



CASE STUDY

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Role of Katibasti and Matra Basti in the Management of Katigraha – A Case Report

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ABSTRACT

To evaluate the effectiveness of Katibasti and Matra Basti with Sahachar Taila in the management of Katigraha (low back pain). A 45-year-old male patient presented with complaints of low back pain and stiffness for the last two to three months. The patient underwent Katibasti with Sahachar Taila (500 mL) for 7 days, followed by Matra Basti with Sahachar Taila (75 mL) for 7 days. Assessment was done before and after treatment based on subjective and objective parameters. After the treatment, a marked reduction in pain, stiffness, and tenderness was observed. Functional improvement was noted in movements such as flexion and extension. The patient reported better walking ability and reduced discomfort in routine activities. The combined therapy of Katibasti and Matra Basti with Sahachar Taila was found to be highly effective in relieving pain and stiffness associated with Katigraha. The therapy helps in pacifying vitiated Vata and Kapha doshas and restores functional mobility of the lumbar region.

Keywords: Katigraha, Katibasti, Matra Basti, Sahachar Taila, Vata Vyadhi, Low Back Pain

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INTRODUCTION

Katigraha is one of the eighty Vata Vyadhis described in Ayurveda and refers to pain, stiffness, and restricted movement of the lumbar region [1]. It is a Vata-predominant disorder that primarily affects the Katipradesha (lower back) [2]. When Sama Vata gets localized in the lumbar area, it produces pain and stiffness along with functional impairment [3]. Gadanigraha identifies Katigraha as a distinct disease entity with specific symptoms and treatment modalities [4].

Although not life-threatening, Katigraha significantly affects an individual's daily activities, especially when chronic. Globally, low back pain is a major public health concern with a lifetime prevalence affecting up to 80% of adults [5]. The Global Burden of Disease Study 2017 estimated that around 7.5% of the world's population (approximately 577 million people) suffer from low back pain [6].

In Ayurveda, Swedana (sudation therapy) and Basti (enema therapy) are key treatments for Vata Vyadhi. Swedana is one of the Shadvidha Upakrama and acts as a Poorva Karma to other Panchakarma procedures [7]. It helps remove stiffness, heaviness, and coldness from the body and induces sweating [8]. Among various types of Swedana, Sagnisweda (heat-based sudation) includes procedures like Katibasti, where medicated warm oil is retained over the affected area [9].

Matra Basti, defined by Acharya Vagbhata, is a form of Sneha Basti given in small quantity daily without any complications [10]. It nourishes the body, expels waste, and pacifies Vata disorders effectively [11]. Considering the Vata-Kaphaja predominance in Katigraha, this case report explores the role of Katibasti and Matra Basti with Sahachar Taila in its management.

CASE PRESENTATION

A 45-year-old male shopkeeper (OPD No. 23002961) presented to the Panchakarma Department with complaints of low back pain and stiffness for the last 2–3 months. The pain aggravated on prolonged sitting and restricted body movement. The patient also experienced difficulty performing daily activities.

Table 1: Clinical Findings

Parameter	Observation
Nadi	Vata-Kaphaja
Mutra	Prakrit
Mala	Prakrit
Jivha	Niram
Shabda	Spashta
Sparsha	Samasheetoshna
Druk	Prakrit
Akruti	Madhyama

Table 2: Samprapti Ghataka

Factor	Description
Dosha	Vata, Kapha
Dushya	Mamsa, Asthi
Srotas	Mamsavaha, Asthivaha
Srotodushti	Sanga
Rogamarga	Madhyama
Adhishthana	Katipradesha
Udbhavasthana	Pakwashaya
Vyaktasthana	Kati

Investigation

X-ray of the lumbosacral spine showed mild degenerative changes consistent with early lumbar spondylosis.

Table 3: Therapeutic Intervention

Procedure	Drug	Dose	Duration
Katibasti	<i>Sahachar Taila</i>	500 mL	7 days
Matra Basti	<i>Sahachar Taila</i>	75 mL	7 days

Method:

- *Katibasti* was performed using warm *Sahachar Taila* retained over the lumbosacral region for 30 minutes daily.
- *Matra Basti* (75 mL) was administered per rectum after the completion of *Katibasti* therapy.

Follow-up and Outcomes

Objective Assessment

Table 4: Functional Parameter Assessment (Before vs After Treatment)

Parameter	Before Treatment	After Treatment
Flexion	30°	45°
Extension	15°	15°
Right Lateral	20°	20°
Left Lateral	20°	20°
Walking Time	10 min	40 min

Interpretation

- Flexion improved significantly by 50%, indicating enhanced joint mobility.
- Walking capacity showed marked functional gain (300% increase), reflecting improved endurance and reduced discomfort.
- Extension and lateral movements remained stable, suggesting either:
 - These were near-normal at baseline, or
 - Treatment impact was more pronounced on flexion-related mechanics.

Subjective Assessment

Table 5: Clinical Symptom Score Comparison (Before vs After Treatment)

Symptom	Before Treatment	After Treatment
Pain	4	1
Stiffness	3	0
Tenderness	5	1

The patient reported significant reduction in pain, stiffness, and tenderness, with improved ease of movement and daily functioning.

DISCUSSION

Katigraha results from vitiation of *Vata* and *Kapha doshas*, leading to obstruction in *Mamsa* and *Asthi srotas*, manifesting as pain and stiffness. The therapeutic goal is to pacify *Vata* and remove *Srotorodha*.

Mode of Action of Katibasti:

Katibasti acts as a form of *Snigdha Sagnisweda* that combines the benefits of *Snehana* (oleation) and *Swedana* (sudation) [12]. The local application of warm *Sahachar Taila* enhances peripheral circulation, softens tissues, reduces inflammation, and alleviates stiffness. The warmth facilitates absorption of active components, reducing *Vata* in the *Katipradesha* and providing pain relief.

Mode of Action of Matra Basti:

Matra Basti is a form of *Sneha Basti* that nourishes body tissues and strengthens the *Dhatus*. It is especially beneficial in *Vata Vyadhi* and can be administered daily without complications [13]. It lubricates the colon, improves *Apana Vata* function, and facilitates elimination of *Ama* and waste materials. Moreover, it promotes overall nourishment and stability of *Vata*, thus preventing recurrence of pain [14].

The combined effect of both procedures' balances *Vata-Kapha dosha*, relieves stiffness, improves movement, and restores normal physiological functions in the lumbar region.

CONCLUSION

The present case study demonstrates that *Katibasti* and *Matra Basti* with *Sahachar Taila* are effective in the management of *Katigraha*. The therapy provided marked relief in symptoms such as pain, stiffness, and tenderness, and improved functional mobility. *Basti Chikitsa* remains the prime line of treatment for *Vata Vyadhi*, offering safe and holistic management for conditions like low back pain.

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