



EFFECT OF KATI BASTI, PATRA PINDA SVEDA AND BASTI KARMA IN THE MANAGEMENT OF GRIDHRASI (W.S.R. TO DEGENERATIVE DISC DISEASE) - A CASE STUDY

Dr. S. Sangeeta Sharma¹ Dr. Santoshkumar Bhatted²

1. P. G. Scholar, P.G.Department Of Panchakarma, National Institute Of Ayurveda, Jaipur
2. Associate Prof. & Head, National Institute Of Ayurveda, Jaipur.

Article Received on	-	24/01/2016
Article Revised on	-	28/02/2016
Article Accepted on	-	05/04/2016

All articles published in IJPAAM are peer-reviewed and can be downloaded, printed and distributed freely for non commercial purpose (see copyright notice below).

© 2015: IJPAAM

This is an Open Access article distributed under the terms of the Creative Commons Attribution License (http://creativecommons.org/licenses/by-nc-nd/3.0/deed.en_US), which permits unrestricted non commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract

Degenerative Disc Disease (DDD) is one of the commonest clinical conditions in Ayurvedic clinical practice. Earlier the disc degeneration happens to be a matter of concern in fifth decade of life. Now as early as third decade onwards only degeneration of the disc is noted in MRI findings, which is a matter of great concern as it badly hampers the quality of life in general and work efficiency in particular. As far as treatment is concerned only replacement of disc or surgical correction like discectomy is the choice of treatment both of which are costly and serious affair. The commonest presentation of Degenerative Disc Disease is pain in low back which often worsens by forward bending and radiating pain and numbness in the lower limb depending upon the site of degeneration and pressure on the underlying nerve. This condition can be correlated to the disease *Gridhrasi* described in ayurveda which is one of the *Vata Vyadhi*. Ayurveda provides a range of treatments, specially from *Panchakarma*, like external application of *Snehana* and *Svedana* in the form of *Kati Basti*, *Patrapinda Sveda* and internal administration like *Basti Karma* to correct the *Vata Dosha* and to nourish the *Asthi Dhātu*. Keeping this in view a female patient-presenting with clinical features of sciatica and MRI findings suggesting of disc bulge and prolapse at the level of lumbar vertebrae was given *Panchakarma* treatment. The patient was treated with classical treatments like *Kati Basti*, *Patrapinda Sveda* and *Erandmuladi Kala Basti* with certain conventional oral medication. The results of the study are highly encouraging.

Key words: - *Gridhrasi, Erandmuladi Kala Basti, Patra Pinda Sveda* , Degenerative disc disease.

Introduction

Low back ache is a common health problem worldwide and a major cause of disability affecting performance at work resulting into financial loss too. The 2010 Global burden of disease study estimated that low back pain is among the top ten

diseases and injuries that account for the highest number of DALYs (Disability Adjusted Life Year) worldwide. Prevalence increases and peaks between the ages of 35 and 55^[1]. The commonest cause for low backache is DDD (degenerative disc disease).

Degeneration is more predominant in lumbar and cervical region. In lumbar region it leads to sciatic nerve compression, which gives rise to symptoms like low back pain, buttock pain and pain numbness or weakness in various parts of the leg and

Address for Correspondence

Dr. S. Sangeeta Sharma

P. G. Scholar,

P.G.Department Of Panchakarma,
National Institute Of Ayurveda, Jaipur,
Mobile no- 8764322916

Email:sinoliasangeeta1981@gmail.com

foot. Other symptoms include pins and needles sensation or tingling and difficulty moving or controlling the leg.^[2]

This condition can be clinically correlated to *Gridhrasi* described in Ayurveda. It is described as one of the *Vata Vyadhi* characterised with radiating pain from hip to thigh, knee, calf and feet in order, associated with stiffness and difficulty in movement and numbness.

The present day management includes administration of anti inflammatory analgesics, surgical correction and physiotherapy each of them is having its own limitations. On the other side Ayurveda looks into the correction of basic pathology particularly through *Panchakarma*, like external application of *Snehana* and *Svedana* in the form of *Kati Basti*, *Patrapinda Sveda* and internal administration like *Basti Karma* to correct the *Vata Dosha* and to nourish the *Asthi Dhatu*.

CASE REPORT

A female patient aged **62** years presented with the complaint of low back ache with dragging pain radiating to left limb associated with numbness and tingling sensation since **3** years.

