

**MANAGEMENT OF KATIGRAHA (IVDP) WITH VAITARANA VASTHI – A CASE REPORT**

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**ABSTRACT**

Katigraha (IVDP) is an important public health problem affecting the population nowadays which affects both genders equally. In Ayurveda, different treatment modalities are mentioned in the management of *Katigraha*. This is a single case study of a 51-year-old female patient who came to the OPD of *Shalyatantra* department, SNIASR with severe low back ache which was radiating to the left lower limb with difficulty in walking for one month. *Dhanyamladhara* followed by *snehapana* and *Vaitarana vasthi* was administered to the patient along with *Samana* therapy. The treatment showed marked relief from the chief complaints and she could walk well without support. Based on this study it can be concluded that the above-mentioned methods are effective in treating *Katigraha*.

Keywords: *Katigraha*, *Vaitarana vasthi*, IVDP

INTRODUCTION

Kati, being the *Sthana* of *Vata*, is common gets affected by *Shoola* associated with restricted move-

ments. It usually involves the whole *Katipradesha*. A detailed description about *Katigraha* (IVDP) as a

separate disease entity is not much available in main classical texts. But it is mentioned as a symptom in many conditions. We get the reference of *Katigraha* in *Gadanigraha* and according to *Shodalacharya*, it is one among *Vatavyadhis*. *Acharya* Charaka has described *Katigraha* as one of the eighty *Vatananatma-ja Vikara*¹ Several treatments are explained for *Katigraha* which include both *Samana* and *Shodhana* therapies. Among *Shodhana karmas*, *Vasthi* has a vital role in the management of *Vatavikaras*, especially *Katigraha*. and is considered *Ardhachikitsa* in Ayurveda.²

Vaitarana vasthi

Vaitarana vasthi is one type of *Vasthi*, which has a unique formulation and is indicated in specific disorders like *Katigraha* the classical references of *Vaitarana vasti* are available in different textbooks like *Chakradutta*, *Vrindhamadhava*, and *Vangasena Samhita*, etc. In *Brihat Trayee* there is no description of *Vaitarana Vasti*. The word *Vaitarani* itself means that which saves a person's health from the hell of *Rogas*. it is the *Padma Purana* that reveals the etymology of *Vaitarani* in *Vaitarani Mahatmya*, where it is defined as *Vai* (truly) *tarini* (saving). *Vaitarana Vasti* is practiced now a day's extensively with excellent results. The timely administration of this *Vasti* restores the health of the person.

Indication of *Vaitarana vasthi* in *Katisoola*. According to *Chakradutta*, *Soola*, *Anaha*, *Amavata Soola*, *Anaha*, *Amavata Soola*, *Amavata*, *Sopha* of *Kati*, *Uru*, *Prushta*, *Urusthambha*, *Gridhrasi*, *Janusamkocha*, *Vishama Jwara*, *Klaibya*.³ According to *Vangasena*, it is indicated in *Grdhrasi*, *Urusthambha*, *Janu sankocha*, *Kati*, *Uru*, *Prusta*, *Shodha*, and *Shoola*.⁴ According to *Vridhamadhava*, *Vaitarana vasthi* can be done in *Soola*, *Anaha*, *Aamavata*.⁵

Ingredients:

The ingredients of *Vaitarana Vasti* are *Saindhava Lavana*, *Guda*, *Amlika*, *Gomutra/Godugda*, and *Ishat Taila* (little quantity of oil) in the prescribed quantity. The action of *Vasti* is not localized but it has a systemic effect. In Ayurveda, it is said that the *Veerya* [potency] of *Vasti Dravyas* administered into *Pakwasaya* reaches the whole body through *Srotas* [chan-

nels] just like water when poured into the root of the tree reaches the whole plant.⁶ *Vasti* administered into *Pakwasaya* draws out the morbid matters from the body just like a cloth while colouring absorbs only colour, not water.⁷

CASE REPORT

This is a case of a 51-year-old female patient who came to our OPD in a wheelchair with a complaint of severe low back ache which was radiating to the right leg during standing and walking for 1 month. She also had the difficulty in bending forward with restricted movements of the hip joint due to severe pain. She had taken allopathic treatment for low back ache and was under modern medication. She was also on Injection Dexona and Tramadol which she used to take consistently for pain relief. She had been given a history of falls before 1 month after which the symptoms got aggravated. She came in a wheelchair with an unpleasant face and was not willing to undergo examinations due to severe pain and discomfort. The local examinations were done on the third day. Gait was antalgic with no spinal deformity. Tenderness was positive in the L3-L5 region and right buttock region with mild swelling and local rise in temperature.

