



Kati Basti with Sahacharadi Taila in the management of sciatica (Gridhrasi)

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Abstract

An Ayurvedic treatment method called *Kati Basti* consists of various acts including *Swedana Chikitsa* (fomentation therapy) and *Bahya snehana* (external oleation). *Basti* is the name given to it even though it is not injected into the body; instead, it is applied to certain body parts for a predetermined amount of time, along with lubricants and medications. *Kati basti* (disorders of the lower body) is good in *Adhahshakagata vikaras* and *Kati* (back). For lower back stiffness, muscular spasms, and strengthening of the back's bone tissue, this kind of external *Basti* is quite helpful. Backache is the common term used for trending diseases of today's lifestyle due to the engagement of people in improper postures, one of them is sciatica. About 70% to 80% of people in India report having low back pain, making it one of the most prevalent complaints. The most frequent intervertebral disc prolapse among the many causes of low back pain is referred to leg, buttock, or hip which frequently outlines the characteristics of *Sciatica syndrome*. *Gridhrasi* or sciatica is treated with a variety various techniques found in *Ayurveda*. *Kati Basti* is a unique therapeutic method since it is easy to use, safe, and efficient.

Keywords:

*Ghridrasi, Sciatica, Abhyanga, Swedana, Kati Basti, Low backache.
Sahacharadi Tail*

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INTRODUCTION:

Essential to *Ayurveda*, *panchakarma* consists of five treatments, plus pre- and post-operative care, which comes before and after the primary care. *Katibasti* is a one-of-a-kind method of *Panchakarma* procedures that involves both *Snehana* and *Swedana*, or *Snehayukta swedana*.¹ Because oil is used to treat the patient in this technique, it falls under the category of *Drava sweda* also. Only access this article. Using a specially manufactured frame ring made of black gram powder, the *Kati Basti* method involves applying a heated therapeutic oil to the lumbo sacral area or any nearby area for a predetermined amount of time.

Due to its performance in the *Kati pradasha*, the *Basti* is also known as *Katibasti*. *Kati basti* is derived from the term *Basti*, which means to live, hold, or the container that holds the *Kati pradasha* (lumbosacral region). Using this technique, therapeutic oils are applied on the *Kati pradasha* and left there for a set period of time at a set temperature. It aids in the relief of inflammatory changes, the release of spasms, the strengthening of the supporting tissues that support the spine, and the nourishing of the joints through enhancing circulation.

There is involvement from articulations, muscles, arteries, nerves, and other tissues in the lumbosacral region. *Kati basti* pacifies the enhanced *Rooksha*, *Laghu*, and *Sheetaguna* of vitiated *Vata* because *Taila* (oil) balances the *Shelshmaka kapha kshaya* through its *Snigdha* and provides nourishment *Guru* and *Ushna guna*. Lower back pain is a growing problem among adolescents, with the frequency peaking in the third decade of life

around the world. *Sciatica* is a word for low back pain that travels down the inside of the leg, through the hip, to the back of the thigh, and down the inside of the leg. *Sciatica* is an unsatisfactorily treated condition in modern medicine, with analgesics used for pain relief and surgical methods being linked to a number of side effects. *Ayurveda* offers a range of treatment options for *sciatica* or *gridhrasi*. *Kati Basti* is a distinct mode of therapy. One effective external therapy for the management of *Gridhrasi* (*Sciatica*) is *Kati Basti*.

Derivation of Word *Kati basti*:

Kati basti is combined with two words- *Kati* and *Basti*. it is described as “*Sariramvatasthane shvekam*” in the *Charaka Samhita*, implying that it is the *Sthana* of *Vata*. In the *Susruta Samhita* the *Pramana* of *kati* is described as having 18 *angulis*.² *Kati Basti*'s function in *Sciatica*, also known as *gridhrasi*, is a painful and incapacitating illness that requires an active treatment plan.

The *Dosha* and *Dhatu* engaged in pathophysiology have an impact on the treatment plan. There is involvement from articulations, muscles, arteries, nerves, and other tissues in the lumbosacral region, which is influenced by the *Nidana*. *Vata prakopa* and *Dhatu kshaya* are inescapable factors, and every *Gridhrasi etiology* clearly shows the involvement of *Asthi*, *Sandhi*, and *Upadhatus*. In *Abhighata*, this effect is felt right away.

In *Aharaja Nidana*, however, it can take longer. *Basti chikitsa*, *Agnikarma*, and *All of Siravyadha* belong to the management hierarchy. *Vata shaman*⁹ is mostly dependent

on *Snehana* and *Swedana chikitsa*, which are also advised as remedies as Vata involvement presents as pain and inability with or without Kapha. Thus, it makes sense to treat sciatica with the *Katibasti* method. In *Gridhrasi* pathology (*Samprapti*), the muscles stiffen and the ability to extend and contract is compromised. Squeezing a nerve causes disruptions in conduction. The Vata tries to force its way through because it is blocked (because of *Srotorodha*), which is uncomfortable. This could cause a disc to bulge or slip.

