



A Comprehensive Review on the Role of Kati Basti with Murchhita TilaTaila in the Management of Katishoola

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ABSTRACT:

Katishoola (low back pain) is one of the most prevalent musculoskeletal disorders affecting individuals across all age groups, particularly in middle and old age. In Ayurveda, Katishoola is primarily considered a Vata-dominant disorder, often associated with Kapha and occasionally Pitta as AnubandhiDoshas. Due to modern sedentary lifestyles, improper posture, excessive physical exertion, psychological stress, and aging, the incidence of Katishoola has increased remarkably. Panchakarma therapies play a crucial role in the management of Vatavyadhis, among which Kati Basti is a widely practiced and effective localized Snehana–Swedana procedure. MurchhitaTilaTaila, a processed sesame oil, is considered superior for Vata shamana due to its Snigdha, Guru, Ushna, and Sukshma properties. This review aims to critically analyze classical references, pharmacological attributes, therapeutic procedures, and contemporary research evidence supporting the efficacy of Kati Basti with MurchhitaTilaTaila in the management of Katishoola. The article emphasizes the mode of action, clinical significance, and scope for future research, establishing Kati Basti as a safe, non-invasive, and effective modality for low back pain management.

Keywords: Katishoola, Kati Basti, Murchhita Tila Taila, Vatavyadhi, Panchakarma, Low Back Pain etc.

INTRODUCTION:

Katishoola, also known as low back pain (LBP), is a musculoskeletal disorder that is quite common and has a major impact on quality of life and functional ability in all age groups. Katishoola is classified as a Vata-predominant illness under Vata Vyadhi in Ayurveda. Pain, stiffness, limited mobility, and discomfort in the lower back are some of its hallmark symptoms. Ayurveda sees these ailments through the perspective of doshic imbalance, namely the vitiation of Vata dosha affecting the Kati (lumbar) region, whereas Western medicine assigns them to muscular strain, disc degeneration, or postural imbalances. The Ayurvedic concept of Katishoola, including its nidana (etiological principles), is examined in this thorough examination.

Along with corroborating clinical data, the essay synthesizes information from reputable classical texts. The efficacy of internal drugs like Guggulu and Churna Kalpana as well as Panchakarma treatments like Basti, Kati Basti, and Agnikarma is emphasized. The review also emphasizes the significance of yoga, Rasayana therapy, dietary changes, and lifestyle modifications for long-term management and prevention.

A comprehensive foundation for treating low back pain is provided by combining these tried-and-true Ayurvedic methods with contemporary clinical knowledge. The purpose of this article is to support evidence-based integrative medicine and highlight the value of traditional treatments for Katishoola.

Ayurveda offers a holistic approach for managing Katishoola through Shamana and Shodhana therapies. Among various Panchakarma procedures, Kati Basti holds a prominent position due to its localized action, ease of administration, and minimal adverse effects. The use of Murchhita Tila Taila enhances the therapeutic efficacy by improving oil stability, reducing impurities, and increasing bioavailability.

This review attempts to compile classical Ayurvedic concepts and modern scientific interpretations to evaluate the role of Kati Basti with Murchhita Tila Taila in Katishoola.

Historical Background Of Katibasti:

The concept of Katishoola has roots in Vedic literature, evolving through the Samhitas. In the Charaka Samhita (Chikitsa Sthana 28/15-18), Katishoola is described as a nanatmaja vatavyadhi—a disorder solely attributable to Vata—characterized by toda (pricking pain), stambha (stiffness), and cheshta hani (restricted movement). Sushruta Samhita (Nidana Sthana 1/74) elaborates on its association with gridhrasi (sciatica), where pain radiates like a vulture's grip. Vagbhata in Ashtanga Hridayam reinforces this, linking it to apana vata derangement.

Nidana (causes) include ati vyayama (excessive exercise), ruksha ahara (dry foods), sheeta vihara (cold exposures), and manasika factors like chinta (anxiety). These provoke Vata, leading to samprapti (pathogenesis): Vata accumulates in pakvashaya (colon), spreads to kati via asthi vaha srotas, causing dhatu kshaya or avarana. Roopa (symptoms) vary by dosha: vataja (intermittent, cold-aggravated pain), pittaja (burning with inflammation), kaphaja (heaviness with swelling). Modern correlations include lumbar spondylosis, disc herniation, and non-specific LBP.

