

**EFFECTIVENESS OF KATI BASTI IN THE MANAGEMENT OF VATAJA GRIDHRASI
(SCIATICA): AN OBSERVATIONAL STUDY****Dr. Reetika Gond*¹, Dr. Sarla²**¹PG Scholar, Department of Samhita and Siddhanta, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India.²Reader, Department of Samhita, Sanskrit and Siddhanta, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India.***Corresponding Author: Dr. Reetika Gond**PG Scholar, Department of Samhita and Siddhanta, State Ayurvedic College and Hospital, Lucknow, Uttar Pradesh, India. DOI: <https://doi.org/10.5281/zenodo.19416132>**How to cite this Article:** Dr. Reetika Gond*¹, Dr. Sarla². (2026). Effectiveness of Kati Basti In The Management of Vataja Gridhrasi (Sciatica): An Observational Study. World Journal of Pharmaceutical and Medical Research, 12(4), 283–286. This work is licensed under Creative Commons Attribution 4.0 International license.

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ABSTRACT

Gridhrasi (Sciatica) is a common neuromuscular disorder characterized by radiating pain along the sciatic nerve. In Ayurveda, it is categorized under *Vata Vyadhi*. The present observational study evaluates the efficacy of Kati Basti, a localized Panchakarma therapy, in managing Vataja Gridhrasi. A total of 30 patients were enrolled, of which 27 completed the study. The results demonstrated significant improvement in symptoms such as pain, stiffness, tingling sensations and twitching. The study concludes that Kati Basti is an effective, safe, and economical therapeutic intervention for sciatica.

KEYWORDS: Gridhrasi, Sciatica, Kati Basti, Vata Vyadhi, Panchakarma.**1. INTRODUCTION**

Sciatica is a clinical condition caused by irritation or compression of the sciatic nerve, leading to pain radiating from the lower back to the lower limb. Due to the extensive length of the sciatic nerve, it is susceptible to irritation at multiple anatomical sites, resulting in varied clinical manifestations.

In Ayurveda, this condition is referred to as *Gridhrasi*, one of the major disorders caused by aggravated *Vata dosha*. Classical Ayurvedic texts describe key signs and symptoms of *Vataja Gridhrasi* (Sciatica) include *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness), and *Muhuspandana* (intermittent twitching), typically experienced in a sequential manner starting from the *Sphika*, *Kati*, *Uru*, *Janu*, *Jangha* and extending to the *Pada*.

Pain and any type of disturbances in movement is always associated with *vata dosha*. (वातादृते नास्ति रुजा ||) (सु.सु. २७/७)

It presents as intense, radiating pain that begins in the lower back and extends through the gluteal region, the

back of the thigh, knee, calf, and reaches up to the dorsum of the foot on one or both sides of the lower limbs. The condition makes it difficult for the patient to lift or raise the leg.

Clinically, it manifests in two forms: *Vataja* and *Vataja-Kaphaja*. *Gridhrasi* significantly disrupts the patient's daily activities. The name "*Gridhrasi*" reflects the distinctive gait of the affected individuals, which resembles that of a vulture (*Gridhra*) due to severe pain. This condition not only causes intense physical discomfort but also hampers mobility, leading to frustration and embarrassment for the patient.

2. Etiology and Risk Factors**2.1 Predisposing Factors**

Several factors contribute to the development of sciatica, including:

- Age (commonly between the third and sixth decades)
- Occupational hazards such as prolonged sitting or heavy lifting

- Hormonal changes during pregnancy. Additionally, during childbirth, the sciatic nerve may be compressed by the fetal head, leading to sciatica.
- Exposure to cold and damp climate
- Smoking, which increases the risk of disc herniation

2.2 Causes of Sciatica

Sciatica primarily arises due to spinal pathologies affecting the lumbosacral region, including:

- Degenerative disc disease and disc herniation
- Osteoarthritis and osteophyte formation
- Spondylolisthesis and vertebral dislocation
- Inflammatory conditions such as osteomyelitis and arachnoiditis
- Neoplasms like intraspinal tumors

