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

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Abstract

Low back pain is common in middle age. Management of it 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 *tridoshasamyata* 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 lowerlimb, *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/min. 3. B.P. 130/80 mm of Hg. 4. Pallor absent 5. Weight- 65kg, Height- 164cm. 6. RS - AE=BE clear CVS - S1 S2 normal. no abnormal sound, CNS - well conscious oriented. 7. P/A: Soft, non-tender; Liver, Kidney, Spleen-not palpable

Ashtavidhpariksha: 1. *Nadi* - *Vat pradhan pitt* 2. *Mala* - *malavshambha* (occasional) 3. *Mutra* - *samyakpraritti* 4. *Jivha* - *sama* 5. *Shabda* - *spashta* 6. *Sparsh* - *ushana* 7. *Druk* - *panjuta* 8. *Akriti* - *madhyam Sroto dushti*: *Asthivaha Strotas*: *Katishool* (pain in lumbar region), *Kati to Vama PadaShool* (radiating pain from lumbar region to left legs) *Majja vaha Strotas*: Tingling and numbness in both upper and lower limb, difficulty in walking.

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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

Hb% - 9.8 gm%, TLC - 8600 cu/mm, DLC - P - 50, L - 45, E - 02, M - 06, Urine examination - Normal, Random Blood Sugar - 102 mg/dl.

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* (*nadiswed* by *Dhashamu lKwatha*) (hot fomentation) for 15days. *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 *vatavyadhi* is *abhyang*, *swedan*, *basti*.^[3] *Snehan* and *swedan* (*Ch. Su. 22/11*)^[4] acts as *vata shamak*, 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*, *sameerpannagr*, *rasna* (*Pluchea lanceolata*), *khurasaniowa* (*Hysocymus niger*), *chitrak* (*Plumbago zeylanica*), *nirgundi* (*Vitex nigundo*), *kundru* (*Boswellia serrata*). It acts as anti-inflammatory, muscle relaxant. It strengthens muscles and relieves pain. The *Parijatak* (*Nycarthus arbortistis*) *vati* having *tikta rasa*, *laghuguna*, *ushnavirya* and *katuvipak*, act as *kaphavatahara*. As it is bitter, work as a nervine tonic. It relieves pain. *Basti* is very much effective treatment for *vatavyadhi*^[6]. It acts on root of *vata dosha* and gives promising results in relieving pain and functional disability. It helps in absorption in vitamin B12 in gut so it helps to regeneration of nerve^[7].

By this treatment, patient shows significant results in straight leg raising test (Table no.1), Owestry Low Back Pain Index (Table no.2), forward and backward bending (Table no. 3). By this treatment patient is symptomatically improved. The subjective parameters show improvement in the clinical symptoms. This treatment is helpful to prevent the further more complication in lumbar pathology.

Table 1: Straight Leg Raising Test

Before Treatment		After Treatment	
Right Leg	Left Leg	Right Leg	Left Leg
90 degree	30 degree	90 degree	80 degree

Table 2: Owestry Low Back Pain Index

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

Table 3: Relief in Bending

Before Treatment	After Treatment
Forward bending Painful	Forward bending-Painless
Backward bending Painful	Backward bending-Painless

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*.

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