



## EFFICACY OF TIKTA KSHEERA BASTI IN MANAGEMENT OF KATIGATAVATA- A CASE STUDY

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### ABSTRACT:

Human life has become more stressful in this era. Sedentary lifestyles, occupational factors like prolonged standing, poor posture etc. are playing a large role in the increased prevalence of the common lumbar spinal disorder, i.e. Lumbar Spondylosis. In Ayurveda, no special entity can be correlated with Lumbar Spondylosis. It comes under *Vataja Nanatmataj Vikara* as *Katigraha*. Since it is a lumbar spinal disorder, it can also be said as *Asthyashrita Vikara*. *Vata Vikara* is best treated with Basti and *Tikta Ksheera* Basti is said to relieve the symptoms of *Asthyashrit Vikara*. Lumbar Spondylitis is a degenerative disorder of the vertebral column, and describes the anterior displacement of a vertebra or the vertebral column in relation to the vertebrae below. It occurs most often in the lumbar spine and produces symptoms such as low back pain, painful lumbar movement, stiffness in the lumbar region, tingling numbness and weakness in the lower limb. In the present case study, a 24-year-old female visited OPD of having sign and symptoms of *Katigatvata*. For 4 months, she has taken allopathic medication. Temporary relief was only in pain. After the patient is treated with Ayurvedic management, the patient gets relief in signs and symptoms.

**Keywords:** *Katigatavata, Vatavyadhi, Tiktaksheer Basti.*

## INTRODUCTION

Ayurveda is an ancient science of life. Its aim is not only about preventing the diseases but also it is always proved to be effective for the treatments of various diseases. In today's era, due to increasing stressful conditions, sedentary lifestyle various diseases are increasing. Lumbar spondylosis is one of them. Ageing, obesity, occupational causes like prolonged sitting or standing, poor posture, poor sleeping positions, lack of exercise, excessive use of vehicles are various risk factors associated with Lumbar Spondylosis. Lumbar spondylosis is the term which covers degenerative disc disease and osteoarthritic change in lumbar spine. In this disease, the spine is compressed by narrowing of the space in the vertebrae causing variety of problems ranging from lower back pain which is sometimes radiating in nature (Sciatica), numbness, tingling sensation in both lower limbs to the stiffness of the lumbar vertebrae. While thinking about the treatment of Lumbar spondylosis; in modern science, only symptomatic treatment like NSAIDs, steroids and physiotherapy are available. The first two of them are known to induce severe hepatic and renal damage. In some severe conditions, surgical management is advised which does not guarantee full recovery and also may induce various disabilities. According to

Ayurvedic Samhitas, there is no specific clinical entity which resembles with Lumbar spondylosis. Although Acharya Charaka in *Vataj Nanatmaja Vikara* mentions *Katigraha* which means Stambha (spasticity) in lower back. Since Lumbar spondylosis is the disease affecting the bones; it can also be considered as *Asthyashrita Vyadhi*. The symptoms like lower back pain, tingling sensations, and stiffness etc. are seen to be predominantly due to Vata Dosha as mentioned by Acharya Charaka<sup>[1]</sup>. In all, Lumbar spondylosis can be considered as vitiated Vata Dosha affecting bones of Lumbar (Kati) region. The best treatment for *Vata Vikara* is known to be *Basti*<sup>[2]</sup>. For *Asthyashrit Vyadhis*, Acharya Charaka mentioned that *Tikta Ksheera Basti* is very useful<sup>[3]</sup>.

## CASE REPORT:

A 24 yrs. old female visited *Panchkarma* OPD with complaints of *Katishoola* radiating to *ubhaya Pada*. *Asane Gamane kashthata* (not able to walk) and unable to stand for long time, Stiffness in the back (*Katistambha*) and can't bend forward for the last 4 months. As per history given by the patient she was taking allopathic medicine from 4 month got temporary relief and she was suggested for the surgical management in modern medicine.

