

CLINICAL STUDY ON *DASHMOOLA TAIL KATIBASTI* IN THE MANAGEMENT OF  
*KATISHOOLA* W.S.R TO LOW BACK ACHEDr. Gitanjali Aher\*<sup>1</sup> and Dr. Vilas Kad<sup>2</sup><sup>1</sup>PG Scholar, Roga Nidan Avum Vikriti Vigyan, SVNHT's Ayurveda Mahavidyalaya, Shrishivajinagar, Rahuri, Maharashtra, India.<sup>2</sup>HOD and Professor of Roga Nidan Avum Vikriti Vigyan, SVNHT's Ayurveda Mahavidyalaya, Shrishivajinagar, Rahuri, Maharashtra, India.

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Article Received on 25/02/2020

Article Revised on 15/03/2020

Article Accepted on 05/04/2020

## ABSTRACT

*Katishoola* is common disorder involving the muscles and bones of lower back, which reduces the day-to-day activities considerably. In *Ayurveda Katishoola* comes under *Vatavyadhi*. Management for this is *Katibasti* as mentioned in the *Ayurvedic Texts*. *Katibasti* is one of the popular *Panchkarma* therapy described as *Bahi Parimarjan Chikitsa* (external procedure) in *Ayurveda*. In this clinical study an attempt has been made to trace out the references pertaining to the *Katishoola* from the *Ayurvedic Texts*. The study was conducted in 10 patients of *Katishoola*. Patients were treated with *Dashmoola Tail Katibasti* for 8 days. Observations and results obtained were statistically computed and appropriate conclusions were drawn. *Katibasti* with *Dashmoola Tail* proved to be the highly beneficial *Ayurvedic* Oil pooling treatment in the management of *Katishoola*.

**KEYWORDS:** *Ayurveda Katishoola, Panchkarma, Katibasti, Dashmoola.*

## INTRODUCTION

*Katishoola* is a very common complaint faced, which we can say is localized *Vatavyadhi* where *Vata dosha* affects *Sandhi*. *Shoola* is chiefly caused by *Vata dosha*. As described in the classical texts *Vataj* conditions are best cured with *Snehan* (oleation), *Swedan* (fomentation) which balances the *vitiated Vata dosha* very effectively and hence cures *Vyadhi*. There is no direct reference of *Katishoola* but it can be correlated with Lumbar Spondylosis and involves *Vata* and *Kapha dosha*.

*Saamana chikitsa* of *Vatavyadhi* is *Abhyanga, Swedan, Basti*,<sup>[1]</sup> *Snehan and Swedan*<sup>2</sup> acts as *Vatashamaka*. It improves blood circulation and relieves pain by local action.

*Katibasti* is one of the popular *Panchkarma* procedures which comprises of synchronized *Snehan Swedan* externally done on a localized area. It is a type of *Snigdha Sweda*.

*Dashmoola Tail* was used for the following study. All components of *Dashmoola Tail* play a very effective role in *Vata shamana* and gives good results.

## MATERIALS AND METHODS

## Materials

The concept of *Katibasti* was thoroughly studied using various classical textbooks, research papers and previous work done.

## REVIEW OF KATIBASTI

*Kati* means low back and *basti* means compartment to hold or retain something inside, here medicated oil that is *Dashmoola Tail*. It helps to give *Swedan* to localized area. *Katibasti* is a treatment used in painful conditions that are caused by *Vata dosha*. It relieves pain and stiffness of the affected area.

*Dashmoola Tail*,<sup>[3]</sup> selected trial drug of choice for evaluating the management of *Katishoola* was studied with the proper reference from classical texts.

