Management of acute low back pain with Matra basti, Kati basti and internal medicine: A case report

Borakhade V.R., Khot V.S.

Abstract
Low back pain is common in middle age. Management of it is depends upon the condition, acute or chronic & the cause. On which the orthopedic decide, is it an emergency or conservative line of treatment is sufficient. In ayurveda trikagraha, katigraha comes under vatavyadhi. Management for this is with matra basti, kati basti is mentioned in ayurvedic text. In this case patient come with MRI report with complaining of Katishoola (pain in lumbar region), Kati to Vama Prapadashola (radiating pain from lumbar region to left lower limb), tingling sensation in both lower limb, Sakashta Chankramana (unable to walk) and Sakashta Utkatasana (unable to seat). Patient was suffering from same complaint since one year. Orthopaedic surgeon advice for surgical treatment. She doesn’t want to go for surgical treatment. So patient was treated with ayurvedic approach by Katibasti, Matrabasti and internal ayurvedic medicine. This treatment shows significant relief in pain and improved capacity to do daily work.

Keywords: Low back pain, trikagraha, matrabasti, katibasti, ayurved medicine.

1. Introduction
Low back pain due to lumbar pathology is very common nowadays. It was observed in age more than 60 yrs. But nowadays it is observed in decade of thirty also. It causes due to various factors like mechanical, trauma, neurological deficit, metabolic, functional disability, degeneration. The description about it is not available as a separate disease entity in any Ayurvedic text. It is mentioned as one of the Vatavyadhi in Charak Samhita Eighty Nanatmaja Vatavyadhi [1] mentioned in Charak in ayurveda horizon for such patient with its miraculous treatment of Panchakarma, Shamana, Rasayana, etc. Aim of ayurveda is to increase immunity and restore tridoshsamanya for this purpose treatment of ayurveda for vatavyadhi is mentioned in samhita. In modern medicine the disease is managed by non-steroidal anti-inflammatory drugs, analgesic drugs; physiotherapy and corticosteroids but these drug have so many side-effects. [2] So ayurvedic approach is natural way to cure low back pain by matrabasti, katibasti and internal ayurvedic medicine without any side effect can give promising results.

2. A Case Report
A 38 yrs. female patient came to Yashwant Ayurved Hospital Kodoli, Kolhapur. Patient presenting with Katishoola (pain in lumbar region), Kati to Vama Prapadashola (radiating pain from lumbar region to left lower limb), tingling sensation in both lower limb, Sakashta Chankramana (unable to walk) and Sakashta Utkatasana (unable to seat). Patient was suffering from same complaint since one year. But from 15 days patient increase the severity of symptoms.

2.1 On Examination
1. General condition of patient is moderate. 2. Pulse rate: 74/min3. B.P. 130/80 mm of Hg4. Pallor absent 5.Weight- 65kg, Height- 164cm. RS - AE=BE clear CVS – S1 S2 normal. no abnormal sound, CNS – well conscious oriented7.P/A: Soft, non-tender; Liver, Kidney, Spleen-not palpable

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2.2 Present Illness
Patient was having above complaints from one year. For the said complaint she attended orthopedic surgeon for treatment and didn’t get relief. She was advised for surgical treatment. But she doesn’t want to go for surgical treatment. So that patient came to the Yashwant Ayurved Hospital for further treatment.

2.3 Past History
No H/ODM/HTN/IHD/PTB/BA/Jaundice/Typhoid or any other major medical illness.
H/O- Fall 2 yrs back.

2.4 Clinical Examination of Spinal Cord
Inspection: No lordosis, no kyphosis was found in the patient. No any other major abnormality was seen in spinal examination of the patient. No any swelling and surgical marks were seen in spinal examination of patient.

Gait: waddling gait.

2.5 Investigations

MRI of lumbar spine with whole spine screening: Scoliosis of lumbar spine with convexity towards right side. Grade II anterior listhesis of L5 over S1 vertebral body with bilateral spondylolysis at L5-S1 level. Anterior listhesis with left foraminal disc protrusion and facial hypertrophy changes at L5-S1 level, causing significant left neural foraminal stenosis with compression of left existing L4 nerve root. Diffuse disc bulge at L4-L5 level as described above.

2.6 Treatment Approach
Sthanik Snehan (local oiling) by Mahanarayan tail for 15 days. Swedan (nadi swed by Dhashanu Ikwalkha) (hot fomentation) for 15 days. Kati basti by Tila Taila for 15 days. Cap. Arnopen 250mg bid for 15 days Parijatak vati 250 mg for 15 days Matrabasti: Til tail 60 ml total eight basti were given daily.

3. Discussion
In the Katigatavata there involvement of Vata, Asthi and Sandhi Dushti. Hence this disease is considered as Madhyam Marga Roga. Samanyachikitsa of vatavyadh is abhyang, swedan, basti. [3] Snehan and swedan (Ch. Su. 22/11) [4] acts as vata shaman, increases blood circulation and relieves pain by local action. It is form of passive exercise. Katibasti acts locally at lumbar region by both actions local oiling and fomentation. It relieves pain. [5] Cap. Arnopen it contains mahayogaraj guggul, sameerpannagras, rasna (Pluche lanceolata), khurasaniowa (Hyoscyamus niger), chitrak (Plumbago zeylanica), nirgundi (Vitex nigundo), kundru (Boswellia serrata). It acts as anti-inflammatory, muscle relaxant. It strengthens muscles and relieves pain.

Table 1: Straight Leg Raising Test

<table>
<thead>
<tr>
<th></th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Right Leg</td>
<td>Left Leg</td>
</tr>
<tr>
<td>90 degree</td>
<td>30 degree</td>
<td>90 degree</td>
</tr>
<tr>
<td>90 degree</td>
<td></td>
<td>80 degree</td>
</tr>
</tbody>
</table>

Table 2: Oswestry Low Back Pain Index

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The pain is worst imaginable at the Movement</td>
<td>No pain at the movement</td>
</tr>
<tr>
<td>2.</td>
<td>Patient do not get dressed, wash with difficulty and stay in bed</td>
<td>Patient can look after herself normally without causing extra pain</td>
</tr>
<tr>
<td>3.</td>
<td>Cannot lift or carry anything at all</td>
<td>Patient can lift weight without causing extra pain.</td>
</tr>
<tr>
<td>4.</td>
<td>In bed most of the time</td>
<td>Pain does not prevent to patient walking any distance.</td>
</tr>
<tr>
<td>5.</td>
<td>Pain prevent when sitting at all</td>
<td>Patient can seat in any chair as long as like</td>
</tr>
<tr>
<td>6.</td>
<td>Patient have no social life because of pain</td>
<td>Normal social life</td>
</tr>
</tbody>
</table>

Table 3: Relief in Bending

<table>
<thead>
<tr>
<th></th>
<th>Before Treatment</th>
<th>After Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Forward bending</td>
<td>Painful</td>
</tr>
<tr>
<td></td>
<td>Backward bending</td>
<td>Painful</td>
</tr>
<tr>
<td></td>
<td>Forward bending</td>
<td>Painless</td>
</tr>
<tr>
<td></td>
<td>Backward bending</td>
<td>Painless</td>
</tr>
</tbody>
</table>
4. Conclusion
In above discussion and result we can say that this therapy is effective in low back pain caused due to lumbar disorders. So we can give symptomatic relief, reduction in pain and improvement in quality of life to the patient of low back pain by ayurveda.

5. References