Nerves rub against the margins of the intervertebral disc, causing discomfort. *Katibasti* is one such method in which From a *Shamana* standpoint, there are several drugs that reduce the intensity of pain and enhance functional ability, both of which are critical in *Gridhrasi*, as well as quick relief from symptomatology. This *Bahirparimarjan chikitsa* acts on the Kati area (lumbosacral region), the site of the ailment, relieving *Sthanikvata* and imparting *Brumhana* characteristics.

Mode of Action

The therapy's chosen region, the base oil used, the medication used, and the length of time the oil is in contact with the area of application, the volume of oil placed, the duration of the treatment, and the temperature of the oil applied. The illnesses for which *Katibasti* is prescribed are usually found in *Katipradesh*, whether superficial or profound. The pathogenic site should be affected by the treatment.³

Sahachradi oil is the basic oil, regardless of the type of oil used in *Katibasti*.

Sahachradi taila is a quickly absorbed and permeates the body completely.

Properties of *Sahachar* (*Barleriaprionitis*)
Rasa: Madhura, Tikta Guna: Snigdha Virya: Ushna Vipaka: Katu Karma: Kaphahara, Keshya, Kasa, Ranjana, Vishahara.

Ingredients - *Kurinji* flower (*Sahachara*)
Strobilanthes ciliates, Dusky Fire Brand Root (*Agnimantha*) *Premnamucronata*, Bael tree root (Bilva) *Aegle marmelos*, Indian nightshade plant (Brihati) *Solanum indicum*, Beechwood root (Gambhari) *Gmelina arborea*, Puncture vine plant (*Gokshura*) *Tribulus terrestris*, Yellow-nightshade.^{3,4}

Neuronal stimulation can be caused by penetrated medications. Additionally, *Katibasti* reduces discomfort when applied to the affected area.

This action could be accomplished through neural stimulation. There is greater heat fomentation and acetyl chloride release with a lengthier *Katibasti* (about 30 to 45 minutes). The relaxing impact of warming comes from

sensory neurons endings and induces vasodilation which reduces muscle spasm and pain associated with tonic muscle contraction. Hot fomentation induces vasodilation because it facilitates blood and nutrition flow to the organ and, ultimately, aids in the delivery of the tropical medication to the intended tissue or organ.

Sweating flushes toxins from the body and relaxes the tissues resulting in an overall improvement in muscle spasms and pain. Improved peripheral circulation contributes to the lowering of edema, which in turn can help to lessen discomfort, inflammation, and

promote quicker recovery. The skin's thermos-sensor is activated, blood temperature rises, and local temperature rises as a result of heated oil's thermal impact.

As a result, connective tissue including tendon tissue and ligaments will become more flexible and relieves the strain and spasm as well as reduce inflammation and pain.

DISCUSSION :

Sarvanga Abhyanga with *Acharya Shushrut* has hailed *Sahacharaditaila* Abhyanga as Vata Shamaka. Furthermore, Charaka claims that Vayu is dominant *Sparshaendriya*, and *Abhyanga* is extremely beneficial for *Vata Vyadhi as per Charka*.

The active principle in *Sahacharaditaila* provides synergistic action in relieving the symptoms. Its anti-inflammatory effect reduces pain, tenderness and swelling .the is best treatment considered to relieve pain. Ushna Virya, Guru, and Snigdha assisted in easing the patient's pain and stiffness, which are Vata symptoms.

Snigdha Swedanas like *Kati Basti* is typically utilized to treat low back pain and lumbosacral diseases. It improves local circulation, nourishes and bolsters muscles and nerves, and helps calm tenseness and spasms. And bring back adaptability. The intervertebral disc has degenerated in this instance, and the lubricating function of *Shleshaka Kapha* is compromised. This causes compression, irritation, or inflammation of the *Gridhrasi Nadi* (sciatic nerve), which results in excruciating agony. Because they function at the *Samprapti*

location, the native *Snehana* and *Swedana* are particularly effective and yield immediate effects.

CONCLUSION :

Katibasti is a type of *Snigdha sweda* that can exert both cold and hot fomentation effects. The absorption, penetration, neural stimulation, vasodilation, and anti-inflammatory activity of *Sciatica* is a debilitating condition resulting from disease of the sciatic nerve root that impairs walking and causes pain and paresthesia in the sciatic nerve distribution.

Because of its severity, it can occasionally interfere with a person's everyday activities and lower their quality of life. Typically, coughing, bending, or twisting makes the discomfort worse. Analgesics, muscle relaxants, painkillers, anticonvulsants, and NSAIDs to reduce inflammation are frequently used in modern treatment. and surgical procedures with the intention of failing *Sciatica* is similar to *Gridhrasi*, which is categorized as a *NanatmajaVatajaVikara* in *Ayurvedic* medicine.

The use of the *Kati Basti* with In the L4–L5 region, *SahacharadiTaila* is more effective in reducing *Kapha* dominance. *Stambha* (stiffness), one of the symptoms of *gridhrasi*, *Gaurava* (heaviness) and *Tandra* (tingling sensation) and also on walking distance and the magnitude of Pain, muscle spasm, and *Sciatica*.

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