araceae.	- katu -Tikta	- Laghu Tikshna	Ushna	Katu	Kapha Vata shamak. Pitta vardhak.
10	Bilvagiri	-Aegle marmelos - Rutaceae	-Kashya -Tikta	-Laghu -Ruksha	Ushna	Katu	Kapha vata shamak
11	Chitraka	-Plumbago zeylanica - Plumbaginaceae.	- katu	- Laghu -Ruksha Tikshna	Ushna	Katu	Useful in kapha Vatajanya
12	Til Taila	-Sesamum indicum - Sesamum	Madhur Kashaya Tikta	Guru Snigdha	Ushna	Madhur	Tridosha Shamaka

### Chemical Composition

Drugs	Chemical composition
Kachoor	Starch, Essential oil.
Pushkar moola	Insulin, (Alantonactone, C <sub>15</sub> H <sub>20</sub> O <sub>2</sub> ).
Pipli	Piperine, Piperadine, Lignine, Starch.
Madan phala	Saponin, Valerianic acid.
Devdaru	Kelon oil.
Shatapushpa	Dill- appiol, C <sub>12</sub> H <sub>14</sub> O <sub>4</sub> , Parsley apiole.
Kustha	Insulin, Costus lactone, Costusicacid, Camphene.
Yasthimadhu	Glycyrrhizin
Vacha	Calamene, Acoretin, Acorin, A- pinene.
Belva giri	Marmelosin, (C <sub>13</sub> H <sub>12</sub> O <sub>3</sub> ), Pectin, Tenin.
Chitraka twak	Plumbagin.
Til Taila	Lineoliec, Prolein, Mucilage. <sup>217</sup>

### Ingredients of Shatyadi taila

	
<b>1. Bilva</b>	<b>2. Chitraka</b>
	
<b>3. Kachoor</b>	<b>4. Yashtimadhu</b>
	
<b>5. Pipli</b>	<b>6. Shatapushpa</b>



7. Kustha



8. Vacha



9. Madan phala



10. Pushkaramoola



11. Devdaru

### DISEASE REVIEW: VYUTPATHI

The word Katigraha as it indicates is constituted by two words ‘Kati’ and ‘Graha’.

#### Kati:

- The word ‘Kati’ is derived from the dhatu “Kat + in” and it is considered as a ‘Sharira Avayava Vishesha’, a bodily part where the dress is tightened.
- According to Amarakosha Shroniphalaka they are called Kati.
- Vaidyaka Shabda Sindhu also considers Shroni as Kati.

- According to Monier Monier Williams – Kati is the hollow space above the hip or the loins.

#### Graha:

The term ‘Graha’ is derived from the Dhatus ‘Adant-Churam-Atmam-Saka-Set’. The term is explained as ‘Grah Grahnam’, by Durga das, which means to collect or catch.

- Nirukti of Graha is that which has Sanga as a prominent feature.
- According to Monier Williams’s the meaning of Graha is to seize, catch and catch hold.

So, from these two references, it can be derived that the term Katigraha collectively indicates a condition

characterized by a catch or stiffness in Katipradesha. Katigraha as an associated symptom Stambha, Ruk & Thoda of Kati is mentioned in Gridhrasi Samanya Lakshana.

- In Vataja gridhrasi Sphurana and Stabhata of Kati are mentioned.
- Katigraha is mentioned in Vataja Jvara.
- Amavata. Katigraha is mentioned Vankshanotha & Vrikkaja Vidradhi.
- Stambha of Kati is told in Pureeshaja Anaha.
- Katigraha is mentioned in Kshataja Kasa.
- Ruk & Sadana of Kati is mentioned in Pandu Samanya lakshana.
- Sangraha Grahani.
- Katishoola is mentioned in Vataja Pakvatisara.
- Vedana in Kati pradesha is mentioned in Asanjatha jalodara.

- In Vathodara, Ruja of Kati, Prushta is mentioned.
- In Vatholbanarshas & Vathanubandha raktharshas, Vedana in Kati pradesha is told.

