

CLINICAL EFFICACY OF MURIVENNA TAIL KATIBASTI IN KATISHOOL W.S.R. LUMBAR SPONDYLOSIS

Dr. Jyoti Meghdambar¹, Dr. Anuradha Bhalerao*², Dr. Monica Bombe³

¹Assistant Professor and PG Guide, Rognidana Evum Vikriti Vigyan Department, Government Ayurved College, Nanded, Maharashtra.

^{2,3}PG Scholar, Rognidan Evum Vikriti Vigyan Department, Government Ayurved College, Nanded, Maharashtra.

*Corresponding Author: Dr. Anuradha Bhalerao

PG Scholar, Rognidan Evum Vikriti Vigyan Department, Government Ayurved College, Nanded, Maharashtra.

Article Received on 02/09/2019

Article Revised on 23/09/2019

Article Accepted on 14/10/2019

ABSTRACT

Katishool is the condition, which affects male and female equally. Low back pain is most common complaint with a prevalence of 65 to 90%. Improper sitting postures, traveling, use of two wheeler and sports activities are few important causes. 10% of this is because of lumbar spondylosis which is correlated with *Katishool* in Ayurveda. It is the degenerative condition which affects the discs, vertebral bodies or associated joints of lumbar spine. As *Kati* is the most probable area affected in this disease, *Katibasti* was the procedure selected and 10 patients were treated for a period of 8 days. *Murivenna Taila* was the drug taken for the trial, as it is *Vatashamak* and the *vyadhiadhisthan* is *Vatasthan*.^[1] Highly significant results and improvement in cardinal symptoms of *Katishool* was observed. It also seems improvement in range of movements and pain intensity. This procedure also proved good clinical improvement in pacifying pure *Vataja* or *Vatakaphaja* type of *Katishool*.

KEYWORDS: *Katishool, Murivenna tail, Katibasti, Lumbar spondylosis.*

INTRODUCTION

Panchakarma procedures gives remarkable results in many *Vatavyadhis*. *Katishool* is the condition very commonly found in routine practice. It can be correlate with lumbar spondylosis due to similarity of clinical manifestation and pathogenesis.

In *Vatasya Upakrama Snehan*, *Swedana* is advised procedure of choice.^[2] So in the present study *Katibasti* was the procedure selected as *Snehan* & *Swedana* both is simultaneously done in this procedure. *Kati Basti* is included under various external procedures of Ayurveda, having variety of actions like the *Bahya Snehana* (external oleation), *Swedana* (fomentation therapy). *Kati Basti* is indicated in various disorders of spine, backache, lumbar spondylosis, sciatica, degenerative disc changes etc.

This procedure is not directly mentioned in classical Ayurvedic text. But by using above basic principles it is developed now a days. Due to its significant results, the procedure becomes more popular. So an attempt was done to standardize the procedure.

Murivenna Taila was selected for present study. As most of contents of this drug is *Ushna virya, katurasatmak*. So *Murivenna taila Katibasti* proves as *Kapha* and *Vatashamak*. So it showed remarkable results in assessment criteria i.e. *Katishool, Katistambh, Katigraha*.

MATERIALS AND METHODS

Materials:-*Murivenna taila*^[3] is the trial drug and prepared as per classical texts.

Materials used for the *Katibasti* procedure are-

Ingredients of *Murivenna* oil are shown in the table 1.^[4]

Table 1: Ingredients of Murivenna oil				
Sr. No.	Plant Name	Latin Name	Family	Useful Part
1	Karanja	<i>Pongamia pinnata</i> (L.) Pierre	Leguminosae	Bark
2	Kumari	<i>Aloe vera</i> Linn.	Liliaceae	Leaves
3	Tambul	<i>Piper betel</i> Linn.	Piperaceae	Leaves
4	Shigru	<i>Moringa oleifera</i> Linn.	Moringaceae	Leaves

5	Kinshuka	<i>Butea monosperma</i> Lam.	Papilionoideae	Leaves
6	Vasukam	<i>Spermocoe hispida</i> Linn.	Rubiaceae	Whole plant
7	Palandu	<i>Allium cepa</i> Linn.	Liliaceae	Bulb
8	Shatavari.	<i>Asparagus racemosus</i> Willd.	Liliaceae	Rhizome

Methods:- The patients having classical signs and symptoms of Lumbar Spondylosis (*Katishool*, *Katigraha*, *Katistambh*) were selected and given vidhipurvak *Katibasti* with *Murivennatail*.
Sample size: 10.

