

AYURVEDIC MANAGEMENT OF KATI SHUL WITH SPECIAL REFERENCE TO
COCCYDYNIA: A CASE STUDYDr. Anand Chamat^{*1}, Dr. Anil Paweshwar² and Vd. Sneha Tiwari³¹H.O. D Department Swasthavrita Shri K.R. Pandav Ayurved College Nagpur.²H.O. D Department Rasashatra Shri K.R. Pandav Ayurved College Nagpur.³Associate Professor Department Kayachikitsa Shri K.R. Pandav Ayurved College Nagpur.

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INTRODUCTION

Vata, one among the tripod of human living beings is said to be superior most in all aspects; for every action or movement, strongest in its ability to produce diseases and worst mortality. Diseases related to Vata are innumerable and the presentation of it is in the whole body. Even though a large number of symptoms suggest the abnormality of Vata the cardinal symptom of vitiation of this Dosha is pain which is known as Shoola in Sanskrit. This pain is universally understood as a marker of the disease and it is the most common symptom that makes a person seek the physician's advice.

Katishoola is one such condition caused by vitiated Vata characterized by pain in the Katipradesha. Even though it is not mentioned as a separate disease in Bruhatrayee sample references are found in other texts like Gadanigraha by Acharya Shodhala and Sharangadhara Samhita. Sharangadhara has included it under the Vataja Nanatmaja Vyadhis marking its importance. In Ayurveda Katishool or low back ache is considered a Vatik disorder and mainly caused by vitiated Vata, which is due to Vata Prakopak Aahar and Vihar. Katishool is not directly mentioned in Brihatrayee but references permit us to treat it as an individual pathology. In Charak Samhita though Katishool has been not enlisted in the 80 Nanatmaja Vata vyadhi in the case of Anukta Vikara Charak stated that the Vitiated Vata reaches to which region,

CASE REPORT

A Hindu married 32yr old female patient visited on 18/12/2020, OPD Of Shri K.R. Pandav Ayurved College Nagpur for a chief complaint of pain in the lower back region, mild stiffness in the lower back, Painful movements for 15 days, and constipation from 8 – 10 days. She already has done C.B.C. and urine examination (Routine and Microscopic) which all appeared within normal limits. X-ray imaging (lower back) showed no significant changes. She has a regular and normal menstrual cycle with no significant history and uncomplicated obstetric history (P1L1, M - 3yr, FTND). Past History- There is no significant history. Family history -There is no significant family history.

General examination

BP -120/70mm of Hg

P -80/min

Height -160cm

Weight -56kg

BMI -21.9

Systemic examination -normal

Personal history

Bowel habits -one time/day (not satisfactory, sometimes hard stool)

Exercise -never

Day sleeping -Sometimes

Food-Mixed diet

Water intake -2-3 lit.

Tea -2-3 times/ day

Junk food -2-3 times/ week

Occupation -desk work (Prolonged sitting)

Restrictions advised

1. Refrigerated, salty, spicy, and deep-fried oily food items and junk food.

2. Daytime sleep

3. Continuous sitting in the same position.

4. Tea

Intervention Appropriate changes were made to the patient's dietary habits. After obtaining written informed consent, she was put on Chandrashoor Beej Churna 3gm twice daily, one on an empty stomach early in the morning and the other at night with lukewarm water. Firstly, it was given for 5 days. Then after seeing the

positive effect on symptoms, it was continued for 1 month. Along with the above treatment Katibasti and Matra Basti(60ml) with Til Tail were given for 15 days.

Kati Basti The procedure of applying heat to the lumbar region by retaining sahacharadi tai warm oil within a specially formed frame in this area is known as Katibasti. It is indicated in painful conditions of the lower back region. The procedure was done with Til Tailfor 15-20 minutes for 15 days.

Matra Basti Administration of medicated or non-medicated oil or any Sneha Dravya through the rectal route in a prescribed dose (60ml) is called Matra Basti. This case study used Til Tail for Matra Basti for 15 days.

Shamana Chikitsa

- 1) Maharasnadi with 30 ml BD empty stomach twice a day.
- 2) Brihat Vatachintamani ras 125 mg BD with honey.
- 3) Tryodashang guggulu 250 mg BD with hot water.
- 4) Tab Shallaki IBD.

Observations are to criteria of assessment Before & After treatment.

S.No	Symptoms	Before Treatment	After Treatment
1	Pricking Pain	6	0
2	Stiffness	4	0
3	SLR Scoring RT	30	6
4	SLR Scoring LT	33	12
5	Posture	2	1
6	VAS	5	2

RESULT

The general condition of the patient becomes fair. There is 85% relief in Chief Complaints of the patient. No adverse effect of therapy was seen.

MODE OF ACTION

The line of treatment given for vatvayadhi is adopted for Katishool (low backache) and Kati Basti (specific medicated lukewarm oil is poured on the lower back or specific time which is held by a small frame). It is an external therapy that causes localized snehan and Sweden which acts against the ruksha gun (dryness) and Sheeta guna (coldness) of data. The properties of the sahacharadi tail such as Snigdha, Guru, and Ushna are Vata Shamak. It encourages muscle health by nourishing the muscle fibers and regulates muscle function by acting against inflammation. Its phytochemical composition has a relaxing and soothing effect on tendons and ligaments. Charak Vagbhata mentioned the use of basti prepared with tikta dravyas, ksheer, and ghrita in asthigata dosha (bony tissue) along with the use of swayoni dravyas (similar substances). Sushruta is also mentioned similarly in diminished dhatus.

CONCLUSION

Combine Therapy of kati basti with Sahachar oil, matra bastiwith til tail, Brihatvatachintamani rasa, Trayodashanga guggulu, Maharasnadi kwath, are effective in the management of katigatvata (coccydynia). There is no adverse effect found in the course of treatment.

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