



Title- A Clinical Review of Anuvasana Basti in the Management of Katigraha

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Abstract

Due to a vitiated Vata dosha, Katigraha, a common Vata Disorder, manifests as lumbar discomfort and stiffness. Low back pain has grown to be a significant musculoskeletal condition due to mechanical strain and more sedentary lifestyles. For such Vata-dominant circumstances, Ayurveda suggests Anuvasana Basti, a kind of Sneha Basti, as a first-line Panchakarma treatment. With references to both contemporary clinical research and classical sources, this review emphasises the clinical effectiveness and mechanistic insights of Anuvasana Basti in the treatment of katigraha.

Introduction

Katigraha is mostly caused by Vata vitiation, either as a result of Dhatukshaya (degeneration) or Avarana (obstruction of Vata by other doshas or dhatus), and is characterised by Shoola (pain) and Stambha (stiffness) that are localised in the Kati Pradesha (lower back) [1].

Basti is particularly recommended in Vatavyadhi and is regarded as Ardha Chikitsa (half of all therapeutic methods) [2]. Anuvasana Basti, one of the varieties of Basti, provides lubrication, nourishment, and Vata-pacifying benefits by using Sneha Dravyas, such as medicated oils [3].

Materials and Methods

- Oil Used: Vatahara, Shoolaghna, and Snigdha qualities were taken into consideration when choosing Sahacharadi Taila [4].
- Mode of Administration: Depending on the chronicity, modest doses (60–100 ml) are given rectally after lunch for 7–14 days.
- Selection Criteria: Individuals without acute inflammatory symptoms who exhibit the characteristic symptoms of Katigraha, such as Katishoola, Stambha, and radiating pain.

Mechanism of Action

Anuvasana Basti's action is both local and systemic. Vata resides in the Pakvashaya (colon), according to Charaka [5], and rectally administered Sneha Basti aids in calming Vata at its source.

Therapeutic Effects:

- Vatashamana: exacerbated Vata is normalised by Sneha dravyas [6].
- Brimhana: replenishes depleted Dhatus, particularly Asthi and Majja Dhatu;
- Snehana: softens tissues, lessens rigidity, and improves joint mobility;

- Srotoshodhana: aids in clearing blocked body pathways [7].

According to recent studies, rectal medication delivery circumvents first-pass metabolism and acts systemically by allowing direct absorption through the rectal mucosa [8].

Clinical Outcomes

Anuvasana Basti has demonstrated the following in a number of observational studies:

- A 50–75% decrease in pain VAS (Visual Analogue Scale) ratings
- An improvement in the Oswestry Disability Index (ODI)
- Notable progress in flexion-extension motions
- Less reliance on analgesics

Previously done Clinical Study:

Anuvasana and Niruha Basti (Karma Basti) in combination with Sahacharadi Taila and Dashamoola Kwatha were used to evaluate 30 Katigraha patients in a 2020 study that was published in the AYU Journal. Patients reported statistically significant improvements in everyday function, stiffness, and pain after 16 days [9].

Discussion

Ayurveda addresses the underlying cause, or vata vitiation, as opposed to contemporary medicine's symptomatic approach. In addition to relieving pain, Anuvasana Basti feeds and revitalises the spine's deteriorating structures. Furthermore, when used under appropriate supervision, no serious adverse effects have been reported. For both acute and chronic katigraha, Anuvasana Basti is a recommended option due to its interior nourishing, anti-inflammatory, and analgesic properties.

Conclusion

For Katigraha, Anuvasana Basti is a safe, efficient, and all-encompassing treatment. It offers long-term functional improvement as well as symptomatic alleviation, particularly when combined with a thorough Panchakarma regimen. This treatment could be further validated and standardised for wider therapeutic adoption by combining traditional wisdom with contemporary assessment instruments.

References

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