SOP of *Katibasti* Procedure^[5]

PURVKARMA

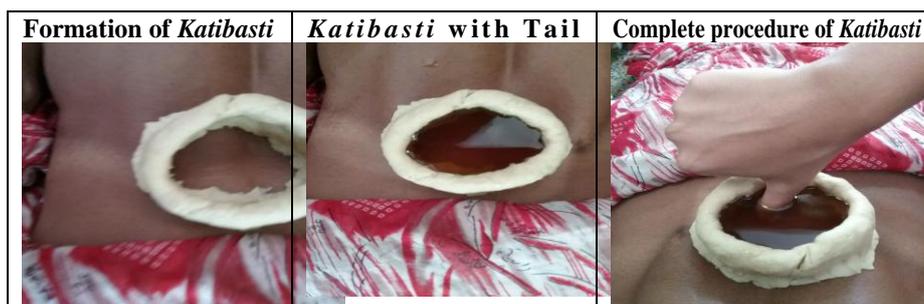
Preparation of patient

- ✓ Sthanic *Snehan* with *Murchit Til-tail*
- ✓ Sthanic *Swedana* with *Nadisweda*
- ✓ Malavisarjan
- ✓ Mutravisarjan

- ✓ Laghu Aahar.

PRADHANKARMA

- ✓ Position of patient – Comfortably given prone position
- ✓ Time- In the morning between 8am to 10am.
- ✓ Duration- 8 days/30 min per day
- ✓ Procedure-By giving comfortable prone position, *Murivenna Taila* is poured in the ring prepared with dough of black gram flour for a prescribe duration, Measurement of ring of *Katibasti*- its height approximately 1.5 inches.
- ✓ Temperature of *Taila* - 45-50 degree centigrade.



(Note-To keep the tail warm inside the ring, replace the tail from the ring with warm tail. The temperature of the tail should remain constant throughout the procedure of *Katibasti*.)

PASHATKARMA

- ✓ Removable of ring.
- ✓ Sponging of the affected area.
- ✓ Rest in comfortable supine position for 30 min.
- ✓ Follow up- Before treatment 0th day, After treatment on 15th day

Inclusion Criteria

- a. Patients having textual symptoms of Lumbar Spondylosis [*Kati Shola*].
- b. Age: 30 to 45Years.
- c. Patient who will give written consent.
- d. Gender: Male & Female

Exclusion Criteria

- a. Patients having Congenital Structural Deformities.
- b. Fracture of Lumbar spine, and needs surgical care will be excluded.
- c. Patients with other joints deformities or diseases which are not related to Lumbar spondylosis [*Kati-shoola*].

- d. Lumbar spondylosis [*Kati-shoola*] associated with known cases of Cardiac disease, Pulmonary TB, Pregnancy, Paralysis, HIV, Neurological disorder etc.
- e. Patient having major illness.

Investigations Routine investigation imaging modalities such as X-ray was done.,

Assessment Criteria

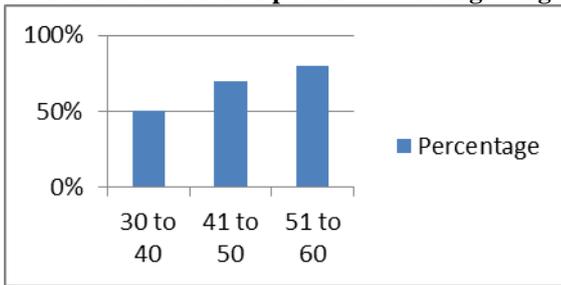
Subjective Criteria

- ✓ *Katishool*
- ✓ *Katigraha*
- ✓ *Katistambh*

Objective Criteria -Coin test

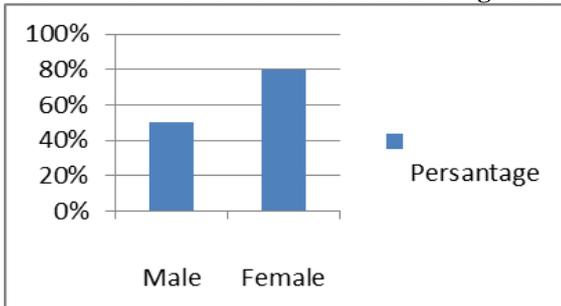
OBSERVATIONS

Table 1. Distribution of patients according to Age.



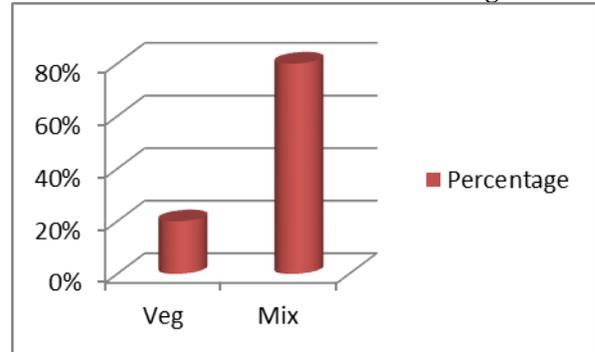
Between age group 51-60 yrs, 80% patients were suffering from Lumber spondylosis.