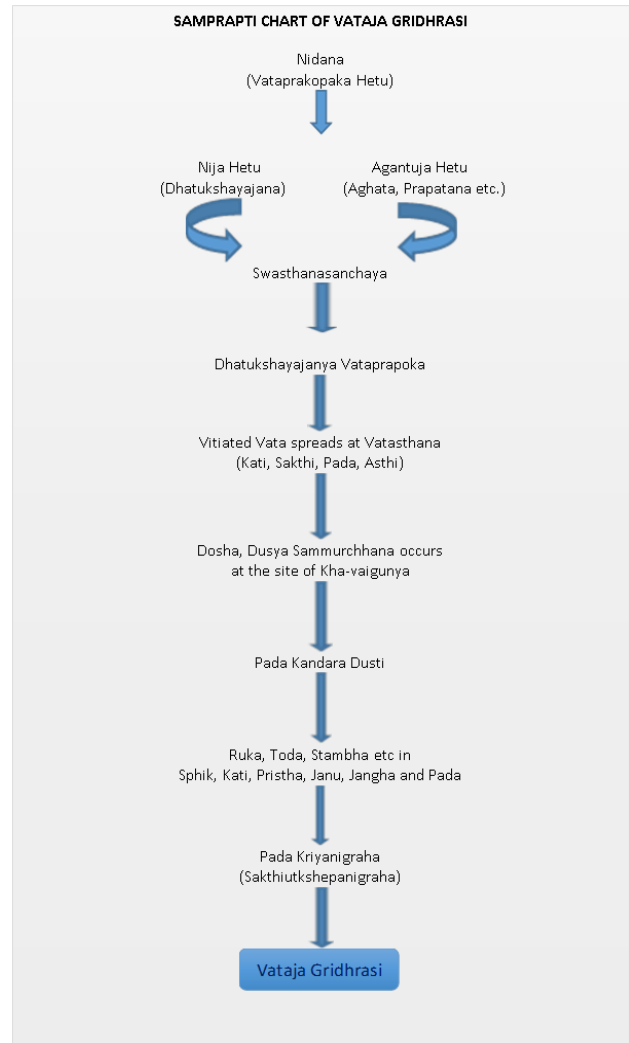
Severe cases may lead to compression of multiple nerve roots, resulting in conditions such as cauda equina syndrome.

3. Ayurvedic Perspective

In Ayurveda, Gridhrasi is classified under *Vata Vyadhi*, where aggravated Vata affects the lumbar region and lower extremities.

SAMPRAPTI GHATAKA OF GRIDHRASI

Dosha	Vata (Apana and Vyana vayu) and Kapha (bhodhaka, shleshaka and avalambaka)
Dushya	Rasa, Rakta, Kandara
Agni	Jatharagni
Srotasa	Rasavaha, Raktavaha, Mamsavaha, Annavaha.
Srotodushti Prakara	Sanga (obstruction)
Udbhava Sthana	Pakwashaya (Vataja)
Vyakta Rupa	Ruka, Toda, Stambha in Adhosakthi, Uru, Janu, Jangha and Pada
Roga Marga	Madhyama
Adhisthana	Kandaras of Parsani and Pratyanguli, Sphika, Kati, Prishtha, Uru, Janu, Jangha, Pada.
Swabhava	Chirakari
Sadyasadyata	Krichrasadhya



The pathology involves

- Vitiating of Vata dosha
- Localization in *Kati (lumbar region)*
- Manifestation of pain and restricted movement

The principle of treatment focuses on pacifying Vata. Since Gridhrasi is classified as a Vata Vyadhi, its management follows the general line of treatment for Vata disorders. Useful therapeutic measures include Snehana, Svedana, Utsadana, Parisheka, Asthapana Basti and Anuvasana Basti. Among these, Basti is considered one of the most effective treatments for pacifying Vata Dosha.

4. INTERVENTION

Kati Basti

Kati Basti is a specialized Panchakarma procedure involving the retention of warm medicated oil over the lumbar region. Kati Basti is a combination of Snehana and Svedana which is the first line of treatment for Vata Dosha which acts locally at the site of pathology.

- Pain Relief and Improved Functionality
- Localized Heat and Vasodilation
- Muscle Relaxation
- Improved Lubrication of Joints

- Softening of Connective Tissues
- Reduction of Inflammation
- Nourishment of Tissues
- Strengthening the Spinal Musculature

In this study, *Panchaguna Taila* (the formulation is used primarily for treating pain associated with Vata and Pitta imbalances) was used due to its Vata-pacifying properties such as *Sneha*, *Ushna*, and *Gaurava*, which counteract the *raukshya*, *shaitya* and *laghu* qualities of Vata.

As a result, individuals may experience increased functionality and a better quality of life.

