



Efficacy of Kati Vasti in the Management of Back Pain- A 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. The most common causes of back discomfort include urinary calculi, bulging spinal disks, osteoporosis, arthritis, and straining ligaments. In Ayurvedic medicine, vasti is a crucial treatment, particularly for Vata-related illnesses. Vasti, a vital component of Panchakarma treatment, is typically performed with medicated oils and liquids. The oil of Narayana possesses remarkable ability to regulate and eradicate Vata imbalances. Five male subjects, ranging in age from 30 to 70, receiving therapy at Yashwant Ayurvedic College, Post Graduate Training and Research Centre, Kodoli participated in this study.

This study was conducted every seven days for three months. On alternate days, Narayana oil was applied, and the back was massaged gently for five minutes. Next, a black gram powder ring was placed on the back, and heated oil that was the same temperature as the body was poured into it and left for ten minutes. During each of the subsequent appointments, the subjects' level of pain was assessed. 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%. For the eradication of Vata problems, both Kati Vasti and Narayana oil work incredibly well. For the eradication of Vata problems, both Kati Vasti and Narayana oil work incredibly well. According to the study's findings, back pain can be effectively treated with the Kati Vasti.

Keywords: *Narayana oil, Panchakarma, Ayurveda, Kati Vasti, and back discomfort.*

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 is a sign of multiple distinct medical conditions. There are several treatments in Ayurveda for *Vata* diseases.

In today's fast-paced world, back pain has become an increasingly common complaint, affecting people of all ages and lifestyles. While there are various remedies available, traditional healing methods like Ayurveda offer comprehensive approaches that can bring lasting relief. One such effective treatment is Kati Vasti, an Ayurvedic procedure developed especially to reduce back pain and reestablish the body's equilibrium.

Kati Vasti is a procedure in which comfortably warm medicated oil is kept over the lumbosacral area or any adjacent part for a certain period of time with the help of a specifically made frame ring made of powdered black gram.^[1] The word *Kati* refers to Low back and *Vasti* stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated oil. This is a method of fostering growth in a particular region. The oils generally are heated and pooled heated up to a tolerable temperature over the painful area. *Kati Vasti* also considered as *Bahya Sthanik Basti* as a part of classification of *Vasti*.^[2] Various types of *local Vasti* are being practiced which are *Kati Vasti*, *Greeva Basti*, *Janu Basti*, *Shiro Basti*, *Uro Basti* etc.^[3]

Kati vasti plays a key major role in *Panchakarma* treatment. Usually, vasti uses medicated oils and liquids. 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.

This study was performed with the aim to study the concept and efficacy of *Kati Vasti* and understand the standard procedure of *Kati Basti* in the management for back pain.

AIM

To find out the effectiveness of Kati Vasti in the traditional medical system for the treatment of back pain.

MATERIAL AND METHODS

Study Design- A non-comparative case study
Place of study- Yashwant Ayurvedic College, Post Graduate Training & Research Centre, Kodoli.

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

Sample size- Five male subjects

Sampling method – Simple Random sampling

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

Exclusion criteria- The patients below 30 years 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. The patient was instructed to lie down on its side. *Narayana* oil applied on back, gave massage 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.

CASE REPORTS

a) Socio demographic data:

Patient details	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
OPD no.					
Age	39	56	52	33	43
Sex	Male	Male	Male	Male	Male
Occupation	Farmer	Businessman	Fisherman	Labourer	Police
Marital status	Married	Married	Married	Single	Married
Religion	Hinduism	Hinduism	Christian	Hinduism	Buddhist

a) 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 3.5 years	Back pain for 1 year	Back pain for 2.5 years	Back pain for 2 weeks	Back pain for 7 days
Traumatic history	Present	Nil	Nil	Nil	Fell down on back before 3 days during playing volley ball
Other complaints	Both kneepain	-	-	-	Rt leg pain
H/o allopathic treatment	+ Traditional physician - not now	No	+ Not now	No	No
Family history	-	Mother - Osteoarthritis	-	-	-
1st visit	2023.07.03	2023.07.21	2023.07.24	2017.07.27	2023.07.31
Last visit	2023.07.19	2023.08.05	2023.08.09	2017.08.10	2017.08.11

EXAMINATION**1. General examination**

Findings	Patient No 01	Patient No 02	Patient No 03	Patient No 04	Patient No 05
Height	153 cm	156 cm	159 cm	161 cm	176 cm
Weight	64 kg	81 kg	62 kg	71 kg	71 kg
BMI	27.3	33.3	24.5	27.4	22.9
Temperature	36 °C	37 °C	38 °C	37.4 °C	36.7 °C
Pulse	69 bpm	79 bpm	74 bpm	74 bpm	81 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 breaths/min