EXAMINATION FINDINGS

SLR TEST – Negative(B/L)

Pumb handle test - painful(B/L)

Flip test – Positive (Rt)

Fabers test – positive (Rt)

FNST – positive (Rt)

INVESTIGATIONS

The following were the blood investigations which was done on 01/01/2022

FBS – 158mg /dl

PPBS – 173mg/dl

Serum cholesterol - 272mg/dl

all other reports were within normal limits.

MRI –Dated on 23/12/2021

MRI report shows that diffuse disc bulge at L4-L5 with right subarticular protrusion indenting the thecal sac and impinging right traversing nerve root with bilateral neural foramen narrowing. Bilateral facet joint arthrosis and ligamentum flavum thickening.

L5-S1 reduced disc height with endplate irregularities and modic type 2 changes. Diffuse posterior disco-vertebral bulge with central protrusion indenting thecal sac with bilateral mild neural foraminal narrowing.

Treatment

Dhanyamla dhara was given for 5 days and *Snehapana* with *Gugguluthikthakam ghrutham* starting with 25ml. It was given for 3 days with an increasing dose of 25 ml every day. *Vaitarana vasthi* was given on the fourth day and was continued for 6 days.

Internal medicines given were

Table 1

MEDICATION	DOSE	MODE OF INTAKE
<i>Amruthotharam Kasaya + Punarvanavdi Kasaya</i>	60ml	BID Before food
<i>Tab Shaddharanam</i>	2tab	BID Before food With kasayam
<i>Gandharavahastadi erandan</i>	1 tsp	Before food With evening dose kasayam
<i>Abhayarishtam + Balarishtam</i>	30ml	BID After food

Table 2: Vaitarana vasthi ingredients

INGREDIENTS	QUANTITY USED
<i>Saindhavam</i>	15gm
<i>Gudam</i>	60 ml
<i>Chincha kalka</i>	30 gm
<i>Dhanwantharam sevyam</i>	200ml
<i>Dhanyamlam</i>	200ml

OBSERVATIONS

There was a marked difference in symptoms after the first *Vasthi* itself. And on the sixth day of *Vaitarana vasthi*, she was able to walk without any support.

DISCUSSION

Vata and *Kapha* are the factors involved in *Katigraha* pathology. Due to *Nidana*, there is a vitiation of *Vata*. Its vitiation can be divided as *Dhatukshayajanya* and *Malavarodhajanya*. There is *Sthanasamsraya* of *Vata* to the *Katipradesha*. Due to *Rukshata* of *vayu*, *Sleshaka kapha* in the *Sandhi* decreases leading to loss of *Sthiratva* in *Sandhi*. *Basti* helps in elevating the *Avarana* of *Vata* by *Kapha* and corrects the *Apana vaigunya*. *Vaitarana vasthi* was prepared by *Saindhava*, *Gudam*, *Chincha kalka*, *Dhanwanthara sevyam*, and *Dhanyamla*. *Saindhava lavana* by its *Teekshana* and *Sukshma guna* helps in *Srotoshodana*. *Chincha kalka* by its *ruksha*, *ushna*, *amla gunas* help

in relieving *Ama*. It is also having *Vatakaphasamaka* property. *Dhanwanthara sevyam* was chosen as *Sneha dravya* as it is having *Vatahara* and *Bhrumhana* action which is also needed here. *Dhanyamla* is neither too *Teekshna* nor too *mridu*. It's also useful in *Ama* and *Vatakaphaja rogas*. *Vaitarana vasthi* is indicated in *Vatavyadhi*, *Shodha*, and *Shoola* of *Kati*, *Uru*, and *Prishta*. Here the patient is having *Sthanasamsraya* of *Dosas* in the same *Sthanas*. Thus was the *Vasti* chose. The complaint was chronic in nature. There is a special indication of *Vaitarana vasthi* in *chirakaalaja urusthambha* and *Grdhrasi*. So, the *Vaitarana vasthi* is seen to have good action in the present case. The patient had immediate relief of symptoms after the *Vaitarana vasthi*.

CONCLUSION

The drugs in the *Vaitarana vasthi* were chosen in such a way that their *laghu*, *ruksha*, *ushna*, and *Teekshana* properties work as *Vatakapha samaka* with *Ama vilayana*. In this case, there was much need for a treatment that not only helps in *Amapachana* and but also having sudden action on the *Kaphavrta vata*. Hence based on this case study it may be concluded that *Vaitarana vasthi* has got good action on *Katigraha*.

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