**Ingredients of Dashmoola Tail<sup>[4]</sup>**

Sr. No	Drugs	Botanical Name	Parts Used
1	<i>Bilva</i>	<i>Aegle mormelos</i>	Root
2	<i>Shyonak</i>	<i>Oroxylum indicum</i>	Root
3	<i>Patla</i>	<i>Stereospermum suaveolens</i>	Root
4	<i>Agnimanth</i>	<i>Premna mucronata</i>	Root
5	<i>Gambhari</i>	<i>Gmelina arborea</i>	Root
6	<i>Salparni</i>	<i>Desmodium gangeticum</i>	Root
7	<i>Prishniparni</i>	<i>Uraria picta</i>	Root
8	<i>Brihati</i>	<i>Solanum indicum</i>	Root
9	<i>Kantakari</i>	<i>Solanum surattense</i>	Root
10	<i>Gokshura</i>	<i>Tribulus terrestris</i>	Root
11	<i>Tila Tail</i>	<i>Sesamum indicum</i>	Seed oil

**Method of preparation**

All ten contents mentioned above were taken and *Kwatha* (decoction) was prepared. Same ten contents were taken for preparation of *Kalka*. The prepared *Kwatha* and *Kalka* were mixed together with *Tila Tail*. The mixture was boiled continuously until the *samyak paak lakshanas* were seen.

**Methods**

Study has been carried out in patients suffering from *Katishoola*, attending the OPD of SVNHT'S Ayurveda College & Hospital, Rahuri.

**Sop of Katibasti Procedure<sup>[5]</sup>****1. Poorvakarma****Preparation of Patient**

1. Patient was examined thoroughly and the procedure was described to the patients in detail.
2. Patient was asked to pass natural urges of stool and urine before the procedure.
3. Patient was advised to consume light food before the treatment.
4. Patient was made to lie in a prone position and was asked to expose *katipradesha* (back).

**2. Pradhan Karma**

1. A circular ring was prepared using dough of black gram powder.
2. Lukewarm *Dashmoola Tail* was poured slowly inside the ring.
3. Uniform temperature of oil was maintained by removing and replacing it with the lukewarm oil again.
4. Procedure was carried 8 days continuously for 30 minutes per day.

**3. Paschat Karm**

1. Oil was removed using cotton swab. Dough ring was removed. The area was cleaned using cotton cloth with warm water.
2. Patient was given light massage over lumbosacral area for 5 minutes.
3. Patient was asked to rest in supine position for half hour.

**Follow Up**

Before treatment 0<sup>th</sup> day.

After treatment on 8<sup>th</sup> day.

**Precautions**

1. Oil should be heated properly. Excess heated oil may cause burn.
2. Dough used should be of proper consistency and well adhered to skin to avoid leakage.
3. Patient was instructed to avoid movements during the procedure.

**Sample size- 10****Inclusion criteria**

1. Patient having symptoms of *Katishoola* (low back ache) as described in texts.
2. Age between 25-50 years.
3. Duration of illness not more than five years.
4. Sex both male n female.
5. Having no congenital and major illness.

**Exclusion criteria**

1. Patient of *Katishoola* associated with cardiac, renal and hepatic problems, paralysis, neurological disorders.
2. Pregnant women.
3. Having recent history of trauma with severe with backache.
4. Any congenital deformity of spine.

**Investigations**

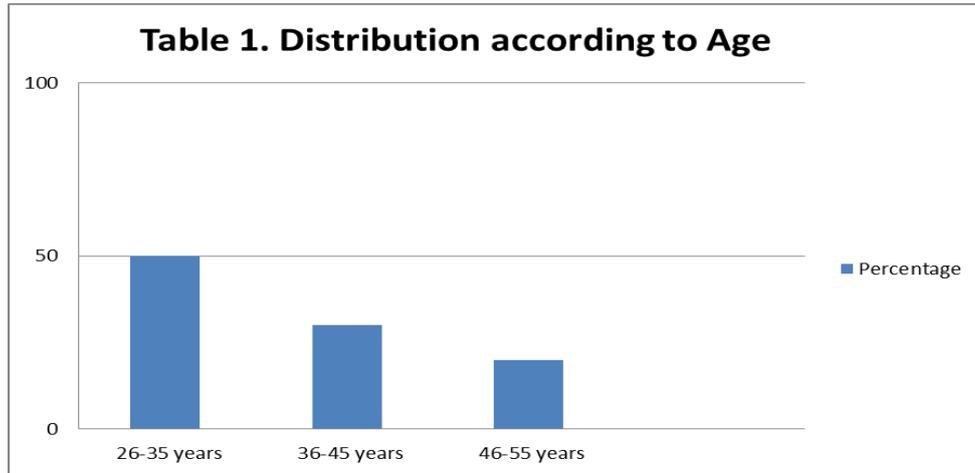
Radiological findings X-ray of lumbosacral joint was done.