Table 2. Distribution of Patients according to Sex.



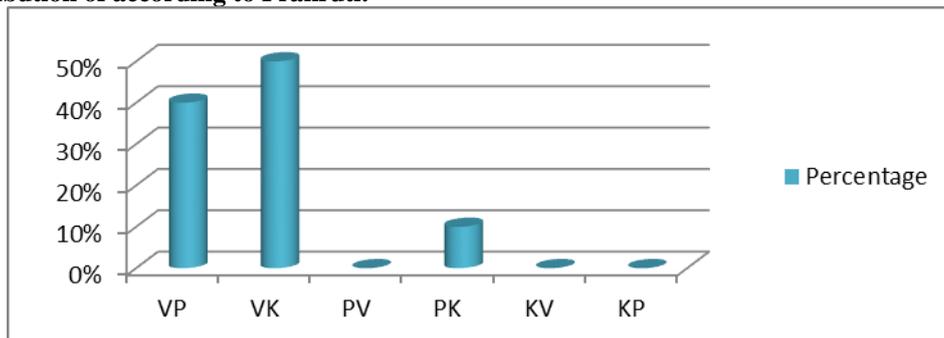
Females are found more i.e.80% suffering from Lumber spondylosis.

Table 3. Distribution of Patients according to Diet.



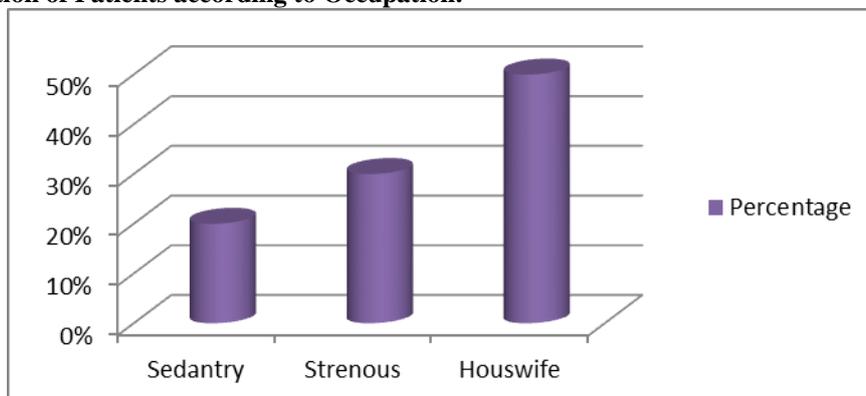
Patients of mix diet are found more in Lumber spondylosis.

Table 4. Distribution of according to Prakruti.



Patients of *Vata Kapha* and *Vat pitta* are found more suffering from Lumber spondylosis.

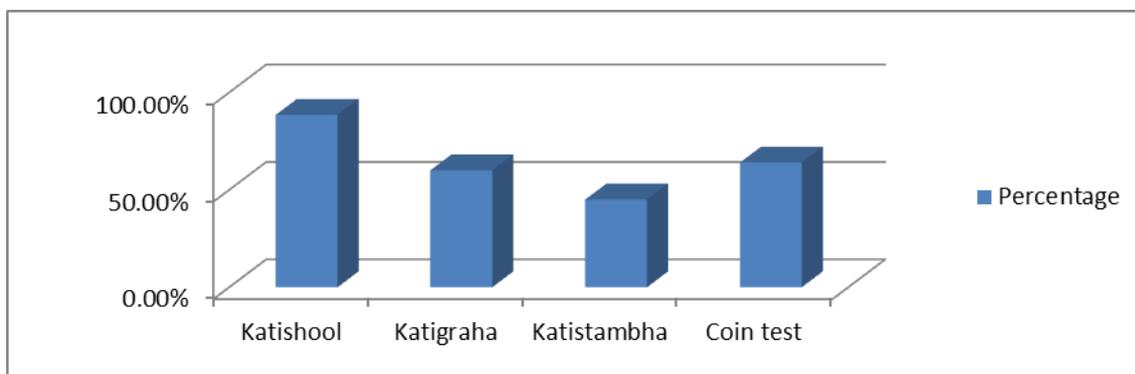
Table 5. Distribution of Patients according to Occupation.



Housewife's are found more suffering from Lumber spondylosis.