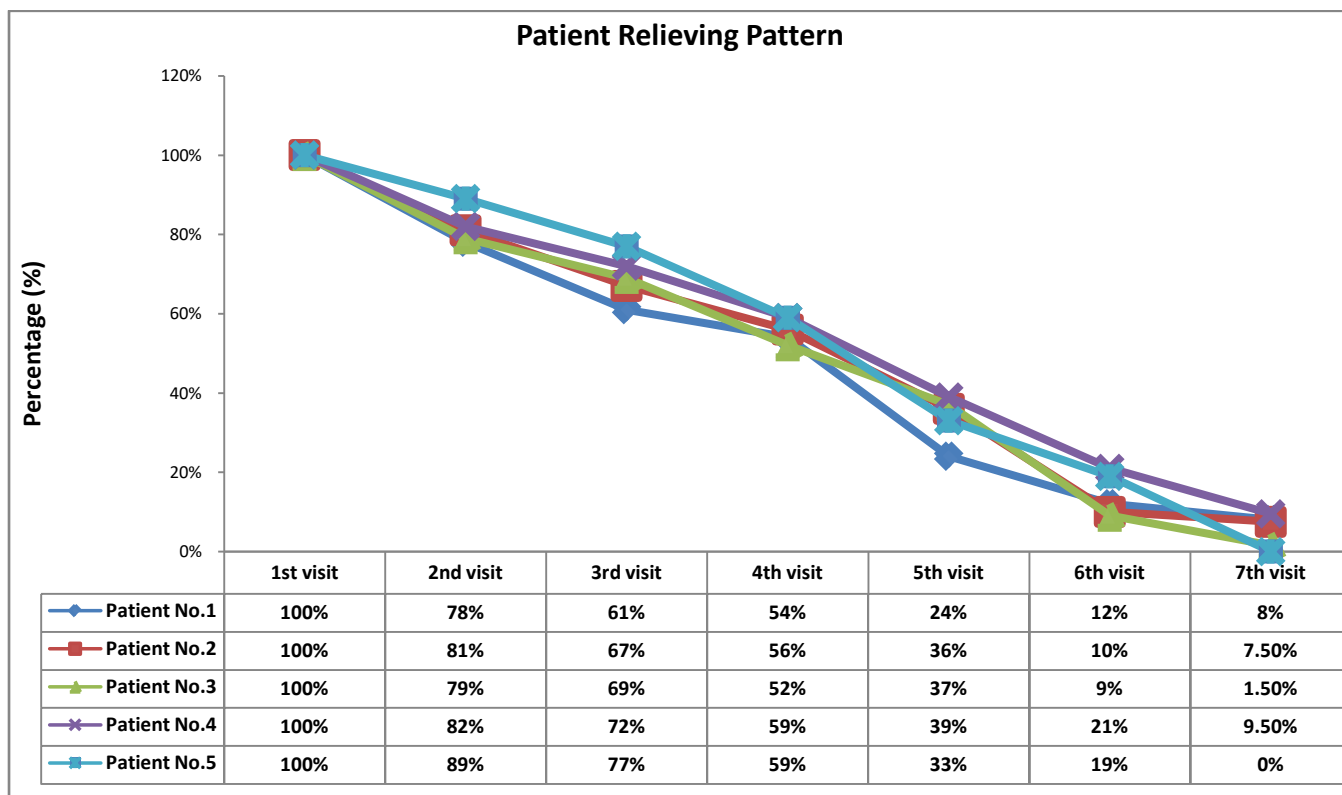
2. Systemic examination – Locomotor system

Findings		Patient No01		Patient No02		Patient No03		Patient No04		Patient No05	
		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 ⁰ - +ve	30 ⁰ - +ve	45 ⁰ - +ve	90 ⁰	75 ⁰
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

4. Results and Discussion:



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 *Kativasti*.

In *Kati Vasti* medicated oils having analgesic and anti-inflammatory properties are the important ingredient of the procedure. *Kati Vasti* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata*, *Pitta* and *Kapha* in the affected joints, muscles and soft tissues, generates perspiration, and gives the afflicted muscles, and joints a sense of lightness and health. *Kati Vasti* is highly effective in the management of pain. While practicing *Kati Vasti* one should prevent burns and leakage. Throughout the process, caution should be used to avoid overheating the oil. Proper

positioning should be made to prevent leakage so that the procedure can be done for desired duration.

CONCLUSION

Kati Vasti is most often recommended in condition like chronic back pain, arthritis, stiffness of the joints and even muscle pain. In these conditions *Kati Vasti* may help to increase blood circulation to the affected area, gets rid of *Dosha* imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. Additionally, this strengthens the function of bodily tissues and tones muscles.

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.

SUGGESTIONS

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. Keep the oil for 30 - 40 minutes.
4. Care should be taken to prevent excess heating of the oil since it may cause burn.
5. The series can be last for 14 / 21 days in long standing patients.
6. X-rays should be taken to exclude deformities, fracture or metastasis changes.

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