5. MATERIALS AND METHODS

5.1 Study Design

- Type: Observational study
- Duration: 45 days treatment + 15 days follow-up
- Setting: State Ayurvedic College and Hospital, Lucknow

5.2 Sample Size

- Total patients: 30
- Completed: 27

5.3 Inclusion Criteria

- Age group: 21–50 years
- Clinical signs of Gridhrasi
- Tenderness along sciatic nerve

5.4 Exclusion Criteria

- Severe spinal trauma
- Neoplastic or infective spinal conditions
- Pregnancy and systemic diseases

5.5 Assessment Criteria

Symptoms were graded on a scale of 0–3 based on severity and evaluated periodically.

6. RESULTS

The study demonstrated significant clinical improvement:

- Progressive reduction in symptoms during treatment
- Majority of patients shifted from moderate/severe to mild/no symptoms
- Sustained improvement observed even after follow-up

6.1 Occupational Findings

The majority of patients were engaged in sedentary occupations:

- 43.3% in sitting jobs
- 30% in mixed sitting-standing work

This indicates a strong association between sedentary lifestyle and sciatica

7. DISCUSSION

Basti is regarded as *Ardha Chikitsa* for *Vatavyadhi* due to its direct action on the principal seat of Vata, i.e., *Pakwashaya*. Classical texts unanimously accept Basti as the most effective treatment modality for disorders caused by Vata aggravation. Unlike *Shamana* therapies, Basti has the potential to eliminate vitiated *Dosha* and restore physiological balance.

Although classical Basti is administered through the rectal route, the fundamental principle lies in delivering *Snigdha*, *Ushna*, and *Guru* Qualities to counteract Vata. External forms of Basti, such as *Kati Basti*, are later innovations based on the same principle, emphasizing localized action at the site of pathology.

The conceptual basis of Basti explains its effectiveness in *Gridhrasi*, where Vata is localized in *Kati* and *Sakthi Pradesh*. By pacifying Vata at its root and site of manifestation, Basti therapy provides both symptomatic relief and functional improvement.

The results suggest that *Kati Basti* effectively alleviates symptoms- *Ruka*, *Toda*, *Stambha*, *Spandana* of *Vataja Gridhrasi* by:

- Pacifying aggravated Vata
- Improving local circulation
- Reducing nerve irritation
- Enhancing muscle relaxation

Taila, due to its *Snigdha*, *Ushna*, and *Guru* properties, effectively antagonizes the *Ruksha*, *Sheeta*, and *Laghu* qualities of Vata. The absence of any worsening and the high percentage of relief further establish the safety and efficacy of *Kati Basti*.

Thus, *Kati Basti* emerges as a valuable therapeutic modality in the conservative management of *Gridhrasi*, especially in patients seeking non invasive, holistic treatment approaches. The study also bridges classical Ayurvedic wisdom with modern clinical understanding, reinforcing the relevance of Ayurveda in contemporary healthcare.

From a modern perspective, the therapeutic effects of *Kati Basti* can be attributed to localized heat, improved blood circulation, muscle relaxation, enhanced tissue elasticity, and anti-inflammatory action, all of which contribute to pain relief and functional restoration.

Compared to modern treatments such as physiotherapy, steroid injections, and surgery, *Kati Basti* offers a non-invasive and cost-effective alternative.

8. CONCLUSION

In *Kati Basti* therapy, *Taila* with analgesic and anti-inflammatory properties serve as the key components of the procedure. *Kati Basti* is both a safe and highly effective treatment for *Vataja Gridhrasi*, providing

notable relief in pain, rigidity, and neurological symptoms associated with sciatica.

The Sneha component, endowed with Snigdha, Guru, and Ushna qualities, counterbalances the Rooksha, Laghu, and Sheeta characteristics of Vata. Additionally, its Ushna and Sukoshna properties help in pacifying Kapha, while deep absorption through the Srotas facilitates symptom relief and enhances functional improvement. Swedana pacifies the Vata, which causes rigidity, contracture due to its Ruksha and Sheeta Guna and Swedana removes it by its Ushna Guna. Swedana also increases the Dhatwagni level, thus digesting Ama Dosha. Swedana also has an inherent property of decreasing the Gaurava and Stambha. Guruta is caused by both Prithvi and Jala Mahabhuta. This Jala Mahabhuta is discarded in form of sweat during Swedana, which also has direct effect on Vata Dosha.

Kati Basti with medicated oil is an effective therapeutic modality for managing Vataja Gridhrasi. It significantly reduces pain, stiffness, and associated symptoms while improving patient quality of life. The study supports the integration of Ayurvedic therapies into modern clinical practice for managing chronic musculoskeletal disorders. Thus, Ayurveda's approach with its focus on holistic, individualized management offers the potential for more effective, safe, and accessible interventions.

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