RESULT**Statistical results in cardinal symptoms of Lumber Spondylosis**

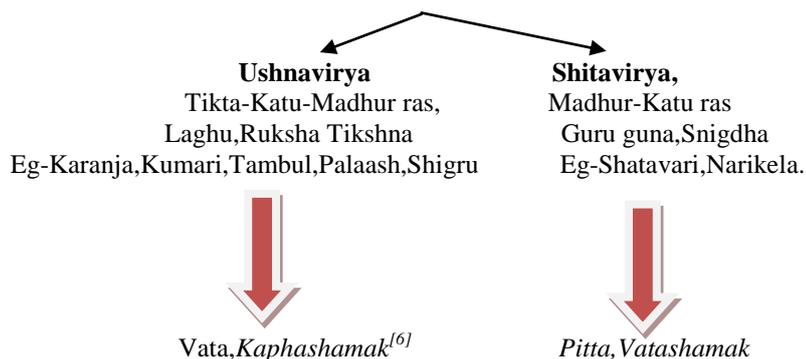
Criteria	BT	AT	Mean	Percentage
Katishool	26	3	23	88.46%
Katigraha	22	9	13	60.00%
Katistambha	20	11	9	45%
Coin test	22	8	14	64%



Katishool was relieved by 88.46 %, while *Katigraha* was relieved by 45.00%.but there was very less result i.e. 45% *Katistambha* was relieved by *Katibasti* procedure.

DISCUSSION

Content of *Murivennataila*³ may be subdivided into two categories-



When administered by *Katibasti*, it acts as a *Snehan* and *Swedan*. Thus locally at Kati pradesh it causes *Doshvilayan*, *Kledan* due to *taila* application^[7] and *Srotovishodhana*, *Swedpravartan* due to its warm temperature.^[8]

It causes *Snehan*, *Vishyandan*, *Mardav*, *Kledan* and Relieves Stiffness, Heaviness, Coldness.

Gives results to decrease cardinal symptoms of Lumber Spondylosis which are

Katishool,
Katigraha,
Katistambha

In *Katishool* (Lumbar spondylosis) the main vitiated dosh is 'Vata', also according to *Vataprakopa* treatment of choice is *Katibasti*. Drug given in present study for *Katibasti* is *Murivennatail*. According to *samhita* *Murivennatail* is *Vatashamak* means it relief pain and gives muscle strength, stiffness, tenderness.

CONCLUSIONS

The active principle in *Murivenna* provides synergistic action in relieving the symptoms. This is due to the add-on effect of *murivenna*. The anti-inflammatory effect of *murivenna* has been proved experimentally and clinically. Due to this anti-inflammatory effect, *murivenna* reduces pain, tenderness and swelling. The overall effect of *murivenna* is *tridoshashamana*. And more than this *yoga prabhava* of the drug acts here. *Murivenna* also shows healing properties. In *murivenna* the medium used is coconut oil, which is having *sheeta veerya* suddenly reduces inflammation. *Susrutha* has mentioned that it is the *veeryam* of the externally applied medicines that enters the ending of the *dhamanis*. As the active ingredients are dissolved in the liquid fat they can be easily diffuse into deeper layers of skin.

Murivennatail *Katibasti* shows remarkable relief in symptoms of *Katibasti* in *Katishool* w.s.r to Lumbar spondylosis (*Katishool*).

REFERENCE

1. AcharyaVidyadhar Shukla and Prof. Ravi DuttaTripathi, Charaksamhita of Agnivesha, Volume- 2, Chikitsasthana, *Vatvyadhi Chikitsaadhya* No.28, Reprint-2002, by Choukhambha Sanskrit Prathisthana, Page no.710.
2. Astangrudayam Vd. Kaviraja Atrideva Gupta, Edited by Vd.Yadunandana Upadhyaya, Choukhambha Sanskrit Sansthan Varanasi *Dosho Upkramaniyaadhya* – 13, Page No.66.
3. Dr. B. Syleswariamma et al, Pharmacopea, Published by Govt. Ayurveda College Trivandrum 1996, page no.174
4. Prof. P.V. Sharma. “Drvayaguna Vijnana vol. I &II” Varanasi: Choukhambha Bharati Academy, 2003 Reprint Edition.
5. Dr. G.Shrinivasa Acharya Panchakarma Illustrated by Choukhamba Sanskrit Prathisthan Delhi Page No. 254 to 258.
6. Prof. P.V. Sharma. “Drvayaguna Vijnana vol. I &II” Varanasi: Choukhamba Bharati Academy, 2003 Reprint Edition. Page no. 144,446,506.
7. AcharyaVidyadhar Shukla and Prof. Ravi DuttaTripathi, Charaksamhita of Agnivesha, Volume- 1, Sutrasthana, *Laghanbhruhaniyaaadhya* No.22, Reprint-2002, by Choukhambha Sanskrit Prathisthana, Page no.310.
8. AcharyaVidyadhar Shukla and Prof. Ravi DuttaTripathi, Charaksamhita of Agnivesha, Volume- 1, Sutrasthana, *Langhan Bhruhaniyaaadhya* No.22, Reprint-2002, by Choukhambha Sanskrit Prathisthana, Page no.310.