



Case Study

EFFICACY OF *KATI VASTI* IN THE MANAGEMENT FOR BACK PAIN- CASE STUDY

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ABSTRACT

Back pain is one of the most common symptoms and majority of people have back pain at least once in their life time. Excess weight, arthritis, osteoporosis, ligament strain, bulging of vertebral disk and urinary calculi are the more common causes for back pain. *Vasti* is an important treatment in the Ayurveda medicine especially for *Vata* diseases. Medicated liquids and oils are normally used for *Vasti* and it plays a key role in *Panchakarma* treatment. *Narayana* oil has an amazing power to control and eliminate *Vata* disorders. The present study was carried out in five male Subjects (between 30 to 70 years of age) who were attending to the District Ayurveda Hospital, Mullaitivu for the treatment of the back pain. This study was maintained on alternative days for 7 days until the period of 3 months *Narayana* oil was applied and slight massage for 5 minutes on the back, and put the black gram powder ring on the back then heated oil with equal to body temperature poured into that ring and left for 10 minutes. The consecutive visits, the subjects were all examined for the severity of the pain condition. Out of five, two subjects were completely relieved from back pain; two patients were relieved 90% of back pain and only one was relieved by 75%. Both *Kati Vasti* and *Narayana* oil are very effective to eliminate the *Vata* disorders. This study results stated that the *Kati Vasti* is very effective for the treatment of back pain.

KEYWORDS: *Kati Vasti*, Ayurveda, *Panchakarma*, back pain, *Narayana* oil

INTRODUCTION

Back pain is pain felt in the back. It is not a disorder. 60 -80% of people are affected with back pain once in their lives. It was reported disability from back pain has increased significantly in the last 30 years. Back pain is the commonest cause of sickness-related work absence, and most of them consult the general physician each year with back pain. It's a symptom of several different types of medical problems. There are several treatments in Ayurveda for *Vata* diseases. *Kati vasti* plays a key major role in *Panchakarma* treatment. Medicated liquids and oils are normally used for *Vasti*. Several oils use in *Kati Vasti*. Keeping the medicated oil for specific period of time on the affected area may nourish and stimulate the nerves, muscles and joints in the particular region. The heat oil also gives passive fomentation. *Narayana* oil is useful to relieve ache and pain due and improve bone strength. *Kati Vasti* is highly beneficial Ayurveda oil pooling treatment.

AIM

To study the efficacy of *Kati Vasti* in the management for back pain in Indigenous medical system.

Methodology

Study Design- A non-comparative case study

Place of study- District Ayurveda Hospital, Mullaitivu.

Period of study- Alternative 7 days and 3 months of observation

Sample size- Five male subjects

Sampling method - Random sampling

Inclusion criteria- The patients above 30 and below 70 years of both sexes having back pain for not more than 3 years.

Exclusion criteria- The patients below 30 and above 70 years, pre-existing systemic diseases necessitating long term medications, urogenital disorders were excluded from this study.

Treatment

The line of treatment included only external treatment. It was a symptomatic treatment for pain. The specific treatment was *Kati Vasti*.

Procedure

Instruments, equipments and materials: *Panchkarma* table - 1, Vessels - 3, *Narayana* oil - 300-500ml, Black gram powder 200-400gm, Cotton, Disposable towel and napkins

Preparation of ring- Black gram powder was mixed with sufficient quantity of water to make a thick paste. It is rolled into a flat slab like structure having length of about 45 to 60cm, thickness of 2-3cm and height 5cm.

Procedure

The patient is thoroughly examined. The constitution and the disease were examined. Patient was advised to pass natural urges. Patient was also advised to remove the cloths and expose the low back area. Patient was advised to lie down in prone position. *Narayana* oil applied on back, gave massage

Case reports

a) Socio demographic data

Patient details	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
OPD ticket no	118	362	488	801	904
Age	40	54	55	34	40
Sex	Male	Male	Male	Male	Male
Occupation	Farmer	Businessman	Fisherman	Farmer	Police
Marital status	Married	Married	Married	Single	Married
Religion	Hinduism	Hinduism	Christian	Hinduism	Buddhist

b) H/o back pain

Patient details	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
Complaint and duration	Back pain for 3 years	Back pain for 1 year	Back pain for 2 years	Back pain for 2 weeks	Back pain for 3 days
Traumatic history	Present	Nil	Nil	Nil	Fell down on back before 3 days during playing volley ball
Other complaints	Both knee pain	-	-	-	Rt leg pain
H/o allopathic treatment	+ Traditional physician -not now	No	+ Not now	No	No
Family history	-	Mother - Osteoarthritis	-	-	-
1 st visit	2017.01.04	2017.01.19	2017.01.20	2017.01.25	2017.01.30
Last visit	2017.01.18	2017.02.01	2017.02.03	2017.02.07	2017.02.11

Examination

1. General examination

Findings	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
Height	156 cm	159 cm	162 cm	162 cm	171 cm
Weight	63kg	84 kg	61kg	69kg	68kg
BMI	25.9	33.2	23.2	26.3	23.3
Temperature	37 °C	37.2 °C	37 °C	37.4 °C	37.2 °C
Pulse	69 bpm	79 bpm	75 bpm	74 bpm	84 bpm
Blood pressure	110/70 mmHg	130/80 mmHg	100/70 mmHg	110/70 mmHg	120/80 mmHg
Respiratory rate	15 breaths/min	13 breaths/min	14 breaths/min	14 breaths/min	15 reaths/min

for 5 minutes, applied black gram powder ring on the back, poured oil heated up to warmness slowly into the ring and left for 10 minutes. The oil is removed by dipping cotton and squeezing in a container and the ring was removed afterwards, back area wiped off followed by cleaning with lukewarm water. Thereafter the patient advised to take rest for 10 minutes. Patients were advised to take normal dietary regimen.