**Assessment Criteria****1. Subjective Criteria**

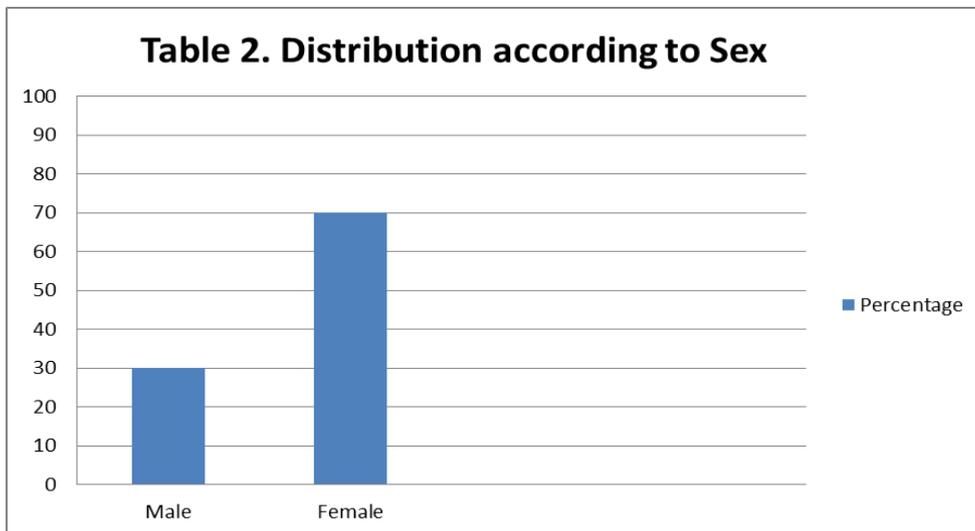
- History of back ache with duration, mode of onset has been recorded.
- *Katigraha* (limitation of movements)
- *Katistambha* (stiffness)
- *Spandana* (sudden cramps). These symptoms have been taken under subjective parameters and assessment was done.

