



ROLE OF KUKKUTANDA TWAK BHASMA AND NIRGUNDI TAILA MATRA BASTI IN RAJONIVRITTIJANYA KATISHULA W.S.R TO SCIATICA

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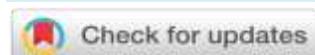
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ABSTRACT

Katishula (Backache) is one of the major disabling health conditions among menopausal women involving the muscles and bones of the lower back which hampers day-to-day activities. In Ayurveda, *Katishula* comes under *Vaatvyadhi* in which prakupit vata affects *Asthi* (bones)-*Sandhi*(Joints). According to *Anshansha kalpana* of *Katishula*, the vata is vitiated due to *Ruksha* and *Sheeta* guna which leads to *Dhatukshaya* and causes age-related degeneration in bones. Sciatica refers to pain caused by a problem with the sciatic nerve. The sciatic nerve is the longest and thickest nerve in the body, almost a finger's width in thickness. It runs from the lower back and then down the back of the legs. *Kukkutanda twak* have the kapha vata shamaka properties, which can subside the vitiation of kapha and vata in *katishula*. It is an excellent source of calcium and is useful in improving bone density. Just as the destruction of roots kills a plant, *Basti* administration destroys disease hence *basti* is called "*Ardha chikitsa*". *Asthi* is sthana of vata and *basti* is the best treatment for vata dosha. The *Matra basti* (Enema) is one of the types of *Anuvasana basti* that is applicable in all Vata Sthangat Vyadhis so here we use *Nirgundi* oil for *Basti* which possesses *Vatashamaka* properties due to its *Katu*, *Tikta rasa*, and *Ushna virya* and thus suppresses the disease.

Keywords: Katishula, Sciatica, Vata, Basti, Kukūṭanda twak bhasma, Nirgundi taila

INTRODUCTION

According to Ayurvedic philosophy, the body is formed of three functional units: *Dosha*, *Dhatu*, and *Mala*. Dis-harmony in the *Dosha*, *Dhatu*, and *Mala* is attributed to be the root cause of disease by Ayurveda. Hence different remedies are aimed at re-achieving a state of equilibrium. The remedies mainly include *Shodhana Chikitsa* and *Shamana Chikitsa*. 'Shodhana' describes methods to purify the body, which is a prime pre-requisite for most other therapies and includes Panchakarma Therapy. According to Ayurveda, *Katishula* affects *Madhyama Rogmarga* as it involves *Marma*, *Asthi* & *Sandhi*. The predominant pathological factor for this disease is Vata. In Charaka, *Sandhigat Vata* is mentioned in *Vatavyadhi Chikitsa Adhyaya* but extensively described in *Madhav nidana*. First of all, Sushruta had established the therapeutic measures of this disease as *Sneha*, *Upnaha*, *Agnikarma*, *Bandhan*, and *Mardana*. *Sneha* through *Matra Basti* has an important role in their own capacity in the Ayurvedic approach to deal with conditions of degenerative problems like Backache or Osteoarthritis. As Sushruta mentioned that menopause deals with *Jara pakva avastha* of the body, the ancient acharyas termed it as normal physiology occurring at the age near about 50 years due to Vata predominance and *Dhatukshaya*.

Katishula is localized Vata vyadhi in which Prakupita Vayu affects *Sandhi*. According to *Anshansha Kalpana* of *Katishula*, the Vata was vitiated due to *Ruksha* and *Shita* guna, which lead to *Dhatukshaya*. *Katishula* is a condition caused by vitiated Vata characterized by pain in the *Kati pradesha*. Even though it is not mentioned as a separate disease in *Brihatrayee*, several references are found in other texts like *Gada Nigraha* by Acharya Shodhala and *Sharangadhara Samhita*. Sharangadhara has included it under the *Vataja nanatmaja vyadhis* marking its importance. In Ayurveda *Katishul* or low backache is considered a *Vatika* disorder and mainly caused by vitiated vata which is due to *Vata prakopaka Aahar* and *Vihar*. *Katishula* is not directly mentioned in references, so it permits us to treat it as

an individual pathology. In Charak, *Katishula* has been not enlisted in the 80 *Nanatmaja vatavyadhi* but in the case of *Anukta vikara*, Charak stated that the vata vitiated to which region, organ causes diseases such as *Shool*, *Shosh*, *Supti*, *Sankocha*, *Stambha*. These all should be considered as Vata vikara. Diseases similar to *Katishula* are *Kati ruja*, *Kati vedana*, *Kati tod*, *Kati stambha*, *Katigraha*, *Trikshoola* etc. When Sama Vata enters into Kati, it produces symptoms like *Shool*, *Ruja*, *Stambha*, *Toda*, etc. *Katishool* can be corelated with Sciatica as it involves pain radiating from the lower back and then down the back of the legs.

What is sciatica?

Sciatica refers to pain caused by a problem with the sciatic nerve. The sciatic nerve is the longest and thickest nerve in the body, almost a finger's width in thickness. It runs from the lower back and then down the back of the legs.

Symptoms

It can cause a tingling sensation/sudden numbness/stabbing pain in the lower back. The symptoms of sciatica tend to appear suddenly and can last for days or weeks.

- The most common symptom is lower back pain that extends through the hip and buttocks and down one leg.
- The pain may get worse while sitting, coughing, or sneezing.

Who gets sciatica?

Most people who get sciatica are between the ages of 30 and 50.