**Clinical Findings:** SLR – The straight leg raising (SLR) test was 40\* on the right leg and 45\* on the left leg.

**Diagnostic Assessment:**

MRI L-S spine – Focal Annular disc bulge at L4 - L5 and L5 – S1, level causing thecal sac indentation with no nerve root compression

**Table 1: - Ashtavidha Pariksha**

Nadi	Vata Pittaja
Mutra	Prakruta
Mala	Kathin

Sparsa	Samsheetoshna
Jivha	Saam
Shabdha	Sparsha
Drik	Prakrita
Akriti	Madhyama

**ASSESSMENT OF CRITERIA:**

Criteria for Assessment of *Katigatavata* is based on SLR TEST for range of movement of hip joint, lumbar movement etc. which were assessed before treatment, after treatment.

**Table-2: Criteria for Assessment of Katigatavata**

s.no	subjective symptoms	parameters	gradation
01	Ruka (pain)	No pain Painful, walks without limping Painful, walks with limping but without support Painful, can walk only with support Painful, unable to walk Sever pain needs medications	0 1 2 3 4 5
02	Stambha (Stiffness)	No stiffness Mild stiffness Moderate stiffness Severe stiffness	0 1 2 3
03	Toda(pricking sensation)	No pricking sensation Mild pricking sensation Moderate pricking sensation Sever pricking sensation	0 1 2 3
04	Straight Leg Raise Test	More than 90-degree 71-90degree 51-70degree 31-50degree	0 1 2 3 4

		up to 30degree	
05	Walking Distance	Pain does not present walking any distance Pain present walking more than 1-mile Pain present walking more than 0.5 miles Pain present walking more than 0.25 miles I can only walk using a stick or crutches	0 1 2 3 4
06	Standing	Can stand as long as I want without extra pain Can stand as long as I want but it gives me extra pain prevent me from standing for more than 1 hour Pain prevent me from standing for more than 30 minutes	0 1 2 3

#### Treatment Protocol-

Both *Saman* and *Sodhan* therapies was administrated in patient the detail is below-

- 1.Tab.*Aampack vati* -B.D. (luke warm water)
2. Tab. *Palsinuron* -B.D. (luke warm water)
- 3.Tab.*vistinduk vati*-B.D. (luke warm water)
- 4.R.G. fort –B.D. (luke warm water)

**Table -3** the composition of *Tikta Ksheera Basti* adopted for the study is as following.

Ingredients	Drip method
<i>Ksheer</i>	80 ml
<i>Madhu</i>	20ml
<i>Sahcharadi tail</i>	20 ml
<i>Kalka</i>	5 gr.
<i>Saidhav</i>	2.5 gr

#### Ingredients of Kalka: -

*Guduchi, Tikta Patol, Chiraita* and *Yastimadhu* in equal parts.

#### Preparation of *Basti Dravya*-

In the making of *Tikta Ksheera Basti*, first *Kwath* was prepared by classical method by adding *Kalk Dravya* to its 16 time water and it's allowed to boil till water evaporates and it reduces till 1/8<sup>th</sup>, then it is added to *ksheer* and water in equal parts. The *basti dravya* mixing was as per classical method.

**Table-4** Result of first 16 *basties* given by drip Method

NO.of <i>Basties</i>	Approx. <i>basties</i> in ml	Total time taken in min.	<i>Basties dharan kala</i> in min.	Other symptoms
1	120	20	10	Stool frequency twice

2	120	23	12	Stool frequency twice
3	120	25	15	Stool frequency twice
4	120	20	15	Stool frequency twice
5	120	23	13	Stool frequency twice
6	120	22	12	Bowel frequency once lightness Present.
7	120	20	13	Bowel frequency once lightness Present
8	120	23	15	Bowel frequency once lightness Present
9	120	22	10	Bowel frequency once lightness Present
10	120	23	12	Bowel frequency once lightness Present
11	120	20	13	Bowel frequency once lightness Present, <i>vatanuloman</i>
12	120	22	15	Bowel frequency once lightness Present, <i>vatanuloman</i>
13	120	20	15	Bowel frequency once lightness Present, <i>vatanuloman</i>
14	120	20	20	Bowel frequency once lightness Present, <i>vatanuloman</i>
15	120	23	20	Bowel frequency once lightness Present, <i>vatanuloman</i>
16	120	22	15	Bowel frequency once lightness Present, <i>vatanuloman</i>

**Result and observation:** We found that there was a remarkable improvement after *Shaman* and *Sodhan chikitsa*. Painful and restricted movements of hip are reduced up to 80%. In SLR is negative and Patient was raising her leg up to 50 degrees. walking distance much

improve Patient walk Painless and walk 1kilometer without any interruption. Before treatment she is unable to stand up to 5 min. but after the therapies, she can able to do up to 1hrs.