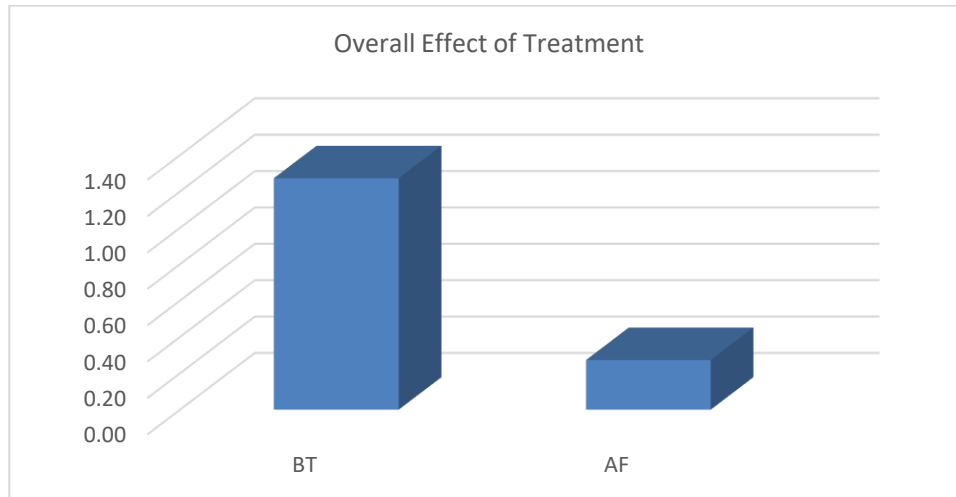
**SAMPRAPTI**

The study of Samprapti is the most important aspect of understanding the disease. It explains the complete disease process which starts immediately after Nidana Sevana. It includes the explanation of the vitiation of Doshas and the pathological changes that take place in a person leading to the formation of the diseases and also the mode of manifestation of clinical features. The knowledge of Samprapti is very much essential from Chikitsa point of view as it has been told by our Acharyas. “Samprapti vightanameva Chikitsa”, which means systemic breaking of Samprapti is called Chikitsa hence a proper analysis of Samprapti along with its Ghatakas is very much essential.

**RESULTS**

**The overall effect of treatment**

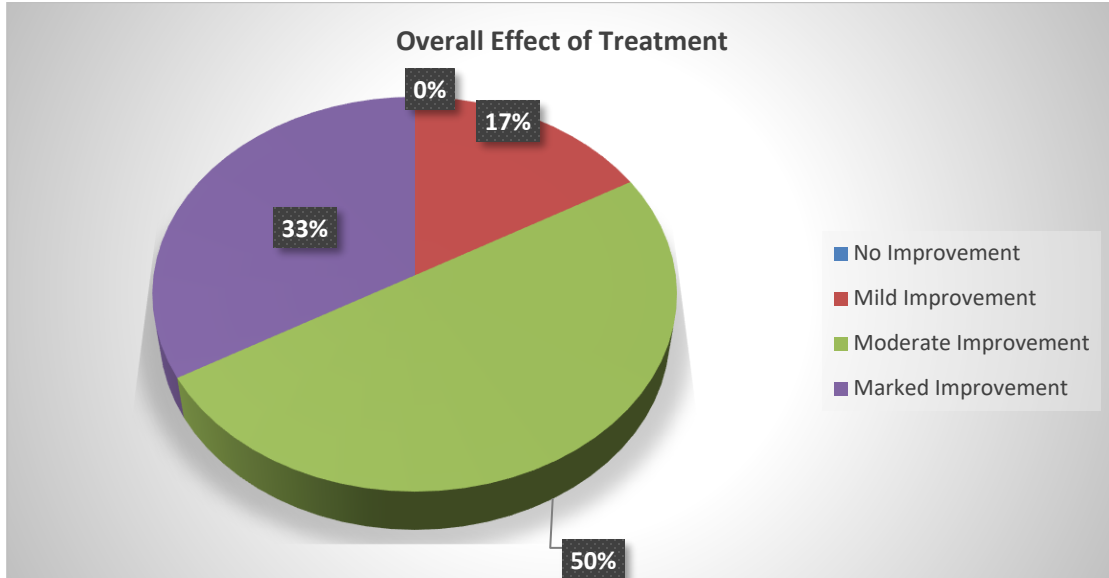
BT	AF	SD	SE	T Value	P-Value
1.27	0.27	0.268	0.050	10.26	<0.05



