

A CLINICAL STUDY TO EVALUATE THE EFFECT OF KATIBASTI WITH MOOLAKA TAILAM IN THE MANAGEMENT OF KATIGRAHA (LUMBER SPONDYLOSIS)**¹Dr. Neha Pal and ²Dr. Priti Kulkarni**¹P.G. Scholar, ²Professor,
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Article Received on 23/12/2022

Article Revised on 13/01/2023

Article Accepted on 03/02/2023

ABSTRACT

According to Ayurveda, katigraha is a disease with pain & stiffness in lumbar region. It is usually characterized by dull or sharp pain in the lower part of the back spine with stiffness. This causes restriction in the activity and work capacity. Thus it ultimately reduces the day to day joy and life become miserable. In the present scientific era, people are fed up with the side effects and after effects of the most effective and fast acting modern drugs, which are lowering the human immunity at the same time when they are suppressing disease. The use of naturally available substances to relieve the ailment by men as well as animals is as old as beginning of life. Ayurveda is an age old science of health which emphasis on the health than to cure disease. So here Katibasti and Abhyanga with Moolak taila described by Charaka is selected for the management of katigraha. The procedure of applying heat to the sacral or lumbar region by retaining warm medicated oil with in a specially formed frame on this area is known as "katibasti". Massage of the body with Taila, Ghrita, etc. in the same direction of the body hair (Anulomana) is called Abhyanga.

KEYWORDS: Katigraha, Abhaynga, Moolak Taila, Katibastin etc.**INTRODUCTION**

The quote A man is as strong "Kati" as his back clearly indicates the importance of back and of course it is the most neglected part in the body. Katishoola is a disease which is mainly caused by vitiation of Vata Dosha. It indicates the wide - ranging involvement of Vata invarious systems of body. It can be grossly correlated with Katishoola. Prevalence of katishoola in general population is estimated to be approximately 2 %. Katibasti is one of the dual panchakarma therapies which have the action of both Snehan and Swedan. The word Katibasti is formed by combining two letter "Kati" and "Basti". According to authentic scriptures the meaning of Kati is determined as lumbar part of the body. Two connotations could be elucidated from the word Basti. Kati Basti can be defined as the process in which the oil is detained locally upon the lumbar part of the body, by means of "Masha Pishti". The word katigraha originated from the union of two words "Kati" & "Graham" Kati is derived from the root meaning Sharir Avayava Vishesham In "Amara Kosha" the word meaning of "Kati" is "Katau Vastra varanau" the part of the body which is covered with clothes. "Graha" means holding. It is originated from dhatu "Graha Upadane" one which gives support. Thus "Katigraha" indicate a diseased condition of the back associated with pain and

with stiff movements. In our classics it is mentioned under various terms like katigraha, trika shula, trika graham, pristagraha and shronibheda. "Trika" means "Trayanam Sandhayah", union of three parts or union of three avayava in any part of human body. As per this the shoulder and neck regions can be considered as "Trikam" In Astanga Hridaya "Pakvashayagata Vata" Lakshnas are explained in which the word "Trika" is mentioned. It shows that. Triku, Pristha & kati are three different parts of body, in "Nanatmaj vyadhis — Kati graha, Prishtagraham & shroni bheda are mentioned as separate diseases, depending on the region where pain is felt.

Katigraha as A Disease

The pains originated in the joints of Sphik Asthi and Prista Vamshasthi by vitiated Fans. When Shuddha Ama vayu gets placed in Kati Pradesha exhibit the symptoms of Katigraha.

Kati Graha as a separate disease has been described in the classical text "Gada Nigra".

The present study is planned with following.

AIMS AND OBJECTIVES

- To evaluate the effect of Katibasti with Moolak Tailam in the management of Katigraha (Lumbar Spondylosis).
- To evaluate the efficacy of Katibasti with Moolak Tailam in Katigraha.
- To study the concept of Katigraha.
- To study the concept of lumbar spondylosis.
- To study the concept of Katibasti.

MATERIAL AND METHODS

The present study will be pursued under two dimensions:

- **Literary Study:** It is a compilation of information regarding Katigraha, Katibasti, lumbar spondylosis from the various available relevant Ayurveda classics with commentaries, scientific journals and research papers etc.
- **Clinical Study:** Clinical data is collected by conducting a clinical trials on 30 subjects, treated with the principles of Ayurveda and evaluation of efficacy of Katibasti with Moolaka Tailam (200 ml. for 30 min. for 7 consecutive days) in term of difference in pre and post sign & symptoms clinically. The study was carried out on the patients satisfying the selection criteria of the study. Subjects were selected from the OPD and IPD of Shubhdeep Ayurved College and Hospital (PG Institute), Indore.