Patient had similar type of history of pain from the year **1978**, it was a sudden onset, she took the treatment and got relief and later in the year **1995** developed similar

pain, she took Ayurvedic treatment and got relief. Now again she is suffering with same complains since **3** years. Patient has five children and has history of three abortions. This history of the patient reveals the chronicity of the disease.

OBSERVATIONS

- **Signs:** -Tenderness in lumbosacral area.
SLR test was positive.
Lasique's sign was positive.
- **Symptoms:** - Dragging type of pain radiating from lower back region to left limb, associated with numbness, tingling sensation and heaviness of the limb.
- **MRI report:** - Dated 21/09/2011-
 - i. Less than Grade-1 anterior listhesis of L5 over S1 due to bilateral isthmia defect in pars interarticularies. Straightening of lumbar curvature with severe degenerative changes at L5-S1.
 - ii. Pseudo protrusion of central, para central and lateral hard disc at L5-S1 causing mild reduction of central canal dimension and foraminal impingement upon exiting both L5 nerve root.
 - iii. Degenerative focal soft tissue canal stenosis at L3-4 and L4-5.
 - iv. Mild facet hypertrophy added with small symmetric para central disc bulge at L2-3 and right para

central hard disc protrusion at L1-2 causing mild indentation upon right half of ventral thecal sac.

- Gait: - Slow, dragging slight twisting the left foot.
- *Prakriti*: - *Vata-Pitta*.
- *Vaya*: - *Vruddha*
- *Bala*: - *Madhyama*
- *Agni*: - - *Madhyama*
- *Koshta*: - *Madhyama*

Treatment given

Kati Basti (Topical application of medicated oil): 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 Kati Basti. It is indicated in painful condition of low back region.^[3]

The procedure was done with *Bala Ashwagandha Tailam* for 30 minutes for duration of 21 days.

Patra Pinda Pottali Sveda (Herbal bolus fomentation): Application of heat and there by inducing perspiration by using heated pack of specified herbal leaves is known as *Patra Pinda Sveda*. It is efficacious in painful clinical condition where vitiation of *Vata Dosha* is predominant.^[4]

The procedure was done with leaves of *Nirgundi (Vitex Nigundo)* and *Eranda (Ricinus Communis)* along with *Ajamoda* 50gms, *Rasona*(Garlic) 10-15 pieces,

Saindhava Lavana (Rock salt), *Nimbu* (lemon)and *Dashmoola Taila* for 30 minutes for duration of 21 days.

Basti Karma (Therapeutic enema) :

Niruha Basti (Decoction enema):

The composition of the medicine administered in the form of *Basti* contains *Kwath* (herbal decoction), *Sneha* (medicated oil), *Madhu* (Honey), *Saindhava Lavana* (rocksalt) and *Kalka* (herbal powder).^[5]

Erandamuladi Niruha Basti was given in *Kala Basti* schedule (16 days) with the following contents.

- *Madhu* -60gms
- *Saindhava lavana* -05 gms
- *Guggulu tiktaka ghrita* -90ml
- *Shatapushpa Kalka* -30gms
- *Erandamuladi kwatha* -240 ml

The contents of *Kwatha* are *Erandamula*, *Palasha*, *Laghu Pancha Mula*, *Rasna*, *Ashwagandha*, *Atibala*, *Guduchi*, *Punarnava*, *Aragwadha*, *Devadaru*, *Madanaphala*^[6]

Anuvasana Basti:- Administration of medicated oil or other fat through the rectal route in a prescribed dose is called as *Anuvasana Basti*. In this case study *Dashmoola Taila* was used for *Anuvasana Basti*.

Shamana Aushadi: - Palliative treatment with *Yograj Guggulu* - 2 pills (500 mgm) three times a day.

Rasna Saptaka Kwath – 40ml + *Dashmool Kwath* – 40ml two times a day

Ashwagandha Churna - 3gms + *Chopchini* - 500mg three times a day

Ajamodadi Churna - 3gms three times a day.

Nagaradya Vati 1 pill three times a day

Ksheerabala 101 times *Avarita* -10 drops with milk two times a day.

Panchasakara Churna - 5gms at bed time.

The results observed after the treatment were:

Improvement in signs and symptoms of the patient

Relief was found in dragging pain, numbness and tingling sensation.

Gait has improved.

➤ **Walking distance:-**

Before treatment:- Patient had severe pain after walking 100 mts.