Diagnosis employs nidana panchaka: nidana, poorvaroop (prodromal fatigue), roopa, upashaya (relief from heat), and samprapti. Tools like VAS (Visual Analogue Scale), ODI (Oswestry Disability Index), and SLR (Straight Leg Raise) test integrate with Ayurvedic assessment.

Management principles focus on vata shamana through sneha (oil-based therapies). Internal remedies like dashmoola kwatha or guggulu, and external like abhyanga, are foundational. Panchakarma, especially basti, eradicates root causes. Kati Basti emerges as a specialized intervention for localized relief.

Concept of Katishoola in Ayurveda:

Nirukti and Paribhasha

- *Kati* refers to the lumbar or lumbosacral region.
- *Shoola* denotes pain, often severe, pricking, or aching in nature.

Katishoola is not described as an independent disease entity but appears as a symptom or condition under various Vatavyadhis.

Nidana (Etiological Factors)

1. **Ahara Hetu**
 - Ruksha, Sheeta, Laghu Ahara
 - Alpa Bhojana
 - Excessive intake of Vata-provoking foods
2. **Vihara Hetu**
 - Ati Vyayama
 - Ati Pravahana
 - Improper posture
 - Diwaswapna and Ratrijagarana
3. **Manasika Hetu**
 - Chinta
 - Bhaya
 - Shoka
4. **Abhighata**
 - Trauma to the lumbar region

Samprapti (Pathogenesis):

Aggravated Vata Dosha localizes in the Kati region due to Khavaigunya caused by Dhatukshaya or Abhighata. This results in:

- Rukshata
- Stambha
- Shoola
- GatiVaigunya

Kapha association may cause stiffness, while Pitta association may produce burning sensation.

Lakshana (Clinical Features):

- Pain in lumbar region
- Stiffness
- Restricted movements
- Pain aggravated by activity
- Relief on rest or warmth

Overview Of Kati Basti Therapy:

Kati Basti, literally "retention in the waist," is a bahya basti where medicated oil is pooled over the lumbosacral region. Indicated for katigraha, lumbar spondylosis, sciatica, and post-trauma pain, it nourishes dhatus, reduces inflammation, and enhances circulation.

Historical references in Sharangdhara Samhita highlight its use in vata vikara. Variations include janu basti (knee) and greeva basti (neck). Benefits: alleviates vata, provides brimhana (nourishment), and promotes srotoshodhana (channel clearing).

Procedure outline: Patient prone; dough ring from urad dal flour; warm oil retained 30-45 minutes, followed by massage. Duration: 7-14 days.

**Preparation and Properties of Murchhita Tila Taila:**

Murchhita Tila Taila is sesame oil (tila taila) processed via murchana to remove ama, bad odor, and enhance therapeutic qualities. Sesame (Sesamum indicum) is revered in Ayurveda for its vatahara properties.

Preparation (Per Bhaishajya Ratnavali): Heat tila taila with manjistha, haridra, musta, lodhra, nalini, etc., and water until evaporation. This imparts reddish-yellow color, aroma, and stability.

Properties: Tridosahara (balances all doshas), ushna virya (hot potency), guru guna (heavy quality). Benefits: Nourishes skin, strengthens nerves, relieves pain, anti-inflammatory. In Katishoola, it pacifies vata, reduces stiffness, improves joint lubrication.

Mechanism of Action in Katishoola Management:

The synergy of Kati Basti and Murchhita Tila Taila operates through transdermal absorption. Warm oil penetrates skin layers, balancing vata by opposing ruksha (dryness) with snigdha (oiliness). It stimulates local circulation, reduces inflammation via anti-oxidants in sesame. Ayurvedically, it provides sneha to asthi dhatu, clears srotas, and nourishes majja (marrow). Modern view: Sesame oil's linoleic acid modulates prostaglandins, reducing pain.