## 2. Objective Criteria: Coin test.

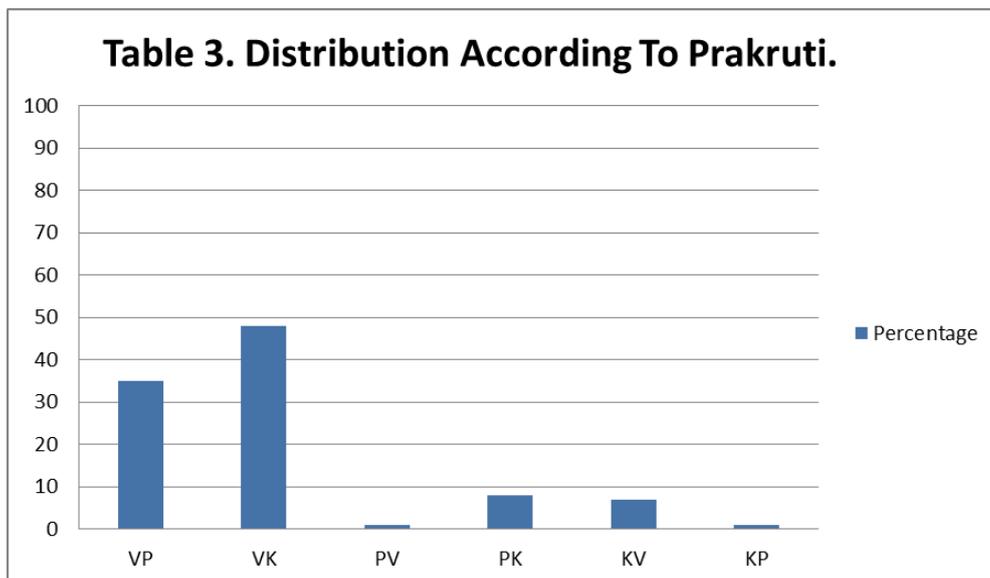
### OBSERVATIONS



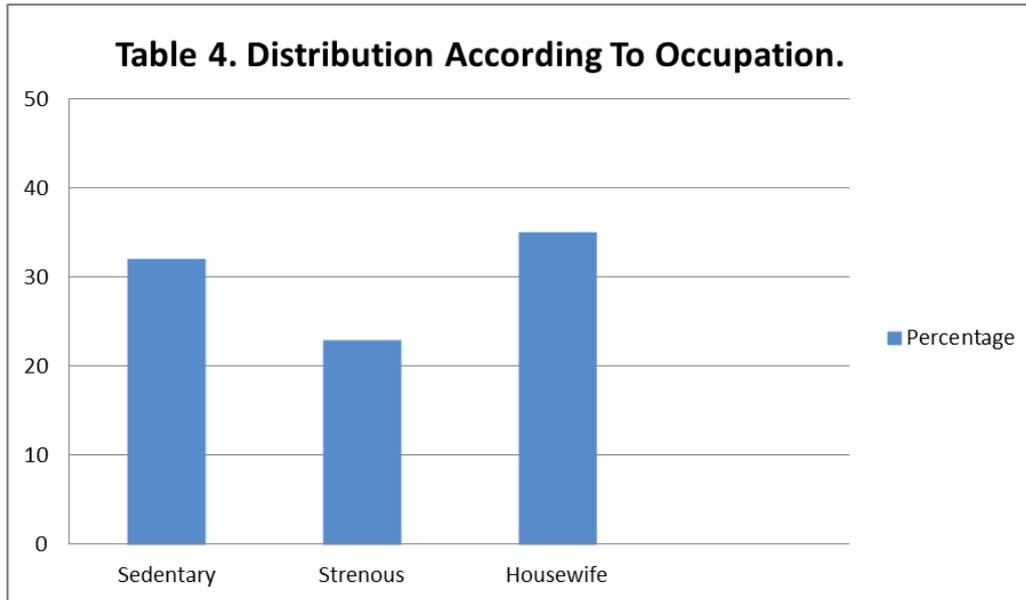
50% patients between age group 26-35 years were found suffering from *Katishoola*.



70% of females were found suffering from *Katishoola*.



Patients of *Vata Kapha* and *Vata Pitta Prakruti* were found suffering more from *Katishoola*.

