

A case study – An Efficacy of Gokharu Taila in Katisandhigat Vata**Dr. Krishnakant Madhukar Patil**PG scholar
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Shalyatantra Dept.
Yashwant Ayurved Medical college,
Post Graduate and Research centre, Kodoli**Abstract:**

Katisandhigata Vata i.e. low back pain is commonly occurring disease in many people. It commonly affects the old aged people because there is increase in Ruksha and sheeta guna. Also there is some decrease in asthi dhatu (Osteoporosis). Katisandhigata vata can be resembled with Kati shool, Trika shool. Gokharu Taila is mentioned as a remedy for Vatavyadhi in Charak Samhita. It is used in a patient of katisandhigata vata in the form of Matrabasti and assessed on a criteria like low back pain, stiffness, Straight leg raise test and Quebec low back pain scale. It showed a very much effect in this patient. It decreases the sheeta and ruksha guna of Vata dosha, so it is also called as Vatari. This study can be done on large sample size and it is also cost effective.

Keywords : Katisandhigata Vata, Gokharu Taila, Matra basti, Low back pain

Introduction:

Katisandhigat Vata is a commonly affecting problem in population. The potential causes of this disease are aging, trauma, sedentary lifestyle, lack of exercise. Mostly 70 % of Indian Population is affected by the Low back pain¹ and in that, Men and women are equally affected. Stress at Work place is also a causative factor. In classical Ayurvedic Texts,^{2,3,4} Katisandhigat vata can be referred as Kati Graha, Trika graha, Kati vayu, Trika shool, Vataja shool, Gridhrasi etc.

Kati sandhigat Vata affects the body due to vitiation of Vata Dosha. Shodhana Chikitsa in the Kayachikitsa Khanda has explained the detailed samprapti and Lakshanas of Katigraha in Vataroga Adhikara.⁵ Sandhigatavata is mentioned in Yogratnakara under Vatavyadhi Chapter.⁶ The clinical features includes ruk (pain), toda (pin like sensation), stambha (stiffness), muhuspandana (twitching and cramping) in the sphik (buttock), kati (Waist), Uru (thigh), janu (knee), Jangha (calves) and pada (foot).⁷

The Ayurvedic treatment consists of Snehana (oleation therapy), swedana (sudation therapy), Basti (medicated retention enema), Agnikarma (Therapeutic cautery) and Vatahara Shamana yogas

(Palliative therapy). Basti Chikitsa is Prime chikitsa mentioned in our Classical Ayurvedic Literature. It is referred as Ardha Chikitsa (Half treatment) for Vatavyadhi. There is reference of Lashun Taila is Mentioned in the Treatment of Vatavyadhi in Charak Samhita.⁸

Here we have details of case of Katisandhigat Vata which is well treated by Gokharu taila Matrabasti. One Patient complaining Low back pain & Stiffness at Kati region were taken. Patient was clinically diagnosed and selected for study.

Methodology:**Materials –**

1) Patient was selected from the Outpatient department of Shalyatantra Department of Yashwant Ayurved Medical college, Post Graduate training & research centre, Kodoli. Patient was diagnosed for only Katisandhigatavata. Patient with other allied symptoms like swelling, Sciatica, Aamvata were excluded from the study.

2) For Matra Basti – Tilataila for local oleation, Pindasweda for Swedana and 60 ml Matrabasti with Gokharu Taila.

Methodology:

The patient was given treatment for consecutive 15 days. Detailed history was taken before the treatment.

- Parameter Assessed – Low back pain and Stiffness.

Preparation of Gokharu Taila –

- Contents-
1. Gokharu – 1 part
 2. Processed edible til taila- 4 part
 3. Jaggery - 1 part
 4. Cow’s Milk- 16 part

Gokharu has following properties-

- Latin name – Tribulus terrestris Linn.
- Rasa – Madhura
- Virya – Sheeta
- Vipaka – Madhura
- Guna – Guru, Snigdha

Preparation Procedure -

Gokharu kalka prepared manually. On the other hand, cow’s milk was boiled and gokharu kalka were added slowly and boiled again. Then processed edible til taila was later added to boiling preparation. The whole formulation was boiled continuously in low flame for about 2 days until we got the ideal signs of Taila as mentioned in classics. The formulation was later cooled and filtered and stored in sterile container.

Procedure –

Poorvakarma – The patient was given prone position and local abhyanga (massage) with Til taila was done for 10 minutes. Then Pinda sweda was given locally for 15 minutes. The patient was asked to consume light breakfast after 10 minutes.

Pradhankarma – Patient was given left lateral position, 60 cc syringe was filled by Gokharu taila, oil was applied to anal region and tip of catheter. Catheter was inserted 3 cm in anus, the piston was slowly pushed till all the oil gets inside.

Slight massage was given on buttock region for 15 minutes and patient was asked to sleep in supine position for 10 minutes. The procedure was followed for 15 days.