- If you have/experienced the following, it puts you at a slight risk of developing this condition-
1. Previous injury to the spine, a slipped disc, or arthritis of the spine
 2. Obesity
 3. Lack of a strong core, weakness in the abdomen and back muscles
 4. Improper posture
 5. Diabetes

6. Smoking

7. An inactive lifestyle

- In general, women are at a higher risk of developing this due to their anatomy (body structure). Women have a wider pelvis, thus increasing the mobility of the hips. The constant household chores and lifting of weights are also an added factor.
- The growing uterus in pregnancy puts women at a slightly higher risk of experiencing sciatica-related discomfort during pregnancy and after childbirth.
- During pregnancy, there are changes in the production of the hormone progesterone, which causes the muscles, joints, and ligaments to become lax. There is increased pressure on the spine, causing it to become unstable leading to the chances of a slip disc or pinching of the sciatic nerve. Sciatica can develop even post-pregnancy, so proper care must be taken post-delivery since the body will be weaker and slightly more prone to injury.
- If you already have the piriformis syndrome, (a condition in which the piriformis muscle, which is the muscle present in your buttock region, spasms and causes buttock pain) chances are that it may trigger sciatica too. Undue pressure on this muscle causes it to compress/pinch the sciatic nerve, thus causing sciatica.

Kukkutanda Twak Bhasma

Kukkutanda Twak is one such drug that is popularly used in the form of bhasma. *Kukkutanda Twak* was included under *Shukla varga* as the prepared bhasma of this group of drugs will be in white colour. Later it was named *Sudha varga*, as included in this rich in calcium component. In KT the calcium is in the calcium carbonate which has the highest percentage of elemental calcium among the calcium salts.

Composition

Kukkutanda Twak contains 95% Calcium carbonate and 5% Calcium phosphate, Magnesium carbonate, and proteins.

The use of Calcium in the form of Calcium salts may be useful to prevent or correct Calcium deficiencies, treat osteoporosis, as an antacid, and as a Phosphate binder.

AYURVEDIC PROPERTIES

RASA- Madhura (Sweet), *Tikta* (Bitter)

GUNA- (Laghu Light), *Mridu* (Soft)

VIRYA- Ushna (Hot)

VIPAKA- Madhura (Sweet)

PRABHAVA- Rejuvenation & Supplement

DOSHA KARMA- Pacifies Kapha & Vata

Effects on Organ- Bones, Joints, Reproductive Organs (male and female)

BENEFITS & USES

Kukkutandatvak Bhasma increases bone mass, relieves joint pain, and helps attain physical stamina. Medicinal uses of *Kukkutandatvak Bhasma* help in restoring bone mineral density and prevents fractures due to osteoporosis. It is effective in the treatment of osteoporosis and osteomalacia.

Nirgundi Taila

Nirgundi is one of the most multitalented plants and has anti-inflammatory, CNS depressant, anti-arthritis, and analgesic properties. *Nirgundi* is proven very effective in Vata Vyadhi and is also described in *Charak samhita*. *Nirgundi* has *Sara* guna along with remarkable *Stabhdhar* property, have *Ushana virya*, and helps to remove various symptoms like pain, stiffness, etc. and in depletion of Vata Kaphaj

AYURVEDIC PROPERTIES:

RASA- Katu (pungent), *Tikta* (bitter)

GUNA- Laghu (light), *Ruksha* (dry)

VIRYA- Ushna (hot)

VIPAKA- Katu (pungent)

DOSHAKARMA- Kapha-Vata Shamaka

Posology: *Kukkutanda twak* bhasma is to be administered at the dose of 500 mg. twice daily orally. *Matra Basti* with 60 ml of *Nirgundi Taila* for 21 days; in three sittings, each sitting of 1-week duration, followed by a 3-day interval.

DISCUSSION

Katishula is localized Vata vyadhi in which *Prakupita* vayu affects *Sandhi*. According to *Anshansha Kalpana* of *Katishula*, the Vata was vitiated due to *Ruksha* and *Sheeta* guna, which lead to *Dhatukshaya*. *Katishula* is a condition caused by vitiated Vata characterized by pain in the *Kati pradesha*. Basti has been considered

as a prime treatment for Vata and more absorption of Taila in the body through *Matra Basti* might have contributed to better relief thereby causing *Vata anuloman*. *Matra Basti* provides better internal oleation to the body which reduces Vata. *Matra Basti* acts as *Vata anulomana* and relaxes the spinal muscles controlling *Apana Vayu*. *Spandana* occurs due to Vata and is better relieved by *Matra Basti*. *Nirgundi Taila* has *Madhura*, *Tikta* rasa, and *Snigdha* guna which help in the reduction of Vata thereby reducing *Spandana*. *Vasti* clears the *Srotas* by removing *Mala* and *Avarana*, conquers the *Rukshata* of Vayu with *Snigdha* guna, and also normalizes *Apana Vayu* which is the main culprit. The selected treatment does not work only to relieve symptoms, but it works at the level of *Samprapti* and minimizes the chances of recurrence of the disease. *Kukkutanda twak Bhasma* is found to be very effective in the conditions of *Vatavikara* (diseases because of vitiation of vata). It is useful to improve bone density since it is a good source of calcium hence used in arthritis, osteoporosis, etc. There are no significant side effects reported with the regular use of eggshell calcium (KTB). Therefore, it can be considered that it is safe for long-term and regular use. It had no side effects and is a potent, effective, economical, and easily available compound.

CONCLUSION

With above theory it is clear that *Katishula* is one the major symptoms found in the *Rajonivrittijanya* women. There is a dominance of Vata dosha which cause this. Hence this treatment not only reduces symptoms but also cure it. *Kukkutanda tvak bhasma* helps to pacify the symptoms. Along with *Nirgundi taila* this treatment becomes more effective as *Nirgundi* also is one of the effective drugs in treating the *Vatavyadhi*. Therefore, *Matra Basti* and *Shamana* drug both might be contributing together to different

extents in the recovery of patient. The selected treatment does not work only to relieve symptoms, but it works at the level of *Samprapti* and minimizes the chances of recurrence of disease.

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