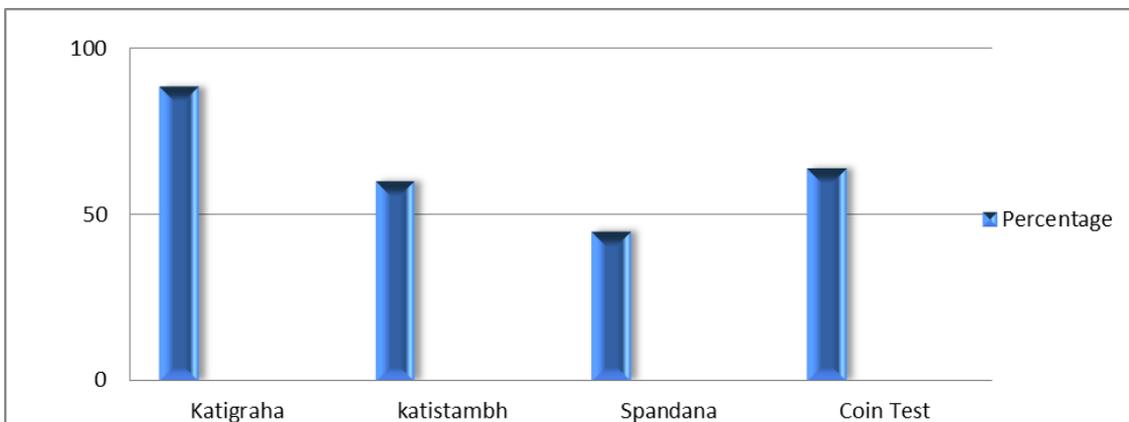


Housewives and people with sedentary work were found to be suffering more from *Katishoola*.

## RESULT

Statistical results in symptoms of *Katishoola*.

Criteria	BT	AT	Mean	Percentage
<i>Katigraha</i>	26	3	23	88.46%
<i>Katistambha</i>	22	9	13	60%
<i>Spandana</i>	20	11	9	45%
Coin test	22	8	14	64%



*Katigraha* was relieved by 88.86%, while *Katistambha* was relieved by 60% and *Spandana* was relieved by 45% by *Katibasti* procedure.

## DISCUSSION

- According to *Ayurveda Shoola* (pain) occurs due to *vitiated Vata dosha*. Aim of the treatment is to pacify the *vitiated Vata dosha*.
- *Katibasti* acts locally at lumbar region by actions like local oiling and fomentation. And hence relieves pain. It acts on root of *Vata dosha* and gives promising results in relieving pain and functional disability.
- Ingredients of *Dashmoola Tail* have the properties like *Vatashamak* (pacify *vitiated vata dosha*), *Vedanasthapana* (sedation), *Shoolaprashaman*

(analgesic), *Balya* (promotes strength), *Rasayana* (rejuvenation), *Srotoshodhana* (purifying channels). It also pacifies *Kapha* aggravation and normalizes *Kapha dosha* functions.

- To be specific, among the 10 *dravyas* of *Dashmoola*, 5 *dravyas* (50%) have *Vata-kapha shamaka* property, 4 *dravyas* (40%) have *Tridoshaghna* property and 1 *dravya* (10%) has *Vata-pitta shamaka* property. It means, in *Dashmoola* all *dravyas* (100%) have *Vatashamaka* property and 9 *dravyas* (90%) have *Vata-kapha shamaka* property<sup>6</sup>.

Therefore, it will be a potent *Vatashamaka*, *Vata-kapha shamaka* and *Tridoshaghna* compound.

- In Ayurvedic texts also mentioned, “*Dashmoolam Tridoshaghnam Kapha Maruta Nashanam*”<sup>7</sup>. Drug used in present study have above mentioned properties. It is very beneficial for the treatment of diseases that occurs due to vitiation of *Vata dosha*.
- Patients suffering from *Katishoola* showed significant results with treatment given.

## CONCLUSION

- *Katishoola* is most common complaint as it is affecting all sort of occupational groups ranging from heavy manual workers to housewives.
- Study reveals that women are more prone than men. Working in prolonged sitting, reading, standing and sleeping in wrong posture, frequent forward bending, etc. are some of the causes of backache.
- In the view of knowledge of modern science, the various components of *Dashmoola Tail* possess anti-inflammatory, anti-spasmodic, antioxidant actions and helps in reducing pain, stiffness. It provides strength and improves the functions of organs. It helps to tone muscles, soothes nerves and improves the working of tissues within the body. Therefore, by the action of these constituents it breaks the basic pathology and shows significant effect in relieving the clinical symptoms.
- The overall effect of *Dashmoola Tail* is *Tridoshashamaka* and acts well on *Katishoola* by its *dravya, guna* and *prabhava*.
- *Katibasti* is modified form of *Snehana* (oleation), *Swedana* (fomentation) and *Mardana* (massage) therapy which has nutritive, stabilizing and pain relieving effect which thereby gives good results.

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