**Table 5: Subjective symptoms before and after treatment**

Sr.no	Subjective symptoms	Before Treatment	After treatment
1	<i>Ruka</i> (Pain)	5	1
2	<i>Stambha</i> (Stiffness)	5	1

3	Toda(Pricking Sensation )	4	1
4	Straight Leg Raise Test	4	2
5	Walking Distance	5	2
6	Standing	5	1

## DISCUSSION

Firstly, patient is given *shaman aushadhi* for 10 days. *Tab Aam pachak Vati* acts on indigested *ama*, normalizes digestive power, helps in elimination of toxic substances. *Tab Vishtundak vati* is an Ayurvedic medicine that is primarily used for the treatment of Pain, Nerve Weakness. The key ingredients of *Vishtinduk Vati* are *Nux Vomica* which acts on aggravated *Vata kaphahara* , *Tab Palsineuron* is an Ayurvedic herb mineral medicine that is widely used in the treatment of neuromuscular disorders balances *Vata doshas* It works on tingling sensation , nerve compression as it contains *Mahavatavidhwansa rasa*, *Sameer panag*, *Ekangveer rasa* and *tab R.G. Forte* is natural analgesic and anti-inflammatory action also helps in treatment of cartilage damage . It is enriched (*Shallaki*) which helps to improve joint health and even restores the strength of blood vessels in the body. Indian Bdellium (*Guggulu*) which is a natural antioxidant because it prevents excessive formation of nitrous dioxide in the body. After this *shaman aushadhi* were stopped and *Tikta Ksheera Basti* is started.

Here we have selected *Tikta Ksheera Basti* along with *Sthanik abhyanga and swedan*. According to

“*Avastha Prapya Nirdistam*” we selected the dose so that the *dharan kaal* ( Retention time)of medicine would increase and it is given continuously for 16 days so that the *Bringing* effect of *Yashimadhu* will also help the patient . *Tikta Ksheera Basti* in indicated *Asthimajjavaha vyadhi*. *Asthivaha strotas chikitsa* contains *Tikta rasatmak ksheer basti* with *ghrut* or other *sneha* is indicated.

The line of treatment given for *Vatvayadhi* is adopted for *Katishool Sthanik abhyang* and *Sthanik Swedana* (specific medicated lukewarm oil is massaged on the lower part of the body and medicated steam is applied on that part of the body). It is external therapy that causes localized *Snehan* and *Swedan* which acts against the *Ruksha guna* (dryness) and *Sheeta guna* (coldness) of *Vata*. The properties of *sahacharadi* tail such as *Snigdha*, *Guru*, and *Ushna* are *Vata Shamak*. It encourages muscle health by nourishing the muscle fibers, regulates muscle function by acting against inflammation. Its phytochemical composition has a relaxing and soothing effect on tendons and ligaments. *Tikta Ksheera Basti* contains *Chirayta*, *patol*, *guduchi*, all of they are *tikta gunatmak* & with *ksheerpak* it also acts

*Vatashaman karma. Tikta guna* acts as *alpa pachan* and *dhatvagni vrudhi* so for that *asthi dhatvagni vrudhi* done in proper manner & good forms of *Asthidhatu* develops & *asthi kshaya* stops. *Madhu* contains sucrose and many more enzymes. *Saindhava* contains Nacl and other ions which generate action potential by which ion exchange take place through the membrane of the intestine. This exchange of ions may help in – taking out vitiated *doshas* mainly *vayu* from the body.

**CONCLUSION:**

Combined Treatment of *Sthanik Abhyang* with *Sahacharadi* oil alongside *vatashamaka patra swedana*, *Tikta Ksheera Basti* are compelling in the administration of *Katigatvataa* and can provide

significant results. There are no unfavorable impacts tracked down over treatment. Thus *Tikta ksheera* Basti can be effectively used in management of *Asthimajagata vata i.e Katigatvataa* .

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