Hypothesis: H0 (Null Hypothesis)

There is no significant effect of Katibasti with Moolak Tailam in Katigraha.

H1(Alternate Hypothesis)

There is significant effect of Katibasti with Moolak Tailam in Katigraha.

Drug Deatil**Moolaka tailam**

Sr. No.	Sanskrit Name	Botanical Name	Matra
1	Moolaka (Radish)	Raphanus sativus	Swaras 1 prasth
2	Yastimadhu	Glycyrrhize glabra	1pala
3	Rashna	Pluchea lanceolata	1 Pala
4	Sunthi	Zinziber officinale	1 Pala
5	Til tailam	Sesamum indicum	1 Prastha
6	Ksheera(Milk)		1 Prastha
7	Dadhi (Curd)		1 Pala
8	Sarkara (Sugar)		1Pala
9	Saindhav lavana (Rock salt)		1Pala

Clinical Study Investigations

X-RAY Lumbar spine (AP and lateral view) • MRI (If applicable)

Data Collections and Methods

Following assessment criteria was followed for selection of patients

CLINICAL STUDY

1. Prospective
2. Randomise

MATERIAL AND METHOD

It is an open clinical study patient from OPD and IPD of institute. Those who will be diagnosed as katigraha (lumbar spondylosis).

(a)Inclusive criteria

Patient were selected fulfilled the criteria of Katigraha symptoms as Katsoola Sakthi Ruja, Supti Age between 16 to 70 year Patient participated in tiral (Consent duly filled)

(b)Exclusive criteria

Chronicity for more than 10 years. Having severe crippling deformity Patient suffering with Cardiac diseases, Pulmonary Tuberculosis, diabetes mellitus Patients below 16 and above 70 years.

SAMPLE SIZE: 30 Patients

1. METHOD

Katibasti • Prepration of Mashpishti and Sthanik abhyanga • Katibati with lukewarm Moolka Tailam 200ml.(30 min) for 7 days. The part will be cleaned with the help of lukewarm water.

PROCEDURE PLANANED

The procedure planned to compare the kati basti with moolaka tailam. To analysis the result clinically patient with katigraha (lumbar spondylosis) will be selected.

Subjective Criteria**A. Katigraha (Joint stiffness)**

1	No stiffness	0
2	Stiffness present occasionally	1
3	Moderate stiffness	2
4	Sever stiffness	3

B. Katishula (Low backache)

1	No pain	0
2	Mild pain of low intensity causing no disturbance in routine work	1
3	Moderate pain hampers the daily routine work	2
4	Sever pain causing definite interruption in routine work	3

C. Sakthi Ruja (Radiating pain to thigh)

1	No radiating pain	0
2	Radiating pain occasionally	1
3	Moderate radiating pain	2
4	Sever radiating pain	3

D. Supti (Numbness)

1	No numbness	0
2	Numbness sensation present occasionally	1
3	Moderate numbness sensation felt daily once	2
4	Sever numbness sensation felt daily more than once	3

Factors: Katigraha, Katishula, Sakthiruja, Supti

To test whether there is significant difference in grades of factors stated above at BT & AT. To test the hypotheses,
The null hypothesis, H_0 :
There is no significant difference in grades of factors

stated above at BT & AT. Vs.

The alternative hypothesis, H_a :

There is significant difference in grades of factors stated above at BT & AT. The test used is Wilcoxon Signed Ranks Test.

Calculation Tables

		Ranks ^a			
			N	Mean Rank	Sum of Ranks
Katigraha	AT –BT	Negative Ranks	22b	13.30	292.50
		Positive Ranks	4c	14.63	58.50
		Ties	4d		
		Total	30		
Katishula	AT –BT	Negative Ranks	22e	14.95	329.00
		Positive Ranks	4f	5.50	22.00
		Ties	4g		
		Total	30		
Sakthiruja	AT –BT	Negative Ranks	23h	15.04	346.00
		Positive Ranks	4i	8.00	32.00
		Ties	3j		
		Total	30		
Supti	AT –BT	Negative Ranks	23k	15.59	358.50
		Positive Ranks	4l	4.88	19.50
		Ties	3m		
		Total	30		
a. Groups = Group A					
Test Statistics ^{a,b}					
	Katigraha	Katishula	Sakthiruja	Supti	
Z	-3.024 ^c	-3.952 ^c	-3.827 ^c	-4.143 ^c	
P value (2-tailed)	.002	.000	.000	.000	
a. Groups = Group A					
b. Wilcoxon Signed Ranks Test					
c. Based on positive ranks.					