Precautions: Care should be taken to prevent excess heating of the oil Paste the ring well to avoid leakage and avoid movements during procedure.

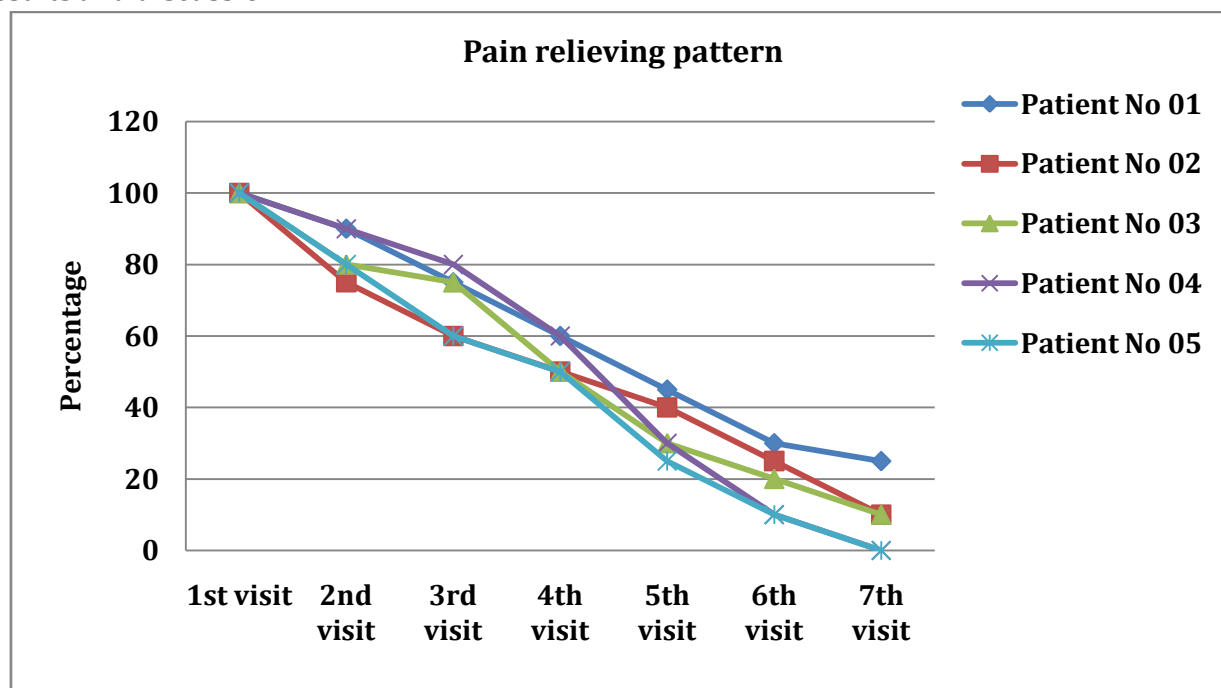
2. Systemic examination - Locomotor system

Findings		Patient No 01		Patient No 02		Patient No 03		Patient No 04		Patient No 05	
		Rt	Lf	Rt	Lf	Rt	Lf	Rt	Lf	Rt	Lf
Hip joint	Pain	+	+	-	-	-	-	-	-	+	-
	Tenderness	-	-	-	-	-	-	-	-	-	-
	Heat	-	-	-	-	-	-	-	-	-	-
	Swelling	-	-	-	-	-	-	-	-	-	-
	Redness	-	-	-	-	-	-	-	-	-	-
	Limited movements	+	-	-	-	-	-	-	-	-	-
Lower vertebra, sacrum	Pain	+++		+		++		++		++	
	Tenderness	-		-		-		-		+	
	Heat	-		-		-		-		+	
	Swelling	-		-		-		-		-	
	Redness	-		-		-		-		-	
	Limited movements	++		+		+		-		-	
Knee joint	Pain	+	+	-	-	-	-	-	-	+	-
	Tenderness	-	-	-	-	-	-	-	-	-	-
	Heat	-	-	-	-	-	-	-	-	-	-
	Swelling	+	-	-	-	-	-	-	-	-	-
	Redness	-	-	-	-	-	-	-	-	-	-
	Limited movements	+	-	-	-	-	-	-	-	-	-

3. SLRT

SLRT	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
Degree	60° - +ve	30° - +ve	45° - +ve	90°	75°

4. Results and discussion



SLRT	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
Degree	75 ⁰	40 ⁰ - +ve	50 ⁰ - +ve	90 ⁰	90 ⁰

During the 1st visit the percentage of pain took as 100%. If the pain reduced equal and above than 75% was taken as success. The patients were relieved from back pain by one series of *Kadivasti*.

CONCLUSION

Accumulated *Vata dhosa* pacified from back when applying *Narayana* oil, vessels of back dilated and gave enough blood supply for back muscles and nerves during massage and poured slight heated oil and keeping the medicated oil for specific period of time on back may nourish the nerves, muscles and joints in the back. The heat oil also gives passive fomentation. Finally patients relieved from back pain. *Narayana* oil controls and eliminates *Vata*. Both *Kati Vasti* and *Narayana* oil are good to eliminate *Vata* and relieve the pain. This study proves *Kati Vasti* is very effective for the treatment of patients with back pain.

Suggestion

1. The combined therapy of internal and external treatment rapidly cure the long standing back pain.
2. *Vata* pacifies diet pattern should be advised to long standing patients.
3. The oil is to be kept for 30-40 minutes.
4. The series can be last for 14 / 21 days in long standing patients.
5. X-rays should be taken to exclude deformities, fracture or metastasis changes.

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