<b>OVERALL EFFECT OF TREATMENT</b>		
Grading	Relief in Percentage	Relief in Patients
No Improvement	0-25%	0
Mild Improvement	26-50 %	5
Moderate Improvement	51-75%	15
Marked Improvement	75-100 %	10

In the Overall effect of treatment in Katigraha, out of 30 patients in this study, 5 patients (17%) were getting Mild improvement, 15 patients (50%) were get-

ting Moderate improvement and 10 patients (33%) were getting Marked Improvement.



## DISCUSSION

In the present study, patients were selected considering the inclusion and exclusion criteria who exhibited typical symptoms of Katigraha. They were given Shatyadi taila Matra Basti for 8 days. During treatment, there was a gradual reduction in each symptom day by day. Among the study out of 30 patients, 5 patients (17%) got Mild improvement, and 15 patients (50%) were getting Moderate improvement. Marked improvement was seen in 10 patients (33%). The overall effect of the treatment is 68.90%. This result shows that the study of Shatyadi taila Matra Basti has given Moderate improvement in treating Katigraha.

## Advantages

- The major advantage of this route is that total gastric irritation is avoided and also metabolism as some portion of absorption from the lower rectum directly enters into the systemic circulation.
- The absorption of Sneha is also enhanced by its hypo-osmotic nature.
- Some studies show that Matrabasti has got the property to regulate sympathetic activity and decreases adrenalin and noradrenalin secretion.
- It helps in the balance of the autonomic nervous system.
- Also plays a major role in maintaining normal bacterial flora of the colon.

Effect of *Shatyadi Matra Basti* on each criterion: -

Sl.no.	Criteria's	Total effect in percentage
1	Effect of Pain on rest(lying)	75.61%
2	Effect Pain on rest(sitting)	69.39%
3	Effect of Pain on movement (walking)	70%
4	Effect of VAS	74.42%
5	Effect on Tenderness	58.84%
6	Effect on Lumbar flexion	52.94%
7	Effect on Lumbar extension	76.67%

8	Effect on Left lateral flexion	51.72%
9	Effect on Right lateral flexion	60.61%
10	Effect on Left lateral rotation	88.24%
11	Effect on Right lateral rotation	90.48%
12	The overall effect of the study	68.90%

## CONCLUSION

The study on the effect of Shatyadi Taila Matra Basti in Katigraha was undertaken on 30 patients. Based on the analysis during study and observation, the following conclusion may be drawn. Katigraha is commonly seen in society as a prominent problem. Regarding Range of Movement, subjects were having a maximum disability in Left Lateral flexion. Among the Aharaja Nidana, Katu Rasa Sevana was found maximum. The study showed that a greater number of patients between the age group of 51-60 years i.e., 53.33% were involved. More incidence of disease was found in kaphavata Pradhanya Prakruti. The maximum patient involved in standing and bending type of nature of work. Statistical analysis of the study showed maximum patients got Moderate Improvement. The overall effect of the Shatyadi taila Matra Basti is 68.90%. The study was completed on 30 patients without any adverse effects or complications. Treatment modality is found effective in Katigraha of recent origin (H/O less than or upto 1 year). The Dravyas are easily available and cost-effective.

### Suggestions for the future study:

Shatyadi Taila Matra Basti can be practiced safely without any adverse effects. Shatyadi taila Matra Basti being Anubhuta Yoga and showing significant results, further study is recommended on a large sample to arrive at definite conclusions, as the present study is limited to a small sample of 30 patients.

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