Since p value < 0.05, the level of significance for all factors, there is strong evidence to reject the null hypothesis for all factors.

The mean rank values suggest that the grades are decreasing significantly as the days of treatment increasing for all factors.

There is significant difference in grades of all factors stated above at BT & AT.

DISCUSSION

Moolaka Tailam

According to Acharya Charaka -It play an important role in Vata vyudhis like Katigraha, Gradhrasi, Khhalli, Khanja etc. It consist Moolaka (Radish) (Raphamtes sativus), With Yastimadhu (Glycyrrhiza glabra), Ksheera, Rasna (Pluchea lanceolata), Shunthi (Zinziber officinale), sugar, curd, rock salt, Til Tailam (Sesamum indicum).

Discussion Regarding Stastical Analysis To Prove Hypothesis Factors: Katigraha, Katishula, Sakthiruja, Supti To test whether there is significant difference in grades of factors stated above at BT & AT. The test used is Wilcoxon Signed Ranks Test. Since p value < 0.05, the level of significance for all factors, there is strong evidence to reject the null hypothesis for all factors. There is significant difference in grades of all factors stated above at BT & AT. The mean rank values suggest that the grades are decreasing significantly as the days of treatment increasing for all factors.

Probable Mode of Action of Drug

For Katigraha separate nidana was not told hence it is being vataja nanatmaja vyadhi and its Nidana can be considered as samanya Vata vyadhi nidana. Intake of Vata karaka ahara vihara causes Vatavyadhi. Like intake of Rooksha, sheeta, alpa, laghu ahara sevana makes Vataprakopa and produce katigraha.

Dosha: Vata, sleshaka sleshma, Apanavata

Dooshya: Asti Dhatu, Mamsa Dhatu

Malam: Pureeshem

Agni: Asthivaha, mamsavaha

Srotodushti: Sangam, vimargagamanam

Nidanam: Utpadakahetu - vataprakopakamithyahara vihara - Vyanjakahetu

Heavy manual work, weight lifting Agantukahetu Patana, abhighatadi causes Udabhavastana: Pakwasaya

Doshagati: Tiryakgati

Rogamarga: Madhyama rogamarga

Vyakthi stana: Kati, sakthi

Roopam: Low backpain, stiffness, tenderness, restricted movements of the spine

Avastha: Vyaktavastha

Upashaya: Rest, vatasamaka ahara

Anupasaya: Vataprakopa ahara vihara, movements and exercises.

The root cause for Katigraha pathogenesis is vaat , pakvashaya is mool sthana of vata and Basti is the foremost choice of treatment in vaat vyadhis , the drugs used in katibasti for this study has potent action on vaat and capable of breaking samprapti of doshavrodh at kati Pradesh also it pacifies & regulates movements of trik by providing it Bala by their madhur rasa , vipak & sheet veerya also by their balya and shanak prabhava, the specific action of each drug is as follow as per their qualities.

Discussion Regarding Any Advrse Effect Of Therapy

No any adverse effect seen.

CONCLUSION

- Katibasti is prevalent since samhita period.
- Katigraha of Ayurvedic classics can be correlated to Lumbar spondylosis.
- Among the different treatment procedures, Katibasti is easy to practice, adoptable, cheaper and widely accepted.
- It was noticed that in the present study Katigraha was more prevalent in those who indulge food habits like junk foods, oily and spicy foods and those who are prone for stressful lifestyle.
- Moolak taila katibasti has higher significance in pacifying the symptoms of Katigraha and marked reduction in clinical symptoms like Katishool were well appreciated within 4 weeks duration.
- There was no topical and systemic adverse drug effects noted at the end of the study. And this preparation is definitely have the potential effect to treat Katishool.
- Statistically Katibasti is more effective with relief percentage Katibasti (85%)
- Symptoms wise like Katishoola, Katibasti is more effective t

The procedure is easy to practice and cost effective, so can be considered as alternative treatment in the treatment of Katigraha.

OVERALL CONCLUSION OF THE STUDY

It is concluded that null hypothesis (H0) is rejected and alternative hypothesis (H1) is accepted.

LIMITATIOS OF THE STUDY

Sample size was very small.

Duration of study was only 7 days.

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