After treatment: - Patient could easily walk without pain about 200 mts.

➤ **Walking time:-**

Before treatment:- Patient took around five minutes to walk 100 steps.

After treatment: patient took around three minutes to walk 100 steps.

No significant change was observed in MRI reports.

MRI report: - Dated 24/01/2014

- Less than Grade 1 anterior listhesis of L5 over S1 without defect in pars interarticularis.
- Severely degenerative lumbar vertebrae and recess (more significant at L4-5).
- Degenerative focal soft tissue canal stenosis at L3-4, L4-5 & L5-S1 with complete cut off on MR myelogram as described in addition: left paracentral broad based soft disc herniation at L3-4 producing marked indentation upon left half of cauda equina nerves and traversing left L3 nerve root with complete cut off MR myelogram.

DISCUSSION

The Bulging and prolapse of disc causes obstruction to the movement of *Vata* resulting in *Vata Prakopa*. *Basti* is the best treatment for correcting *Vata Dosha*, further *Erandamuladi Niruha Basti* was selected here as it is specifically mentioned for the treatment of *Jangha*, *Uru*, *Pada*, *Trika*, *Prushta*, *Shoola*.

By virtue of the drugs of *Erandamuladi Niruha Basti* the *Avarana* of *Vata* may be reduced which in turn makes the free movement of *Vata* which may be reason for reduction in pain, numbness etc. and improvement in gait. Specially *Guggulu Tiktaka Ghritam* used as *Sneha* in *Basti* is specifically mentioned for *Asthi Sandhigata Vikara* due to its *Tikta Rasa* helps to reach

Asthi Sandhi and corrects the degeneration that took place at the level of disc by virtue of *Snigdha guna* and *Balya* and *Brimhana* action.

Kati Basti is a combination of *Snehana* and *Sveda* which is the first line of treatment for *Vata Dosha*. The *Bala Ashwagandha Taila* is *Brimhana* and *Snehana* in nature helps to overcome the accumulation of *Vata* at the site of pathology and may nourish the underlying tissue.

Patrapinda Pottali Sveda: - This is a kind of *Snigdha Sveda* which is done over the back and in the limbs helps to regulate the movement of *Vata* and sooth the irritated nerve resulting in relief in complains of pain, numbness, tingling sensation etc.

Shamana drugs: - Mainly *Amapachana*, *Shothahara* medicines which reduces the *Shotha* and *Avartita Ksheera* *Bala Taila* is *Brimhana* and *Vatahara* might have helped to overcome degeneration of disc and *Vata Prakopa*.

CONCLUSION

On the basis of this single case study it can be concluded that *Panchakarma* treatments like *Kati Basti*, *Patrapinda Sveda*, *Erandamuladi Niruha Basti* had been

effective in the management of *Gridhrasi* (sciatica) due to disc degeneration.

REFERENCES

1. Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*, 2012, 380(9859):2163-96. doi: 10.1016/S0140-6736(12)61729-2. Erratum in: *Lancet*, 2013, 381(9867):628. Al Mazroa, Mohammad A.
2. Donald Resnick, MD, *Diagnosis of Bone and Joints Disorders*, Third Edition, 1995, Vol.3, W. B. Saunders company, Digenarative diseases of spine, Chapter 40.
3. Dr. G. Shrinivasa Acharya, *Panchakarma Illustrated*, first edition 2006, Choukhambha Sanskrit Pratishthan, Delhi, ISBN-81,7084-3079, pg.254.
4. *Ibidem*, pg. 220
5. *Ibidem*, pg.382
6. Agnivesha, *Charaka Samhita*, revised by Maharshi Charaka and Dradhavala, *Ayurveda dipika*, commentaries of Shrimatt Chakrapanidutta, edited and revised by Kaviraja Shree Narendranath Sengupta and Kaviraja Shree Balaichandra Sengupta; fifth part, 3rd edition 2009, Chaukambha Orientalia, SiddhiSthana3/22pg.367.

CITE THIS ARTICLE AS –

Sangeeta S, Santosh B, Effect of Katibasti, Patrapinda Sveda and Basti Karma in the Management of Gridhrasi (w.s.r. to Degenerative Disc Disease)- A Case Study, *Int. J. Panchakarma And Ayu. Med.*, 2016; Vol 1, Issue 1.

Source of Support – Nil

Conflict of Interest – None Declared