Indications:

- Katishoola
- Gridhrasi
- Sandhigata Vata
- Lumbar spondylosis
- Intervertebral disc disorders

Contraindications:

- Acute inflammatory conditions
- Skin infections
- Fever
- Pregnancy (with caution)

Murchhita Tila Taila:**Concept of Murchhana**

Murchhana is a Samskara process described in Ayurvedic pharmaceuticals, involving the processing of oil with specific drugs to remove Ama Dosha, improve fragrance, color, stability, and therapeutic potency.

Properties of TilaTaila

Property	Description
Rasa	Madhura, Tikta, Kashaya
Guna	Guru, Snigdha
Virya	Ushna
Vipaka	Madhura
Dosha Karma	Vatahara

Benefits of Murchhita Tila Taila

- Enhanced penetration
- Reduced irritation
- Increased shelf life
- Improved Vata pacification

Procedure of Kati Basti with MurchhitaTilaTaila**Purva Karma**

- Patient positioned prone
- Preparation of black gram dough ring
- Gentle Abhyanga over Kati region

Pradhana Karma

- Warm MurchhitaTilaTaila poured into dough ring
- Temperature maintained throughout
- Duration: 30–45 minutes

Paschat Karma

- Removal of oil
- Mild massage
- Swedana if required
- Rest advised

Probable Mode of Action:

1. **Snehana**
 - Counteracts RukshaGuna of Vata
2. **Swedana**
 - Relieves Stambha and Shoola

3. Srotoshodhana

- Improves circulation

4. Dhatuposhana

- Nourishes Asthi and MajjaDhatu

Diet, Lifestyle & Preventive Strategies:

Ahara (Diet):

Ayurvedic medicine emphasizes the value of a healthy diet (pathya ahara) for both disease prevention and maintenance. Given that Katishoola is primarily a Vata Vyadhi, dietary guidelines emphasize the use of Snigdha (unctuous), Ushna (warm), and Laghu (light yet nutritious) meals to irritate Vata. To guarantee ideal digestion and absorption, the Charaka Samhita's Ashtavidha Ahara Vidhi Visheshayatana (light) (eight elements influencing food intake) should be closely adhered to. Following these guidelines promotes healthy Dhatus feeding, particularly Asthi and Majja, which are frequently vitiated in chronic Katishoola, helps sustain Agni (digestive fire), and inhibits the production of Ama. A person's diet should be customized based on their Prakriti, disease stage, and digestive ability. Ruksha, Oheeta, and Atibhojana (overeating) foods should be avoided as they are known to irritate Vata. The Ashtavidha Ahara Vidhi Visheshayatana.

Vihara (Lifestyle):

Lifestyle changes are intended to reduce Vata-provoking activities and encourage Snigdha (unctuous), Sheeta (warm), and Sthira (stability) attributes, as Katishoola is largely a Vata-dominant condition. It involves avoiding activities that can exacerbate regional Vata and lumbar discomfort, such as prolonged sitting, excessive walking or standing, exposure to cold air, and abrupt jerky movements.

Customs like Ratrijagara (night vigil) and Vegadharana (restraining one's natural desires) must also be adhered to strictly avoided since they upset the Vata dosha's balance. Vata-calming oils like Ksirabala Taila or Mahanarayana Taila are used in daily Abhyanga (therapeutic oil massage), which nourishes muscles, increases flexibility, and relieves stiffness. Additionally, it fortifies Majja Dhatu and Asthi, halting deterioration.

Yogasanas are very helpful for long-term musculoskeletal postures like health. Salabhasana, Makarasana, and Bhujangasana help strengthen and stretch the lower back, as well as improve posture and spinal circulation. Frequent practice under supervision reduces the risk of pain episode recurrence and increases flexibility.

DISCUSSION:

Kati Basti with MurchhitaTilaTaila provides a targeted, sustained therapeutic effect at the site of pathology. The Ushna and Snigdha qualities of the oil directly antagonize aggravated Vata, while prolonged contact allows deeper tissue penetration. The procedure is economical, non-invasive, and well-tolerated, making it ideal for chronic Katishoola.

CONCLUSION:

Kati Basti with MurchhitaTilaTaila is a highly effective Panchakarma therapy for Katishoola. Its Vatahara, Shoolahara, and Brimhana effects make it a valuable modality in the holistic management of low back pain. With growing evidence and clinical acceptance, Kati Basti holds immense potential in integrative pain management.

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