Criteria For Assessment

1. Low Back Pain-

0	No Pain after sitting
1	Pain Starts after sitting 30 minutes
2	Pain starts after sitting for 15 minutes
3	Pain starts immediately after sitting

2. Stiffness

0	No Stiffness
1	In Morning, only 5 minutes
2	During day time for 15 minutes
3	During day time for more than 15 minutes

3. SLR Test

0	90°
1	60°
2	30°
3	0°

4. Quebec Back pain Disability Scale⁹

History of Present illness:

The 52 year old patient has a low back pain for last 1.5 years and came to Shalyatantra OPD of Yashwant Ayurved Medical college, Post Graduate and research training centre, Kodoli for treatment.

PAST HISTORY: HTN. No any other major illness like, DM, IHD, KOCH’S, BRONCHIALASTHMA etc.

SURGICAL HISTORY: No any major surgical history.

MEDICINAL AND ALLERGIC HISTORY: No any medicinal and drug allergic history.

PERSONAL HISTORY:

- Appetite-Normal
- Diet- Mixed
- Sleep- Normal
- Micturition- Normal 4-5 times/ day
- Bowel- Normal 2 times/ day
- Addiction-Tobacco chewing (since 10 years),

- Alcohol addiction (since 10 years)
- Occupation- Service in Hotel as Receptionist

FAMILY HISTORY: Not specific

GENERAL EXAMINATION: Not any specific

SYSTEMIC EXAMINATION: Not any specific

INVESTIGATIONS: HB- 11.0%

RBC- 5.2 million/mm³ WBC- 9400/ cu mm PLT- 356000/ UL

Bleeding time- 1 min 30 sec

Clotting time- 4 min 20 sec

Urine routine- Nil, Microscopic- Nil

EXAMINATION:

1. No tenderness at rest in low back area.
2. Slight Tenderness during start of working
3. No any swelling
4. SLR test at 30°.
5. CVS – Normal
6. CNS – Normal
7. RS –Normal
8. Blood pressure and Pulse- within normal range.

▪ **Observation & Result –**

5.	Stand up for 20-30 minutes	3	2
6.	Sit in a chair for several hours	4	2
7.	Climb one flight of stairs	2	1
8.	Walk a few blocks	0	0
9.	Walk several kilometers	2	1
10.	Reach up to high shelves	0	0
11.	Throw a ball	1	1
12.	Run one block (about 100 m)	1	1
13.	Take food out of the refrigerator	1	0
14.	Make your bed	2	1
15.	Put on socks	2	2
16.	Bend over to clean	1	1
17.	Move a chair	2	1
18.	Pull or Push heavy doors	1	0
19.	Carry two bags of Groceries	0	0
20.	Lift and carry heavy suitcase	2	1

Assessment	At Start	At 7 th day
Low back pain	3	2
Stiffness	2	1
SLR Test	2	1

* **The Quebec back pain Disability scale**

N o.	Questionnaires	Before Treatment (Score)	After Treatment (Score)
1.	Get out of Bed	2	1
2.	Sleep through the night	1	0
3.	Turn over in bed	1	0
4.	Ride in a car	2	1

Patient got relief from our Treatment of 15 days. Further he advised to take oral medications.

Discussion-

Katisandhigat vata is not directly mentioned as a disorder in Ayurvedic Texts. ¹⁰ Kati is one of the

sthana of Apana vayu. ¹¹ In Katisandhigat vata, Vata dosha is vitiated by its Rukhsa and sheeta guna. This Vitiated guna can be best controlled by Basti Chikitsa. Agnivesha has stated that Basti is Ardha Chikitsa for Vatavyadhis. ¹² The ruksha and sheeta guna of vitiated Vata dosha is balanced by Snigdha and Ushna guna of the Anuvasana Basti. This Anuvasana basti is such matra Basti which can be administered daily. It is most useful in ruksha pradhan vyadhis, vata dosha vitiated vyadhis, kati ashrit vyadhis. Matra basti can be used for long term treatment in Vataj Vyadhi. This Matrabasti is recommended in Childeren, elderly people, strenuous workers etc. ¹³

This patient has the sedentary lifestyle and there may be some chances of wrong sitting style at office which results in Katisandhigat vata.

Matrabasti is very much effective in this patient by decreasing Ruksha guna of Vitiated Vata dosha. It also performs as Snehan and Bruhan to Ashidhatu which gives bala (strength) to bones and Joints. It also give anuloman of Apana vayu. Matrabasti helps in breaking the Samprapti of Katisandhigat vata due to its characteristic Snehan Properties.

Conclusion :

1. Vata dosha is vitiated due to increase in Ruksha and sheeta guna.
2. There is vitiation of Vata dosha in Katisandhigata vata.
3. Gokharu taila matrabasti shows Significant effect on Vitiated Vata in Kati Sandhigat Vata. It is Result Oriented and Cost effective.

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